



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 4

late edition

July 2008

## CanAm 2008

August 17th

Early registration ends July 17th

## July has the Parties

July 13th Port Colburn Cottage Ride — Joe & Mary Aice

July 26th Variations on a Theme — Bob and Tris

**Information Inside:**

## Club Trip

**Bulgaria Awaits**

**information inside:**

## Annual Club Picnic

August 23d  
**Saturday**

**information inside:**

## Chatauqua Weekend

August  
9th & 10th

**information inside:**



# NIAGARA FRONTIER BICYCLE CLUB, INC.

*We Ride Every Day*

# JULY 2008 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Location	Ride Leader
Fri, Jul 4	9:00	714	Elma Meadows	34/27	Mod/Easy	725	Como Lake Park, Como Park Blvd., Pkg lot on Left, Lancaster	Brenda Fischer 683-3961
Sat, Jul 5	9:00	336	Chicken Little	49/39	XD/Mod	3500	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 836-0280
Sat, Jul 5	9:00	702	Royalton Ravine	46/33	Easy		Elementary School on Clarence Center Rd, Clarence Center	Karen Sprada 684-9039
Sun, Jul 6	9:00		City Ride Preview	35	Easy		Erie Basin Marina across from the Hatch, Erie Blvd Mall, Buffalo	Rebecca Ribis 837-0089
Sun, Jul 6	9:00	261	New Oregon Road	57/38	XD/MID	1800	Pat's Cottage, 207 Eisenhower Ave. off Rt.5 (near Lake Erie Beach), Angola	Pat Danaher 836-0280
Sun, Jul 6	9:00	744	Oak Orchard	48/38	Mod/Easy	0	Russel Town Park, at Clinton St, off Main St., Akron	Liz Williams 759-8353
Sat, Jul 12	7:00	371	Lake O Century	100	Diff		Nelson C Goehle Marina (Wide Waters) E Market St. and Coldspring Rd. East of Lockport	Dennis Powell 691-6233
Sat, Jul 12	9:00		Lake O Metric and Short	62/32	Easy		Nelson C Goehle Marina (Wide Waters) E Market St. and Coldspring Rd. East of Lockport	Mike Dupre 741-9290
Sun, Jul 13	9:00	328	Kazoo Klassic II	41	Easy	0	Elementary school on Sturgeon Pt. Rd. @ Rt. 5, Evans	David Gonzalas 649-4998
Sun, Jul 13	10:00		Port Colburn Cottage Ride	43/25	MOD/Easy		Crystal Beach Waterfront Park, by the lake, at end of Gorham Rd, Crystal Beach <b>Canada</b>	Mary Alice & Joe Tocke 941-5591
Sat, Jul 19	9:00	248	Nutcracker	45/25	XXD/MID	3000	Hamlin Park (south parking lot), S Grove St, East Aurora	Linc Blaisdell 479-9431
Sat, Jul 19	9:00	730	Lower River Rd.	44	Mod	0	HSBC Plaza, Saunders Settlement Rd. & Townline (opposite NCCC) Sanborn, NY	Karen Ostrum 741-2171
Sun, Jul 20	9:00	223	Lamb's Corners - Joint ride with Rochester Bicycling Club!	62/29	XD/Mod	3100	Genesee County Mall, Main St., parking lot behind Wendys, Batavia	Dennis Powell 691-6233
Sat, Jul 26	10:00		Variations on a Theme - <b>Party Ride</b>	40/25	Diff/Easy		5125 Newton Rd, Orchard Park	Bob & Tris Puleo 649-3427
Sun, Jul 27	9:00	281	Seren Falls	82/57	XXD/XD	5300	Municipal Lot off Church St. 2.8 miles E of SR16 on SR 39. Turn L on Church St. Arcade	Jim Sawyer 884-3057
Sun, Jul 27	9:00		CanAm Metric Preview	62	Mod		Erie Basin Marina across from the Hatch, Erie Blvd Mall, Buffalo	Brenda Fischer 683-3961
Sun, Jul 27	9:00		Grand Island Loop	24	Easy		Kaegabin Elementary School, Love Rd at Beaver Island pkwy Gl	Jean Frederick 692-3611
Sat, Aug 3	9:00	103	Genesee-Wyoming County Challenge	79	XD	2450	Diner Parking Lot, Broadway (Rt. 20) & Sandridge, Alden	Carl Mach 685-0832
Sat, Aug 3	9:00	148	Here's Genny!	42/31	Mod/Easy	0	Elba Central School, Rt 98, 4 miles north of NYS Thruway Exit 48, Elba	Jean F 692-3611
Sun, Aug 4	10:00	359/360	Eden Lowlander and Highlander - Party Ride	18/29/38	Easy/Mod/Diff	650/2500	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A (Eden-Angola), L onto Eden-Evans Cntr., S on E. Church (2947 is up a long drive)	Dick & Kathy Swank 992-2404

**Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXD = Extra Extra Difficult**

July-08						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 June	1	2	3	4	5
	Clarence 6:30 East Aurora 6:30	N. Tonawanda 6:30 Hamburg 6:30	E. Amherst 6:30 Orchard Park 6:30	Pendleton 6:30 Lancaster 6:30	#714 Elma Meadows <b>No Weekly Morn. or Evening Rides</b>	<b>Royalton Ravine Chicken Little</b>
6	7	8	9	10	11	12
<b>City Ride Preview Oak Orchard New Oregon Road</b>	Clarence 6:30 East Aurora 6:30	N. Tonawanda 6:30 Hamburg 6:30	E. Amherst 6:30 Orchard Park 6:30	Pendleton 6:30 Lancaster 6:30	Grand Island 6:30 Elma 6:30	New Rides! <b>Lake O Century Metric &amp; Short</b>
13	14	15	16	17	18	19
<b>Port Colburn Kazoo Klassic II</b>	Clarence 6:30 East Aurora 6:30	N. Tonawanda 6:30 Hamburg 6:30	E. Amherst 6:30 Orchard Park 6:30	Pendleton 6:30 Lancaster 6:30	Grand Island 6:30 Elma 6:30	<b>Lower River Rd. Nutcracker</b>
20	21	22	23	24	25	26
<b>Joint Ride with Rochester Club Lamb's Corners</b>	Clarence 6:30 East Aurora 6:30	N. Tonawanda 6:30 Hamburg 6:30	E. Amherst 6:30 Orchard Park 6:30	Pendleton 6:30 Lancaster 6:30	Grand Island 6:30 Elma 6:30	<b>Variations on a Theme Party Ride</b>
27	28	29	30	31	1 Aug	2
<b>Grand Island Loop Can Am Metric Seren Falls</b>	Clarence 6:30 East Aurora 6:30	N. Tonawanda 6:30 Hamburg 6:30	E. Amherst 6:30 Orchard Park 6:30	Pendleton 6:30 Lancaster 6:30		<b>Here's Genny Gen/Wyom County</b>
3						
<b>Eden Lowlander/ Highlander</b>						

## Daily Ride Schedule

Monday AM	North Amherst Fire Co., 2200 Tonawanda Creek Rd at Campbell Blvd, E Amherst	Bob Alessi	694-0853
Monday PM	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis	837-0089
Monday PM	Hamlin Park on Grove St, two blocks south of Main, second lot, East Aurora	Jim Sawyer	884-3057
Tuesday AM	Ellicott Creek Island Park, lot at Creekside Rd. and Niagara Falls Blvd., Tonawanda	Alex Setlik	692-7045
Tuesday PM	West Canal Marina on Tonawanda Creek Rd at Townline, Pendleton	John Herman	675-1944
Tuesday PM	Municipal parking lot off Long Ave (opposite # 48) by fire hall & water tower, Hamburg	Matt Luly	648-8988
Wednesday AM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne	997-9324
Wednesday PM	St. Mary's Church at Transit & Stahley Road, Swormsville, (Clarence)	Dennis Powell	691-6233
Wednesday PM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Frank Soltiz	937-6924
Thursday AM	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Dave Klock	681-5345
Thursday PM	Pendleton Town Hall, 6570 Campbell Blvd, between Bear Ridge & Beach Ridge Rds, parking lot in back, Pendleton	Jim Mathews	433-5317
Thursday PM	Lancaster High School, Forton Rd at Pleasant View, Lancaster	Ed Peters	685-1965
Friday AM	Community of Christ Church, 5030 Thompson Rd, Clarence	Lori Harf	681-3719
Friday PM	Kaegebin Elementary School, Love Rd at Beaver Island Parkway, Grand Island	Adrienne M	773-2009
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	Brenda Fischer	683-3961
Saturday AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd, UB N. Campus ) Amherst	Marion Reslow	833-3615
Sunday AM	Erie Basin Marina, parking lot by the Hatch, Buffalo (group ride without cue sheets)	Ian Currie	601-7390

The members riding the Saturday and Sunday rides listed here usually stop at a diner for a quick breakfast along the way. Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

## Daily Ride Start Times

Sat & Sun 'Breakfast Rides'	9:00 AM all season	
Weekday Morning Rides	10:00 AM in April, May, September and October	9:00 AM in June, July and August
Weekday Evening Rides	6:00 PM in April and September	6:30 from May through August

## Official Party Rules

For members of NFBC biking is number one, followed by socializing with friends. Get together 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 usually bring a dish to share, beverage of their choice, chairs and funds for the 'kitty' to help offset the expenses incurred by the host(ess).

