

SPOKESMAN

Courier Express
The Spokesman
Buffalo News
Volume XXIX

Niagara Frontier Bicycle Club, Inc.

Final Edition
(Highly Collectible)

Jan-Feb 2010

William McLaughlin

We will surely miss you

Newsletter to have a new name

After forty years of dedicated service the Spokesman name is being retired and will be in the care of Jim Vozga our Archivist. Look for the new name in March.

Welcome Elaine Rubenstein as new newsletter editor

Elaine is an intelligent, witty and welcome addition to the NFBC Board as the new newsletter editor. We can expect to see many improvements in the near future. One for sure is an on-time publication.

Welcome Cindy Stachowski to the Board

John Herman has retired and Cindy has agreed to finish his term. Thank you John and welcome Cindy.

NFBC General Meeting at Eddie Ryan's

Get up to date on club activities and socialize with your fellow members at our new meeting location. Exciting new trips in the works for this year. Great location, easy parking and good food. **February 19 7pm**

2009 overall club stats

Find information inside

Time to renew your membership

application on page 7

OFFICERS AND BOARD MEMBERS

Officers

President

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Vice-President

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Membership Chairperson

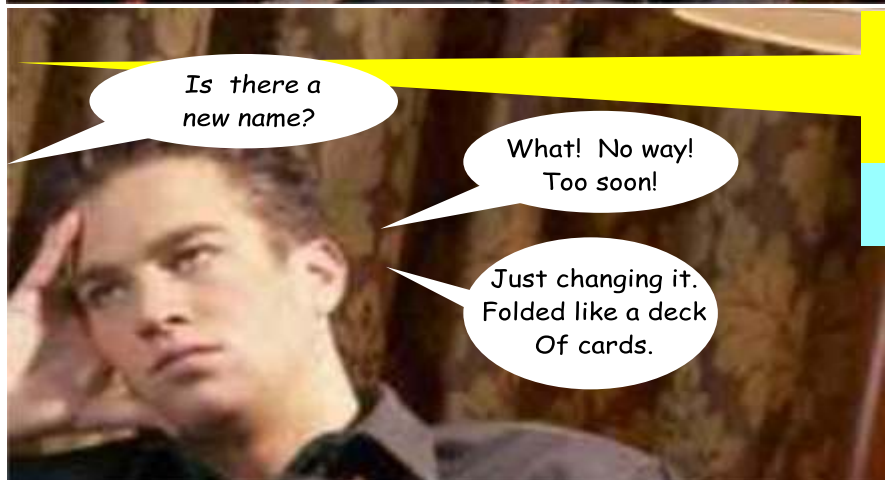
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Club Historian

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Death of a Spokesman

By Ed



*How about the Cycling Newz? Or Cycoes?
Does that include recumbents and tricycles?
What if your wheels don't have spokes?*

