



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

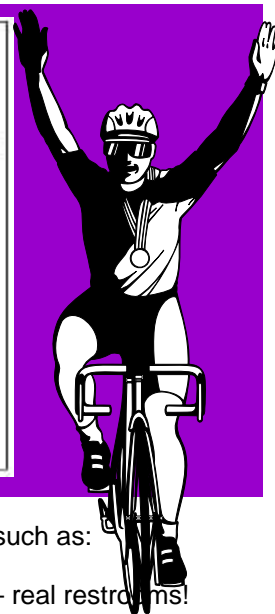
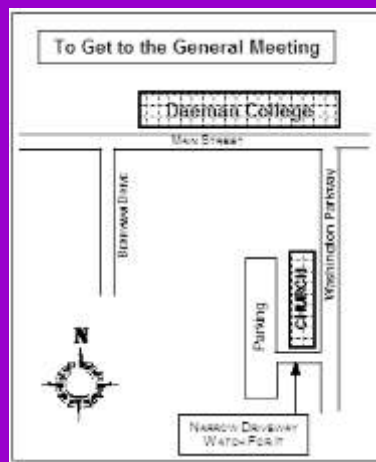
Volume XXIX

NUMBER 1

JANUARY/FEBRUARY 2008

## General Membership Meeting

Friday, February 15, 7:00 p.m.  
**Amherst Community Church**  
77 Washington Parkway  
*Parking and entrance behind church*  
**Food, Soft Drinks**



Try not to miss this year's General Membership Meeting. There are several key items on the agenda such as: Signing up as a ride leader for the upcoming season. We survive, because you volunteer! Have you heard about this year's CanAm Century? There are a lot of new features including tadah! — real restrooms! Hear about the planned club trip for this year? You will definitely want to make your plans early for this one. While attending, don't forget to vote on your favorite jersey design and to renew your club membership.

## Annual Banquet **HUGE** Success

Just over 100 NFBC members attended the 2007 season-end banquet on November 16th at the Fox Valley Country Club in Lancaster. Everyone feasted on the cooked-to-order pasta, and the carved turkey and roast beef, the salads, and the pastries. There was music and dancing and, oh yes, various awards were given to the gathered membership. At any rate, the evening was an unqualified success. — *Thank you Liz*

## CanAm 2008

Plans are well under way for this year's event. The ride date is Aug 17th. A complete report will be presented at the general meeting on Feb 15th. Come and find out what else is planned and where!!!!

## Club Trip

The dates for the club trip are now set in pebbles. Six night trip starts Friday 20 June and ends Thursday 26 June. Four night trip starts Saturday 21 June and ends Wed. 25 June. Destination - Providence Rhode Island (with visit to Newport) and New Bedford Massachusetts. More details in next Spokesman and at general meeting.

**Remember: All Memberships Expire on February 28, 2008**

Application on Page 7



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Niagara Frontier Bicycle Club, Inc.

## Ride Schedule & Activities

| Date        | Time    | Time                       |
|-------------|---------|----------------------------|
| February 15 | 7:00 PM | General Membership Meeting |
| March 17    | TBA     | Opening Day Ride           |

## Board of Directors



### President

Lincoln Blaisdell (759.6215)  
4715 Ransom Road  
Clarence, NY 14031  
Linc43@adelphia.net

### Treasurer

Diane Currie 675-1834  
77 Westview Drive  
West Seneca, NY 14224  
DGaczewski@moog.com

### Board Members

Mary Alice Tock 941-5591  
8053 Back Creek Road  
Hamburg, NY 14075  
jtocke@aol.com

### Membership

Roy Tocha 627-7946  
11 Eaglecrest Drive  
Hamburg, NY 14075  
RRTocha@yahoo.com

### Vice-President

Jean Frederick 692-3611  
588 Sweeney Street  
North Tonawanda, NY 14120  
jeanbike1@msn.com

### Board Members

Richard Lepie 741-2762  
9325 Hunting Valley Rd., N.  
Clarence, NY 14031  
richard\_suntreader@hotmail.com

### Board Members

Ron Wakefield 877-2140  
P.O. Box 237  
Kenmore, NY 14217  
ron.wakefield@verizon.net

