



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

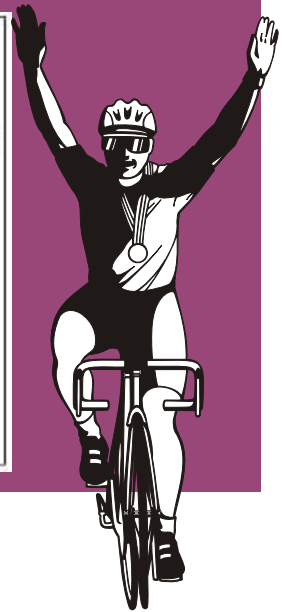
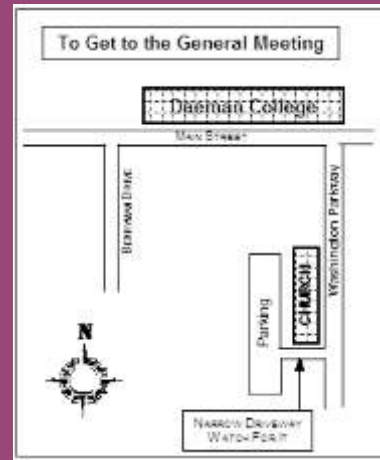
Volume XXVIII

NUMBER 1

JANUARY/FEBRUARY 2007

General Membership Meeting

Friday, February 16, 7:00 p.m.
Amherst Community Church
77 Washington Parkway
Parking and entrance behind church
Food, Soft Drinks



2006 Awards

Awards were presented at the annual banquet held at Romanello's South in November **Ian Currie** received the President's Award, a very well deserved recognition for so much He has given to our Club over the years. Nice going Ian!!!

Sheila Bounerba picked up the ride leader of the year award. All you have to do is be at the Wednesday night ride a few times and you'll know why. Congratulations Sheila !!

Brenda Fischer does do more than ride more than any one else as indicated by her well deserved Volunteer of the Year Award. YEA Brenda!!!! Yes, she got the high overall mileage award again.

What can you say about **Mary Alice Tock**. This youngster brought us the Cam Am century Which was HUGE!!!! She received the Outstanding Service Award and no one else was even close. Thank You Mary Alice!!!!

Reminder

All Memberships Expire
on February 28, 2007
Application on Page 7

See Whos' New
on the
NFBC Board

SEE PAGE 2



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Niagara Frontier Bicycle Club, Inc.

Ride Schedule & Activities

| Date | Time | Time |
|-------------|---------|-----------------------------------|
| January 16 | 7:00 PM | Board of Directors Meeting |
| February 13 | 7:00 PM | Board of Directors Meeting |
| February 16 | 7:00 PM | General Membership Meeting |



Board of Directors

President

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

Vice-President

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

Secretary

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

Treasurer

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

Board Members

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

Board Members

Bill McLaughlin 632-8410
4705 Helenwood Drive
Williamsville, NY 14221
Billjmcl@aol.com

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

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

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

Membership

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

Editor

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

What to Do

From Now till Then

Hey stop moaning! It happens every year. Winter comes and goes, so make the most of it. Your'e not 21 any more.

MORE CYCLING-

non club sanctioned pick up rides (weather permitting) by Alex. These will be posted on the "see by bike web" site. (*See Roy's update for details on how to connect to that site on the previous page*). All NFBC members are able to join the "See by Bike" chatroom (*or whatever it is*). That's "on your left". Also look for messages from Tom Barone for more rides on the same site.

HIKING

Roy has provided these two web site links for you to hook up with some local hiking clubs. Remember the bone density article about doing exercise other than cycling. Yea you can do it!! They are [Http://.adk.org/chapters/niagara.aspx](http://.adk.org/chapters/niagara.aspx), and www.foothills.trailclub.org

XC SKIING

The Nordic Ski Club goes xc skiing every weekend. You'll see some familiar faces, even if you can't remember their names. They car pool each Saturday & Sunday from the car pool lot at Union and Main St in Williamsville. You can also drive by your self, once you find out where they're going that day. The first meeting will be at the Wick center at Daemen College on the first or second Wednesday in December

DOWNHILL SKIING

Contact me at rjmtax@aol.com, and I'll give you any info I have on any groups doing any downhill skiing during the winter months. Some members try to get out to KB on Tuesday evenings.