*Bye guys. Oops I mean all you
cyclists types.*



NFBC Standings - Page 1 of 40 - (Printed 11/9/2009)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
212	133	3785	Paul Castle	R	1st Overall 20,000 Club 3,000 Certificate	3785	1		::	22653	34
2136	109	3686	Colin E. Fritz	R	1st Male 5,000 Club 3,000 Certificate	3686	2		::	8007	100
40	113	3517	Alex Setlik	R	2nd Male 60,000 Club 3,000 Certificate	3517	3		::	63503	1
265	109	3405	Gary Stevens	R	3rd Male 40,000 Club 3,000 Certificate	3405	4		::	42892	8
35	106	2976	Jean Frederick	R	1st Female "President's Award" 2,000 Certificate	2976	5		::	39739	11
1602	97	2947	Thomas Barone	R	Most Rides "Volunteer of the Year" 2,000 Certificate	2947	6		::	14142	61
61	109	2820	Lori Harf	R	2nd Female 2,000 Certificate	2820	7		::	44070	5
957	67	2800	Patrick Danaher	R	30,000 Club 2,000 Certificate	2800	8		::	30183	21
1870	84	2599	Frank Soltiz	R	10,000 Club 2,000 Certificate	2599	9		::	12370	67
1576	90	2503	Elaine Rubenstein	R	3rd Female 10,000 Club 2,000 Certificate	2503	10		::	10968	76
1537	68	2422	Janice Cochran	R	15,000 Club 2,000 Certificate	2422	11		::	17263	45
432	94	2358	Karen Sprada	R	2,000 Certificate	2358	12		::	43489	6
2091	73	2336	Karen Ostrum	R	2,000 Certificate	2336	13		::	7352	108
972	72	2311	Jim Karnath	R	2,000 Certificate	2311	14		::	9814	87
257	71	2253	Ian Currie	R	30,000 Club 2,000 Certificate	2253	15		::	31194	20
2181	71	2246	Darrell Skelton	R	5,000 Club 2,000 Certificate	2246	16		::	5760	127
2364	71	2213	Loren Tretyakov	N	1st New Female 2,000 Certificate	2213	17	2213	1	2213	181
235	75	2206	Joseph Pizzuto	R	20,000 Club 2,000 Certificate	2206	18		::	20223	37
503	72	2152	Michael Dusing	R	2,000 Certificate	2152	19		::	3017	164
306	63	2026	Diane Currie	R	2,000 Certificate	2026	20		::	37078	15
2112	61	1980	Dan Murdock	R	1,000 Certificate	1980	21		::	3919	151
71	75	1966	Bob Silkes	R	1,000 Certificate	1966	22		::	42181	9
1788	54	1948	Brenda Fischer	R	1,000 Certificate	1948	23		::	19778	40
703	61	1935	Arlyne Lepie	R	1,000 Certificate	1935	24		::	29301	25
1249	72	1932	Matthew Luly	R	"Ride Leader of the Year" 1,000 Certificate	1932	25		::	18069	42
110	66	1920	John Kozinski	R	1,000 Certificate	1920	26		::	14663	58
123	77	1917	Bob Alessi	R	45,000 Club 1,000 Certificate	1917	27		::	45086	4
2113	56	1882	Amy Murdock	R	1,000 Certificate	1882	28		::	4531	146
917	63	1874	Elizabeth Williams	R	"Outstanding Service Award" 1,000 Certificate	1874	29		::	12253	69
28	60	1831	Roy Tocha	R	1,000 Certificate	1831	30		::	38871	14
1122	50	1826	Marty Payne	R	15,000 Club 1,000 Certificate	1826	31		::	15690	53
80	62	1808	Bruce Jansen	R	1,000 Certificate	1808	32		::	42924	7
16	59	1797	David Gonzalez	R	1,000 Certificate	1797	33		::	29341	24

