



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

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EARLY EDITION

August 2008

Eden Highlander and Lowlander
Swank's Place **August 3d**

Chatauqua weekend

**August 9th
& 10th**

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August 17th

Annual Club picnic

**August 23d
Saturday**

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NIAGARA FRONTIER BICYCLE CLUB, INC.

— We Ride Every Day —

AUGUST 2008 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Aug 2	9:00	103	Genesee-Wyoming County Challenge	79	XD	2450	Alden	Diner Parking Lot, Broadway (Rt. 20) & Sandridge, Alden	Frank Solitz 937-6924
Sat, Aug 2	9:00	148	Here's Genny!	42 / 31	Mod/Easy	NA	Elba	Elba Central School, Rt 98, 4 miles north of NYS Thruway Exit 48, Elba	Jean Frederick 692-3611
Sun, Aug 3	10:00	359 / 360	Eden Lowlander and Highlander - Party Ride	18 / 29 / 38	Easy/Mod/Diff	650 / 2500	Eden	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit 57A (Eden-Angola), L onto Eden-Evans Cntr., S on E. Church (2947 is up a long drive)	Dick & Kathy Swank 992-2404
Sat, Aug 9	9:00	322	The Green Mile	39	Easy	NA	Pendleton	Pendleton Town Hall on Campbell Blvd (near Beech Ridge) Pendleton Center	Larry Reade 633-7712
Sat, Aug 9	9:00	340	Country Fair Ride	39	XD	2700	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Gary Schlaue 683-8141
Sat, Aug 9	11:00	X	Fisherman's Delight - Chautauqua Casual Picnic Ride	25	Easy	NA	Westfield	Barcelona Harbor, Westfield NY (90, exit 60 Westfield, R on Rt 5, L into Daniel Reed Pier)	Sue & Tom Williams 688-2981
Sun, Aug 10	8:30	X	Ripleys - Believe it or Not	42	Diff	1900	Chautauqua	Chautauqua Institution, main gate on Rt 394, past Mayville (13 miles after exit 60 from I90)	Sandy Nobel 836-4333
Sun, Aug 10	10:00	X	Escape from the Institution	32 / 22	Mod/Easy	NA	Chautauqua	Chautauqua Institution, main gate on Rt 394, past Mayville (13 miles after exit 60 from I90)	Sandy Nobel 836-4333
Sun, Aug 10	9:00	302	New Saturday Sundae	41	Diff	1500	East Aurora	Hamilin Park (south parking lot), S Grove St, East Aurora	Diane Marasciulo 984-0998
Sun, Aug 10	9:00	X	Grand Island Loop	25	Easy	NA	Grand Island	Kaegobin Elementary School, Love Road at Beaver Island Pkwy, Grand Island	Elaine Rubenstein 633-2133
Sat, Aug 16	9:00	254	Loose Goose	49 / 37	XD/MD	3200	Holland	Parking Lot @ Romni's Pizzeria on Rt. 16, (0.1 miles before Holland Glenwood Road) Holland	Carl Mach 685-0832
Sat, Aug 16	9:00	719	Creek Road Canter	33	MD	1480	Pembroke	E. Pembroke Central School on Rt 5 at Angling Rd, Pembroke	Mike Dupre 741-9290
Sun, Aug 17	7:00 9:00 10:00	X	CAN AM Invitational	100 / 62 / 35	Diff/Mod/Easy	NA	Buffalo	Frank Lloyd Wright Fontana Boathouse at the West Side Rowing Club, Corral Dr at 40 Porter Ave, Buffalo	Mike Fischer 683-3961
Sat, Aug 23	9:30 10:00	724	Pleasant Country PICNIC RIDE	46 / 33	Easy/Easy	NA	Clarence	Clarence Town Park, Goodrich Rd (between Greiner and Roll), Clarence	Richard Lepie 741-2762
Sun, Aug 24	9:00	227	Boston Baked Buns	58 / 37	XXD/Diff	3500	Hamburg	Parking Lot Off Long Ave. behind fire hall across from 44 Long, Hamburg	Pat Danaher 836-0280
Sun, Aug 24	9:00	259	Half-Baked Buns	34	MD	1540	Hamburg	Parking Lot Off Long Ave. behind fire hall across from 44 Long, Hamburg	Pat Danaher 836-0280
Sun, Aug 24	9:00	712	Somerset Shoreline Cruise	37	Easy	430	Lockport	Nelson C Goehle Marina (Wide Waters), E Market St & Coldspring Rd, east of Lockport.	Jim Mathews 433-5317
Sat, Aug 30	9:00	228	Four Way Split	38	MD	1650	Orchard Park	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Linc Blaisdell 479-9431
Sat, Aug 30	9:00	326	Barker - Olcott	44 / 33	Easy	NA	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St. east of Lockport	Elaine Rubenstein 633-2133
Sun, Aug 31	9:00	358	Holi-Terror Ride	49 / 38	XXD/Diff	3200	Ellicottville	Hollimont Ski Area Parking Lot, SR242, Ellicottville	Pat Danaher 836-0280
Sun, Aug 31	9:00	717	Indian Fall Trail	45 / 33	Mod/Easy	NA	Clarence	Clarence Middle School, Greiner & Strickler, Clarence	Jane Armbruster 688-3943
Mon, Sept 1	10:00	728	Elma - Marilla Party Ride	35 / 28	Mod/Easy	NA	Depew	Depew Branch Lancaster Library, 321 Columbia Ave, Depew (E off Transit, S of Genesee)	Lori Harf 681-3719