Thank You!

Thank You to the retiring Officers and Board Members: **Matt Luly**, Vice President, **Tris Puleo**, Secretary, **Tom Barone**, Board Member, **April Dunlap**, Board Member. Your service is greatly appreciated. Thank You!!!!

Welcome new Officers and Board members: **Jean Frederick**, Vice President, **Kathy Karnath**, Secretary, **Ron Wakefield**, Board Member. **Tom Williams**, Board Member.

We Ride Every Day!



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

NFBC Annual Awards

| | |
|----------------------------------|---------------------------|
| President's Award | Ian Currie |
| Ride Leader Of Year Award | Sheila Buonerba |
| Volunteer Of Year Award | Brenda Fischer |
| Outstanding Service Award | Mary Alice Tock |
| High Overall Mileage | Brenda Fischer |
| 3419 Miles | |
| 1st Male High Mileage | Ed Peters |
| 3089 Miles | |
| 2nd Male High Mileage | Alex Setlik |
| 3076 Miles | |
| 3rd Male High Mileage | Vincent Phillians |
| 2803 Miles | |
| 1st Female High Mileage | Lori Harf |
| 2849 Miles | |
| 2nd Female High Mileage | Arlyne Lepie |
| 2499 Miles | |
| 3rd Female High Mileage | Shelley Isaacs |
| 2054 Miles | |
| 15,000 Mile Club | |
| Frank Dedomenico | |
| Gary Schlau | |
| 10,000 Mile Club | |
| Janice Cochran | |
| Brenda Fischer | |
| Ron Wakefield | |
| 5,000 Mile Club | |
| Paul Aquila | |
| Mo Balling | Mileage Milestones |
| Tom Barone | 45,000 Ed Peters |
| Betsy Dexheimer | 35,000 Lori Harf |
| Kathy Finnegan | Bob Silkes |
| Greg Heim | Karen Sprada |
| Tom Johnson | 30,000 Pat Peters |
| Carl Mach | Diane Gaczewski Currie |
| Vince Phillians | 25,000 Rebecca Ribis |
| Don Stefanski | 20,000 Arlyne Lepie |

A Message from the Rides Committee

We have started working on the new 2007 rides and a lot of great things are in the works. First, three new PARTY Rides! Bob Silkes and Mary Anne Johnson have volunteered to host a Father's Day party ride. Also, Bob Ehrheart will lead the Merritt Winery ride - but now on June 9th for their Strawberry Festival! Then later in the summer Dick and Kathy Swank have invited us to their home in Eden. I'm sure there will be corn, in addition to all the other great foods! NFBC does love to eat!

We are also working on some "destination" rides, and welcome any suggestions for an interesting place to stop for a period. Of course there will be all the usual rides, parties, and trips with something for everyone.

Please come to the February meeting and learn more about all the great rides. We will be handing out the year's schedule and signing up ride leaders.

Jean Frederick

Martin Luther King Day

January 15, Monday and

Presidents Day

Friday, February 19th

Ski Days at Holimont Sponsored by the Bell Ski Club and Coordinated by Lori Harf. 6921 Rt. 242 Ellicottville, NY 14731 - Slope Report No. 716-699-4720

If we can get a group of 15 or more downhill skiers the rates are \$30/person savings of \$8. Skiing starts at 9:00 am.

Holimont has over 50 trails and 9 lifts. Longest run 4000 ft with a vertical of 700 ft. Cross country skiing of 3.5 miles. If interested please fill out the form and send it to me along with your check a week before ski date. We will have a table BELL SKI CLUB for lunch and tickets. Everyone brings own lunch or something to share or buys at Holimont cafeteria. We share tables with Lederhosen and Lockport Ski Club. We will try to do Happy Hour after skiing at 4:30 pm in the chalet if interested.