NFBC Standings - Page 2 of 40 - (Printed 11/9/2009)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
					"Outstanding Service Award"						
1375	52	1787	Robert J. Mahaney	R	1,000 Certificate	1787	34		::	12922	63
702	48	1780	Richard Lepie	R	1,000 Certificate	1780	35		::	24947	29
2248	50	1762	Peg Walker	R	1,000 Certificate	1762	36		::	2724	168
					2nd New Female						
2316	60	1753	Brigitte Soltiz	N	1,000 Certificate	1753	37	1753	2	2385	175
					5,000 Club						
1434	51	1749	Fred Marcheson	R	1,000 Certificate	1749	38		::	5883	125
					"Ride Leader of the Year"						
1119	42	1722	Dennis Powell	R	1,000 Certificate	1722	39		::	12497	65
2092	48	1686	Gary Ostrum	R	1,000 Certificate	1686	40		::	4845	137
					10,000 Club						
1447	67	1673	Thomas A. Williams	R	1,000 Certificate	1673	41		::	10486	79
1106	56	1656	David Klock	R	1,000 Certificate	1656	42		::	22912	32
					10,000 Club						
1884	72	1637	Paul D. Aquila	R	1,000 Certificate	1637	43		::	10455	80
664	63	1629	Ron Kalka	R	1,000 Certificate	1629	44		::	22886	33
378	57	1627	Rebecca Ribis	R	1,000 Certificate	1627	45		::	32138	19
2147	49	1621	Michael Maher	R	1,000 Certificate	1621	46		::	4221	148
1691	51	1610	Jody Snyder	R	1,000 Certificate	1610	47		::	7704	105
461	67	1609	Barbara Reade	R	1,000 Certificate	1609	48		::	29137	26
					5,000 Club						
1513	55	1609	Robert Nowinski	R	1,000 Certificate	1609	48		::	5654	129
1997	43	1530	Michael Dupre	R	1,000 Certificate	1530	50		::	8106	99
59	60	1514	Larry Reade	R	1,000 Certificate	1514	51		::	24080	30
665	58	1483	Linda Kalka	R	1,000 Certificate	1483	52		::	22998	31
973	41	1473	Kathy Karnath	R	1,000 Certificate	1473	53		::	9107	91
					5,000 Club						
1734	46	1459	Ralph Yacinthe	R	1,000 Certificate	1459	54		::	5120	133
					15,000 Club						
1195	41	1456	Ronald Wakefield	R	1,000 Certificate	1456	55		::	15369	57
1221	40	1386	Diane Marasciulo	R	1,000 Certificate	1386	56		::	8403	92
					15,000 Club						
662	45	1363	Cynthia Adams	R	1,000 Certificate	1363	57		::	15573	55
					5,000 Club						
2012	32	1273	Gwendolyn Macool	R	1,000 Certificate	1273	58		::	5791	126
2025	60	1260	Susan Williams	R	1,000 Certificate	1260	59		::	3588	156
2246	51	1249	Terry Turski	R	1,000 Certificate	1249	60		::	1310	208
					1st New Male						
2368	32	1248	Chrispher Mahoney	N	1,000 Certificate	1248	61	1248	3	1248	213
169	48	1241	Ed Peters	R	1,000 Certificate	1241	62		::	53030	3
78	46	1237	Betsy Dexheimer	R	1,000 Certificate	1237	63		::	9259	90
384	49	1221	Mary Ann Waldman	R	1,000 Certificate	1221	64		::	3529	158
234	51	1180	James Sawyer	R	1,000 Certificate	1180	65		::	29833	22
1381	48	1137	Rich Bleyle	R	1,000 Certificate	1137	66		::	7206	112
1138	29	1136	Lincoln Blaisdell	R	1,000 Certificate	1136	67		::	11853	73
					25,000 Club						
122	45	1126	Susan Alessi	R	1,000 Certificate	1126	68		::	25583	28
245	38	1118	Robert Puleo	R	1,000 Certificate	1118	69		::	27529	27
1349	37	1116	Jane Armbruster	R	1,000 Certificate	1116	70		::	7266	110
2284	39	1103	Gerry Russell	R	1,000 Certificate	1103	71		::	1361	206
					10,000 Club						
1369	29	1092	Cindy Stachowski	R	1,000 Certificate	1092	72		::	10335	82
1255	38	1088	Gordon Deitrick	R	1,000 Certificate	1088	73		::	17884	43
					2nd New Male						
2391	38	1080	Richard Tesmer	N	1,000 Certificate	1080	74	1080	4	1080	224
					3rd New Male						
2380	31	1069	Andrew Moynihan	N	1,000 Certificate	1069	75	1069	5	1069	225
385	40	1041	Barry Waldman	R	1,000 Certificate	1041	76		::	3802	152
2340	37	978	Valerie Aronson	N	3rd New Female	978	77	978	6	978	231
165	43	974	Brad Chase	R	60,000 Club	974	78		::	60110	2
1120	34	969	Janice Powell	R		969	79		::	4534	145

