



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII

NUMBER 1/1

MARCH 2006

2006 Ride Schedule

by Matt Lully

A new riding season is upon us and I would like to begin by thanking all the people who make the rides possible. I'll start with this year's ride committee: Pat Danaher, Brenda Fischer, Jean Frederick, Lori Harf, Rebecca Ribis, Raymond Thomas, and Roy Tocha. Next are the people who have already volunteered to lead rides this month and are listed in the March ride schedule. Lastly, I would like to thank all the people who will soon volunteer to lead the rest of the rides (your name goes here). As in 2005, if a ride has no leader when the newsletter goes to press in the middle of the preceding month, the ride will be

cancelled. Last year only one ride was cancelled for lack of a ride leader.

You will also find a tentative list of the 2006 weekend and holiday rides. I'm sure we'll find some problems with it as the season goes on (closed roads, closed bridges, closed parks ...) and may need to make some changes. Take a look at it, let me know if you see any problems, and remember to look in the Spokesman each month for the most up to date version of the schedule. And of course, the weekday morning and weekend rides continue as do the weekend breakfast rides.

SEASON OPENER - SUNDAY, MARCH 19

NFBC To Sponsor

CanAm

C E N T U R Y

Mark your calendar now for September 10, 2006

Starting in the downtown buffalo area; Across the Peace Bridge; Up the Niagara Parkway in Canada to the Falls; and back through the US; the ride will feature the best we have to offer in the Niagara Frontier.

See page 8 for details and contacts. Thank you Mary Alice and Joe Tocke for your dedication to this event.



Many Volunteers Needed!



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Niagara Frontier Bicycle Club, Inc.

Ride Schedule & Activities

Day	Date	Time	Map	Ride Name	Miles	Elev.	Rating	N/S
03/19/06	Sun	11:00	6	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside)	23/17	NA/NA	Easy	N
03/25/06	Sat	11:00	206	Lot P-2 Ellicott Complex, SUNY at Buffalo	31	NA	Easy	N
03/25/06	Sat	11:00	305	Church St parking lot, North of Rt 39, village of Arcade	35/23	3100/1235	Mod	S
03/26/06	Sun	11:00	301	Como Park, 1st lot, Como Park Blvd entrance	41/30	2000/NA	MD	S
04/01/06	Sat	11:00	165	Williamsville East H.S. on Paradise, 1/2 mile North of Klein Rd.	34	NA	Easy	N
04/02/06	Sun	11:00	342	Williamsville N. H.S. (Hopkins & Dodge)	31/21	2000/1000	Dif-Mod	S
04/02/06	Sun	11:00	98	Chestnut Ridge Park Casino, Orchard Park	30	NA	Easy	N
04/08/06	Sat	11:00	251	Lancaster HS, Center @ Pleasantview Rd	36	NA	Easy	S
04/09/06	Sun	11:00	86	Botanical Gardens on Sweeney St, just North of Robinson Rd., North Tonawanda	44	2850	XD	S
04/09/06	Sun	11:00	102	Sprague Broooke Park Parking Lot, Foote Rd.(L off Rt. 240, Glenwood, NY)	25	375	Easy	N

March 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Full Moon	15	16	17 St. Patrick's Day	18
19 Opening Day St. Pat's Ride	20	21	22	23	24	25 SUNY Arcade
26 Como Park	27	28	29 New Moon	30	31	



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Niagara Frontier Bicycle Club, Inc.

SPECIAL TO THE SPOKESMAN

Uncle Al: Inflation Revelation

Reprinted from the RBR Newsletter

Tire pressure is one of the most controversial and misunderstood elements of road riding.

Most roadies are under the mistaken impression that unless pressure is well over 100 pounds per square inch (psi) it's like they'll be dragging around a boat anchor. Tire manufacturers perpetuate this myth by stamping a Maximum Tire Pressure value on the sidewall. For road tires, this can range from 110 psi to an astronomical 170 psi.

