



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 6

July 2009

Port Colborne Party SUNDAY July 12TH 10am

Ride from Crystal Beach to Port Colborn or Welland on back roads and bike path Return for a picnic at Tocke's - on the lake so bring swim suit,, kayak, innertube, etc. Water sneakers suggested. Bring a chair, if you can, and a dish to share. We look forward to seeing you. ;)

Mary Alice

ffind the secret clue and win a free pizza

LINC'S PARTY AT THE PARK ***9 and 10***
Saturday July 25 at Chesnut Ridge ***AM starts***

Eden Highlader and Lowlander from Swank's Place
August 2d

Chataqua Weekend is August 7th 8th and 9th
see article inside

The Can Am Century is Sunday August 16th
over 100 registered to date, sign up today

Find information inside on this year's club trip



NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day

JULY 2009

RIDE SCHEDULE



Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Jul 4	9:00 AM	714	Elma Meadows	34 / 27	Mod/Easy	725/635	Lancaster	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Tim Cleary 807-7174
Sun, Jul 5	9:00 AM	744	Oak Orchard	48 / 38	Mod	0	Akron	Russel Town Park, Clinton & Main St., Akron	Arlene Lepie 741-2762
Sun, Jul 5	9:00 AM	336	Chicken Little	49 / 40	XD/Mod	3500/1500	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Marty Payne 997-9324
Sat, Jul 11	7:00 AM	368	Lake O Century	102	Diff	860	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Colin Fritz 510-4893
Sat, Jul 11	9:00 AM	369	Lake O Metric & Short	62	Mod/Easy	0	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Liz Williams 759-8363
Sun, Jul 12	10:00 AM	904	Port Colborne Party	TBD	Easy	0	Crystal Beach	Crystal Beach Waterfront Park, by the lake, at end of Gorham Rd. Crystal Beach Canada	Mary Alice & Joe Tocke 941-5591
Sun, Jul 12	9:00 AM	747	Williston Rd	39 / 30	MD	2000/1300	Lancaster	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Mike Dupre 741-9290
Sat, Jul 18	9:00 AM	733	Royalton Center	39	Easy	0	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Mike Dupre 741-9290
Sat, Jul 18	9:00 AM	288	To Hill and Back	51 / 38	XD/Diff	3020 / 1800	East Aurora	Hamlin Park (south parking lot), S Grove St	Pat Danaher 310-8136
Sun, Jul 19	9:00 AM	335	Akron Junction	38 / 28	Easy	0	Clarence	Parking lot on Sawmill at Main St., Clarence Hollow	Mike Dupre 741-9290
Sun, Jul 19	9:00 AM	339	Eighteen Mile Creek	44 / 22	Diff/Mod	2500/750	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat, Jul 25	9:00 or 10:00 AM	372	Linc's Party Ride see Article for full explanation	41 / 18	Diff/Mod	2850/1200	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Linc Blaisdell 479-9431
Sun, Jul 26	9:00 AM	723	New Niagara County Metric	62 / 41	MOD / Easy	0	Pendleton	West Canal Park, Tonawanda Creek N & Town Line, Pendleton	Karen Sprada 684-9039
Sun, Jul 26	9:00 AM	254	Loose Goose	45 / 35	XXD/MD	3200	Holland	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Tim Leach 864-7194
Sat, Aug 1	9:00 AM	19	Fort Erie to Niagara Falls	40 / 20	Easy	NA	Buffalo	American Start: @ Peace Bridge on Busti Ave @ Pedestrian Entrance to Toll Booths; Canadian Start: @ Parking Lot on Niagara Blvd & Queens St.	Roy Tocha 627-7946
Sat, Aug 1	9:00 AM	358	Holi-Terror	49 / 38	XXD/Diff	3200/2000	Ellicottville	Holmont Ski Area Parking Lot, RT219 to Ellicottville, straight at light onto SR 242, L into Holimont	Pat Danaher 310-8136
Sun, Aug 2	10:00 AM	359	Eden Lowlander	29 / 18	Easy	650/350	Hamburg	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A(Eden-Angola), L onto Eden-Evans Cntr., S on E. Church to #2947	Dick & Kathy Swank 992-2404
Sun, Aug 2	10:00 AM	360	Eden Highlander	38	XD	2500	Hamburg	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A(Eden-Angola), L onto Eden-Evans Cntr., S on E. Church to #2947	Dick & Kathy Swank 992-2404
Sat, Aug 8	9:00 AM	707	Ransomville Ramble	41	Easy	0	Pendleton	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Mike Dupre 741-9290
Sat, Aug 8	9:00 AM	82	Alden Center to North Java	45	Diff	2600	Alden	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	Frank Lotitz 937-6924
Sat, Aug 8	11:00 AM	906	Chautauqua (Saturday)	30 / 25	Diff/Easy	0	Chautauqua	Barcelona Harbor. I-90 west. Take exit 60, turn right, harbor is 1/4 mile away.	Tom & Sue Williams 688-2981, on this weekend 908-2420 (cell)
Sun, Aug 9	9:00 AM	727	East Pembroke	43	Mod	1100	East Pembroke	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Colin Fritz 510-4893
Sun, Aug 9	9:00 AM	248	Nutcracker	47 / 27	XD/MD	3000/1500	East Aurora	Hamlin Park (south parking lot), S Grove St	Pat Danaher 310-8136
Sun, Aug 9	8:00 or 9:00 or 10:00 AM	907	Chautauqua (Sunday)	40 / 22	Diff/Mod	0	Chautauqua	Chautauqua Institution, main gate on rte 394, past Mayville	Tom W 688-2981, on this weekend 908-2420, Karen Sprada 684-9039 (h)