### Editor

Bob Mahaney 873-2814  
103 Wilbury Place  
Buffalo, NY 14216  
rjmtax@aol.com

### Secretary

Kathy Karnath 688-2968  
159 Wyeth Drive  
Getzville, NY 14068  
kkarnath@seagatealliance.com

Jody Snyder 662-2356  
6149 Newton Rd.  
Orchard Park, NY 14127  
jodysnyder@hotmail.com

Tom Williams 688-2981  
76 Lynette Lane  
Amherst, NY 14228  
t.a.will45@aol.com

**Welcome  
Jody!!!**

| <b>NFBC General Statistics for year to date<br/>Ride Sheets posted to 11/11/2007</b> | <b>2007<br/>News</b> | <b>Change<br/>06 to 07</b> | <b>History<br/>Nov-06</b> |
|--|----------------------|----------------------------|---------------------------|
| Total Number of Miles Ridden by ALL riders:  | <b>229,819</b>       | <b>19%</b>                 | 192,659                   |
| Total Number of Miles Ridden by NFBC Members   | <b>214,213</b>       | <b>15%</b>                 | 185,842                   |
| Total Number of Miles Ridden by NEW Members  | <b>15,255</b>        | <b>-10%</b>                | 16,896                    |
| Total Number of Miles Ridden by Guests   | <b>15,606</b>        | <b>129%</b>                | 6,817                     |
| Total Number of Riders to date <b>all, incl. guests</b> ):                           | <b>7,602</b>         | <b>18%</b>                 | 6,454                     |
| Total Number of Riders to date <b>guests only</b> ):                                 | <b>550</b>           | <b>156%</b>                | 215                       |
| Total Number of Riders to date <b>renewed members</b> ):                             | <b>6,559</b>         | <b>16%</b>                 | 5,631                     |
| Total Number of Riders to date <b>new members</b> ):                                 | <b>493</b>           | <b>-19%</b>                | 608                       |
| Total Number of Riders to date <b>all members</b> ):                                 | <b>7,052</b>         | <b>13%</b>                 | 6,239                     |
| Total Number of Renewal Members in NFBC  | <b>373</b>           | <b>3%</b>                  | 361                       |
| Total Number of New Members in NFBC  | <b>97</b>            | <b>-13%</b>                | 112                       |
| Number of Inactive Members (non-renewals)  | <b>1,744</b>         | <b>6%</b>                  | 1,648                     |
| Number of Permanent MemberIDs Assigned   | <b>2,214</b>         | <b>4.4%</b>                | 2,121                     |
| <b>Total Number of Paid Members in NFBC:</b>   | <b>470</b>           | <b>-1%</b>                 | 473                       |



**We Ride Every Day!**



# NFBC Annual Awards

**President's Award**

Bill Mclaughlin

**Ride Leader of the Year**

John Herman

**Outstanding Service**

Cindy Adams

**Volunteer of the Year**

Tom and Sue Williams

**High overall mileage**

Brenda Fischer

3607

**1st Male High Mileage**

Gary Stevens

3233

**2nd Male High Mileage**

Ed Peters

3173

**3d Male High Mileage**

Carl Mach

3000

**1st Female High Mileage**

Lori Harf

3241

**2d Female High Mileage**

Arlyne Lepie

2688

**3d Female High Mileage**

Karen Sprada

2432

**Most Rides**

Bob Sylkes

99

**1st Female New**

Susan Preston

870

**2d Female New**

Joann Cronenberg

721

**3d Female New**

Deborah Morrison

270

**1st Male New**

Darrell Skelton

1667

**2d Male New**

Paul Randall

1375

**3d Male New**

Colin E Fritz

1360

**55,000 Mile Club**

Alex Setlik

Brad Chase

**40,000 Mile Club**

Bob Alessi

**35,000 Mile Club**

Gary Stevens

Roy Tocha

**25,000 Mile Club**

Ian Currie

David Gonzales

Barbara Reade

**20,000 Mile Club**

Richard Lepie

Larry Reade

**15,000 Mile Club**

Tris Orzech

Tim Leach

Gordon Deitrick

**10,000 Mile Club**

John King

John Kozinski

Sandy Nobel

**5,000 Mile club**

Frank Soltz

Kathy Karnath

Elaine Rubenstein

Michael Fischer

Darren Kihl

Jim Karnath

Jane Armbrustar

Adrienne McDonough

Halli Lavner-Dowhy

James Matthews

John Herman

David Buonerba

## Finally Something to like about New Jersey

At our fall membership meeting on October 19th the topic of club jerseys was presented. An overwhelming majority voted for a completely new jersey design for the 2008 season! We're holding a contest among NFBC members to come up with a new jersey design! All entries will be presented at the February general membership meeting and the winning design selected by majority vote at that meeting.

