



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIX

NUMBER 1

JANUARY/FEBRUARY 2009

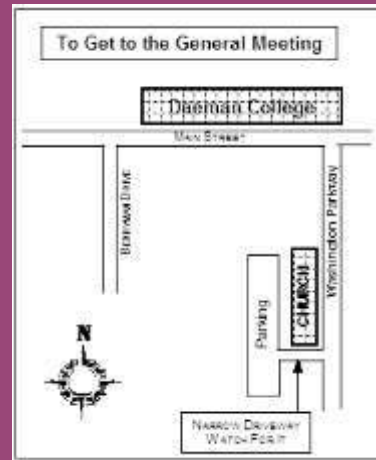
## General Membership Meeting

Friday, February 20, 7:00 p.m.

77 Washington Parkway

Parking and entrance behind church

**Food, Soft Drinks**



## 2008 Awards

Awards were presented at the annual banquet at the Fox Valley Country Club way back in November.

Brenda Fischer continued to ride more than anyone else and received the First Overall mileage award. Ed Peters picked up the first Male rider and Karen Ostrum the first Female. Nice!!!

The non mileage awards included two doubles.

The President's Award recognised two clubmembers. Diane Currie has kept the books for as long as anyone can remember and Kathy Karnath has kept the notes. Both have served over and above much to our benefit. Thank you!!!!

The Volunteer of the Year was the other double.

Lori Harf and Joe Pizzuto are the epitomy of "VOLUNTEER" and are quite deserving of their honors. Thank You!!

Many thanks to Frank Solitz for his role as ride leader, earning him Ride Leader of the Year recognition. Nice Job Frank.

Who deserves the Outstanding Service honor more than the person who gave us that outstanding Can Am 2008, but Michael Fischer. Many Thanks!!!!

## Reminder

All Memberships Expire

on February 28, 2009

Application on Page 7

Changes in access to Spokesman and map packets

Please note that to continue receiving the Spokesman by US Mail there is a special box on the application form and an additional \$5 charge in your annual dues.

Map packets are available in CD form for a \$5 charge

SEE PAGE 2

## Officers

President  
Lincoln Blaisdell (479-9431)  
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## Board Members

Ian Currie ( 601-7390)  
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## Spokesman Editor

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Roy Tocha 27-7946)  
11 North Eaglecrest Drive  
Hamburg, NY 14075  
[rtocha@yahoo.com](mailto:rtocha@yahoo.com)

January and February 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Dec	29	30	31	1 Jan Happy New Year	2	3
4	5	6	7	8	9	10
11	12	13	14 7 PM Board Meeting	15	16 Remember seebybike for off season fun.	17
18 8 weeks until 2009 riding season	19 Time for spinning to keep your legs.	20 6 PM CanAm Meeting	21	22	23	24
25	26	27 It is a good day for squats & lunges.	28 Maybe they can wait until March. Ouch!	29	30	31
1 Feb	2 Still snowing..... keep the skis out.	3	4	5	6	7
8	9	10	11	12	13	14
	Make plans to attend the general membership meeting next week. Be ready to pick your favorite Spring rides and sign up to be the ride facilitator. Sign in sheets, cues and maps will be available for volunteers to take.					14 Valentine's Day
15 Only 4 more weeks until we ride!	16 Time to lose those holiday pounds.	17	18	19	20 7 PM Membership Mtg	21
22	23	24	25 Spring will be here soon.	26	27	28

