



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 7

August 2009

Chautauqua Weekend
August 8th & 9th

see article inside

The Can Am Century is...

Sunday August 16th

over 150 registered to date, sign up today

The NFBC Annual Picnic is **Saturday August 29th**

SEE INSIDE FOR DETAILS

Lori's Labor Day Party Ride
Monday Sept 7th

Special note:

"Mr Ed" Peters

Everyone wishes you a continued speedy and complete recovery

Find information inside on this year's club trip



NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day

AUGUST 2009 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Aug 1	9:00 AM	19	Fort Erie to Niagara Falls	40 / 20	Easy	NA	Buffalo	American Start: @ Peace Bridge on Busti Ave @ Pedestrian Entrance to Toll Booths; Canadian Start: @ Parking Lot on Niagara Blvd & Queens St.	Roy Tocha 627-7946
Sat, Aug 1	9:00 AM	358	Holi-Terror	49 / 38	XXD/Diff	3200/2000	Ellicottville	Holmont Ski Area Parking Lot, RT219 to Ellicottville, str light at light onto SR 242, L into Holmont	Pat Danaher 310-8136
Sun, Aug 2	10:00 AM	359	Eden Lowlander	29 / 18	Easy	650/350	Hamburg	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A (Eden-Angola), L onto Eden-Evans Cntr., S on E. Church to #2947	Dick & Kathy Swank 992-2404
Sun, Aug 2	10:00 AM	360	Eden Highlander	38	XD	2500	Hamburg	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A (Eden-Angola), L onto Eden-Evans Cntr., S on E. Church to #2947	Dick & Kathy Swank 992-2404
Sat, Aug 8	9:00 AM	707	Ransomville Ramble	41	Easy	0	Pendleton	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Mike Dupre 741-9290
Sat, Aug 8	9:00 AM	82	Alden Center to North Java	45	Diff	2600	Alden	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	Frank Soltiz 937-6924
Sat, Aug 8	11:00 AM	906	Chautauqua (Saturday)	30 / 25	Diff/Easy	0	Chautauqua	Daniel Reed Pier, Barcelona Harbor, I-90 west. Take exit 60, turn right, harbor is 1/4 mile away.	Tom & Sue Williams 688-2981, on this weekend 908-2420 (cell)
Sun, Aug 9	9:00 AM	727	East Pembroke	43	Mod	1100	East Pembroke	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Colin Fritz 510-4893
Sun, Aug 9	9:00 AM	248	Nutcracker	47 / 27	XD/MD	3000/1500	East Aurora	Harmen Park (south parking lot), S Grove St	Pat Danaher 310-8136
Sun, Aug 9	8:00 or 9:00 or 10:00 AM	907	Chautauqua (Sunday)	40 / 22	Diff/Mod	0	Chautauqua	Chautauqua Institution, main gate on rte 394, past Mayville	Tom W 688-2981, on this weekend 908-2420, Karen Sprada 357-9015
Sat, Aug 15	9:00 AM	380	Pat's Greycliff Ride	TBD	0	0	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, Aug 15	2:00 PM	376	Experience Buffalo	TBD	0	0	Buffalo	Frank Lloyd Wright's Fontana Boathouse, next to the West Side Rowing Club off of Porter Ave	Rebecca Ribis
Sun, Aug 16	7:00 AM	373	CanAm Century	102	Diff	1300	Buffalo	Frank Lloyd Wright's Fontana Boathouse, next to the West Side Rowing Club off of Porter Ave	Brenda Fischer 683-3961
Sun, Aug 16	9:00 AM	374	CanAm Metric	65	Mod	740	Buffalo	Frank Lloyd Wright's Fontana Boathouse, next to the West Side Rowing Club off of Porter Ave	Brenda Fischer 683-3961
Sun, Aug 16	10:00 AM	375	CanAm Short	35	Easy	350	Buffalo	Frank Lloyd Wright's Fontana Boathouse, next to the West Side Rowing Club off of Porter Ave	Brenda Fischer 683-3961
Sat, Aug 22	9:00 AM	725	Alabama Ramble	50	Mod	0	Clarence	Clarence Middle School, Greiner at Strickler	Karen Ostrum 741-3171
Sat, Aug 22	9:00 AM	227	Boston Baked Buns	57	XXX	3500	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat, Aug 22	9:00 AM	259	Half-Baked Buns	34	MD	1540	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat, Aug 20-23		908	Bike Train Trip	TBD	0	0	Niagara Falls, ON	Niagara Falls, ON to Toronto and back over 4 days. Details in Spokesman or call Tom for the latest news.	Tom Barone 240-9926
Sun, Aug 23	9:00 AM	737	Wilson Harbor Breeze	35	Easy	450	Sanborn	HSBC Plaza Sanborn, corner of Saunderson's Settlement Rt 31 and Hoover Rd., Sanborn	Adrienne McDonough 773-2009
Sun, Aug 23	9:00 AM	276	Snake Run	55	XXD	3450	Ashford Hollow	Ashford Office Complex (Rt 219 & Ashford Hollow Rd; approx 8 miles S of Springville)	Tim Cleary 807-7174
Sat, Aug 29	9:00 AM / 10:00 AM	724	Pleasant Country Picnic Ride	46/37 33/26	Easy	0	Clarence	Clarence Town Park, Goodrich Rd.	Karen & Gary Ostrum 741-3171
Sun, Aug 30	9:00 AM	757	Fox Valley	46 / 35	Easy	0	Lancaster	Westwood Park, Pavement and Erie St., Lancaster	Afnye Lepie 741-2762
Sun, Aug 30	9:00 AM	256	Silver Springs Switchback	68 / 31	XXX/MD	4900 / 2000	Wales Hollow	School parking lot, Woodchuck Rd, off Rt 20A, Wales	Amy Murdock 628-5182
Sat, Sep 5	10:00 AM	722	Medina Albion Grand Tour	42 / 31	Easy	540	Oakfield	Oak Orchard Overlook, Albion Rd., E. Oakfield	Joann Cronenberg 542-4721
Sat, Sep 5	10:00 AM	367	Bagdad Bunker	53 / 43	0	4200/2000	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Dan Murdock 628-5182
Sun, Sep 6	10:00 AM	711	Whirlpool Spin	39	Easy	540	N. Tonawanda	Gratwick Riverside Park, River Rd. N. Tonawanda	Alex Seilik 692-7045
Sun, Sep 6	10:00 AM	328	Kazzo Classic II	37	MOD	1800	Evans	Evans Elementary School - Sturgeon Pt. Rd. @ Rt. 5	Marty Payne 997-9324
Mon, Sep 7	10:00 AM	728	Labor Day Party Ride	35 / 28	Mod / Easy	0	Depew	Polish Falcon's at Columbia and Warner Streets, Depew	Lori Harf 601-7535
Mon, Sep 7	10:00 AM	130	West Falls-Backcreek	37 / 33	MD	1800/1400	Orchard Park	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Jody Snyder 662-2356

