



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 5

JULY 2007

July

Is a Month to Party

See Page 7 for details

July 8

July Bonus Party

Join the party at the Leach compound
after the Java Lake Ride

July 21

Make Your Own Party

A joint club ride with the
Rochester Bicycle Club

July 22

Port Colburn Party Ride

At Joe and Mary Alice Tock's
Cottage

July 28

Variations on a Theme and Reach the Beach

Tris and Bob's
Party Ride

CanAm Century

Job Openings Still Available - Page 6

back to basics

Car back, (like single up!!!) stopping; on your left!!
slowing! let's ride safely and courteously.

See presidents message inside!



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Niagara Frontier Bicycle Club, Inc.

Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
1-Jul	9:00	337	38	800	Easy	The Plank - Parking Lot Off Long Ave. behind fire hall across from 44 Long, Hamburg, NY	David Gonzalez 649-4998
1-Jul	9:00	318	40		Easy	East Amherst - Akron Falls - Williamsville East H.S. on Klein Rd, East Amherst	Karen Sprada 684-9039
4-Jul	9:00	741	48/32		Easy	New War of 1812 Overlook - Academy Park Center & So. 9th St. Lewiston	Paul Kay 876-1562
4-Jul	9:00	248	45/25	3000/1500	XXD/MD	Nutcracker - Hamlin Park (south parking lot), S Grove St. E. Aurora	Pat Danaher 838-0280
7-Jul	9:00	261	57/38	3000	XD/Diff	New New Oregon Road II - Pat's Place, 207 Eisenhower Ave., Angola, NY	Pat Danaher 838-0280
7-Jul	9:00	40	35		Easy	Lockport-Middleport - Wide Waters Marina, Market Street (by Erie Canal) east of Lockport	Jane Armbruster 688-3943
8-Jul	9:00	725	50		Mod	Alabama Ramble - Clarence Middle School, corner of Greiner & Strickler Rds Clarence NY	Bruce Jansen 481-4628
8-Jul	9:00	271	39	2850	Diff	Java Lake Ride - Parking Lot @ Ronnie's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Tim Leach 537-9891
14-Jul	9:00	19	40		Easy	Fort Erie to Niagara Falls - American Start: @ Peace Bridge on Busti Ave, pedestrian entrance to toll booths; Canadian Start: @ Parking Lot on Niagara Blvd & Queens St. Ft Erie Canada	Roy Tocha 627-7946
14-Jul	9:00	276	54	3450	XXD	Snake Run - Ashford Office Complex (Rt 219 & Ashford Hollow Rd; approx 8 miles south of Springville	Shelley Isaacs 948-7706
15-Jul	7:00	203E	100	2300	XD	Century Challenge - Clarence Middle School, Greiner at Strickler	Brenda Fischer 683-3961
15-Jul	9:00	203B/C	62/41		Mod	Metric Challenge - Clarence Middle School, Greiner at Strickler	Richard Lepie 741-2762
21-Jul	9:00	160	40		Easy	Royalton Center - Amherst Museum, Tonawanda Creek S & New Rd, E. Amherst	John Herman 675-1944
21-Jul	9:00	269	42/36		Mod	Sea Serpent - Wegman's Lot, Rte 20A ~ 3 mi. East of Geneseo	Jean Frederick 692-3611
21-Jul	9:00	RBC	69		M-D	Rochester Bicycle Club - #253 Van Slyke Farm - Wegman's Lot, Rte 20A ~3 mi. East of Geneseo	Dennis Powell 691-6233
22-Jul	9:00	N/A	43/25		Mod/EZ	Pt Colburn Cottage Party Ride - Crystal Beach Water Front Park; Garrison west, L onto Gorham Rd, to lake. Crystal Beach Canada	Mary Alice & Joe Tocke 941-5591
22-Jul	9:00	729	41		MOD	Kazzo Klassic II - Elem school - Sturgeon Pt. Rd. @ Rt. 5 - 1 mile east of Derby	Janice Cochran 837-0402
28-Jul	8:45 - 9:30	N/A	40 37/25		Diff Mod/EZ	Variations on a Theme Reach the Beach - Party Ride - See Article for directions	Bob & Tris Puleo 649-3427
29-Jul	9:00	152	72/52	5300	XXX/XD	A-A ProtestRide - Church St parking lot, North of Rt 39, village of Arcade	Ron Wakfield 877-2140
29-Jul	9:00	722	42/31	540	Easy	Medina Albion Grand Tour - Oak Orchard Overlook @ State WMA, Albion Rd., near E Shelby Rd, East Oakfield	Betsy Dexheimer 585 343-5172