NFBC Standings - Page 3 of 40 - (Printed 11/9/2009)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
1226	38	963	Sandy Nobel	R		963	80		::	12487	66
1659	26	961	Adrienne McDonough	R		961	81		::	7905	101
1536	42	948	Greg Heim	R		948	82		::	8380	93
219	34	937	Joe Tocke	R	15,000 Club	937	83		::	15501	56
2250	25	937	Pamela Walker	R		937	83		::	1767	192
1632	27	921	Richard Swank	R		921	85		::	6462	121
1868	34	916	Susan Stemerma	R	5,000 Club	916	86		::	5105	134
560	35	895	Gerald Gardner	R		895	87		::	11544	74
1104	27	880	Steve Pusatier	R		880	88		::	3635	155
2297	34	880	Julie Alsani	R		880	88		::	880	235
1340	26	875	Jim Kuberka	R		875	90		::	16789	48
2177	27	863	Joann Cronenberg	R		863	91		::	2222	180
118	39	860	Bill Tambacas	R	20,000 Club	860	92		::	20119	38
443	34	860	Tim Leach	R		860	92		::	17103	46
1183	29	812	John Herman	R		812	94		::	7580	106
1128	27	788	Peter Leyonmark	R	10,000 Club	788	95		::	10181	84
2324	33	786	Nathan Snyder	N		786	96	786	7	786	241
1270	25	785	Gary Schlau	R		785	97		::	21025	36
29	28	781	Marion Reslow	R		781	98		::	16734	49
2317	24	771	Vincent Shaw	N		771	99	771	8	771	243
130	21	755	John King	R		755	100		::	11329	75
2039	26	730	Sean McGovern	R		730	101		::	1704	193
2236	22	715	Michele Smith	R		715	102		::	1624	196
1966	21	714	Bill Dowling	R	5,000 Club	714	103		::	5565	130
2125	18	696	Kevin Preston	R		696	104		::	2187	182
2082	25	684	Mary Anne Johnson	R		684	105		::	3475	159
900	20	674	Tris Orzech	R		674	106		::	17507	44
2318	20	671	Laurie Shaw	N		671	107	671	9	671	252
688	27	664	Edward Hutton	R		664	108		::	6050	123
1399	22	656	Maureen Balling	R		656	109		::	7804	103
639	28	641	James Mathews	R		641	110		::	7438	107
939	15	641	Tim Cleary	R		641	110		::	4843	138
1629	24	641	Bill Harrington	R		641	110		::	3530	157
1038	20	634	John Lamarca	R	10,000 Club	634	113		::	10549	78
2106	15	624	Mohamed Zeid	R	5,000 Club	624	114		::	5101	135
2180	21	623	John W. Moore	R		623	115		::	1602	197
2059	19	609	Steve Forrestel	R		609	116		::	4567	144
2086	18	609	Bruce Coffee	R		609	116		::	2129	184
2374	19	606	Max Walker	N		606	118	606	10	606	260
1515	26	603	Kathy Finnegan	R		603	119		::	7860	102
1488	20	601	Peter S. Swartwout	R		601	120		::	4609	143
1466	24	588	Charles J. LaChiusa	R		588	121		::	1106	222
1397	15	578	Lucinda Griswold	R		578	122		::	9625	88
1396	15	577	Terry Griswold	R		577	123		::	9872	86
1345	27	574	Raymond Thomas	R		574	124		::	8348	94
1018	20	564	Paul Sienkiewicz	R		564	125		::	14336	60
2405	20	562	Ann Palka	N		562	126	562	11	562	267
958	16	560	Colleen Danaher	R		560	127		::	3072	163
1253	15	555	Elaine Weinstein	R		555	128		::	2282	178
459	23	554	Christine Eagan-Luly	R		554	129		::	3442	160
1514	24	546	Jeff Baker	R		546	130		::	5974	124
2346	20	545	Richard McCarthy	N		545	131	545	12	545	269
2308	22	537	Wolfgang Buechler	N		537	132	537	13	591	264
2359	19	508	Scott Printup	N		508	133	508	14	508	271
1311	20	504	Colleen Eagen	R		504	134		::	4312	147
2165	19	504	Eric Braun	R		504	134		::	781	242
2392	18	495	Ronald Marten	N		495	136	495	15	495	275
1031	19	491	Gayle Hutton	R		491	137		::	1290	209
2256	16	487	Jeff Raugh	R		487	138		::	844	236
1572	20	485	Mark Subjeck	R		485	139		::	4052	150
1187	19	479	Sally Holmes	R		479	140		::	7083	114
2409	15	476	Kathleen Smith	N		476	141	476	16	476	278
2388	17	473	Dave Barth	N		473	142	473	17	473	279

