



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII

NUMBER 4

JUNE 2006

## Can-Am Century is Taking Shape

After several meetings and much hard work, the NFBC-sponsored ride on September 10th is closer to becoming. "THE" Buffalo Cycling Event of 2006.

Don't miss out on this one!!!!!! Contact Mary Alice Tocke at 941-5591 and volunteer your services.

**SEE PAGE 5 FOR EVENT DETAILS.**

## Wilson Harbor Bunkhouse New Party Ride June 25

Come to Pat and Gay O'Keefe's new (old) house for one of their "pat"ented "gay" old times on Sunday, June 26. Three adaptations of the old Wilson Harbor Ride will be featured, 35, 17, and 13 miles. The rides will start at 3274 Marville Place in Roosevelt Beach, Wilson. The 35 miler will begin at 10AM; the shorter rides will start at 11:00. Lunch will be served around 1 PM, after the last of the riders returns.

Bring a dish to pass and a chair. You might want to bring a Frisbee (Frisbee golf) and/or a bathing suit (brrrr.) The Wilson-Tuscarora State Park is next store. Phone 863-0342 or 751-6597.

Directions to the party: (From the East) take Rte 425 North to Wilson. Turn left at the light on to Young Street. Turn right at W. Lake Road and left on to Lake Road (Rte. 18 West). Just after the beige bridge (west fork of 12 Mile Creek), take a right on Cleveland. O'Keefe's blue house is on the left at the first intersection at Marville. This is about a 35 minute ride from UB area of Amherst. (From the West, Grand Island/Niagara Falls area) take R. Moses Parkway to end. Turn left towards Wilson (about 8 miles) on Lake Road (Rte. 18 East). Just before beige bridge, turn left on Cleveland to Marville. This is about a 30 minute ride from G. I.

**Club Trips** SPACE LIMITED  
SEE DETAILS INSIDE



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
06/03/06	Sat 09:00	318	40	NA	Easy	<b>East Amherst - Akron Falls</b> - Williamsville East H.S., Paradise Rd N of Klein Rd, East Amherst	Bruce Jansen (677-4725)
06/04/06	Sun 09:00	340	39	2700	X-D	<b>County Fair Ride</b> - Chestnut Ridge Park Casino, Orchard Park	Paul Sienkiewicz (440-7333)
06/04/06	Sun 09:00	212	52/37	NA/NA	MD/MOD	<b>Lockport Escarpment</b> - Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Frank Lamarca (688-1434)
06/10/06	Sat 09:00	240	30/18	600/300	Easy	<b>Whirlpool Bridge to Niagara-on-the-Lake</b> - CHANGE - Since the Whirlpool Bridge requires a Nexus pass there is a new start: Extreme south end of Niagara Aquarium parking lot, farthest from the Aquarium on 2nd Street, Niagara Falls. Ride will go over Rainbow Bridge.	Bob Alessi (694-0853)
06/10/06	Sat 09:00	291	64/37	3900/1200	XXD/Mod	<b>The Fire Plug / Escape to Attica</b> - Pembroke Central HS, Rt 77 & Rt 5 (I-90 Exit 48A, 1 mile S on Rt 77 @Rt5)	Pat Danaher (838-0280)
06/11/06	Sun 09:00	317	36	NA	Easy	<b>Clarence - Newstead</b> - Elementary School on Clarence Ctr Rd, 1/2 mile East of Goodrich, Clarence Center	Karen Sprada (684-9039)
06/11/06	Sun 09:00	290	32	1340	Mod	<b>Eden-Evans Circuit</b> - Public lot behind the bank on north side of Main St one block from Buffalo Rd, Hamburg, NY	Brenda Fischer (683-3961)
06/17/06	Sat 09:00	153	62	4900	XXX	<b>The Wall</b> - Rt. 219 Exp. Toend. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Pat Danaher (838-0280)
06/17/06	Sat 09:00	277	45	1200	Mod	<b>Bergen Bakery Ride</b> - Elba Central School, Take Rt. 98N from the Batavia exit, 4 miles into Elba. School is on your left.	Bill McLaughlin (632-8410)
06/18/06	Sun 09:00	220	59/39	1350/NA	MD	<b>Corfu-Leroy Circuit</b> - School on Rt. 77, North of Rt 33, Corfu	Liz Williams (759-8353)
06/25/06	Sun 10:00 & 11:00	150	35/18/13	NA	Easy	<b>Wilson Harbor Bunkhouse</b> - 3274 Marville Place in Roosevelt Beach, Wilson. See insert for information and directions	Pat O'Keefe (863-0342) \
06/24/06	Sat 09:00	297	37	NA	Easy	<b>Darien Lake State Park</b> - Parking lot on Clark St., adjacent to Lancaster Opera House on Center St., Lancaster	Liz Williams (759-8353)
06/25/06	Sun 09:00	224	41	2750	XD	<b>Springville Sprint</b> - Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Paul Sienkiewicz (440-7333)

## JUNE 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 East Amherst Akron
4 Lockport Esc. County Fair	5	6	7	8	9	10 Fireplug Whirlpool Nia-on-the-Lake
11 Clarence/ Newstead Eden/Evans	12	13	14	15	16	17 Bergen Bakery The Wall
18 Corfu/ Leroy	19	20	21	22	23	24 Darien Lake
25 Springville Sprint Wilson Harbor	26	27	28	29	30	



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## DAILY RIDE SCHEDULE

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

### 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

## CLUB JERSEY ORDERS

Marty Payne is working hard to fill an order for club jerseys. We have about 80% of the minimum quantity needed to place an order. Call Marty right now at 997-9324 or e-mail him at mpayne2@adelphia.net to place your order or to ask a question about sizes. He would like to place the order as soon as possible so that we can all wear our new jerseys this season, especially at the club picnic in August.