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

July-09						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 June	29	30	1 July	2	3	4
Hatch Ride is on Kathy's Kaper	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	AM UB Ride is on Elma Meadows
5	6	7	8	9	10	11
Oak Orchard Chicken Little	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	Lake O Century Metric & Short
12	13	14	15	16	17	18
Hatch Ride is on Port Colborne Party Williston Rd	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	Royalton Center To Hill and Back
19	20	21	22	23	24	25
Akron Junction Eighteen Mile Creek	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	AM UB Ride cancelled Linc's Party Ride
26	27	28	29	30	31	1 August
New Niag Cnty Metric Loose Goose	N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	Clarence 9:00 AM Amherst 6:30 Elma 6:30	Ft Erie to Niag Falls Holi-Terror

Watch for unusual start times on the weekend rides this month. Parties and centuries often call for different time schedules.
Please arrive at the start at least 15 minutes early to sign in and get ready so all, including the ride leader, can start with the group on time.

Daily Ride Schedule

Monday AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Creek Rd., N Tonawanda	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	892-7045
Tuesday PM	West Canal Marina on Tonawanda Creek Rd at Townline, Pendleton	Marty Viggato	570-5896
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.	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	601-7535
Friday PM	Amherst Museum, Tonawanda Creek S at New Rd, Amherst *** new this year ***	Tom Williams & team	688-2981
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	John Herman	675-1944
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	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 sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

Jim Vozga is our club historian. He will be keeping our old memorabilia safe and organized.

OFFICERS AND BOARD MEMBERS

Officers

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Club Historian

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Roy's Membership Update

There are 452 members in the club.

There are 334 households.

We snail mailed out only 89 Spokesman, Great!.

There are 98 new members.

Welcome new members; Charles Goodrich, Ben Kaminski, Sandra Kaminski, Don Kirst, Andrew Moynihan, Julie Przybylak, Thomas Przybylak, Linda Snell, Sherryl Weems, Christopher Puchalski, Leslie Zemsky, Dave Barth, Richard Gerber, Aaron Stirling, Jeff Brecker, Ronald Marten, Richard Tesmer, Patrick Concannon, Murray Covello, Steve Wells, William Dimmig, Robert Stachewicz, Brenna Stachewicz, Carol Vanderberg, Suzie Burke, Robert Burke, Emily Burke, Jon Fleshner, Ted Karnath, Ben Kruger, Ann Palka, Mark Knerr

If you have something of interest to our members, email your information to RRTOCHA@yahoo.com. I will try to get it out to the members on the Web.

Overheard: *"We are stunned because he's our guy and we feel disappointed, even betrayed, by our guy."*
-- **Robin Stallings**, executive director of BikeTexas, after **Gov. Rick Perry**, previously a cycling supporter, vetoed a "safe passing" bill by asserting that enough penalties already exist to punish Texas drivers for dangerous actions.