There are rental packages for adults, snowboard and cross country. Ranging from \$25 - \$15

Think Snow!





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Niagara Frontier Bicycle Club, Inc.

NFBC Standings - Page 1 of 34 - (Printed 11/13/2006)

| Mem# | #Rides | Total Miles | Rider Name | Mem? | Award(s) | MemMi | Rank O/A | NewMi | Rank New | Accum | RankAccum |
|------|--------|-------------|----------------------|------|---|-------|----------|-------|----------|-------|-----------|
| 1788 | 103 | 3419 | Brenda Fischer | R | 1st Overall 10,000 Club 3,000 Certificate | 3419 | 1 | | :: | 10082 | 68 |
| 169 | 110 | 3089 | Ed Peters | R | 1st Male 45,000 Club 3,000 Certificate "Steady Eddie" Award | 3089 | 2 | | :: | 45434 | 3 |
| 40 | 91 | 3076 | Alex Setlik | R | 2nd Male 3,000 Certificate | 3076 | 3 | | :: | 54151 | 2 |
| 61 | 102 | 2849 | Lori Harf | R | 1st Female 35,000 Club 2,000 Certificate | 2849 | 4 | | :: | 35230 | 11 |
| 1741 | 86 | 2803 | Vincent C. Phillians | R | 3rd Male 5,000 Club 2,000 Certificate | 2803 | 5 | | :: | 6734 | 93 |
| 71 | 108 | 2626 | Bob Silkes | R | Most Rides 35,000 Club 2,000 Certificate | 2626 | 6 | | :: | 35434 | 10 |
| 265 | 85 | 2580 | Gary Stevens | R | 2,000 Certificate | 2580 | 7 | | :: | 33112 | 15 |
| 703 | 72 | 2499 | Arlyne Lepie | R | 2nd Female 20,000 Club 2,000 Certificate | 2499 | 8 | | :: | 22106 | 28 |
| 702 | 52 | 2332 | Richard Lepie | R | 2,000 Certificate | 2332 | 9 | | :: | 18537 | 35 |
| 1870 | 70 | 2310 | Frank Soltiz | R | 2,000 Certificate | 2310 | 10 | | :: | 3922 | 134 |
| 1997 | 71 | 2172 | Michael Dupre | R | 2,000 Certificate | 2172 | 11 | | :: | 2357 | 174 |
| 1885 | 55 | 2167 | Carl Mach | R | 5,000 Club 2,000 Certificate | 2167 | 12 | | :: | 5067 | 115 |
| 257 | 75 | 2115 | Ian Currie | R | 2,000 Certificate | 2115 | 13 | | :: | 24189 | 22 |
| 1270 | 48 | 2096 | Gary Schlau | R | 15,000 Club 2,000 Certificate | 2096 | 14 | | :: | 16255 | 41 |
| 2070 | 67 | 2054 | Shelley Isaacs | N | 1st New Female 3rd Female 2,000 Certificate | 2054 | 15 | 2054 | 1 | 2054 | 183 |
| 432 | 75 | 2037 | Karen Sprada | R | 35,000 Club 2,000 Certificate | 2037 | 16 | | :: | 36459 | 9 |
| 378 | 69 | 2028 | Rebecca Ribis | R | 25,000 Club 2,000 Certificate | 2028 | 17 | | :: | 26356 | 21 |
| 16 | 63 | 1985 | David Gonzalez | R | "2,000 Miles Is So Close Award" 1,000 Certificate | 1985 | 18 | | :: | 23609 | 23 |
| 1576 | 73 | 1839 | Elaine Rubenstein | R | 1,000 Certificate | 1839 | 19 | | :: | 3394 | 149 |
| 1375 | 61 | 1838 | Robert J. Mahaney | R | 1,000 Certificate | 1838 | 20 | | :: | 7445 | 84 |
| 972 | 51 | 1790 | Jim Karnath | R | 1,000 Certificate | 1790 | 21 | | :: | 3862 | 137 |
| 1888 | 56 | 1770 | Darren Kihl | R | 1,000 Certificate | 1770 | 22 | | :: | 3367 | 152 |
| 165 | 76 | 1759 | Brad Chase | R | 1,000 Certificate | 1759 | 23 | | :: | 54393 | 1 |
| 1537 | 51 | 1743 | Janice Cochran | R | 10,000 Club 1,000 Certificate | 1743 | 24 | | :: | 10406 | 66 |
| 170 | 69 | 1694 | Pat Peters | R | 30,000 Club 1,000 Certificate | 1694 | 25 | | :: | 30398 | 18 |
| 1789 | 42 | 1678 | Michael S. Fischer | R | "Most Improved Male Rider" 1,000 Certificate | 1678 | 26 | | :: | 4298 | 127 |
| 2059 | 61 | 1672 | Steve Forrestel | N | 1st New Male 1,000 Certificate | 1672 | 27 | 1672 | 2 | 1672 | 197 |
| 1119 | 43 | 1638 | Dennis Powell | R | 1,000 Certificate | 1638 | 28 | | :: | 6964 | 87 |
| 1255 | 56 | 1617 | Gordon Deitrick | R | 1,000 Certificate | 1617 | 29 | | :: | 14875 | 47 |
| 1226 | 48 | 1593 | Sandy Nobel | R | 1,000 Certificate | 1593 | 30 | | :: | 8943 | 71 |
| 973 | 44 | 1581 | Kathy Karnath | R | 1,000 Certificate | 1581 | 31 | | :: | 3386 | 151 |
| 28 | 49 | 1572 | Roy Tocha | R | 1,000 Certificate | 1572 | 32 | | :: | 34040 | 13 |
| 1769 | 55 | 1553 | Loren Wehling Jr. | R | 1,000 Certificate | 1553 | 33 | | :: | 3429 | 147 |