NFBC General Statistics for year to date Ride Sheets posted to 11/9/2009	2009 News	Change 08 to 09	History Nov-08	Change 07 to 08	History Nov-07	Change 06 to 07	History Nov-06	Change 05 to 06	History Nov-05	Change 04 to 05	History Nov-04	Change 03 to 04	History Nov-03	Change 02 to 03
Total Number of Miles Ridden by ALL riders:	233,418	0%	232,659	1%	229,819	19%	192,659	-9%	210,637	11%	189,485	-3%	195,072	-4%
Total Number of Miles Ridden by NFBC Members	212,486	-1%	213,684	0%	214,213	15%	185,842	-9%	203,668	14%	178,541	-3%	183,572	-4%
Total Number of Miles Ridden by NEW Members	21,481	54%	13,971	-8%	15,255	-10%	16,896	71%	9,895	12%	8,811	-36%	13,702	-32%
Total Number of Miles Ridden by Guests	20,932	10%	18,975	22%	15,606	129%	6,817	-2%	6,969	-36%	10,944	-5%	11,500	-14%
Total Number of Riders to date all, incl. guest(s):	7,894	9%	7,275	-4%	7,602	18%	6,454	-10%	7,151	10%	6,529	-1%	6,569	-5%
Total Number of Riders to date guests only):	724	136%	307	-44%	550	156%	215	-25%	287	-32%	423	8%	392	-18%
Total Number of Riders to date renewed members):	6,432	-2%	6,534	0%	6,559	16%	5,631	-14%	6,526	12%	5,807	2%	5,708	0%
Total Number of Riders to date new members):	738	70%	434	-12%	493	-19%	608	80%	338	13%	299	-36%	469	-36%
Total Number of Riders to date all members):	7,170	3%	6,968	-1%	7,052	13%	6,239	-9%	6,864	12%	6,106	-1%	6,177	-4%
Total Number of Renewal Members in NFBC	358	-1%	361	-3%	373	3%	361	-11%	405	4%	391	-4%	408	30%
Total Number of New Members in NFBC	129	15%	112	15%	97	-13%	112	13%	99	-11%	111	-30%	159	13%
Number of Inactive Members (non-renewals)	1,947	6%	1,843	6%	1,744	6%	1,648	9%	1,511	7%	1,414	14%	1,238	4%
Number of Permanent MemberIDs Assigned	2,434	5.1%	2,316	4.6%	2,214	4.4%	2,121	5.3%	2,015	5.2%	1,916	6.1%	1,805	9.7%
Total Number of Paid Members in NFBC:	487	3%	473	1%	470	-1%	473	-6%	504	0%	502	-11%	567	25%