**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.

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
1788	115	4141	Brenda Fischer	R	1st Overall 15,000 Club 4,000 Certificate	4141	1		::	17830	41
169	109	3182	Ed Peters	R	1st Male 50,000 Club 3,000 Certificate "Steady Eddie Award"	3182	2		::	51789	3
957	84	3169	Patrick Danaher	R	2nd Male 25,000 Club 3,000 Certificate	3169	3		::	27383	25
1602	100	3164	Thomas Barone	R	3rd Male 10,000 Club 3,000 Certificate "Only 5 miles From 2nd Male Award"	3164	4		::	11195	70
265	103	3142	Gary Stevens	R	3,000 Certificate	3142	5		::	39487	10
40	99	3109	Alex Setlik	R	3,000 Certificate	3109	6		::	59986	1
1870	99	3077	Frank Soltiz	R	"Ride Leader Of The Year Award" 3,000 Certificate	3077	7		::	9771	82
2136	85	2961	Colin E. Fritz	R	2,000 Certificate	2961	8		::	4321	142
2091	79	2903	Karen Ostrum	R	1st Female 5,000 Club 2,000 Certificate	2903	9		::	5016	132
61	99	2779	Lori Harf	R	2nd Female "Volunteer of the Year Award" 40,000 Club 2,000 Certificate	2779	10		::	41250	5
1576	105	2769	Elaine Rubenstein	R	3rd Female 2,000 Certificate	2769	11		::	8465	88
165	108	2633	Brad Chase	R	Most Rides 2,000 Certificate	2633	12		::	59136	2
703	77	2572	Arlyne Lepie	R	25,000 Club 2,000 Certificate	2572	13		::	27366	26
35	90	2491	Jean Frederick	R	35,000 Club 2,000 Certificate	2491	14		::	36763	14
1270	80	2457	Gary Schlaw	R	20,000 Club 2,000 Certificate	2457	15		::	20240	35
702	65	2456	Richard Lepie	R	2,000 Certificate	2456	16		::	23167	29
432	84	2240	Karen Sprada	R	40,000 Club 2,000 Certificate	2240	17		::	41131	6
257	83	2223	Ian Currie	R	2,000 Certificate	2223	18		::	28941	21
110	76	2179	John Kozinski	R	2,000 Certificate	2179	19		::	12743	62
1537	66	2162	Janice Cochran	R	2,000 Certificate	2162	20		::	14841	54
1221	63	2148	Diane Marasciulo	R	5,000 Club 2,000 Certificate	2148	21		::	7017	105
71	80	2118	Bob Silkes	R	40,000 Club 2,000 Certificate	2118	22		::	40215	8
1119	55	2106	Dennis Powell	R	10,000 Club 2,000 Certificate	2106	23		::	10775	72
461	83	2103	Barbara Reade	R	2,000 Certificate	2103	24		::	27528	24
16	68	2055	David Gonzalez	R	2,000 Certificate	2055	25		::	27544	23
59	75	2002	Larry Reade	R	2,000 Certificate "Whew, Just Made 2,000 Miles Award"	2002	26		::	22566	30
378	71	1986	Rebecca Ribis	R	30,000 Club "2,000 Miles Was So Close Award"	1986	27		::	30511	19
1884	84	1958	Paul D. Aquila	R	1,000 Certificate	1958	28		::	8818	86