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

August-09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Eden Lowlander Eden Highlander	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	Chautauqua Ransomville Ramble Alden to North Java
9	10	11	12	13	14	15
East Pembroke Nutcracker	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	Pat's Greycliff Ride Experience Buffalo
16	17	18	19	20	21	22
Hatch Ride is off CanAm	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	Bike Train Trip Alabama Ramble 'Both' Baked Buns
23	24	25	26	27	28	29
Bike Train Trip Wilson Harbor Brze Snake Run	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	AM UB Ride cancelled Pleasant Country Picnic Ride
30	31	1 Sept	2	3	4	5
Fox Valley Silver Spr Switchback	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00	Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	Clarence 10:00 AM Amherst 6:00 Elma 6:00	Medina Albion Tour Bagdad Bunker

Watch for unusual start times on the weekend rides this month. Parties and centuries often call for different time schedules. Sept changes. Please arrive at the start at least 15 minutes early to sign in and get ready so all, including the ride leader, can start with the group on time.

Daily Ride Schedule

Monday AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Creek Rd., N Tonawanda	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	Marty Viggato	570-5896
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.	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	601-7535
Friday PM	Amherst Museum, Tonawanda Creek S at New Rd, Amherst *** new this year ***	Tom Williams & team	688-2981
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	John Herman	675-1944
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	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	
Weekday Morning Rides	!0:00 AM in April, May, September and October	9:00 AM in June, July and August
Weekday Evening Rides	6:00 PM in April and September	6:30 from May through August

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 sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

Jim Vozga is our club historian. He will be keeping our old memorabilia safe and organized.

OFFICERS AND BOARD MEMBERS

Officers

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2009 club trip

Vietnam_04_22_November

NFBC's most adventurous expedition ever. A biking and cultural experience not to be missed. Fly to Hanoi, the Paris of the Orient. Cruise Halong Bay. Experience the Reunification Express. Explore the old capital of Hue. Spelunking the Cu Chi tunnels. Party in Hi Chi Mihn City. Most importantly cycle some of the most interesting routes anywhere in the world.