Combine these pressures with the super-stiff, radial-spoked wheels many riders are now using, and the result is some serious self-abuse.

Based on 40 years of wrenching and my discussions with tire experts and pro riders, there's no compelling reason to run more than 95 psi for 95% of your riding. Our roads are deteriorating faster than politicians can spend our tax dollars, and really high pressure means a really harsh ride.

I could also mention poor cornering, short tire life, and the promise of many punctures.

The key here is to ride the tire size that matches your weight. Many roadies are running 700x23C no matter what they weigh. If you're over 180 lbs. (82 kilos), 25C is a better choice. For us "Clydesdales" over 205 lbs. (93 kilos), 28C is the smart size.

I'm talking fast recreational riding here, not racing

or touring. Racers can go narrower and tourers should go wider.

If your tire size corresponds to your weight, you can run 90-95 psi and not risk pinch flats. I guarantee you will roll just as fast or faster than you think you do on higher pressures. You'll descend and corner faster (and safer). You'll suffer fewer punctures, and your tires will last as much as five times longer.

So if you're a max-pressure person, try lowering the psi and upping the size (if your weight says you should). Wean yourself off high pressure bit by bit if you wish till you're down to 90 psi front and 95 rear.

Then experience the suppleness your tires are supposed to possess. Check out how much smoother cornering is, how much more comfortable you are, and how much less fatigue you feel at the end of your rides. I bet you'll be pleasantly surprised.

(Click feedback@roadbikerider.com to tell us a mechanical matter you'd like to see Uncle-ized.)



FOR SALE

For sale: 1998 Bilenky Signature Tandem, berry red metallic. Built for 5'8" captain and 5'4" stoker. Ridden less than 500 miles. Excellent condition. Rear drum brake plus rear rack. Asking \$2000 or best offer. Dick at 716-992-2404 or email at kandrswank@verizon.net



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Niagara Frontier Bicycle Club, Inc.

Awards Summary

Summary of Present and Past NFBC Annual Awards - 11/08/05 - by Walt Kammer

Annual NFBC Award Category	2005 Season		2004 Season		2003 Season		2002 Season		2001 Season		2000 Season	
	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles
First Overall	Brenda Fischer	3693	Ed Peters	3196	Ed Peters	3121	Ed Peters	3211	Gary Schla	3265	Rebecca Ribis	3716
First Male Rider	Ed Peters	3141	Alex Setlik	2947	Tim Leach	2751	Patrick Danaher	3095	Patrick Danaher	3123	Patrick Danaher	3277
First Female Rider	Arlayne Lepie	2899	Barbara Reade	2774	Karen Sprada	2706	Karen Sprada	2898	Karen Sprada	3194	Karen Sprada	3096
Second Male Rider	Paul D. Aquila	2716	Gary Stevens	2924	Alex Setlik	2698	Martin Peters	2851	David Klock	2804	James Sawyer	3174
Second Female Rider	Barbara A. Kurtz	2893	Arlayne Lepie	2718	Arlayne Lepie	2533	Barbara Reade	2671	Rebecca Ribis	2385	Arlayne Lepie	2366
Third Male Rider	Gary Stevens	2653	Brad Chase	2446	Joe Tocke	2526	Gary Schla	2820	Ed Peters	2738	Bruce Kennedy	2431
Third Female Rider	Lori Harf	2738	Karen Sprada	2618	Mary Alice Tocke	2173	Diane Gaczewski	2422	Barbara Reade	2280	Barbara Reade	2172
Most Rides	Karen Sprada	2712	Brenda Fischer	2498	Barbara Reade	2000	Gordon Deitrick	2621	Jim Sawyer	2550	Bob Alessi	2025
First Male New Member	James Bejarano	2416	Paul D. Aquila	1182	Bill Glor	1111	Kale Buonerba	1674	John Finnegan	1786	Jim Kuberka	1623
First Female New Member	Cathleen Ducato	530	Susan Sterman	407	Barbara Kurtz	1120	April Dunlap	2066	Lucinda Griswold	1596	Sharon Meiler	649
Second Male New Member	Bill Dowling	1100	Carl Mach	1061	Kurt Schneid	1009	Steve Dunlap	1364	Terry Griswold	1596	Raymond Thomas	1072
Second Female New Member	Sara Kay	282	Wendy Kihl	325	Halli Lavner-Dowhy	761	Janice Cochran	2033	Maureen Bailing	439	Karen Riley	636
Third Male New Member	Tariq Ahmad	790	Darren Kihl	501	Marc Kotarski	986	Jeff Baker	921	Thomas Johnson	1051	Bill Rodier	610
Third Female New Member	Mary Lou Hoffman	279	S. Virginia Parsons	255	Brenda Fischer	472	Sheila Buonerba	1320	Carol Stone	410	Colleen Eagen	365