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Board of Directors

### President

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### Editor

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## Roy's Membership

# Update

NFBC now has about 405 members. There are about 67 new members.

Welcome this month's new members; Anthony Chungbin Family, William Fisher, Mark Mathewson, Bonnie R. Symes, Al Browne, Debra F. Farley, Desiree Feldberg, Shelley Isaacs, Mark Lenard, Johnny Woodard, Benjamin Badagliacca, LaDonna & Donald Eustice, Sue Williams, Kyoko Kobayashi, David Berryman, Steve & Cathy Forrestel, Amy Moritz and Ryan G. O'Melia.

Also welcome last month's new member Sue Williams, Tom's wife. You will find her on a Tuesday night north ride. She writes: Thanks to Dennis Powell, Tuesday night ride leader, and Tom Williams, for moral support. The club has several people riding comfortably at a slower pace, gaining experience and confidence with an experienced rider staying with us for support. I, for one, am enjoying the ride and the company. Also thank you to the faster, more experienced riders who have to pass us. Your patience is appreciated!

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

Niagara Frontier Bicycle Club, Inc.

# Update

from Mary Alice

## Please tell your non NFBC cycling friends.

The Can Am Century is a three-distance invitational bicycle ride hosted by the Niagara Frontier Bicycle Club. Pedal 35 miles, 62 miles, or 100 miles. Two long rides in US & Canada. The ride will be held on Sunday, September 10. It will start in LaSalle Park at

the waterfront in Buffalo, NY. Novice and experienced bicyclists from near and far will participate (300 rider limit). The cost is \$35 and includes registration, tee shirt, snacks at rest stops, post-ride picnic. Details will be on NFBC web site.

# Riding a Straight Line

## Views You Can Use

Two-wheeled vehicles are inherently unstable and they don't necessarily want to go in a predictable direction. Poor technique makes your bike wander from a straight line as if it had a mind of its own. That's bad when you're riding solo and it's grounds for expulsion when you're in a group. You can't even ride side-by-side with a training companion if you aren't smooth and steady.

### Solutions

**---Relax.** To ride a straight line, you need a loose, supple upper body. Tension in your neck, jaw and shoulders fights the bike. It'll move jerkily rather than tracking smoothly. Of course, staying loose is easy to say and hard to do when you're riding between an 18-wheeler and a guardrail. Concentrate on relaxing your breathing as well as your shoulders.

**---Keep your eyes up.** Staring at the pavement just ahead of the front wheel guarantees you'll ride like a drunk trying to pass a sobriety test. You need to avoid potholes, glass and other debris, of course, but you can do it by using the "split vision" technique. This puts most of your visual concentration on a swath 30-100 feet up the road. When you see a pothole, don't focus on it as it gets closer. Instead, adjust your line to miss it and keep your attention up the road. Let your lower peripheral vision monitor the pothole and other passing dangers.

**---Look where you want your wheels to go.** Off-road riders quickly learn that if they look at an obstacle in the trail, like a rock, they plow right into it. But if they look instead at the good line around the rock, that's where their wheels will go. This technique works just as well on the road. Focus on the line you want your bike to take. It will adhere to that track almost magically. Train yourself to look at the safe path, not the hazard.

**---Practice.** A fun way is to ride on the white line that separates the main road from the shoulder (traffic permitting). See the effect of looking well ahead vs. right in front of your wheel. Feel the benefit of keeping your shoulders and arms loose instead of trying to steer the bike straight. On most roads there's instant feedback because the white line feels smoother under your tires than the pavement. This lets you know how well your straight-line ability is developing.

**Tip!** Another effective way to eliminate wobbles in your riding style is by practicing on rollers. This stationary cycling apparatus is like a treadmill for bikes. It makes you balance. If you pedal jerkily and your bike veers, you fall off (fortunately onto your carpet instead of the highway). Rollers train you to relax and pedal with smooth, round strokes.

*Reprinted from Road Bike Rider Newsletter with permission*





# SPOKESMAN Club

Niagara Frontier Bicycle Club, Inc.

# Trips

## 3 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.,

### Explore The World on a Bike

The NFBC explores New Hampshire Sea Shore and More for 4 nights 05-09 July 2006.

Extend your riding pleasure to 6 nights with 2 nights in the Connecticut Valley, Central Massachusetts – 03-05 July 2006.

Price per person for 4-night New Hampshire is \$250.00, two people per room. \$450.00 if you are going solo.

Price per person, two people per room, for 6 nights is \$355.00 if you sleep side by side in one bed. If you spread apart and use 2 beds then the price is \$365.00 per person. \$665.00 if you are going solo.

Price includes room, maps, food, drink, parties and more parties, and something "special". Plus 4th of July fling hosted by THE Marcia Morrison.

After the 1st of May the minimum cancellation fee is \$75.00 for 4 days and \$100.00 for 6 days (if 2 people per room). After the 1st of June the minimum cancellation fee is \$225.00 for 4 days and \$250.00 for 6 days (if 2 people per room). Questions: call Richard at 741-2762. (Space for New Hampshire is very limited – apply early)

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 ALL THREE!

### Application Form

New York  New Hampshire  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

# 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.



**Campus WheelWorks**

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