JULY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The Plank East Amherst/ Akron Falls	2	3	4 New War of 1812 Nutcracker	5	6	7 New New Oregon Road II Lockport Middleport
8 Alabama Ramble Java Lake	9	10	11	12	13	14 Fort Erie to Nia. Falls Snake Run
15 Century Challenge Metric Challenge	16	17	18	19	20	21 Royalton Center Sea Serpent Roch. Bicycle Club
22 Kazoo Classic II Port Colburn	23	24	25	26	27	28 Variations/ Reach the Beach
29 AA Protest Medina Albion	30	31				



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DAILY RIDE SCHEDULE

Mon	AM	New Start -North Amherst Fire Co.on south side of Tonawanda Creek Rd & Campbell Blvd, Pendelton	Brad Chase (632-5636)
Mon	PM	Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Rebecca Ribis (837-0089)
Mon	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer (884-3057)
Tue	PM	St. Mary's Church at Transit and Stahley Roads, Clarence	Dennis Powell (691-6233)
Tue	PM	Municipal parking lot off Long Ave (entrance is opposite #48 Long Ave) near the fire hall and water tower, Hamburg	Matt Luly (648-8988)
Wed	AM	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne (997-9324)
Wed	PM	West Canal Marina on Tonawanda Creek Rd. at Townline	John Herman (675-1944)
Wed	PM	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Sheila Buonerba (662-2762)
Thu	AM	First parking lot inside Como Park at Como Park Blvd. entrance coming from Transit Rd, Lancaster	Dave Klock (681-5345)
Thu	PM	Lancaster High School on Pleasant View & Forton Rds, Lancaster	Ed Peters (685-1965)
Thu	PM	Pendleton Town Hall (under the water tower) Campbell Blvd. between Bear Ridge and Beach Ridge	Jim Matthews
Fri	AM	Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Brad Chase (632-5636)
Fri	PM	Kaegebin Elementary School, Love Rd at Beaver Island Parkway, Grand Island. (Go over South Grand Island Bridge, take Beaver Island exit. First light left onto Love Rd)	Adrienne McDonough (773-2009)
Fri	PM	Elma Meadows Park, Elma	Brenda Fischer (683-3961)
Sat	AM	Richmond Parking Lot off Frontier Rd, UB Amherst Campus	Bob Mahaney (873-2814)
Sun	AM	Waterfront Village in front of "The Hatch", Buffalo	Ian Currie (837-8051)

START TIMES:

MORNING RIDES:

10:00 AM: APRIL, MAY, SEPTEMBER & OCTOBER

9:00 AM; JUNE, JULY & AUGUST

EVENING RIDES:

6:00 PM
APRIL & SEPTEMBER

6:30 PM
MAY thru AUGUST

WEEKEND BREAKFAST RIDES:

SATURDAY

9:00 AM APRIL, MAY
SEPTEMBER & OCTOBER

8:00 AM JUNE, JULY
& AUGUST

SUNDAY

9:00 AM
ALL SEASON

Ride for Roswell

It was nice to see so many NFBC Members participating in the Ride for Roswell this past Weekend. Our members rode with the NFBC Team, The University of Buffalo Team, and Team Austin as well as several individual riders. Thank you.



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Niagara Frontier Bicycle Club, Inc.

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Roy's Membership

Update

NFBC now has 418 members.

There are 56 new members.

There were 428 at this time last year

Welcome new members; Joanne Cronenberg, Marnie Housler, Mazen Hassan. There are 317 households, about 106 households have opted to only receive an electronic Spokesman. Great, we are saving money on postage.

We are getting into prime cycling season. I hope you have time to get out there.

If you have something of interest to our members, email your information to RRTOCHA@YAHOO.COM. I will get it out to the members on the Web, upon Board approval.

Roy

OFFICIAL PARTY RULES

For members of the NFBC, biking is number one, followed by socializing with friends. Get-togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend supply a reasonable dish to share, a beverage of their choice, and fund for the "kitty" to offset the expenses not included with their dues.

SPOKESMAN DEADLINE

The deadline for submission of articles to the Spokesman is the fifteenth (15th) of the month preceding the month in which the information is to appear.

HELP SPREAD SUNSHINE

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Simply notify Doreen Lynd (662.8264). NFBC cares about its people.



