

SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 4

June 2008

Chautauqua weekend

August 9th & 10th!

Information Inside:

CanAm

Aug. 17

Sign Up Today

Father's Day
Party Ride Sunday June 15TH

Celebrate Father's Day Sunday June 15 with Mary Anne and Bob. These casual 28 or 39 mile rides starts at 10 am at 100 Chapel Woods off Roll Rd near Youngs Rd., Amherst. Bring a dish to share and a lawn chair. Call 688-6246 if lost. Come for the ride, or the party, or both. Rides start at 10 am. Party starts after rides about 12:30 pm.

Club Trips

From Rhode Island
to Bulgaria - the
choice is yours.

NEW RIDE START TIMES: SEE INSIDE



NIAGARA FRONTIER BICYCLE CLUB, INC.

— We Ride Every Day —

JUNE 2008 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Jun 7	8:00	257	Iron Lung Century	100	XXX	4500	Darien Center	Timberwolf Restaurant, Rt 20 & Colby/Tinkhan Rd, 1 mi. east of SR 77, Darien Center	Carl Mach 685-0832
Sat, Jun 7	9:00	741	New War of 1812 Overlook	48/32	Easy/Easy	NA	Lewiston	Academy Park, Center & So. 9th St. Lewiston	Tom Barone 626-4676
Sun, Jun 8	9:00	747	Williston Rd	39/30	MD/Mod	2000	Lancaster	Como Park, 1st lot, Como Park Blvd entrance, Lancaster	Brenda Fischer 683-3961
Sat, Jun 14	9:00	291	The Fire Plug / Escape to Attica	64/37	XXD/Mod	3900	Pembroke	Pembroke Central HS, Rt 77 & Rt 5, Pembroke	Pat Danaher 838-0280
Sat, Jun 14	10:00	734	Wine Country Wanderer & Merritt Winery Strawberry Festival	33	Mod	1300	Sheridan	Merritt Winery (Take I90 to Exit 58 & Rt. 5 South to L @ Allegany, R @ Angell and L @ Kings to Winery), Sheridan	Bob Ehrheart 366-1660
Sun, Jun 15	10:00	363	Father's Day Party Ride	39/28	Easy	NA	Amherst	100 Chapel Woods (off Roll Rd near Young Rd) Amherst	Bob & MaryAnn Silkes 688-6246
Sat, Jun 21	9:00	216	Kissing Bridge Ride	44/30	XD/Mod	3200	East Aurora	Hamlin Park (south parking lot), S Grove St, East Aurora	Carl Mach 685-0832
Sat, Jun 21	9:00	737	Wilson Harbor	35	Easy	NA	Sanborn	HSBC Bank/Plaza (across from NCCC) Rt. 31, Sanborn	John McGuire 837-8427
Sun, Jun 22	9:00	318	East Amherst - Akron Falls	40	Easy	NA	East Amherst	Williamsville East H.S. on Paradise Rd north of Klein Rd, East Amherst	John Herman 675-1944
Sun, Jun 22	9:00	339	Eighteen Mile Creek	44/22	Diff/Mod	2500	Hamburg	Parking Lot Off Long Ave. behind fire hall across from 44 Long, Hamburg	Dick Swank 992-2404
Sat, Jun 28	9:00	372	Elma Meadows Park Day Ride	45/30	Mod/Easy	NA	Elma	Elma Meadows Golf Course, Girdle & Rice Rds, Elma	Brenda Fischer 683-3961
Sun, Jun 29	9:00	19	Fort Erie to Niagara Falls	40	Easy	NA	Peace Bridge or Fort Erie	American Start: @ Peace Bridge on Bust Ave @ Pedestrian Entrance to Toll Booths; Canadian Start: @ Parking Lot on Niagara Blvd & Queens St	Karen Ostrum 741-2171
Sun, Jun 29	9:00	153	The Wall	62/43	XXX/XD	4900	Springville	Rt. 219 Exp. To end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Pat Danaher 836-0280
Fri, Jul 4	9:00	714	Elma Meadows	34/27	Mod/Easy	725	Lancaster	Como Lake Park, Como Park Blvd., Pkg lot on Left by ice rink and lodge, Lancaster	Brenda Fischer 683-3961
Sat, Jul 5	9:00	336	Chicken Little	49/39	XD/Mod	3500	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 836-0280
Sat, Jul 5	9:00	702	Royalton Ravine	46/33	Easy	NA	Clarence	Clarence Central Elementary School, 9600 Clarence Center Rd., Clarence	Karen Sprada 684-9039
Sun, Jul 6	9:00	261	New New Oregon Road	58/40	XD/Mod	3000 / 1600	Angola	Pat's Place, 207 Eisenhower Ave., Angola	Pat Danaher 836-0280
Sun, Jul 6	9:00	744	Oak Orchard	48/38	Mod/Easy	NA	Akron	Russel Town Park, Akron	Liz Williams 759-8353
Sun, Jul 6	9:00		CanAm City Ride Preview	38	Easy	NA	Buffalo	Parking lot by the Hatch, at Erie Basin Marina	Rebecca Ribis 837-0089