Here is a second jersey design opportunity to consider. The Can Am committee would like to create a Can Am jersey, that would be an optional thing for people to purchase for this event. As long as you are thinking creatively why not consider submitting your idea for this one too. When we see all of the ideas that have been submitted we would be happy to find a design that might fit the CanAm theme. Send your idea to Kathy and come to the meeting on the 15th to see them all and cast your votes! Submit your design to Kathleen Karnath by email at [kkarnath@seagatealliance.com](mailto:kkarnath@seagatealliance.com) or my mail at 159 Wyeth Drive, Getzville, NY 14068. All entries must be submitted by January 31, 2008.

# Think Snow!





Niagara Frontier Bicycle Club, Inc.

NFBC Standings - Page 1 of 38 - (Printed 11/11/2007)

| Mem# | #Rides | Total Miles | Rider Name         | Mem? | Award(s)   | MemMi | RankO/A | NewMi | RankNew | Accum | RankAccum |
|------|--------|-------------|--------------------|------|--|-------|---------|-------|---------|-------|-----------|
| 1788 | 109    | 3607        | Brenda Fischer     | R    | <b>1st Overall<br/>3,000 Certificate</b>   | 3607  | 1       |       | ::      | 13689 | 56        |
| 61   | 119    | 3241        | Lori Harf          | R    | <b>1st Female<br/>3,000 Certificate</b>  | 3241  | 2       |       | ::      | 38471 | 8         |
| 265  | 99     | 3233        | Gary Stevens       | R    | <b>1st Male<br/>35,000 Club<br/>3,000 Certificate</b>  | 3233  | 3       |       | ::      | 36345 | 10        |
| 169  | 114    | 3173        | Ed Peters          | R    | <b>2nd Male<br/>3,000 Certificate</b>  | 3173  | 4       |       | ::      | 48607 | 3         |
| 1885 | 79     | 3000        | Carl Mach          | R    | <b>3rd Male<br/>3,000 Certificate<br/>"Ride To Exactly<br/>3,000 Miles And<br/>Stop Award"</b> | 3000  | 5       |       | ::      | 8067  | 88        |
| 1870 | 84     | 2772        | Frank Soltiz       | R    | <b>5,000 Club<br/>2,000 Certificate</b>  | 2772  | 6       |       | ::      | 6694  | 104       |
| 40   | 85     | 2726        | Alex Setlik        | R    | <b>55,000 Club<br/>2,000 Certificate</b>   | 2726  | 7       |       | ::      | 56877 | 1         |
| 703  | 79     | 2688        | Arlyne Lepie       | R    | <b>2nd Female<br/>2,000 Certificate</b>  | 2688  | 8       |       | ::      | 24794 | 24        |
| 71   | 99     | 2663        | Bob Silkes         | R    | <b>Most Rides<br/>2,000 Certificate</b>  | 2663  | 9       |       | ::      | 38097 | 9         |
| 257  | 85     | 2529        | Ian Currie         | R    | <b>25,000 Club<br/>2,000 Certificate</b>   | 2529  | 10      |       | ::      | 26718 | 20        |
| 1997 | 71     | 2441        | Michael Dupre      | R    | <b>2,000 Certificate</b>   | 2441  | 11      |       | ::      | 4798  | 133       |
| 432  | 88     | 2432        | Karen Sprada       | R    | <b>3rd Female<br/>2,000 Certificate</b>  | 2432  | 12      |       | ::      | 38891 | 7         |
| 306  | 80     | 2406        | Diane Gaczewski    | R    | <b>2,000 Certificate</b>   | 2406  | 13      |       | ::      | 33173 | 15        |
| 973  | 67     | 2338        | Kathy Karnath      | R    | <b>5,000 Club<br/>2,000 Certificate</b>  | 2338  | 14      |       | ::      | 5724  | 121       |
| 1576 | 84     | 2302        | Elaine Rubenstein  | R    | <b>5,000 Club<br/>2,000 Certificate</b>  | 2302  | 15      |       | ::      | 5696  | 122       |
| 1537 | 66     | 2273        | Janice Cochran     | R    | <b>2,000 Certificate</b>   | 2273  | 16      |       | ::      | 12679 | 60        |
| 702  | 53     | 2174        | Richard Lepie      | R    | <b>20,000 Club<br/>2,000 Certificate</b>   | 2174  | 17      |       | ::      | 20711 | 29        |
| 378  | 75     | 2169        | Rebecca Ribis      | R    | <b>2,000 Certificate</b>   | 2169  | 18      |       | ::      | 28525 | 18        |
| 2106 | 67     | 2168        | Mohamed Zeid       | R    | <b>2,000 Certificate</b>   | 2168  | 19      |       | ::      | 2863  | 170       |
| 1789 | 62     | 2147        | Michael S. Fischer | R    | <b>5,000 Club<br/>2,000 Certificate</b>  | 2147  | 20      |       | ::      | 6445  | 109       |
| 130  | 68     | 2135        | John King          | R    | <b>10,000 Club<br/>2,000 Certificate</b>   | 2135  | 21      |       | ::      | 10217 | 70        |