NFBC Standings - Page 2 of 38 - (Printed 11/11/2008)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
1375	59	1954	Robert J. Mahaney	R	<b>10,000 Club</b> <b>1,000 Certificate</b>	1954	29		::	11135	71
972	60	1928	Jim Karnath	R	<b>1,000 Certificate</b>	1928	30		::	7503	99
973	59	1910	Kathy Karnath	R	<b>"President's Award"</b> <b>1,000 Certificate</b>	1910	31		::	7634	97
2092	44	1888	Gary Ostrum	R	<b>1,000 Certificate</b>	1888	32		::	3159	163
306	71	1879	Diane Currie	R	<b>"President's Award"</b> <b>35,000 Club</b> <b>1,000 Certificate</b>	1879	33		::	35052	16
2147	56	1852	Michael Maher	R	<b>1,000 Certificate</b>	1852	34		::	2600	177
2181	67	1847	Darrell Skelton	R	<b>1,000 Certificate</b>	1847	35		::	3514	157
1885	51	1827	Carl Mach	R	<b>1,000 Certificate</b>	1827	36		::	9894	81
1106	59	1825	David Klock	R	<b>20,000 Club</b> <b>1,000 Certificate</b>	1825	37		::	21256	34
123	67	1806	Bob Alessi	R	<b>1,000 Certificate</b>	1806	38		::	43169	4
80	63	1789	Bruce Jansen	R	<b>40,000 Club</b> <b>1,000 Certificate</b>	1789	39		::	41116	7
1997	49	1778	Michael Dupre	R	<b>5,000 Club</b> <b>1,000 Certificate</b>	1778	40		::	6576	115
917	59	1710	Elizabeth Williams	R	<b>10,000 Club</b> <b>1,000 Certificate</b>	1710	41		::	10379	76
212	59	1667	Paul Castle	R	<b>1,000 Certificate</b>	1667	42		::	18868	38
1138	43	1655	Lincoln Blaisdell	R	<b>10,000 Club</b> <b>1,000 Certificate</b>	1655	43		::	10717	73
2106	38	1614	Mohamed Zeid	R	<b>1,000 Certificate</b>	1614	44		::	4477	140
1691	47	1587	Jody Snyder	R	<b>5,000 Club</b> <b>1,000 Certificate</b>	1587	45		::	6094	121
1734	45	1579	Ralph Yacinthe	R	<b>1,000 Certificate</b>	1579	46		::	3661	153
245	52	1482	Robert Puleo	R	<b>25,000 Club</b> <b>1,000 Certificate</b>	1482	47		::	26411	27
28	45	1477	Roy Tocha	R	<b>1,000 Certificate</b>	1477	48		::	37040	13
1966	35	1471	Bill Dowling	R	<b>1,000 Certificate</b>	1471	49		::	4851	135
1340	43	1468	Jim Kuberka	R	<b>15,000 Club</b> <b>1,000 Certificate</b>	1468	50		::	15914	52
1249	60	1467	Mathew Luly	R	<b>15,000 Club</b> <b>1,000 Certificate</b>	1467	51		::	16137	47
2012	51	1467	Gwendolyn Macool	R	<b>1,000 Certificate</b>	1467	51		::	4518	138
1195	39	1438	Ronald Wakefield	R	<b>1,000 Certificate</b>	1438	53		::	13913	58
1632	37	1438	Richard Swank	R	<b>5,000 Club</b> <b>1,000 Certificate</b>	1438	53		::	5541	125
78	47	1384	Betsy Dexheimer	R	<b>1,000 Certificate</b>	1384	55		::	8022	93
1226	38	1375	Sandy Nobel	R	<b>1,000 Certificate</b>	1375	56		::	11524	68
664	50	1354	Ron Kalka	R	<b>20,000 Club</b> <b>1,000 Certificate</b>	1354	57		::	21257	33
2112	41	1336	Dan Murdock	R	<b>1,000 Certificate</b>	1336	58		::	1939	192
1789	44	1332	Michael S. Fischer	R	<b>"Outstanding Service Award"</b> <b>1,000 Certificate</b>	1332	59		::	7777	94
235	41	1288	Joseph Pizzuto	R	<b>"Volunteer of the Year Award"</b> <b>1,000 Certificate</b>	1288	60		::	18017	40
1447	48	1283	Thomas A. Williams	R	<b>1,000 Certificate</b>	1283	61		::	8813	87
560	49	1275	Gerald Gardner	R	<b>10,000 Club</b> <b>1,000 Certificate</b>	1275	62		::	10649	74
170	48	1274	Pat Peters	R	<b>1,000 Certificate</b>	1274	63		::	32820	18
1369	33	1271	Cindy Stachowski	R	<b>1,000 Certificate</b>	1271	64		::	9243	84
118	54	1268	Bill Tambacas	R	<b>1,000 Certificate</b>	1268	65		::	19259	37
1668	43	1255	David Buonerba	R	<b>1,000 Certificate</b>	1255	66		::	6774	110
665	47	1250	Linda Kalka	R	<b>1,000 Certificate</b>	1250	67		::	21515	31
1018	39	1232	Paul Sienkiewicz	R	<b>1,000 Certificate</b>	1232	68		::	13772	60
688	39	1182	Edward Hutton	R	<b>5,000 Club</b> <b>1,000 Certificate</b>	1182	69		::	5386	128