SPOKESMAN

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Message From The President

Safe Riding is Imperative!!! A perennial problem of our club is what to do to enforce safe riding habits of our club members. While most of us ride safely most of the time, a few members show little respect for the established club safe riding practices and, in fact, the rules of the road in general. I am writing this message as a response to an incident on the Wednesday south ride last week as well as some incidents that I have seen on various rides that I have been on this season. As a starting point, I will quote most of the message from a Buffalo Bicycling yahoo newsgroup that was sent to our webmaster. I am quoting it because of the clarity of the letter and because of its calm and civil tone. Other members of the newsgroup added their own opinions in tones not so courteous.

"Last evening, my wife went to the Boston Hills Nursery, which is on the corner of Cole & Old Lower East Hill. She was going north on Cole, and saw a large group of riders approaching going south. As she got ready to turn onto Old Lower East Hill, the leader of the group stuck out his hand to turn left and made the turn, effectively cutting her off as she had the right of way. So she stopped, much to the annoyance of the SUV behind her, and waited as the group went through. She said they 'looked like a mess, 5 across the road' and there were many riders. Later, on her way home, she said she was stuck behind a woman rider who was in the middle of the lane in a no-passing section due to rollers. And the rider didn't move to the right, closer to the line, even when my wife was able to pass her.

"As my wife said, she can see why people down here get so annoyed, and that if we want respect on the road, we have to follow the rules of the road.

"So I guess the question is, how can we educate other cyclists, or how do we reinforce safe riding behavior? Granted her experience last night may have been an aberration, as we generally see most riders/groups being fairly observant of safe riding in our area. But when I used to live on GI, the Friday night ride would sometimes take up all of East River rd, leaving no room for cars to pass."

I appreciate this letter because it is sympathetic to bike rider even while it expresses frustration at the behavior of some riders. This season I have seen similar rude if not unsafe riding on club rides. Some riders don't move an inch to the right in response to "car back". On last Sunday's ride a car was overtaking a group of about 10 or 12 riders when we were just about to cross four lanes of traffic to make a left turn. Three of the front riders and one from further back decided to make the turn before the car reached us, but then an approaching car loomed at the crest of the hill just before our turn. So some riders went while others waited, and it became a confusing and dangerous situation for both the cyclists and the drivers.

When we are riding with the club, we must be conscious of the impact of our numbers and make careful and cautious decisions about what to do AS A GROUP. We must think of ourselves as part of a bunch of riders and not race through red lights in a desperate attempt not to put our feet on the pavement.

The leader of the Wednesday night ride that triggered these thoughts did not see the offending riders, but heard about the incident afterwards and called me to alert me. The leader cannot be everywhere on the ride, and it is not his or her responsibility alone to discipline rude and dangerous riders. It is the responsibility of EVERY rider to be safe and courteous at all times. And it is the responsibility of EVERY rider to talk to rude and dangerous riders about their cycling behavior. It may be embarrassing and unpleasant but it is essential for a good relationship between riders and drivers which in turn is essential for pleasant and accident-free riding.

When the NFBC Board begins to meet again in the fall, we will try to think of new ways to remind riders of cycling etiquette and to police willfully rude and dangerous riding. In the meantime, because we have most of our season ahead of us, increase your vigilance in obeying the rules of the road s that it is a SAFE season!



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Sun Drenched **Portugal**

Isolated beaches tucked between towering cliffs, long stretches of white sand, villages from the days before, this is the Algarve, where the Mediterranean meets the Atlantic.

First stop is the home of the Fandango. We spend two nights in Lisboa, then on to Faro where we begin our seven-night bike tour. At the end we spend an extra night of fun, sun and relaxation in Faro.

Departure from the Americas is the 26th of September and the return in on the 7th of October.

For \$2750.00 per person double, you get a ride on several jet planes, some buses and trains, a bed for your head, morning meals, many midday gastronomies, numerous local dishes at evening break, a saddle over two wheels, and the unusual and unusual surprises. (Bring your own mate. We do not arrange your date. We might pair, but only in despair. Single quotes, if you must be solo.)

Space will go fast. Do not let this pass. Send your deposit of \$1000.00 per person to:

Richard Lepie, 9325 Hunting Valley Road North
Clarence NY 14031

Final payment is due at the Hunting Valley Estate by 15 June.

The money you pay will be sent away, so retrieval is nil. Insurance is recommended.

CanAm Update

The date is approaching quickly. Don't miss the fun. Thanks to those members who recently volunteered.