Thrown Chain

What's the matter? You're riding hard in the big chainring toward a steep climb. You push to keep your momentum but finally you're forced to shift to the small ring. Oops! The chain overshoots and falls onto the frame. You're dead in the water, wildly turning the cranks with no resistance. Later, the opposite happens. You're spinning in the small chainring and need a bigger gear. But your shift to the big ring sends the chain over the top. Now it's flopping around the crankarm.

Here's help: Throwing a chain is usually the result of a badly adjusted front derailleur. That's the first thing to correct if it's happening frequently. But even properly adjusted equipment can goof if you're pedaling too hard or too fast while shifting. The chain can skip off the inside chainring or perhaps it won't move off the big ring at all. It can happen when there is so much tension on the chain that the front derailleur can't pull it from the teeth.

You can help reduce the chance of each problem by reducing pedal pressure a bit just as you make the shift.

If the chain does fall onto the frame or around the crankarm, try to shift it back on to a chainring. You may not have to stop and get greasy putting it on with your hands. Here's the technique:

While still rolling, turn the crank easily and shift the front derailleur in the appropriate direction. The chainring teeth should catch the chain and set it back in place. Stop pedaling instantly, though, if the chain tangles or binds. Any force at this point can damage the chain, the chainrings, the derailleur or even the frame. If you have enough momentum, you can backpedal to free the chain and then try shifting it again.

If nothing works, stop before you teeter over. You'll have to re-rail the chain by hand.

When it has fallen to the inside, sometimes you can do it by picking up the rear of the bike so that the chain drapes over the small ring. Then turn the crank by hand so the chain catches the teeth. Otherwise, look for a stick or piece of litter so you can pull the chain up and on without soiling your hands. Another trick is to use one of the tire levers you should be carrying in your seat bag.

Comment

(Adapted from Coach Fred's Solutions to 150 Road Cycling Challenges)

2009 Club Trip

Vietnam_04_22_November

NFBC's most adventurous expedition ever. A biking and cultural experience not to be missed. Fly to Hanoi, the Paris of the Orient. Cruise Halong Bay. Experience the Reunification Express. Explore the old capital of Hue. Spelunking the Cu Chi tunnels. Party in Hi Chi Mihn City. Most importantly cycle some of the most interesting routes anywhere in the world.

Price from New York City includes air fare, all transportation in Vietnam, bikes, hotels, most meals, sag support, local guide etc. \$3350.00 per person double.

The US dollar is strong, but for how long? Price can vary if currency changes . \$1500.00 deposit guarantees the price. Reserve your place now. Call Richard Lepie 716-741-2762 or e-mail Richard_Suntreader@hotmail for detail.

Linc's Party Event 2009

The Old and the New

Linc's party ride on Saturday, July 25th will feature the same delicious BBQ that you've become accustomed to over the last three years. However, there will be some changes in the format.

Location: Linc is moving his party ride to Chestnut Ridge Park. He has rented shelter 21, just inside the Newton Road entrance. Shelter 21 is actually two shelters situated kitty-corner to each other at the edge of a nice large parking lot with restroom facilities close by.

Bike Orienteering: In the sport of orienteering, participants find bright orange and white "flags" by navigating to locations marked by circles on a map. Usually the orienteering course is in the woods of a park, but it can be adapted to bicycling by putting the flags near park roadways.

I plan to put out about 25 of these flags at Chestnut Ridge Park so that our club members who come to the party can do a kind of bicycle treasure hunt to find as many as possible within a 1½ hour time limit. People should team up as groups of two or more riders so that one person can hold the bikes if another team member has to go to a flag that is a little further from the road. All teams start at the same time, but each team decides which of the 25 flags it wants to locate.

Long Ride: I realize that some people may prefer to do a regular ride, so Pat Danaher has chosen the "Knee Knocker" to be the ride for the hard core cyclists. That ride is 41 miles with about 2850 feet of climb. I will sign in the riders for that ride so that they can have a 9:00 AM start.

Short Ride: For people who don't want such a challenging ride. Bob Puleo has also arranged an easier ride of about 18 miles with about 1200 feet of climb and no hills, just inclines. Riders can start that ride at 10:30 OR at 9:00 if they want to play the bike orienteering game when they return.

Options:

- 1) Ride the long ride only. Ride starts at 9 AM.
- 2) Do the short ride followed by 1 hour of bike orienteering. Ride starts at 9 AM.
- 3) Do the Bike Orienteering only. Event starts 10:00 AM, ends at 11:30 AM.
- 4) Ride the short ride only. Ride starts at 10:30 AM.