Annual NFBC Award Category	1999 Season		1998 Season		1997 Season		1996 Season		1995 Season	
	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles
First Overall	Frank Dedomenico	3899	Bob Silkes	3429	Paul Castle	4361	Bob Silkes	3800	Mary Spycal	3971
First Male Rider	Patrick Danaher	3231	Frank Dedomenico	3116	Peter Ziolo	3998	Paul Zsebehazy	2862	Bob Alessi	2710
First Female Rider	Karen Sprada	3555	Karen Sprada	3162	Gladys Trumpheller	3832	Karen Sprada	3052	Gladys Trumpheller	3015
Second Male Rider	James Sawyer	2913	Paul Zsebehazy	2971	John Clauss	3781	Alex Setlik	2423	Brad Chase	2665
Second Female Rider	Rebecca Ribis	2809	Rebecca Ribis	2841	Diane Gaczewski	3644	Diane Gaczewski	2329	Diane Gaczewski	2658
Third Male Rider	Alex Setlik	2479	James Sawyer	2891	James Cantlon	3430	John Clauss	2398	Alex Setlik	2646
Third Female Rider	Diane Gaczewski	2615	Diane Gaczewski	2824	Paul Zsebehazy	3171	Mary Spycal	2325	Karen Sprada	2050
Most Rides	Pat Peters	2399	Peter Ziolo	2738	Frank Dedomenico	2900	Brad Chase	2364	James Sawyer	2535
First Male New Member	Mathew Luly	1477	Bill McLaughlin	1764	Patrick Danaher	827	Brian Sweeney	1005	Gregory Schuler	2531
First Female New Member	Sally Holmes	819	Julie Brady	862	Tris Orzech	874	Judi Baillari	270	Linda Kalka	1432
Second Male New Member	Chris Percival	1460	David Klock	1229	David Zydell	746	Howard Orlando	502	Ron Kalka	1552
Second Female New Member	Sandy Nobel	336	Deanna Talmud	493	Jennifer Walk	227	Nan Hoppy	176	Linda Glaeser	1244
Third Male New Member	Gordon Deitrick	1361	John Lamarca	933	Joe Mook	399	Robert St. Pierre	385	Keith Udut	990
Third Female New Member	Laura DeMario	323	Alicia Leamy	319	Joy Richardson	191	Joyce Bol	142	Cynthia Adams	1084