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NFBC Standings - Page 2 of 34 - (Printed 11/13/2006)

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|------|--------|-------------|--------------------|------|---|-------|----------|-------|----------|-------|-----------|
| 1349 | 48 | 1540 | Jane Armbruster | R | "Most Improved Female Rider" 1,000 Certificate | 1540 | 34 | | :: | 3570 | 142 |
| 1973 | 50 | 1520 | James Bejarano | R | 1,000 Certificate | 1520 | 35 | | :: | 3936 | 133 |
| 306 | 47 | 1492 | Diane Gaczewski | R | 30,000 Club 1,000 Certificate | 1492 | 36 | | :: | 30767 | 17 |
| 220 | 54 | 1473 | Mary Alice Tocke | R | 1,000 Certificate | 1473 | 37 | | :: | 13613 | 51 |
| 110 | 50 | 1467 | John Kozinski | R | 1,000 Certificate | 1467 | 38 | | :: | 8812 | 73 |
| 537 | 29 | 1462 | Charles Crist | R | 1,000 Certificate | 1462 | 39 | | :: | 21550 | 29 |
| 957 | 31 | 1460 | Patrick Danaher | R | 1,000 Certificate | 1460 | 40 | | :: | 22386 | 26 |
| 1844 | 37 | 1451 | Deborah Matteliano | R | 1,000 Certificate | 1451 | 41 | | :: | 2635 | 166 |
| 1659 | 45 | 1430 | Adrienne McDonough | R | 1,000 Certificate | 1430 | 42 | | :: | 4263 | 128 |
| 35 | 54 | 1428 | Jean Frederick | R | 1,000 Certificate | 1428 | 43 | | :: | 32240 | 16 |
| 1249 | 53 | 1423 | Mathew Luly | R | 1,000 Certificate | 1423 | 44 | | :: | 13184 | 54 |
| 1515 | 54 | 1417 | Kathy Finnegan | R | 5,000 Club 1,000 Certificate | 1417 | 45 | | :: | 5543 | 110 |
| 80 | 49 | 1407 | Bruce Jansen | R | 1,000 Certificate | 1407 | 46 | | :: | 37493 | 8 |
| 917 | 45 | 1401 | Elizabeth Williams | R | 1,000 Certificate | 1401 | 47 | | :: | 6923 | 89 |
| 1668 | 47 | 1385 | David Buonerba | R | 1,000 Certificate | 1385 | 48 | | :: | 4568 | 121 |
| 123 | 59 | 1377 | Bob Alessi | R | 1,000 Certificate | 1377 | 49 | | :: | 39446 | 5 |
| 1447 | 52 | 1377 | Thomas A. Williams | R | "Greatest Decline In Riding Speed" 1,000 Certificate | 1377 | 49 | | :: | 6434 | 101 |
| 219 | 48 | 1356 | Joe Tocke | R | "Best Rider Who Plays Well With Others" 1,000 Certificate | 1356 | 51 | | :: | 12342 | 56 |