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
2113	34	1180	Amy Murdock	R	1,000 Certificate	1180	70		::	2649	175
122	41	1167	Susan Alessi	R	1,000 Certificate	1167	71		::	24457	28
234	49	1153	James Sawyer	R	1,000 Certificate	1153	72		::	28653	22
1120	32	1127	Janice Powell	R	1,000 Certificate	1127	73		::	3565	155
900	38	1121	Tris Orzech	R	1,000 Certificate	1121	74		::	16833	44
1868	40	1113	Susan Stemerman	R	1,000 Certificate	1113	75		::	4189	144
1659	28	1058	Adrienne McDonough	R	1,000 Certificate	1058	76		::	6944	107
1536	46	1051	Greg Heim	R	1,000 Certificate	1051	77		::	7432	100
2059	37	1051	Steve Forrestel	R	1,000 Certificate	1051	77		::	3958	150
1255	36	1001	Gordon Deitrick	R	1,000 Certificate "Whew, Just Made 1,000 Miles Award"	1001	79		::	16796	45
1878	32	966	Stephen Lewonka	R	"1,000 Miles Was So Close Award"	966	80		::	3074	165
2248	20	962	Peg Walker	N	1st New Female	962	81	962	1	962	229
1844	29	952	Deborah Matteliano	R		952	82		::	4184	145
2025	44	935	Susan Williams	R		935	83		::	2328	185
662	31	931	Cynthia Adams	R		931	84		::	14210	57
1888	28	926	Darren Kihl	R		926	85		::	6036	123
1349	31	922	Jane Armbruster	R		922	86		::	6150	120
2236	23	909	Michelle Smith	N	2nd New Female	909	87	909	2	909	231
2082	36	907	Mary Anne Johnson	R		907	88		::	2791	169
1381	37	899	Rich Bleyle	R		899	89		::	6069	122
2252	30	878	Laura Martinez	N	3rd New Female	878	90	878	3	878	234
1128	28	841	Peter Leyonmark	R		841	91		::	9393	83
1515	31	839	Kathy Finnegan	R		839	92		::	7257	102
2250	22	830	Pamela Walker	N		830	93	830	4	830	237
219	22	827	Joe Tocke	R		827	94		::	14564	55
2086	17	827	Bruce Coffee	R		827	94		::	1520	203
1183	25	799	John Herman	R		799	96		::	6768	111
1959	22	798	Joe Pautler	R		798	97		::	2750	173
2257	29	792	David Marcinkowski	N	1st New Male	792	98	792	5	792	240
1399	22	773	Maureen Balling	R		773	99		::	7148	103
384	31	764	Mary Ann Waldman	R		764	100		::	2308	186
1562	31	736	Thomas Tobias	R		736	101		::	3410	159
1514	27	725	Jeff Baker	R	5,000 Club	725	102		::	5428	127
639	29	715	James Mathews	R		715	103		::	6797	109
385	28	698	Barry Waldman	R		698	104		::	2761	170
2217	15	687	Joan Maher	N		687	105	687	6	687	250
958	19	686	Colleen Danaher	R		686	106		::	2512	179
2170	21	673	Paul Randall	R		673	107		::	2048	190
1311	26	661	Colleen Eagen	R		661	108		::	3808	151
2255	26	661	Michael W. Cormier	N	2nd New Male	661	108	661	7	661	257
1345	26	652	Raymond Thomas	R		652	110		::	7774	95
879	11	651	Frank Dedomenico	R		651	111		::	16130	48
1992	22	646	John McGuire	R		646	112		::	1837	195
1769	18	642	Loren Wehling Jr.	R	5,000 Club	642	113		::	5248	131
1488	21	640	Peter S. Swartwout	R		640	114		::	4008	149
1031	21	639	Gayle Hutton	R		639	115		::	799	239
2177	23	638	Joann Cronenberg	R		638	116		::	1359	208
2316	20	632	Brigitte Soltiz	N		632	117	632	8	632	260
939	14	619	Tim Cleary	R		619	118		::	4202	143
1122	19	611	Marty Payne	R		611	119		::	13864	59
443	26	607	Tim Leach	R		607	120		::	16243	46
2266	18	598	Barbara Roos	N		598	121	598	9	598	264
1513	21	597	Robert Nowinski	R		597	122		::	4045	148
1431	19	591	Thomas Johnson	R		591	123		::	6426	119
1629	21	586	Bill Harrington	R		586	124		::	2889	167
29	23	569	Marion Reslow	R		569	125		::	15953	51
459	25	569	Christine Eagan-Luly	R		569	125		::	2888	168
2039	22	536	Sean McGovern	R		536	127		::	974	228
2035	23	525	Richard Milazzo	R		525	128		::	1582	201



# 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:

1. 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.
2. All riders must wear a Snell or ANSI approved bicycle helmet.
3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
5. 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.
6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
7. Riders make certain there is adequate safe space between themselves and the rider in front.
8. 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.

SALES & SERVICE

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Michael Trost  
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NIAGARA FRONTIER BICYCLE CLUB

103 WILBURY PLACE

BUFFALO N. Y.

NFBC.COM



Campus WheelWorks

744 Elmwood Ave.  
Buffalo, NY 14222  
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