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

June-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clarence 6:30 East Aurora 6:30	3 N. Tonawanda 6:30 Hamburg 6:30	4 E. Amherst 6:30 Orchard Park 6:30	5 Pendleton 6:30 Lancaster 6:30	6 Grand Island 6:30 Elma 6:30	7 New War of 1812 Iron Lung Century
8 Williston Road	9 Clarence 6:30 East Aurora 6:30	10 N. Tonawanda 6:30 Hamburg 6:30	11 E. Amherst 6:30 Orchard Park 6:30	12 Pendleton 6:30 Lancaster 6:30	13 Grand Island 6:30 Elma 6:30	14 Wine Country Fire Plug / Escape
15 Father's Day Party Ride	16 Clarence 6:30 East Aurora 6:30	17 N. Tonawanda 6:30 Hamburg 6:30	18 E. Amherst 6:30 Orchard Park 6:30	19 Pendleton 6:30 Lancaster 6:30	20 Grand Island 6:30 Elma 6:30	21 Wilson Harbor Kissing Bridge
22 E Amherst to Akron Eighteen Mile Crk	23 Clarence 6:30 East Aurora 6:30	24 N. Tonawanda 6:30 Hamburg 6:30	25 E. Amherst 6:30 Orchard Park 6:30	26 Pendleton 6:30 Lancaster 6:30	27 Grand Island 6:30 Elma 6:30	28 Elma Meadows Park Day Ride (new)
29 Ft Erie to Niag Falls The Wall	30 Clarence 6:30 East Aurora 6:30	1 July	2	3	4 Elma Meadows No Evening Rides	5 Royalton Ravine Chicken Little
6 CanAm City Preview Oak Orchard New Oregon Road						

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 County 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, N Tonawanda	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, East Amherst	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, Elma	Brenda Fischer	683-3961
Saturday AM **	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd, UB N. Campus) Amherst	Marion Reslow	633-3615
Sunday AM	Erie Basin Marina, parking lot by the Hatch (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.

** Indicates that this would be a good ride choice for someone who is new to cycling with the club, who may require a slower pace.

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 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 usually bring a dish to share, beverage of their choice, 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.

Chautauqua Week End

The Chautauqua Week End this year is August 9 and 10 . The Chautauqua area is a very popular summer resort area so we are recommending anyone planning on staying overnight Friday and Saturday, or just Saturday night make motel or hotel reservations very soon. Below is a list of motels and hotels in the area which will be very close to our ride start on Saturday, and within a mile of the ride starts on Sunday from the Institution. We are planning on keeping this very convenient for everyone. The ride start time on Saturday will be very flexible to accommodate anyone coming in from the Buffalo area. Feel free to contact Tom and Sue Williams for any further information or help.

All phone numbers are area code 716.

Chautauqua Suites Mtg. & Expo Center 269-7829
(Linc can give you an opinion on this one. He stayed there last year.)

Webbs Year Round Resort 753-2161
(Linc also stayed at this resort two years ago)

Pine Hill Cottages and Motel 789-3543

Snow Ridge Motel 753-2712

Captains Inn Motel 753-2161

Lenhart Hotel at Bemus Point 386-2715

Redwood Ranch Motel at Bemus Point 386-4275

There are also many accommodations on the Institution grounds. Please contact Sandy Nobel for this information.

Thank you NFBC for the delicious fruit bouquet and well wishes from everyone while I am recovering from my tennis ball injury and subsequent eye surgery. I hope to be riding and playing tennis again sometime this summer.

- Mike Fischer

EZ Tire Installation

Talc is the key ingredient to mounting any bike tire, particularly folding road tires with tight Kevlar beads. Talc (baby powder) allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of talc (corn starch works too) dramatically reduces this risk. Always dust the tube with talc!



CLUB TRIPS

Water Here – Water There – Sail & Bike Fireworks – mansions – yachts – beaches

Begin either the 20th or 21st of June in Providence Rhode Island and finish in New Bedford, Massachusetts on the 25th or 26th of June. Explore the baronial mansions of Newport, the inlets of Narragansett Bay, and the whaling town of New Bedford. Time to bike, time to hike, time to sail, time to whale, time to spin, time to swim, time to beat, time to eat, time to swing, don't miss out on a thing.

US dollars \$395.00 buys you 6 nights of pleasure if you come with friend. If you come alone you need more cash, US dollars \$695.00.

If time is tight, 4 nights with friend is only \$295.00. Alone, the cost is \$495.00

The price you pay includes rooms, maps, food and drink, parties, yachts and special things.

After May 1st, the minimum cancellation fee is \$75.00 for the four night trip and \$100.00 for the 6 night trip (double if you come alone). After the May 20th, the minimum cancellation fee is \$250.00 for the four night trip and \$350.00 for the six night trip (double if you are solo).

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: _____
NFBCNo.: _____

4 Nights: \$295.00 per person double - \$590.00 per couple - \$495.00 single (21st to 25th of June)

6 Nights: \$395.00 per person double - \$790.00 per couple - \$695.00 single (20th to 26th of June)

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

4 Nights: \$29 couple - \$695.00 single (20th 5.00 per person double - \$590.00 per couple - \$495.00 single (21st

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 fly to Sofia for 8 days of biking. An extra night in Sofia 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

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MEMBERSHIP UPDATE

June 2008

Roy's May 20th Membership Update
NFBC now has about 401 members.
There are about 61 new members.

Welcome this month's new members; Ronald Tyx, John Gatas, Todd Cloutier, Susan Cullinan, Barbara Roos, Michael W. Cormier, Debbie Kieliszek, Ken Kieliszek, David Marcinkowski, Donald Roesch, Eric Saenger, Jeff Raugh, Kevin Durawa, Matthew Gates, Don Johnson, Laura Martinez, Pamela Walker

I should e-mail out a membership list by June 1st. It will have your name and address in it unless you have requested to not be included.

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

Overheard: "Reflecting the growing interest in health and the environment worldwide, the values represented by bicycles have been recognized anew and demand for bicycles has been rising, spurring increased sales." --- Shimano's first-quarter financial summary, explaining a 22% jump in bicycle division revenue (to \$414.7 million) compared to the same period last year.

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		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.



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100th Anniversary