| 1884 | 63 | 1355 | Paul D. Aquila | R | 5,000 Club 1,000 Certificate | 1355 | 52 | | :: | 5253 | 112 |
| 1106 | 48 | 1338 | David Klock | R | 1,000 Certificate | 1338 | 53 | | :: | 18249 | 36 |
| 1536 | 47 | 1324 | Greg Heim | R | 5,000 Club 1,000 Certificate | 1324 | 54 | | :: | 5441 | 111 |
| 1369 | 37 | 1313 | Cindy Stachowski | R | 1,000 Certificate | 1313 | 55 | | :: | 6609 | 96 |
| 1018 | 37 | 1303 | Paul Sienkiewicz | R | 1,000 Certificate | 1303 | 56 | | :: | 11327 | 63 |
| 1691 | 41 | 1272 | Jody Snyder | R | 1,000 Certificate | 1272 | 57 | | :: | 2491 | 169 |
| 1340 | 32 | 1256 | Jim Kuberka | R | 1,000 Certificate | 1256 | 58 | | :: | 13408 | 52 |
| 2012 | 48 | 1256 | Gwendolyn Macool | N | 2nd New Female 1,000 Certificate | 1256 | 58 | 1256 | 3 | 1302 | 205 |
| 1602 | 32 | 1221 | Thomas Barone | R | 5,000 Club 1,000 Certificate | 1221 | 60 | | :: | 6041 | 105 |
| 235 | 43 | 1205 | Joseph Pizzuto | R | 15,000 Club 1,000 Certificate | 1205 | 61 | | :: | 15333 | 45 |
| 1966 | 28 | 1186 | Bill Dowling | R | 1,000 Certificate | 1186 | 62 | | :: | 2286 | 177 |
| 1195 | 35 | 1181 | Ronald Wakefield | R | 10,000 Club 1,000 Certificate | 1181 | 63 | | :: | 10649 | 65 |
| 118 | 50 | 1133 | Bill Tambacas | R | 1,000 Certificate | 1133 | 64 | | :: | 16978 | 39 |
| 1514 | 47 | 1133 | Jeff Baker | R | 1,000 Certificate | 1133 | 64 | | :: | 4120 | 130 |
| 2032 | 38 | 1125 | Jill Bejarano | N | 3rd New Female 1,000 Certificate | 1125 | 66 | 1125 | 4 | 1125 | 216 |
| 1728 | 45 | 1123 | Barbara A. Kurtz | R | 1,000 Certificate | 1123 | 67 | | :: | 6878 | 91 |
| 1959 | 29 | 1089 | Joe Pautler | R | 1,000 Certificate | 1089 | 68 | | :: | 1620 | 198 |
| 664 | 39 | 1067 | Ron Kalka | R | 1,000 Certificate | 1067 | 69 | | :: | 18941 | 34 |
| 234 | 45 | 1038 | James Sawyer | R | 1,000 Certificate | 1038 | 70 | | :: | 26385 | 20 |
| 1868 | 39 | 1026 | Susan Stemerman | R | 1,000 Certificate | 1026 | 71 | | :: | 1887 | 188 |
| 665 | 38 | 1018 | Linda Kalka | R | "People's Choice Award: Best Dressed Female Rider" 1,000 Certificate | 1018 | 72 | | :: | 19584 | 32 |
| 1138 | 21 | 1013 | Lincoln Blaisdell | R | 1,000 Certificate | 1013 | 73 | | :: | 7956 | 81 |