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XD = Extra Extra Difficult

August-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 July Grand Island Loop CanAm Metric Prev Seren Falls	28 N Amherst 9:00 AM Clarence 6:30 East Aurora 6:30	29 Ellicott Creek 9:00AM N. Tonawanda 6:30 Hamburg 6:30	30 Orchard Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	31 Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	1 Aug Clarence 9:00 AM Elma 6:30	2 UB ride Here's Genny Gen/Wyom County
3 Hatch ride Eden Lowlander - Highlander	4 N Amherst 9:00 AM Clarence 6:30 East Aurora 6:30	5 Ellicott Creek 9:00AM N. Tonawanda 6:30 Hamburg 6:30	6 Orchard Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	7 Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	8 Clarence 9:00 AM Elma 6:30	9 Chautauqua Ride The Green Mile Country Fair Ride
10 Chautauqua Rides Grand Island Loop Saturday Sundae	11 N Amherst 9:00 AM Clarence 6:30 East Aurora 6:30	12 Ellicott Creek 9:00AM N. Tonawanda 6:30 Hamburg 6:30	13 Orchard Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	14 Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	15 Clarence 9:00 AM Elma 6:30	16 UB ride Creek Road Canter Loose Goose
17 Can Am	18 N Amherst 9:00 AM Clarence 6:30 East Aurora 6:30	19 Ellicott Creek 9:00AM N. Tonawanda 6:30 Hamburg 6:30	20 Orchard Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	21 Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	22 Clarence 9:00 AM Elma 6:30	23 Club Picnic
24 Hatch ride Somerset Shoreline Half Baked Buns	25 N Amherst 9:00 AM Clarence 6:30 East Aurora 6:30	26 Ellicott Creek 9:00AM N. Tonawanda 6:30 Hamburg 6:30	27 Orchard Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	28 Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	29 Clarence 9:00 AM Elma 6:30	30 UB ride Barker-Olcott Four Way Split
31 Hatch ride Indian Fall Trail Holi Terror	1 Sept Elma Marilla Party Ride East Aurora 6:00	2 Ellicott Crk 10:00AM N. Tonawanda 6:00 Hamburg 6:00	3 Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	4 Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	5 Clarence 10:00 AM Elma 6:00	6

****NOTE** - The Monday E Amherst and Clarence rides on Labor Day (Sept 1) are cancelled. The East Aurora ride will go as planned with a **6:00 PM** start time.**

Daily Ride Schedule

Monday AM	North Amherst Fire Co., 2200 Tonawanda Creek Rd at Campbell Blvd, E Amherst	Bob Alessi	694-0853
Monday PM	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis	837-0089
Monday PM	Hamlin Park on Grove St, two blocks south of Main, second lot, East Aurora	Jim Sawyer	884-3057
Tuesday AM	Ellicott Creek Island Park, lot at Creekside Rd. and Niagara Falls Blvd., Tonawanda	Alex Setlik	692-7045
Tuesday PM	West Canal Marina on Tonawanda Creek Rd at Townline, Pendleton	John Herman	675-1944
Tuesday PM	Municipal parking lot off Long Ave (opposite # 48) by fire hall & water tower, Hamburg	Matt Luly	648-8988
Wednesday AM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne	997-9324
Wednesday PM	St. Mary's Church at Transit & Stahley Road, Swormsville, (Clarence)	Dennis Powell	691-6233
Wednesday PM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Frank Soltiz	937-6924
Thursday AM	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Dave Klock	681-5345
Thursday PM	Pendleton Town Hall, 6570 Campbell Blvd, between Bear Ridge & Beach Ridge Rds, parking lot in back, Pendleton	Jim Mathews	433-5317
Thursday PM	Lancaster High School, Forton Rd at Pleasant View, Lancaster	Ed Peters	685-1965
Friday AM	Community of Christ Church, 5030 Thompson Rd, Clarence	Lori Harf	681-3719
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	Brenda Fischer	683-3961
Saturday AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd, UB N. Campus) Amherst	Marion Reslow	833-3615
Sunday AM	Erie Basin Marina, parking lot by the Hatch, Buffalo (group ride without cue sheets)	Ian Currie	601-7390