NFBC General Statistics for year to date Ride Sheets posted to 11/7/2005	2005	Change	History																		
	so far...	04 to 05	Nov-04	03 to 04	Nov-03	02 to 03	Nov-02	01 to 02	Nov-01	00 to 01	Nov-00	99 to 00	Nov-99	98 to 99	Nov-98	97 to 98	Nov-97	96 to 97	Nov-96	95 to 96	Nov-95
Total Number of Miles Ridden by ALL riders:	210,637	11%	189,485	-3%	195,072	-4%	204,126	12%	182,984	14%	160,616	3%	155,945	-5%	164,053	5%	156,588	14%	137,721	-5%	145,050
Total Number of Miles Ridden by NFBC Members:	203,668	14%	178,541	-3%	183,572	-4%	190,750	11%	172,059	14%	151,202	3%	147,060	-6%	156,225	6%	147,946	13%	130,818	-6%	139,230
Total Number of Miles Ridden by NEW Members:	9,895	12%	8,811	-36%	13,702	-32%	20,156	36%	14,802	63%	9,071	-24%	11,983	-6%	12,744	102%	6,298	16%	5,436	-76%	22,820
Total Number of Miles Ridden by Guests:	6,969	-36%	10,944	-5%	11,500	-14%	13,376	22%	10,925	16%	9,414	6%	8,885	14%	7,828	-9%	8,642	25%	6,903	19%	5,820
Total Number of Riders to date (all, incl. guests):	7,151	10%	6,529	-1%	6,569	-5%	6,929	14%	6,095	11%	5,492	3%	5,312	-6%	5,653	8%	5,246	8%	4,879	-3%	5,046
Total Number of Riders to date (guests only):	287	-32%	423	8%	392	-18%	476	18%	404	17%	346	14%	304	2%	298	6%	282	19%	237	22%	194
Total Number of Riders to date (renewed members):	6,526	12%	5,807	2%	5,708	0%	5,723	11%	5,177	7%	4,842	5%	4,593	-6%	4,901	3%	4,750	8%	4,415	9%	4,059
Total Number of Riders to date (new members):	338	13%	299	-36%	469	-36%	730	42%	514	69%	304	-27%	415	-9%	454	112%	214	-6%	227	-71%	793
Total Number of Riders to date (all members):	6,864	12%	6,106	-1%	6,177	-4%	6,453	13%	5,691	11%	5,146	3%	5,008	-6%	5,355	8%	4,964	7%	4,642	-4%	4,852

Total Number of Renewal Members in NFBC:	405	4%	391	-4%	408	30%	313	-2%	320	4%	309	1%	307	5%	293	2%	286	-3%	296	-2%	303
Total Number of New Members in NFBC:	99	-11%	111	-30%	159	13%	141	18%	119	5%	113	12%	101	-38%	163	34%	122	9%	112	-22%	143
Number of Inactive Members (non-renewals):	1,511	7%	1,414	14%	1,238	4%	1,192	12%	1,066	11%	964	12%	861	21%	711	19%	596	26%	472	47%	322
Number of Permanent MemberIDs Assigned:	2,015	5.2%	1,916	6.1%	1,805	9.7%	1,646	9.4%	1,505	8.6%	1,386	9.2%	1,269	9.0%	1,167	16.2%	1,004	14.1%	880	14.6%	768
Total Number of Paid Members in NFBC:	504	0%	502	-11%	567	25%	454	3%	439	4%	422	3%	408	-11%	456	12%	408	0%	408	-9%	446



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Niagara Frontier Bicycle Club, Inc.

Board of Directors

President

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

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

Vice-President

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

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

Secretary

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

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

Treasurer

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

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

Membership

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

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

Editor

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

Roy's Membership

Update

About 75 have renewed so far. Thanks!

Membership renewals are due March 1, 2006. Family memberships have increased to \$30, single memberships are still \$20.

For those of you who order them, map packets will begin to be mailed March 1. Map packets cost \$12. You do not need one to go on rides with the club. A map is distributed before each weekend ride. Queue sheets are handed out on the weekday rides.

When you renew, please remember to sign the Release on the Application and remember Memberships expire March 1, 2004.

New members will receive an Emergency Medical Card to be carried on rides in case of an accident or medical problem. Renewing members got a card last year.

If you have something of interest to our members there will be two ways to notify the membership. Email your information to RRTOCHA@YAHOO.COM. I will get it out to the members on the Web. I probably will not have a new email list fixed up until the end of March. My Compuserve account will be free for a month, so I probably will still use the old list. Or, place your information on the unofficial SEEBYBIKE bulletin board.

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.