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NFBC Standings - Page 3 of 34 - (Printed 11/13/2006)

| Mem# | #Rides | Total Miles | Rider Name | Mem? | Award(s) | MemMi | Rank O/A | NewMi | RankNew | Accum | RankAccum |
|------|--------|-------------|----------------------|------|--|-------|----------|-------|---------|-------|-----------|
| 1513 | 37 | 992 | Robert Nowinski | R | 1,000 Miles Is So Close Certificate | 992 | 74 | | :: | 2761 | 162 |
| 59 | 42 | 985 | Larry Reade | R | | 985 | 75 | | :: | 19023 | 33 |
| 1878 | 32 | 970 | Stephen Lewonka | R | | 970 | 76 | | :: | 1571 | 199 |
| 1399 | 19 | 947 | Maureen Balling | R | 5,000 Club | 947 | 77 | | :: | 5550 | 109 |
| 1783 | 25 | 947 | John McClory | R | | 947 | 77 | | :: | 3122 | 155 |
| 1906 | 32 | 945 | Paul Kay | R | | 945 | 79 | | :: | 1840 | 191 |
| 1396 | 27 | 925 | Terry Griswold | R | | 925 | 80 | | :: | 8863 | 72 |
| 1397 | 27 | 925 | Lucinda Griswold | R | | 925 | 80 | | :: | 8641 | 75 |
| 1155 | 38 | 924 | Melissa Ransom-Askey | R | | 924 | 82 | | :: | 3106 | 156 |
| 1605 | 38 | 896 | Attilio Nicosia | R | | 896 | 83 | | :: | 3505 | 143 |
| 78 | 28 | 864 | Betsy Dexheimer | R | 5,000 Club | 864 | 84 | | :: | 5565 | 108 |
| 1345 | 36 | 859 | Raymond Thomas | R | | 859 | 85 | | :: | 6571 | 98 |
| 1128 | 30 | 842 | Peter Leyonmark | R | | 842 | 86 | | :: | 7428 | 85 |
| 900 | 32 | 841 | Tris Orzech | R | | 841 | 87 | | :: | 13885 | 49 |
| 1632 | 28 | 837 | Richard Swank | R | | 837 | 88 | | :: | 2690 | 163 |
| 245 | 29 | 799 | Robert Puleo | R | | 799 | 89 | | :: | 22906 | 25 |
| 662 | 26 | 753 | Cynthia Adams | R | | 753 | 90 | | :: | 12071 | 58 |
| 1729 | 15 | 740 | Bill Glor | R | | 740 | 91 | | :: | 4494 | 123 |
| 1278 | 16 | 737 | Frank J. LaMarca | R | | 737 | 92 | | :: | 3877 | 136 |
| 1568 | 26 | 737 | Kent Iggulden | R | | 737 | 92 | | :: | 2093 | 182 |
| 461 | 31 | 714 | Barbara Reade | R | | 714 | 94 | | :: | 23590 | 24 |
| 560 | 27 | 704 | Gerald Gardner | R | | 704 | 95 | | :: | 8136 | 77 |
| 1577 | 28 | 702 | Sheila Buonerba | R | | 702 | 96 | | :: | 6167 | 103 |
| 2106 | 24 | 695 | Mohamed Zeid | N | 2nd New Male | 695 | 97 | 695 | 5 | 695 | 239 |
| 1120 | 16 | 693 | Janice Powell | R | | 693 | 98 | | :: | 1747 | 195 |
| 122 | 28 | 691 | Susan Alessi | R | | 691 | 99 | | :: | 22216 | 27 |
| 1654 | 17 | 691 | James T. Wallace | R | | 691 | 99 | | :: | 2936 | 159 |
| 2025 | 28 | 666 | Susan Williams | N | | 666 | 101 | 666 | 6 | 666 | 246 |
| 757 | 28 | 665 | Bruce Kennedy | R | | 665 | 102 | | :: | 17951 | 37 |
| 1562 | 27 | 663 | Thomas Tobias | R | | 663 | 103 | | :: | 1977 | 187 |