The members riding the Saturday and Sunday rides listed here usually stop at a diner for a quick breakfast along the way. Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

Daily Ride Start Times

Sat & Sun 'Breakfast Rides'	9:00 AM all season	9:00 AM in June, July and August
Weekday Morning Rides	10:00 AM in April, May, September and October	6:30 from May through August
Weekday Evening Rides	6:00 PM in April and September	

Official Party Rules

For members of NFBC biking is number one, followed by socializing with friends. Get togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks, and of course, time and energy. Those who attend usually bring a dish to share, beverage of their choice, chairs and funds for the 'kitty' to help offset the expenses incurred by the host(ess).

The Spokesman Deadline is the 15th of the month preceding the month in which the information is to appear.

Sue Williams is our new sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

BOARD OF DIRECTORS

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Roy's July 21th Membership Update

There are 446 members in the club. (448 last year)

There are 337 households. (342 last year)

144 requested emailed only "Spokesman".

We mailed out 193 newsletters.

There are 91 new members. (73 last year)

Welcome new members; Jennifer Bush, Lloyd & Anna Castillo, Anthony Delitto, John Diodate, Thomas Seiler, Nathan Walker, Jim & Sue Bingel, Jim & Sue Bingel, Tom Wagar, Bill Loftus, George Camann, Mary Casey, Pedro Diaz, Neil & Lynne Frank, Neil & Lynne Frank, Karen & Timothy Keller, Greg Rhoads, Gerry Russell, Julie Alsani, Mike Balent, Dominic Field, Rick & Karen Fohl, Stephanie Godleski, Katherine Tirone & Joshua Schwartz

If you have something of interest to our members, email your information to RRTOCHA@yahoo.com. I will try to get it out to the members on the Web.

Roy

Club Trips

Sophisticated Berlin – Mysterious Bulgaria

Berlin - a dynamic city of contrast - One of the most vibrant cities on the new Europe, juxtaposed to the drab remains of communism. Bulgaria - a country of marked contrasts - old roman ruins, byzantine monasteries, centuries old towns, life of today and years gone-by.

Depart Buffalo, Tuesday afternoon the 9th of September, to Berlin for 3 nights. then ?y to So?a for 8 days of biking. An extra night in So?a completes the trip. Return to Buffalo on Sunday the 21st of September.

Cost : \$2995.00 per person double. Add \$650.00 single.

The price you pay includes airfare, hotel, bikes, parties, most meals and special things.

After May 1st, the minimum cancellation fee is \$1500.00. After 01 July no refund. Price guarantee only until the 1st of April. Deposit \$1500.00 per person immediately. Final payment due 15th of June.

Reserve your place now. Send full payment and application form to:
Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY 14031

Questions – call Richard at 741-2762 or e-mail Richard_Suntreader@hotmail.com

Application Form

Name: Room Mate: _____
Address: _____
Telephone Number: _____
E-Mail: _____
NFBC No.: _____

Trip cost \$2995.00 double. \$3645.00 single. Deposit due with this form \$1500.00 Final due 15 June.

Checks made payable to Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY 14031

Searching for Volunteers

At the fall NFBC general meeting on Friday, October 17, we will have our election of club officers and board members for the next two years. A nominating committee headed by Jean Frederick will present a slate of candidates for those attending the meeting to vote on. Nominations may also be made from the floor.

We will have several openings on the board because people are stepping down and we will definitely need a new secretary. Members may offer themselves as candidates for any position, however. Any club member who would like to serve as an officer or board member should get in touch with Jean as soon as possible so that the committee can create a list of candidates to be published in the September Spokesman. Jean's e-mail is jeanbike1@msn.com and her phone number is 692-3611. You may also contact Jean or any of the current officers or board members (who are listed in the Spokesman) if you'd like more information on what the position entails.

a take on all the "rides"

TOUR DE NATURAL CAUSES

The other day while talking to a friend at work I mentioned that I had ridden my bike the day before. "For what," he said. I almost gave my usual answer, "For fun," but I knew he was thinking that the only reason someone would even consider riding, walking or running would be for some cause so I decided to have a little fun with him. "Well, I do two kinds of 'Disease Rides,' I said. "Yesterday was The Ride Against E.D." His eye brows made a quick upward turn. "Yup, I figure that 80 RPM times 3 hours is some 14,400 turns of those cranks and pumping that much blood into my lower half's sure got to do some good," I said.