Food:

I'll bring the BBQ, as well as some wine. I will bring coolers so that we can keep salads & desserts refrigerated if need be. It will be a help if more people could bring coolers, especially to keep beer and soft drinks cold. I'll have chafing dishes heated by Sterno for the BBQ, just as I do at my house. Dining should be underway between 12 and 1.

Note: Don't forget to bring chairs.

Message from the Newsletter Editor (and his assistant):

We appreciate information for the newsletter about upcoming events or even general interest articles. If you have a lot of information to share it is easiest for us to receive it as a word document attached to an email, rather than simply typed in email. If the document is in email we have to copy it out into a word document and it usually comes out formatted very strangely. Fixing the formatting can be very time consuming. Helvetica is our preferred font if your version of Word has it. Thank you.

Information for August:

The southtowns ride on August 1 is Holi-Terror, starting and ending in Ellicottville. This is the weekend that the town hosts a Jazz Festival. If you like jazz, spend the night in town!

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.

Chautauqua Weekend

Chautauqua Weekend with a Twist.

Additional rides, additional chefs, additional hosts! Join ride leaders Karen Sprada, Tom Williams, Sandy Nobel and Chefs Paul Sprada, Marge Nobel and Sue Williams for a great fun filled week end of riding and eating in Chautauqua. Knowing that we will be travelling and away from our refrigerators this weekend, our hosts will provide all the necessary things like meats and salads for the post ride lunches. There will be no need for the rest of us to worry about bringing perishable items to Chautauqua. Just bring your favorite beverage, the usual chair and a little something for the 'kitty.' If you feel that you must bring some food to share, bring something simple like chips or cookies or other items easy to transport.

On Saturday the rides will begin at the Barcelona Harbor as they did last year with lunch at the harbor after the rides. A new, longer, more challenging ride with a hill climb, has been added on Saturday for the ambitious. A flatter 25 mile ride will also be offered. (You can even do a 20 mile out and back flat if you would like.) For anyone not riding on Saturday there is a flea market nearby and also the "Crossroads Market" that is open only on Saturdays. If the weather looks iffy or it is raining, come on out anyway. We will have lunch and socializing. Saturday evening we will have a group dinner.

On Sunday you will have your choice of rides with a longer, challenging ride starting at 8:00 a.m. with Tom, or a shorter ride that will start at 9:00 or 10:00 with Karen, to accommodate anyone coming in from Buffalo that morning. After the Sunday rides, lunch will be hosted at the Nobel's condo as in the past. You are welcome to come to the condo as early as you would like if you aren't riding. It is located at 19 Waugh inside the Institution grounds. Everyone is welcome all weekend, just Saturday, or just Sunday if you prefer one day.

The directions to Chautauqua are easy. From Buffalo, hop on the Thruway and get off at Exit 60 - Westfield. (About one hour). The Barcelona Harbor for the Saturday rides is immediately off the Thruway to your right. (Follow Barcelona sign). Sunday rides are a left hand turn off the Thruway. Follow the sign for the Institution and Westfield.

Here are a couple additional items of interest happening on the week end. "Swinging Street Dances with Dr. Zoot" will appear on the Floating Stage on Friday, at 7:00 p.m. A special dance floor on the street will be available for all night dancing. Also, for all you Irishmen, on Sunday, Aug. 9 starting at noon is an all day Irish Festival celebrating Irish culture in Bemus Point. There are too many activities to mention, but activities are planned the entire day for the Irish Festival. For more information on the week end, the rides or for overnight accommodations, contact the Williams at:

scwilliams46@roadrunner.com or 688-2981.

For help during Chautauqua weekend, Tom's cell phone is 908-2420.

For more information on the activities at the Institution on Saturday or Sunday, please visit the website. Please RSVP so we can plan enough food! Let us know which days and lunches you will be at and if you are joining the group dinner on Saturday evening. This is very important information for us. If you are coming in Sunday morning for the rides, please give us an idea what time you will arrive so we can accommodate you with ride start times.

Message from the August NFBC Picnic "Fun Committee."

Ladies and Gentlemen - it is not too early to think about what dessert you will bring to the annual picnic. One of the "fun" events this year is that we are going to have our First Annual Baking Contest. Yep, before we have dessert, the competitors will be judged by our esteemed panel of judges and prizes will be awarded for first and second place. Get those recipes perfected and enter as many desserts as you would like. More details to follow.

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