



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII1

NUMBER 5

JULY 2006

July

July 4

Jim and Kathy's Party Ride

A Guaranteed Feast!
Plenty of Fireworks.

Is a Month to Party

July 15

Members Memorial Ride

After a one year hiatus,
there's a picnic after the ride
at the west canal park

July 22

Tris and Bob's Party Ride.

The One Party That
Really Rocks!

July 30

Old Welland Canal Party Ride

Have a Picnic Lunch
with Joe and Mary Alice
North of the Border



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Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
07/01/06	Sat 09:00	250	35	150	Easy	Point Abino: Busti at Peace Bridge, Buffalo OR lot @ Queen St & Niagara Blvd, Ft Erie.	Karen Sprada (684-9039)
07/01/06	Sat 09:00	46	35	2550	XD	Hills%\$\$\$@*Hills: Aurora Village Plaza, on Grey St in East Aurora.	Carl Mach (685-0832)
07/01/06	Sat 09:00	301	41/30	2000/NA	MD	Williston Rd: Como Park, 1st lot, Como Park Blvd entrance. Lancaster	Gary Schlaw (683-8141)
07/02/06	Sun 09:00	315	62/45	NA/NA	MOD / Easy	New Niagara County Metric: West Canal Park, Tonawanda Creek N & Town Line, Pendleton.	Dave Bertolin (826-4956)
07/02/06	Sun 09:00	229	40	3150	Diff	Knee Knocker: Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park.	Cindy Stachowski (627-4487)
07/04/06	Tue 10:00	264	33	NA	Easy	Jim & Kathy's Ride: Clarence Middle School, Greiner at Strickler. Clarence	Jim Vozga (741-9440)
07/08/06	Sat 09:00	316	55/46	NA/NA	Mod/EZ	Alabama Ramble: Clarence Middle School, corner of Greiner & Strickler Rds, Clarence.	Cindy Adams (686-9348)
07/08/06	Sat 09:00	285	45	0	XD	Let's do some HILLS: Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park, NY.	Paul Sienkiewicz (440-7333)
07/09/06	Sun 09:00	228	38	1650	MD	Four Way Split: Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park, NY.	Matt Luly (648-8988)
07/15/06	Sat 09:00	143	64/45	NA/NA	Diff/mod	Members Memorial Metric Century: West Canal Park, Tonawanda Creek N @ Town Line, Pendleton.	Bob Mahaney (873-2814)
07/16/06	Sun 09:00	19	40	NA	Easy	Fort Erie to Niagara Falls: Amer. Start: @ Peace Bridge Br. Pedestrian Entrance; Cdn. Start: @ Lot on Nia. Blvd. & Queens.	Arlene Lepie (741-2762)
07/16/06	Sun 09:00	281	82/57	5300/NA	XXX-XD	Seren Falls: Municipal Lot off Church St. in Arcade. From SR 16 go 2.8 miles east on SR 39. Turn L on Church St. (on right)	Jim Sawyer (884-3057)
07/22/06	Sat 8:45/9:30/NA	NA	40/35/20	2100/1200/1050	Diff - Mod	Variations on a Theme: 5125 Newton Rd @ Abbott, Orchard Park.	Bob Puleo (649-3427)
07/23/06	Sun 08:00	100A	100	2150	MD	Metzler-Marquardt Century: Don Miller Park off Sweeney St. in North Tonawanda, NY.	Bob Mahaney (873-2814)
07/23/06	Sun 09:00	101	62	NA	mod	Metzler/Marquardt Metric Century: Don Miller Park off Sweeney St. in North Tonawanda, NY.	Linc Blasedell (479-9431)
07/23/06	Sun 09:00	NA	40	NA	Easy	Metzler/Marquardt Short Ride: Don Miller Park off Sweeney St. in North Tonawanda, NY.	Rebecca Ribis (837-0089)
07/29/06	Sat 10:00	336	49/39	3500/1500	XD/Mod	Chicken Little: Chestnut Ridge Park Casino, Orchard Park. PLAN FOR A LUNCH STOP AT WENDEL'S CHICKEN.	Pat Danaher (838-0280)
07/30/06	Sun 9:00/10:00/NA	NA	43/25	NA	Mod/EZ	Tocke Port Colburn: Crystal Beach Waterfront Park: Garrison west, (L) onto Gorham Rd., to Lake. Crystal Beach	Joe Tocke (941-5591)

JULY 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Point Abino Hills #@%# Hills Williston
2 New Niagara Metric Knee Knocker	3	4 Jim & Kathy's Party Ride	5	6	7	8 Let's Do Hills Ala. Ramble
9 Four Way Split	10	11	12	13	14	15 Member's Memorial Metric
16 Ft. Erie to Niagara Falls Seren Falls	17	18	19	20	21	22 Tris & Bob's Party Ride
23 Metzler Marquardt Tockes Party 30	24	25	26	27	28	29 Chicken Little
	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)
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

Eight Men In

Team CSC, a Denmark-based squad with a U.S. sponsor, will have the most American riders in the Tour de France. **Bobby Julich**, **Dave Zabriskie** and **Christian Vande Velde** have been named to CSC's 9-man team, designed to put captain **Ivan Basso** in the yellow jersey.