Price from New York City includes air fare, all transportation in Vietnam, bikes, hotels, most meals, sag support, local guide etc. \$3350.00 per person double.

The US dollar is strong, but for how long? Price can vary if currency changes. \$1500.00 deposit guarantees the price. Reserve your place now. Call Richard Lepie 716-741-2762 or e-mail Richard_Suntreader@hotmail for detail.

COACH FRED

Is It OK to Alternate Water and Sports Drink?

Q: I'm confused about the proper concentration of sports drinks. If I carry one bottle of sports drink and one bottle of water, alternating swigs, won't I dilute the sports drink and reduce its effectiveness? -- Mandy W.

Coach Fred Matheny Replies: According to most sports drink manufacturers, their beverage is at the optimum concentration straight from the bottle or when mixed according to directions. So they usually recommend that you don't dilute it, either by mixing it with water in your bottle or in your stomach.

However, a steady diet of sweet drink can get cloying during long rides, especially on a hot day. As you've found, chasing a swallow of sports drink with a swallow of water rids your mouth of that syrupy sensation.

Some riders routinely dilute sports drinks with water. A common ratio is 1:1. The idea is that you'll be forced to drink twice as much liquid to get the same amount of carbs and electrolytes in the sports drink that you'd swallow in one gulp if it was undiluted. This helps to increase hydration.

I like to do the dilution in my stomach rather than in the bottle, so I'll carry water for that and for the reasons mentioned below. It's my experience that a proportion of 2 swallows of sports drink to one swallow of water will not reduce a drink's benefits or riding performance by any measurable amount. The taste factor may even make rides more enjoyable.

Here are 5 more reasons to tote a bottle of water:

- If you spill the sticky drink, you have a way to wash it off.
- If you fall, you can rinse grit out of the abrasion.
- You have a way to flush an object or stinging sweat from your eyes.
- You can get a bit of cooling relief by squirting water on the back of your neck or through a helmet vent.
- Your taste buds will probably appreciate it if you wash down food with water rather than a slug of flavored sweet stuff.

Call to ACTION!

"Shared roadways are no longer safe or practical in today's society." So says a group seeking to have bicycles banned from most highways in Iowa, known for its wildly popular RAGBRAI cross-state ride. The group calls itself Citizens for Safety Coalition of Iowa. It is circulating a petition that could lead to the end of cycling on "farm to market" roads. Given the layout of farms and markets in the state, it would effectively make most road riding illegal. This news comes from a blogger writing as Citizen Rider at <http://tinyurl.com/l5bp2l>

For Sale

Bianchi XL Boron, 55cm. all top of the line components. Professionally maintained. Low mileage. \$1500 OBO
626-7960 Marilyn Johnson



REPORT FROM THE NFBC PICNIC COMMITTEE

Fun Wow! Don't go to Fantasy Island for fun on Saturday, Aug. 29. Make sure you head to Clarence for more fun than one can handle at the annual NFBC picnic. All the clowns, magicians, psychics, comedians, etc. have already been booked, so we are planning our own fun.

The location is the Lion's Den Shelter, at the Clarence Town Park on Goodrich Road. This is the same shelter we have used for the past several years. The cost remains \$5 per person. If you plan to attend please RSVP to the Food Committee Chairpersons, Karen or Gary Ostrum at 741-2171 and let them know if you will be bringing anything. This will make our planning a little easier.

Let's not forget that we are a bicycle riding club, so of course we will have a bike riding opportunity before the food and fun. There are four different rides available for the morning. The ride lengths are anticipated to be 46, 37, 33 or 26 miles long, with the two longer rides starting at 9:00 AM and the shorter ones at 10:00 AM. Marion's regular Saturday morning ride from UB will be cancelled so that she can be part of the picnic fun.

Sue Williams is the Chairperson of Fun and the Fun Committee has been working around the clock planning an entertaining afternoon for all. This will not be the typical "horseshoe" picnic entertainment.

As announced earlier, we are planning the First Annual NFBC Bakeoff. We are always in need of desserts, so bake your favorite dessert, tape your name on the bottom of the dish, and place on the dessert table for judging. And come on, keep it a secret. The only criterion for this contest is that the dessert must be homemade. Sue's esteemed panel of judges will be selecting 1st and 2nd place winners, who will receive a fabulous prize! The judge's names are being kept in the safe at Price Waterhouse so there is no bribery or opportunity to initiate special friendships before the judging.