I could sense he was struggling for a retort; so I continued, "But mostly I do the Tour de Natural Causes." "Never heard of that one he said." "Well," I said, "think of it. How many people everyday die and the cause of death is listed as Natural Causes? Why, it kills more people than all of the other diseases combined," I said! If we could stamp out death from Natural Causes we would really accomplish something." He was looking a little flushed at this point but I went on anyway. "That's what our club does," I said. "We ride so we can prolong dying from Natural Causes!" If we advertised people would be riding in the Tour de Natural Causes, just think of how big our membership would be! One of the recent disease rides had thousands of riders – think about the size of our treasury after that!

Maybe we should get tee shirts that say: "TOUR DE NATURAL CAUSES" on the front and "NFBC WE RIDE EVERY DAY – AGAINST DEATH FROM NATURAL CAUSES" on the back. Make the color black and I'll take 2 in XL when they come in.

See you...on the road...Jim Vozga

Can Am Is Here; it's Finally Here

The CanAm Invitational is coming soon! As of July 24th we had 124 people registered for the August 17th ride. This includes many non-NFBC members and 37 people from outside the 716 area code (keeping in mind that "716" goes as far out as Olean).

So far there are 12 people expecting to do the 35 mile ride, 55 for the 62 mile ride, and 55 for the 100 mile ride. It will be an impressive start, especially with all the NFBC riders in their club jerseys.

The night before social is new this year. We'll be having hors d'oeuvres, wine tasting, and beer at the Frank Lloyd Wright Boathouse on the waterfront - 6:00 to 8:00 PM on Saturday the 16th. 72 registered riders have already indicated they will stop in at the party.

If you have not yet registered please do so soon. We need an accurate count for food, t-shirts, support items, etc. And don't forget we are limiting the event to 300 riders. You don't want to get closed out.

We are also looking for a few volunteers to help make everything run smooth. We need; ride leaders, route guides, food servers, and help with parking and general organization on the day of the event. If you'd like to help, contact Mike or Brenda Fischer at 683-3961 or CanAm2008@mac.com.

club picnic Saturday Aug 23d

Saturday August 23d at The Clarence Town Park

Find us at the Lions Den Pavilion

What more can we offer than a great bike ride, great food and a few games!

There are two great rides this year starting at 930 and 10AM

A \$5 fee will cover the picnic catering costs

Please r.s.v.p. to joe pizzuto at 982-4142 or jpizz147@yahoo.com.

Desserts and snacks are always welcome. Also please let me know if you are bringing something.

Chautauqua

A casual ride with a picnic after is planned for Saturday morning at 11:00.

The ride start is at the beautiful "Barcelona Harbor" at the "Daniel Reed Pier."

Saturday evening we will have dinner reservations at a moderately priced restaurant on the water at Bemus Point at 7 p.m. Bemus point has music on Saturday nights. It is important that you let the Williams's know if you are attending the picni and/or dinner Saturday night.

Sunday morning Sandy Nobel will be offering a variety of rides from the Main Gate at the Institution. A 42 mile, difficult ride will begin at 8:30. The other rides will start at 10:00 from the Main Gate at the Institution.

After the rides Sunday, Sandy and Marge Nobel will be hosting their famous lunch. Their address on the grounds is 19 Waugh Street. When you enter the Gates of the Institution, bear to the right and follow the road to Waugh. Admission into the Institution is free on Sundays.

For anyone not wanting to ride on Sunday entertainment will be offered. Possibly Flea Marketing. Again, please let the Williams know if you would like this option.

Directions for the Saturday morning ride are:

Exit 60 Westfield. Follow signs for Barcelona, Rt.5.

Turn right onto Rt 5 and immediately left into Pier.

(Pier is less than 1/4 mile from Thruway.)


Directions for the Sunday morning rides are:

Exit 60 Westfield. Follow sign for Westfield (left onto #394.)

Proceed 12 miles to the Institution..

Eden High-Low-Lander

Three Great Rides by the master himself Richard Swank They all start at 10AM from Swank's Place in Eden. That's 2947 E Church in Eden NY. Take I90 exit 57A, a left onto Eden-Evans Ctr. and straight on E Church. 2947 is up a long driveway off E Church. Richard says there will be a large supply of fresh Eden corn as part of the Post ride Party.



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