Club Trips

NY- Penn Bike Trip

NY-PA Circle Trip

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

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

The Price is \$200.00 per person. There are no singles as space is very limited.
(Single at a supplement only in the rare event that we have extra space)

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

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

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

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

Application Form

Name: _____

Room Mate: _____

Address: _____

Telephone Number: _____

E-Mail: _____

NFBC No. _____

Cost \$200.00 - Checks payable to Richard Lepie



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

ClubTrips

New Hampshire Bike Trip

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

Application Form

Name: _____

Room Mate: _____

Address: _____

Telephone Number: _____

E-Mail: _____

NFBC No. _____

4 Day New Hampshire: \$250.00 Per person double - \$500.00 for two people \$450.00 Single

6 Day Dual State: \$355.00 per person double - \$710.00 for two people 1 Bed per room

\$365.00 per person double - \$730.00 for two people 2 Beds per room \$665.00 Single

Make checks payable to: Richard Lepie



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

NFBC Sponsored Rides

NFBC To Sponsor

CanAm

C E N T U R Y



Opportunity knocks!

Here is your chance to promote the Niagara Frontier Bicycle Club and the Niagara Frontier while having a great time doing it.

This multiple distance invitational ride has been approved by the NFBC Board and will be open to all cyclists. It will be advertised primarily to cyclists on both sides of the Niagara River. Mark the date on your calendar **now** Sunday, September 10 The more volunteers we have, the nicer the ride can be.

Needed right now:

Your ideas

A slogan

Artists to design

- 1/3 page flier (8.5" x 3.67")
 - Full page flier (8.5" X 11.5")
 - Information/registration form that can be downloaded/printed from NFBS web site
 - T-shirt
 - Banner

A sales person to obtain a few sponsors (We have ideas.)

A few friendly people to obtain some door prizes

Publicists to reach:

- Clubs & other organizations US & Canada
 - Shops US & Canada
 - Publications
 - Non-club cyclists

Also needed:

Friday evening happy hour chair

Road markers

Parking assistance

Check in staff (wrist bands, cue sheets & map)

Rest stop volunteers 3 themed rest stops with food & water/beverage

Finish staff

Decorate with balloons, flags, banner & noisy people

T-shirt pick-up and check out

Music? Food?

Publicists to reach:

- Clubs & other organizations U.S. & Canada
- Shops U.S. & Canada
- Publications
- Non-club cyclists

What else is needed?

Volunteer now.

Count On Me!

Name: _____

Address: _____

Telephone Number: _____

E-Mail: _____

I would like to: _____

I am not sure how I could help. Please call me.

Mail to Mary Alice & Joe Tocke, 8053 Back Creek Road, Hamburg, NY 14075 or
e-mail: jtocke@aol.com or call 941-5591



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Niagara Frontier Bicycle Club, Inc.