Discovery Channel, the team most associated with the U.S., will have but one American in the Tour -- **George Hincapie**, making his 11th start.

Other U.S. riders in the world's most famous and prestigious bike race: **Floyd Landis**, team leader of Swiss-based Phonak Hearing Systems - **Levi Leipheimer**, team leader of Germany's Gerolsteiner - **Chris Horner** and **Fred Rodriguez** of Belgium's Davitamon-Lotto



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Niagara Frontier Bicycle Club, Inc.

Board of Directors

President

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

Vice-President

Matthew Luly (648.8988)
5423 Bridlewood Lane
Hamburg, NY 14075
nfbclub@gmail.com

Secretary

Tris Puleo (649.3427)
5125 Newton Road
Orchard Park, NY 14127
trisop@yahoo.com

Treasurer

Diane Gaczewski (675.1834)
77 Westview Drive
West Seneca, NY 14224
dgaczewski@moog.com

Thomas Barone (626.4076)
1260 N. Forest, Rd
#1 Elliott House
Williamsville, NY 14221
thmbarone@msn.com

April Dunlap (662.5888)
29 Braunview Way
Orchard Park, NY 14127
dcs723@aol.com

Richard Lepie (741.2762)
9325 Hunting Valley Rd.,N.
Clarence, NY 14031
richard_suntreader@hotmail.com

William McLaughlin (632.8410)
4705 Helenwood Dr.
Williamsville, NY 14221
Billjmcl@aol.com

Mary Alice Tocke (941.5591)
8053 Back Creek Rd.
Hamburg, NY 14075
jtocke@aol.com

Membership

Roy R. Tocha (627.7946)
(716-574-6007)
11 Eaglecrest Drive
Hamburg, NY 14075-1807
RRTocha@yahoo.com

Editor

Robert Mahaney
103 Wilbury Palce
Buffalo, NY 14216
rjmtax@aol.com

Roy's Membership

Update

There are **428** members in the club.
There are **77** new members.

Welcome new members; Frank Broderick, Chris Chungbin, Katie Chungbin, William Fisher, Mark Mathewson, Bonnie Symes, Mary Applegate, Mary Anne Johnson, Thomas Weichmann, Nancy Druelinger, David Peterson, Ronald Schlifke, Bruce Coffee, Larry Fillingner, Joseph Kerr, Joe Niezgodka & James Sandner.

We are getting into prime cycling season. About 35 of our members were at the Ride for Roswell. I hope you'all have had some good cycling time on our rides and others.

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.

RACE ACROSS AMERICA

The Weather Channel will be airing coverage of the Race Across America, an event it calls "heart warming and meaningful," on July 5, 6, 8 and 9. According to a press release, the shows will focus on Team Type 1, which the Weather Channel sponsors. For more info, click <http://www.teamtype1.org>



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Can-Am

The committee is excited. Time is getting short. Registrations are arriving. There is still time to volunteer. If you are planning to participate in the ride you can volunteer your time before the date or help with the post ride picnic.

Committee leaders are needed for Parking, Course finish/ welcome committee, and Clean-up – complete by 6 p.m.

Committee members are needed to help with Publicity – call Link, Sponsors – call Bob Mahaney, Door prizes – get one ore more, preferably with a Can-Am (local) association, Event Day - Liz Williams (759-8353) We have a fine product. Let's sell it. Tell anyone

Update from Mary Alice

who rides a bike. Request fliers to distribute – ask Link, Bob Mahaney or Mary Alice. Suggest out of town groups that may have interested members....

All sponsors will be recognized in an event booklet included in the ride packet. Each sponsor may have a short business description, logo, business card, etc.

Door prize donors will be listed. Sponsor ideas that have been suggested - Manhattan Bagels, Panara Bagels, Tim Horton, Perry's ice Cream, Ben & Jerry's ic, Molson, Labatt, Ellicottville Brewery, Flying Bison Brewery. Food & beverages for rest stops.

Over- Training

Views You Can Use

"It is not training that makes you fitter. It is recovery."

Feeling crisp around the edges? Yesterday was the first day of summer in the northern hemisphere but you've probably already been riding full tilt for several weeks. That makes this the right time to dust off our annual warning about overtraining.