NFBC Standings - Page 2 of 38 - (Printed 11/11/2007)

| Mem# | #Rides | Total Miles | Rider Name         | Mem? | Award(s)   | MemMi | RankO/A | NewMi | RankNew | Accum | RankAccum |
|------|--------|-------------|--------------------|------|--|-------|---------|-------|---------|-------|-----------|
| 165  | 92     | 2110        | Brad Chase         | R    | 55,000 Club<br>2,000 Certificate   | 2110  | 22      |       | ::      | 56503 | 2         |
| 35   | 66     | 2032        | Jean Frederick     | R    | 2,000 Certificate  | 2032  | 23      |       | ::      | 34272 | 13        |
| 245  | 66     | 2023        | Robert Puleo       | R    | 2,000 Certificate<br>"I've Ridden<br>24,929 Miles<br>Which Is More<br>Than The World's<br>Equatorial<br>Circumference<br>(24,901.55 Miles)<br>Award" | 2023  | 24      |       | ::      | 24929 | 23        |
| 1691 | 63     | 2016        | Jody Snyder        | R    | 2,000 Certificate  | 2016  | 25      |       | ::      | 4507  | 138       |
| 1602 | 65     | 1990        | Thomas Barone      | R    | 1,000 Certificate<br>"2,000 Miles Was<br>So Close Award"   | 1990  | 26      |       | ::      | 8031  | 90        |
| 123  | 78     | 1917        | Bob Alessi         | R    | 40,000 Club<br>1,000 Certificate   | 1917  | 27      |       | ::      | 41363 | 4         |
| 16   | 66     | 1880        | David Gonzalez     | R    | 25,000 Club<br>1,000 Certificate   | 1880  | 28      |       | ::      | 25489 | 21        |
| 461  | 76     | 1835        | Barbara Reade      | R    | 25,000 Club<br>1,000 Certificate   | 1835  | 29      |       | ::      | 25425 | 22        |
| 80   | 50     | 1834        | Bruce Jansen       | R    | 1,000 Certificate  | 1834  | 30      |       | ::      | 39327 | 6         |
| 957  | 51     | 1828        | Patrick Danaher    | R    | 1,000 Certificate  | 1828  | 31      |       | ::      | 24214 | 25        |
| 900  | 60     | 1827        | Tris Orzech        | R    | 15,000 Club<br>1,000 Certificate   | 1827  | 32      |       | ::      | 15712 | 45        |
| 1195 | 56     | 1826        | Ronald Wakefield   | R    | 1,000 Certificate  | 1826  | 33      |       | ::      | 12475 | 62        |
| 2091 | 53     | 1804        | Karen Ostrum       | R    | 1,000 Certificate  | 1804  | 34      |       | ::      | 2113  | 188       |
| 110  | 58     | 1752        | John Kozinski      | R    | 10,000 Club<br>1,000 Certificate   | 1752  | 35      |       | ::      | 10564 | 69        |
| 2012 | 52     | 1749        | Gwendolyn Macool   | R    | 1,000 Certificate  | 1749  | 36      |       | ::      | 3051  | 166       |
| 917  | 56     | 1746        | Elizabeth Williams | R    | 1,000 Certificate  | 1746  | 37      |       | ::      | 8669  | 82        |
| 1888 | 49     | 1743        | Darren Kihl        | R    | 5,000 Club<br>1,000 Certificate  | 1743  | 38      |       | ::      | 5110  | 129       |
| 1375 | 51     | 1736        | Robert J. Mahaney  | R    | 1,000 Certificate  | 1736  | 39      |       | ::      | 9181  | 78        |
| 972  | 47     | 1713        | Jim Karnath        | R    | 5,000 Club<br>1,000 Certificate  | 1713  | 40      |       | ::      | 5575  | 123       |
| 1119 | 51     | 1705        | Dennis Powell      | R    | 1,000 Certificate  | 1705  | 41      |       | ::      | 8669  | 82        |
| 2181 | 59     | 1667        | Darrell Skelton    | N    | 1st New Male<br>1,000 Certificate  | 1667  | 42      | 1667  | 1       | 1667  | 203       |