Date	Day	Time	Map	Ride Name	Miles	Elev.	Rating	Ride Start	Loca.
03/19/06	Sun	11:00	6	St. Patrick's Day Ride	23/17	NA/NA	Easy	Ellicott Creek Island Park	Tonawanda
03/25/06	Sat	11:00	206	Clarence Social Ride	31	NA	Easy	Lot P-2 Ellicott Complex, SUNY at Buffalo	Amherst
03/25/06	Sat	11:00	305	Maple Country Ride	35/23	3100/1235	Mod	Church St parking lot, North of Rt 39, Arcade	Arcade
03/26/06	Sun	11:00	301	Williston Rd	41/30	2000/NA	MD	Como Park, 1st lot, Como Park Blvd entrance	Lancaster
04/01/06	Sat	11:00	165	Millgrove Meander III	34	NA	Easy	Williamsville East H.S. on Paradise, .	East Amherst
04/02/06	Sun	11:00	98	Wide Waters Marina	30	NA	Easy	Williamsville N. H.S. (Hopkins & Dodge)	Amherst
04/02/06	Sun	11:00	342	Butterwood Bakery Ride (& Eats)	31/21	2000/1000	Dif-Mod	Chestnut Ridge Park Casino, Orchard Park	Orchard Park
04/08/06	Sat	11:00	251	Lancaster to Akron Falls	36	NA	Easy	Lancaster HS, Center @ Pleasantview Rd	Lancaster
04/09/06	Sun	11:00	102	East Canal/Bear Ridge	25	375	Easy	Botanical Gardens on Sweeney St,	Tonawanda
04/09/06	Sun	11:00	86	Ski Country	44	2850	XD	Sprague Broooke Park Parking Lot, Foote Rd.	Colden
04/15/06	Sat	11:00	327	Swamp Thing Returns	44/36	NA/NA	Easy	Village Green (Russell Park) in Akron	Akron
04/15/06	Sat	11:00	222	Ebenezer Scootch	42/35	1210/NA	MD/Mod	West Seneca Town Hall, Union & Main Sts. West Sen	West Seneca
04/16/06	Sun	11:00	160	Royalton Center	40	NA	Easy	Amherst Museum, Tonawanda Creek S & New Rd	East Amherst
04/16/06	Sun	11:00	260	Bloody Run	48/36	1900/NA	MD-Mod	Elma Meadows, Girdle & Rice Rd, Elma	Elma
04/22/06	Sat	10:00	273	Trash & Treasure Ride	29/23	NA/NA	Mod/Easy	Chestnut Ridge Park Casino Lot, Rt. 277,	Orchard Park
04/23/06	Sun	10:00	169	Elma - Marilla II	35/29	NA/NA	Mod	Lancaster Opera House, side parking lot	Lancaster
04/29/06	Sat	10:00	40	Lockport-Middleport	35	NA	Easy	Municipal Building across Friendly's, Lockport	Lockport
04/29/06	Sat	10:00	338	Hunter's Creek	31	2000	Diff	Town Park in Wales Center on SR 20A .	Wales Center
04/30/06	Sun	10:00	322	The Green Mile	39/34	NA/NA	Easy	Pendleton Center Town Hall, Campbell Blvd (Rt 270).	Pendleton Ctr
04/30/06	Sun	10:00	254	Loose Goose	49/37	3200/NA	XD-MD	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY	Holland
05/06/06	Sat	10:00	319	Indian Falls	44/37	NA/NA	Easy	Clarence Middle School, Clarence	Clarence
05/06/06	Sat	10:00	293	Memorial Boston Hotel Ride	33	2500	Diff	Boston Hotel, SR 391 @ Back Creek Rd, Boston, NY	Boston
05/07/06	Sun	10:00	NEW	REBECCAS 40 MILE SPRING RIDE					
05/07/06	Sun	10:00	341	Hamburg to Collins	41/21	1800/750	Mod-Mod	Parking Lot off Long Ave (entrance is opposite #48Long)	Hamburg
05/13/06	Sat	10:00	302	New Saturday Sundae	41/37	1500/985	MD	Hamlin Park (south parking lot), S Grove St in East Aurora	East Aurora
05/14/06	Sun	10:00	323	Carriage House Party Ride	34/23	NA/NA	Mod/Easy	Wendy's Rest, Genesee County Mall, (Rt 5), Batavia	Batavia
05/14/06	Sun	10:00	303	Marty's Payne	43/25	NA/NA	XXX - MD	Parking lot behind Municipal Bldg, , Orchard Park	Orchard Park
05/20/06	Sat	10:00	141	Lockport - Rapids	35	NA	Easy	Amherst Museum at New & Tonawanda Creek S.	Amherst