Areas where you can help now:

Artist – to design a Can-Am Century poster

Door-prizes – donate or solicit a product or service closely related to Buffalo.

Publicity – request fliers/registration forms to be put in appropriate places where other cyclists will notice them

Everyone – mention the event to anyone who might enjoy a scenic Sunday bike ride. Mention the outstanding ride, rest stops, picnic, t-shirt, & opportunity to meet other cyclists. Refer cyclists to www.NFBC.com

Day of event opportunities:

Group leader – Be a Can-Am ride leader at any of the three distances. Meet interesting people & help them to enjoy a very special day.

Rest Stops – serve snacks, water, conversation & encouragement

Other – There is a job for everyone who is interested. Check the June Spokesman or call or e-mail Mary Alice Tock US – 941-5591, jtocke@aol.com
After July 1 - Can. – (905) 894-5226, jtocke6@aol.com

Questions: call Richard at 741-2762 or e-mail Richard_Suntreader@hotmail.com

Application Form Portugal

Name: _____

Room Mate: _____

Address: _____

Telephone Number: _____

E-Mail: _____

NFBC No. _____

Portugal:

Cost: **\$2750.00** pp dbl.

Make checks payable to Richard Lepie



July 8

July Bonus Party

There will be a party after the Java Lake ride on July 8th. It will be at the Leach Compound Big Pond at 8280 Hunters Creek Road in Holland. It's about a four minute drive from the ride start. We'll have hot dogs and hamburgers and people should bring a snack or dish to pass and their favorite beverages. Swimming is encouraged. Tim Leach says, "I'll have maps and directions at the ride. Contact me: tleach@moog.com. Home phone is 537 9891 and cell is 864 7194. "

July 21

Make Your Own Party

Joint club ride with the Rochester Bicycling Club

It was a fine summer evening in July 1855 when 4 fisherman in a rowboat on Silver Lake first spotted the Silver Lake Sea Serpent, some 60 feet long with glaring red eyes. This July 21, you might get a chance to glimpse this legendary denizen of one of our fine Western New York fishing lakes as we join up with the Rochester Bicycling club for a joint NFBC/RBC ride out of Geneseo. Come share your enthusiasm for cycling by riding and socializing with our neighbor club to the east. There will be 3 ride options, a nice, hilly 69 miler, the Van Slyke farm ride, provided compliments the RBC and two that stay closer to scenic Silver Lake, thus less hilly, at 42 and 36 miles. All rides will start at 9am so that folks doing the different distances can ride out and get started together. First ones back to the parking lot get to start taking in the post ride 'recovery' nourishment and chit-chat sooner. Who knows, you may get to talk about sighting that "most horrid and repulsive looking monster". Ride start is at the Wegmans on Rt. 20A about 3 miles east of Geneseo.

July 22

Port Colburn Party Ride

Two distances – 25 & 43 miles.

Directions to ride: Cross Peace Bridge, Straight on QEW, Exit at Thompson Road, Right onto Garrison Road (Hwy 3), (5.7 miles), Left onto Gorham Road, Follow through Crystal Beach to Lake, Park in Waterfront Park parking lot.

Directions to party: Right from Waterfront Park, drive or walk about 25 houses to 3749 Crystal Beach Drive

Join Joe & Mary Alice Tocke for a picnic lunch after the ride. Bring a chair, a swim suit, water sneakers (rock beach & Zebra mussels), a kayak, inner tube, etc. Official Party Rules apply.

Bonus: St. George's RC Church, Crystal Beach, has a 7:30 Mass (1/2 hour) with an exceptionally good homily (almost guaranteed). Join us for breakfast afterward. Please let us know you are coming.

July 28

Variations on a Theme and Reach the Beach

Multiple choice ride, something for everyone. Four options - come on out and take your pick! Bring a dish, Bring a chair! Hope to see you there!

MILES	RIDE	START	MAP#	ELEVATION
40 Mile	Variations on a Theme	8:45 AM.	295	2,100 ft.
25/35 Mile	Reach the Beach	9:30 AM	282	1,200 ft.

Party at 12:30 PM Rain or Shine - 5125 Newton Rd. Orchard Park, 649-3427

DIRECTIONS to 5125 Newton Rd. Take I-90 West to Rt. 219 S, past Rt. 20A to Armor Duels Exit, L @ Armor Duels, L @ S. Abbott (just before Stop Light), R @ Newton to 1st house on Left (Park off road)



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