Niagara Frontier Bicycle Club, Inc.

NFBC Standings - Page 3 of 38 - (Printed 11/11/2007)

| Mem# | #Rides | Total Miles | Rider Name         | Mem? | Award(s)  | MemMi | RankO/A | NewMi | RankNew | Accum | RankAccum |
|------|--------|-------------|--------------------|------|---|-------|---------|-------|---------|-------|-----------|
| 1349 | 43     | 1658        | Jane Armbruster    | R    | 5,000 Club<br>1,000 Certificate                   | 1658  | 43      |       | ::      | 5228  | 127       |
| 1659 | 47     | 1623        | Adrienne McDonough | R    | 5,000 Club<br>1,000 Certificate                   | 1623  | 44      |       | ::      | 5886  | 119       |
| 1884 | 68     | 1607        | Paul D. Aquila     | R    | 1,000 Certificate                                 | 1607  | 45      |       | ::      | 6860  | 102       |
| 59   | 61     | 1541        | Larry Reade        | R    | 20,000 Club<br>1,000 Certificate                  | 1541  | 46      |       | ::      | 20564 | 30        |
| 1270 | 40     | 1528        | Gary Schlau        | R    | 1,000 Certificate                                 | 1528  | 47      |       | ::      | 17783 | 37        |
| 28   | 53     | 1523        | Roy Tocha          | R    | 35,000 Club<br>1,000 Certificate                  | 1523  | 48      |       | ::      | 35563 | 11        |
| 1249 | 54     | 1486        | Mathew Luly        | R    | 1,000 Certificate                                 | 1486  | 49      |       | ::      | 14670 | 51        |
| 1632 | 41     | 1413        | Richard Swank      | R    | 1,000 Certificate                                 | 1413  | 50      |       | ::      | 4103  | 145       |
| 235  | 43     | 1396        | Joseph Pizzuto     | R    | 1,000 Certificate                                 | 1396  | 51      |       | ::      | 16729 | 41        |
| 219  | 50     | 1395        | Joe Tocke          | R    | 1,000 Certificate                                 | 1395  | 52      |       | ::      | 13737 | 54        |
| 2170 | 45     | 1375        | Paul Randall       | N    | 2nd New Male<br>1,000 Certificate                 | 1375  | 53      | 1375  | 2       | 1375  | 210       |
| 1369 | 34     | 1363        | Cindy Stachowski   | R    | 1,000 Certificate                                 | 1363  | 54      |       | ::      | 7972  | 92        |
| 2136 | 44     | 1360        | Colin E. Fritz     | N    | 3rd New Male<br>1,000 Certificate                 | 1360  | 55      | 1360  | 3       | 1360  | 211       |
| 1728 | 50     | 1323        | Barbara A. Kurtz   | R    | 1,000 Certificate                                 | 1323  | 56      |       | ::      | 8201  | 86        |
| 1696 | 44     | 1301        | Halli Lavner-Dowhy | R    | 5,000 Club<br>1,000 Certificate                   | 1301  | 57      |       | ::      | 5274  | 125       |
| 443  | 49     | 1288        | Tim Leach          | R    | 15,000 Club<br>1,000 Certificate                  | 1288  | 58      |       | ::      | 15636 | 46        |
| 1734 | 37     | 1253        | Ralph Yacinthe     | R    | 1,000 Certificate                                 | 1253  | 59      |       | ::      | 2082  | 190       |
| 560  | 44     | 1238        | Gerald Gardner     | R    | 1,000 Certificate                                 | 1238  | 60      |       | ::      | 9374  | 76        |
| 2059 | 53     | 1235        | Steve Forrestel    | R    | 1,000 Certificate                                 | 1235  | 61      |       | ::      | 2907  | 168       |
| 639  | 47     | 1234        | James Mathews      | R    | 5,000 Club<br>1,000 Certificate                   | 1234  | 62      |       | ::      | 6082  | 116       |
| 2082 | 43     | 1230        | Mary Anne Johnson  | R    | 1,000 Certificate                                 | 1230  | 63      |       | ::      | 1884  | 195       |
| 1221 | 38     | 1228        | Diane Marasciulo   | R    | 1,000 Certificate                                 | 1228  | 64      |       | ::      | 4869  | 132       |
| 1018 | 37     | 1213        | Paul Sienkiewicz   | R    | 1,000 Certificate                                 | 1213  | 65      |       | ::      | 12540 | 61        |
| 662  | 37     | 1208        | Cynthia Adams      | R    | Outstanding<br>Service Award<br>1,000 Certificate | 1208  | 66      |       | ::      | 13279 | 58        |
| 1226 | 35     | 1206        | Sandy Nobel        | R    | 10,000 Club<br>1,000 Certificate                  | 1206  | 67      |       | ::      | 10149 | 72        |
| 1868 | 39     | 1189        | Susan Stemerman    | R    | 1,000 Certificate                                 | 1189  | 68      |       | ::      | 3076  | 164       |