Brush up on your history etc. from 1969. NFBC was founded in 1969 and there is going to be a test with all questions relating to 1969.

The committee also heard we have some Bingo Players so we'll play bingo too! There is much more fun planned and prizes for all the game winners. Be there with your desserts!

NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address Address Change? Yes No

City State Zip Code Phone Cell

Email1 Email2 Email Change? Yes No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC NO LOCAL BIKE CLUBS NO

Primary Member/Guardian	Signature	Date		Member No.
Additional Members:			Birthdate (if under 18)	

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.
 c/o Roy R. Tocha
 11 N. Eaglecrest Dr.
 Hamburg, NY 14075-1807

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

- Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- Riders should communicate with other riders by calling out and announcing the following:
 - "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
 - "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.
 - "Single Up"- telling the group that riders need to be riding single file
 - "Car Left or Right"- warning riders at intersections or other places that a car might enter the path
 - "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.
 - "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.
 - "Road Kill"- warning riders there is a dead animal in their path.
 - "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
 - "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
 - "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

chautauqua weekend

Chautauqua Weekend with a Twist.

Additional rides, additional chefs, additional hosts! Join ride leaders Karen Sprada, Tom Williams, Sandy Nobel and Chefs Paul Sprada, Marge Nobel and Sue Williams for a great fun filled week end of riding and eating in Chautauqua. Knowing that we will be travelling and away from our refrigerators this weekend, our hosts will provide all the necessary things like meats and salads for the post ride lunches. There will be no need for the rest of us to worry about bringing perishable items to Chautauqua. Just bring your favorite beverage, the usual chair and a little something for the 'kitty.' If you feel that you must bring some food to share, bring something simple like chips or cookies or other items easy to transport.

On Saturday the rides will begin at the Barcelona Harbor as they did last year with lunch at the harbor after the rides. A new, longer, more challenging ride with a hill climb, has been added on Saturday for the ambitious. A flatter 25 mile ride will also be offered. (You can even do a 20 mile out and back flat if you would like.) For anyone not riding on Saturday there is a flea market nearby and also the "Crossroads Market" that is open only on Saturdays. If the weather looks iffy or it is raining, come on out anyway. We will have lunch and socializing. Saturday evening we will have a group dinner.

On Sunday you will have your choice of rides with a longer, challenging ride starting at 8:00 a.m. with Tom, or a shorter ride that will start at 9:00 or 10:00 with Karen, to accommodate anyone coming in from Buffalo that morning. After the Sunday rides, lunch will be hosted at the Nobel's condo as in the past. You are welcome to come to the condo as early as you would like if you aren't riding. It is located at 19 Waugh inside the Institution grounds. Everyone is welcome all weekend, just Saturday, or just Sunday if you prefer one day.

The directions to Chautauqua are easy. From Buffalo, hop on the Thruway and get off at Exit 60 - Westfield. (About one hour). The Barcelona Harbor for the Saturday rides is immediately off the Thruway to your right. (Follow Barcelona sign). Sunday rides are a left hand turn off the Thruway. Follow the sign for the Institution and Westfield.

Here are a couple additional items of interest happening on the week end. "Swinging Street Dances with Dr. Zoot" will appear on the Floating Stage on Friday, at 7:00 p.m. A special dance floor on the street will be available for all night dancing. Also, for all you Irishmen, on Sunday, Aug. 9 starting at noon is an all day Irish Festival celebrating Irish culture in Bemus Point. There are too many activities to mention, but activities are planned the entire day for the Irish Festival. For more information on the week end, the rides or for overnight accommodations, contact the Williams at:

scwilliams46@roadrunner.com or 688-2981.

For help during Chautauqua weekend, Tom's cell phone is 908-2420.

For more information on the activities at the Institution on Saturday or Sunday, please visit the website. Please RSVP so we can plan enough food! Let us know which days and lunches you will be at and if you are joining the group dinner on Saturday evening. This is very important information for us. If you are coming in Sunday morning for the rides, please give us an idea what time you will arrive so we can accommodate you with ride start times.

Message from the August NFBC Picnic "Fun Committee."

Ladies and Gentlemen - it is not too early to think about what dessert you will bring to the annual picnic. One of the "fun" events this year is that we are going to have our First Annual Baking Contest. Yep, before we have dessert, the competitors will be judged by our esteemed panel of judges and prizes will be awarded for first and second place. Get those recipes perfected and enter as many desserts as you would like. More details to follow.

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