| 1220 | 21 | 658 | Donald Stefanski | R | 5,000 Club | 658 | 104 | | :: | 5226 | 113 |
| 1038 | 26 | 657 | John Lamarca | R | | 657 | 105 | | :: | 8801 | 74 |
| 2082 | 24 | 654 | Mary Anne Johnson | N | | 654 | 106 | 654 | 7 | 654 | 248 |
| 1572 | 27 | 651 | Mark Subjeck | R | | 651 | 107 | | :: | 2642 | 165 |
| 1122 | 19 | 614 | Marty Payne | R | | 614 | 108 | | :: | 12980 | 55 |
| 34 | 7 | 609 | Bob Ehrheart | R | | 609 | 109 | | :: | 9581 | 69 |
| 1889 | 20 | 606 | Wendy Kihl | R | | 606 | 110 | | :: | 2151 | 181 |
| 1333 | 26 | 600 | David M. Bortolin | R | | 600 | 111 | | :: | 3262 | 154 |
| 2113 | 19 | 581 | Amy Murdock | N | | 581 | 112 | 581 | 8 | 581 | 252 |
| 1488 | 20 | 555 | Peter S. Swartwout | R | | 555 | 113 | | :: | 2597 | 167 |
| 688 | 20 | 552 | Edward Hutton | R | | 552 | 114 | | :: | 3425 | 148 |
| 1221 | 23 | 546 | Diane Marasciulo | R | | 546 | 115 | | :: | 3641 | 141 |
| 1993 | 19 | 541 | Cathleen Ducato | R | | 541 | 116 | | :: | 1071 | 217 |
| | | | | | "People's Choice Award: Best Dressed Male Rider" | | | | | | |
| 1431 | 17 | 532 | Thomas Johnson | R | 5,000 Club | 532 | 117 | | :: | 5085 | 114 |
| 2067 | 18 | 532 | Johnny Woodard | N | 3rd New Male | 532 | 117 | 532 | 9 | 532 | 260 |
| 459 | 22 | 524 | Christine Eagan-Luly | R | | 524 | 119 | | :: | 2001 | 185 |
| 785 | 20 | 505 | Robert St. Pierre | R | | 505 | 120 | | :: | 6726 | 94 |
| 1629 | 19 | 494 | Bill Harrington | R | | 494 | 121 | | :: | 1522 | 202 |
| 1992 | 15 | 483 | John McGuire | R | | 483 | 122 | | :: | 1165 | 212 |
| 2002 | 23 | 483 | Sara Kay | R | | 483 | 122 | | :: | 765 | 234 |
| 1798 | 18 | 471 | Dean Stevens | R | | 471 | 124 | | :: | 1004 | 222 |
| 2086 | 13 | 465 | Bruce Coffee | N | | 465 | 125 | 465 | 10 | 465 | 267 |
| 1712 | 16 | 458 | Michael Kazinski | R | | 458 | 126 | | :: | 1794 | 192 |
| 475 | 15 | 457 | John Jenny | R | | 457 | 127 | | :: | 5917 | 106 |
| 1785 | 17 | 456 | Maureen O'Neill | R | | 456 | 128 | | :: | 1294 | 206 |
| 2035 | 20 | 456 | Richard Milazzo | N | | 456 | 128 | 456 | 11 | 456 | 269 |
| 639 | 18 | 455 | James Mathews | R | | 455 | 130 | | :: | 4848 | 118 |
| 1621 | 17 | 453 | Mark Crotty | R | | 453 | 131 | | :: | 1546 | 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 ▶ | | | | |
| 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: 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 | Price | 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:

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 ANSA 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.



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