**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. She is at 688-2981.

# BOARD OF DIRECTORS

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o^o o^o o^o o^o o^o o^o o^o o^o o^o o^o  
Roy is on vacation and will return next month  
o^o o^o o^o o^o o^o o^o o^o o^o o^o o^o

*Quick Tip:* Knee Rx. Here's a simple remedy that's been known to quickly solve a developing knee problem: If the pain is in the front of the knee, raise the saddle. If it's behind the knee, lower the saddle. Don't go overboard. Just 2-3 millimeters can be enough to restore pain-free pedaling.

## Sunshine Committee

For any items involving the sunshine committee contact sue williams at [suzwilliams40@verizon.net](mailto:suzwilliams40@verizon.net)

## 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.

# Club Trip

## Sophisticated Berlin – Mysterious Bulgaria

Berlin - a dynamic city of contrast - One of the most vibrant cities on the new Europe, juxtaposed to the drab remains of communism. Bulgaria - a country of marked contrasts - old roman ruins, byzantine monasteries, centuries old towns, life of today and years gone-by.

Depart Buffalo, Tuesday afternoon the 9th of September, to Berlin for 3 nights. then ?y to So?a for 8 days of biking. An extra night in So?a completes the trip. Return to Buffalo on Sunday the 21st of September.

Cost : \$2995.00 per person double. Add \$650.00 single.

The price you pay includes airfare, hotel, bikes, parties, most meals and special things.

After May 1st, the minimum cancellation fee is \$1500.00. After 01 July no refund. Price guarantee only until the 1st of April. Deposit \$1500.00 per person immediately. Final payment due 15th of June.

Reserve your place now. Send full payment and application form to:  
Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY 14031

Questions – call Richard at 741-2762 or e-mail Richard\_Suntreader@hotmail.com

### Application Form

Name: Room Mate: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
NFBC No.: \_\_\_\_\_  
Trip cost \$2995.00 double. \$3645.00 single. Deposit due with this form \$1500.00 Final due 15 June.

Checks made payable to Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY 14031

## Tris & Bob's Annual Party Ride "VARIATIONS ON A THEME" & "REACH THE BEACH" JULY 26, 2008

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

<u>MILES</u>	<u>RIDE</u>	<u>START</u>	<u>MAP#</u>	<u>ELEV</u>	
42 Mile	VARIATIONS ON A THEME	Ride Starts @ 8:45 AM	295	2,400 ft.	
25 & 37 Mile	REACH THE BEACH	Ride Starts @ 9:30 AM	282	1,200 ft.	

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

### 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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# Can Am 2008

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Early registration deadline  
is July 17th.

**Help make this year the biggest yet and register today**

a night before wine and beer social will take place at the Frank Lloyd Wright Boathouse from six to eight. Take advantage of a chance to meet the many riders from out of town and still have time for a full evening after the event

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## Annual Club Picnic **Saturday, August 23rd**

**This is not a misprint.** The picnic is on a **Saturday** this year. Mark the date on your calendar now and come for a day of cycling, great food, games and prizes.

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### Comment of the Week

With road bike prices on the increase, and considering the discussion at RBR about how much we need to spend to get a fine machine, here's an idea from a reader named Scott. The comment has been made, 'If you can't afford to crash it on Sunday and replace it on Monday, then it's too expensive.'

"I couldn't agree less. Rather than that, why not just insure it? My bike is insured against crashes even if they occur in a race. Now, some might say that's expensive. I can assure you it's not as expensive as replacing a bike. And it's far better than living in constant fear of crashing or having my bike stolen." reprinted from the RBR Newsletter with permission

# 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.)				

<b>Family Membership includes any two adults and their children under the age of 18 living at the same address.</b>		
<b>Membership</b>		<b>Status</b>
• 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.



**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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