NFBC General Statistics for year to date Ride Sheets posted to 11/9/2009	History Nov-02	Change 01 to 02	History Nov-01	Change 00 to 01	History Nov-00	Change 99 to 00	History Nov-99	Change 98 to 99	History Nov-98	Change 97 to 98	History Nov-97	Change 96 to 97	History Nov-96	Change 95 to 96	History Nov-95
Total Number of Miles Ridden by ALL rider s	204,126	12%	182,984	14%	160,616	3%	155,945	-5%	164,053	5%	156,588	14%	137,721	-5%	145,050
Total Number of Miles Ridden by NFBC Members	190,750	11%	172,059	14%	151,202	3%	147,060	-6%	156,225	6%	147,946	13%	130,818	-6%	139,230
Total Number of Miles Ridden by NEW Members	20,156	36%	14,802	63%	9,071	-24%	11,983	-6%	12,744	102%	6,298	16%	5,436	-76%	22,820
Total Number of Miles Ridden by Guests	13,376	22%	10,925	16%	9,414	6%	8,885	14%	7,828	-9%	8,642	25%	6,903	19%	5,820
Total Number of Riders to date all, incl. guest(s):	6,929	14%	6,095	11%	5,492	3%	5,312	-6%	5,653	8%	5,246	8%	4,879	-3%	5,046
Total Number of Riders to date guests only):	476	18%	404	17%	346	14%	304	2%	298	6%	282	19%	237	22%	194
Total Number of Riders to date renewed members):	5,723	11%	5,177	7%	4,842	5%	4,593	-6%	4,901	3%	4,750	8%	4,415	9%	4,059
Total Number of Riders to date new members):	730	42%	514	69%	304	-27%	415	-9%	454	112%	214	-6%	227	-71%	793
Total Number of Riders to date all members):	6,453	13%	5,691	11%	5,148	3%	5,008	-6%	5,355	8%	4,964	7%	4,642	-4%	4,852
Total Number of Renewal Members in NFBC	313	-2%	320	4%	309	1%	307	5%	293	2%	286	-3%	296	-2%	303
Total Number of New Members in NFBC	141	18%	119	5%	113	12%	101	-38%	163	34%	122	9%	112	-22%	143
Number of Inactive Members (non-renewals)	1,192	12%	1,066	11%	964	12%	861	21%	711	19%	596	26%	472	47%	322
Number of Permanent MemberIDs Assigned	1,646	9.4%	1,505	8.6%	1,386	9.2%	1,269	9.0%	1,167	16.2%	1,004	14.1%	880	14.6%	768
Total Number of Paid Members in NFBC:	454	3%	439	4%	422	3%	408	-11%	456	12%	408	0%	408	-9%	446

NFBC 2009 Awards presented at the Annual Banquet

president's award Jean Frederick
 ride leader of year award Dennis Powell
 ride leader of year award Matt Luly
 volunteer of year award Tom Barone
 outstanding service award Liz Williams
 outstanding service award Bob Mahaney

high overall mileage Paul Castle 3785 miles
 1st female high mileage Jean Frederick 2976 miles
 1st male high mileage Colin Fritz 3686 miles
 2nd female high mileage Lori Harf 2820 miles
 2nd male high mileage Alex Setlik 3517 miles
 3rd female high mileage Elaine Rubenstein 2503 miles
 3rd male high mileage Gary Stevens 3405 miles

15,000 mile club Janice Cochran, Marty Payne, Ron Wakefield, Cindy Adams, Joe Tocke

10,000 mile club Frank Soltiz, Tom Williams, Paul Aquila, Cindy Stachowski, Peter Leyonmark, John Lamarca, Carl Mach, Elaine Rubenstein

5,000 mile club Colin Fritz, Darrell Skelton, Fred Marcheson, Robert Nowinski, Gwen Macool, Bill Dowling, Mohamed Zeid. Ralph Yacinthe, Sue Stemmerman

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 I 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 releasor 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, 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 and damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasor 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 releasors, I shall indemnify, save, and hold harmless each of the releasors 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 UNDERSTANDS 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 TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREEMENT 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" agreement by signing it before participating in any NFBC-sponsored ride.
- Duties of Riders of the NFBC** 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 a 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.

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