# 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 ▶   |             |         |                           |              |
| Mailing Address ▶  |             |         |                           |              |
| City, State, Zip ▶   |             |         |                           |              |
| Phone Number ▶   |             | Email ▶ |                           |              |
| We will distribute a list of our members' e-mail addresses, home addresses and phone numbers to NFBC club members and to local bike shops unless you check the following spaces:<br>NFBC <input type="checkbox"/> NO      LOCAL BIKE SHOPS <input type="checkbox"/> NO |             |         |                           |              |
| I do <input type="checkbox"/> do not <input type="checkbox"/> need to receive a printed copy of the newsletter via US Mail   |             |         |                           |              |
| Primary Member/Guardian ▼  | Signature ▼ | Date ▼  | Birthdate (If under 18) ▼ | Member No. ▼ |
|  |             |         |                           |              |
| Additional Members ▼ (More may be added at bottom of next page.)   |             |         |                           |              |
|  |             |         |                           |              |
|  |             |         |                           |              |
| Comments (ride length preference, interested in leading ride, volunteering, etc.)  |             |         |                           |              |

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

| Membership           |         | Status           |
|----------------------|---------|------------------|
| • Individual         | \$20.00 | • New Member     |
| • Family             | \$30.00 | • Renewing       |
| • Map Packet (extra) | \$12.00 | • Address Change |

Send check (payable to NFBC) and signed application to NFBC, Inc.,  
c/o Roy R. Tocha, 11 Eaglecrest Dr.,  
Hamburg, NY 14075-1807

## Niagara Frontier Bicycle Club, Inc.

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 ANSA 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.





**Campus WheelWorks**

744 Elmwood Ave.  
Buffalo, NY 14222  
716.881.3613

[www.campuswheelworks.com](http://www.campuswheelworks.com)  
[campuswheelworks@mybizz.net](mailto:campuswheelworks@mybizz.net)

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