This malady is covered in several of our eBooks because overtraining is an ever-present risk for every rider gung-ho to improve. As world champion time trialist Mari Holden has noted, "What drives you to succeed, drives you to screw up."

That quote comes from the eBook High-Intensity Training for Cyclists, the new 11th edition from elite coach Arnie Baker, M.D. Dr. Baker explains the warning signs of overtraining and reminds us of an essential truth: **"It is not training that makes you fitter. It is recovery."**

To read another HIT excerpt ("Power-Based Training"), see the table of contents and place your order for delivery by e-mail today, please click http://www.roadbikerider.com/hit_excerpt.htm

OVERTRAINING

Overtraining is a physical and a psychological or emotional state. It is an imbalance between training and recovery, exercise and exercise capacity. The "training effect" is the body's response to workload stress. If stress is too great, the body cannot respond and adapt.

Overtraining may result.

One of my rules of thumb is this: "When you look at the bike in the morning, are you raring to get on it or do you groan inside about the workout you have set for yourself?"

Overtraining symptoms include the following:

---Poor, non-restorative sleep ---Mood disturbances, including anxiety, irritability, loss of enjoyment, and sadness

---Poor performance with the same or increased training ---Vague or undefined physical complaints

Sometimes, the trick in maximizing human performance is to perform the greatest volume of intense training without overtraining. Some say: "Put your finger near the fire to know that it is hot, but do not bum it!" Push, yes, but not too hard all the time.

If there is a range in training that will result in the same gains, it is often reasonable to perform the least, not the most, amount of work that will result in the same gains.

Consider this analogy: If your employer gives you \$200 for working 6 to 10 hours, would you choose to work 6 hours, 10 hours, or 20 hours?

You need some easy days, some quiet friendly rides, maybe some bike touring. Ignore recovery training and you may dig yourself a hole that not even a week or two off the bike can cure. Then you may really lose fitness!



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Club

Trips

2 TRIPS TO CHOOSE FROM

NY-PA Circle Trip

It's new. It's different. It's exciting. The ride starts in Salamanca on Friday the 4th of August. We bike to Warren that 1st day. We pedal on the 2nd day to Bradford. Then cruise on to Coudersport on day 3. Day 4 sees us biking to Wellsville. On the last day, we end up back in Salamanca.

This trip is van supported. You ride, we carry.

The Price is \$200.00 per person. There are no singles as space is very limited.

(Single at a supplement only in the rare event that we have extra space)

If you have a roommate, that is great. We will try to pair people, but we cannot guarantee that it will be possible. All single applications will be put on hold until a roommate is secured. Thus a single application might not get a space on the trip even if application is received very early.

We are looking for 1 person with a mini-van who does not want to ride and is willing to provide the van support. Cost of trip: FREE.

After the 1st of July the minimum cancellation fee is \$50.00. No refund after 20 July. Questions: call Richard at 741-2762.

To reserve your place please send full payment and application form to: Richard Lepie, 9325 Hunting Valley Road N., Clarence, NY 14031

Bravissimo Italy

You asked for it and it shall be. Rome – 3 nights, Bike Tuscany 6 nights, Florence 2 nights.

Depart Buffalo or Toronto Tuesday afternoon or evening, the 29th August. Fly overnight to Rome, with arrival in Italy the next morning. Return from Florence on Sunday, 10 September.

\$2995.00 per person double for airfare, transfers, hotels, breakfasts, bike rental, some lunches, and many 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 N., Clarence, NY 14031.

The final is due at the Hunting Valley Rue by 15 June.

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

Questions: call Richard at 741-2762.

SIGN UP FOR ONE OR BOTH!

Application Form New York Italy

(Check all that apply)

Name: _____

Room Mate: _____

Address: _____

Telephone Number: _____

E-Mail: _____

NFBC No. _____

See Description for Trip Costs - Separate checks payable to Richard Lepie



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How to Get There

Party Directions

July 4th - Jim and Kathy's Party Ride

Rain or Shine be at Jim and Kathy's after the ride on the fourth. Plenty of fireworks. Bring a dish to pass. If it rains be there at one to eat. 5830 Strickler Road, just around the corner from the ride start.

July 15th- Members Memorial Ride

Hot dogs and hamburgers after the Members Memorial Metric Century
At the West Canal ride start site. Bring your own beverage.

July 22 - Tris & Bob's Annual Party Ride "Variations on a Theme" & "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.
20 Mile	Variations on a Theme	10:30 AM	295	1,050 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)

July 30 - Old Welland Canal 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.



Campus WheelWorks

744 Elmwood Ave.
Buffalo, NY 14222
716.881.3613

www.campuswheelworks.com
campuswheelworks@mybiz.net

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www.nfbc.com



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743 Main Street
Buffalo, NY 14203
852-6838

100th Anniversary