05/20/06	Sat	10:00	216	Kissing Bridge Ride	44	NA	XD	Roycroft Campus, Main St At Grove, East Aurora	East Aurora
05/21/06	Sun	9:30	304	Niagara-On-The-Lake	32/18	NA/NA	EZ	Queenston Heights Park (Brock Monument)	Ontario
05/21/06	Sun	8:00	306	Queenston Beeline	64/37	3900/1200	XXD/Mod	Erick Road School, off Rt 62 (Nia. Falls Blvd.) Wheattified	Wheatfield
05/27/06	Sat	10:00	272	Meet at the Museum (Burgwardt)	29/21	975/716	Mod - Easy	Burgwardt Bike Museum, Rt, 277, Orchard Park, NY	Orchard Park
05/27/06	Sat	10:00	335	Meet at the Museum (Burgwardt)	43	2000	Mod-Dif	Burgwardt Bike Museum. 3934 N. Buffalo, Orchard Pk.	Orchard Park
05/28/06	Sun	10:00	325	Lower River Road	42	NA	Mod	HSBC Bank/Plaza (across from NCCC, Rt. 31, Sanborn)	Sanborn
05/28/06	Sun	10:00	271	Java Lake Ride	39	2850	Diff	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY	Holland
05/29/06	Mon	10:00	205A	Multiple Choice-A	31	450	Easy	Lot P-2 Ellicott Complex, SUNY at Buffalo	Amherst
05/29/06	Mon	9:00	205B	Multiple Choice-B	54	900	MD	Lot P-2 Ellicott Complex, SUNY at Buffalo	Amherst
05/29/06	Mon	7:00	205C	Multiple Choice-C	100	1700	XD	Lot P-2 Ellicott Complex, SUNY at Buffalo	Amherst
06/03/06	Sat	9:00	318	East Amherst - Akron Falls	40	NA	Easy	Williamsville East H.S., Paradise Rd N of Klein Rd,	East Amherst
06/04/06	Sun	9:00	212	Lockport Escarpment	52/37	NA/NA	MD/MOD	Amherst Museum, Tonawanda Creek S at New Rd,	Amherst
06/04/06	Sun	9:00	340	County Fair Ride	39	2700	X-D	Chestnut Ridge Park Casino, Orchard Park	Orchard Park
06/10/06	Sat	9:00	240	Whirlpool Bridge to Niagara-on-the-Lake	64/38	600/300	Easy	Parking lot, Cleveland Ave @ Whirlpool St, Niagara Falls	Niagara Falls
06/10/06	Sat	9:00	291	The Fire Plug / Escape to Attica	64/37	3900/1200	XXD/Mod	Pembroke Central HS, Rt 77 & Rt 5 (I-90 Exit 48A,	Pembroke
06/11/06	Sun	9:00	317	Clarence - Newstead	36	NA	Easy	Elementary School on Clarence Ctr Rd, Clarence Center	Clarence Ctr
06/11/06	Sun	9:00	290	Eden-Evans Circuit	32	1340	Mod	Public lot behind the bank on north side of Main St	Hamburg
06/17/06	Sat	9:00	277	Bergen Bakery Ride	45	1200	Mod	Elba Central School, Take Rt. 98N from the Batavia exit,	Elba
06/17/06	Sat	9:00	153	The Wall	62	4900	XXX	Rt. 219 Exp.. L on Rt. 39. R on Buffalo Rd. parking lot on Left	Springville
06/18/06	Sun	9:00	220	(rename) Corfu-Leroy Circuit	59/39	1350/NA	MD	School on Rt. 77, North of Rt 33, Corfu	Corfu
06/24/06	Sat	9:00	297	Darien Lake State Park	37	NA	Easy	Parking lot on Clark St., next to Opera House, Lancaster	Lancaster
06/25/06	Sun	9:00	150	Wilson Harbor	35	NA	Easy	HSBC Bank/Plaza (across from NCCC, Rt. 31, Sanborn)	Sanborn
06/25/06	Sun	9:00	224	Springville Sprint	41	2750	XD	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Orchard Park
07/01/06	Sat	9:00	250	Point Abino	35	150	Easy	Busti at Peace Br, Buff OR lot@ Queen St & Niag Blvd, Ft Erie	Buffalo
07/01/06	Sat	9:00	46	Hills%\$##@*Hills	35	2550	XD	Aurora Village Plaza, on Grey St in East Aurora	East Aurora
07/02/06	Sun	9:00	315	New Niagara County Metric	62/45	NA/NA	MOD / Easy	West Canal Park, Tonawanda Creek N & Town Line, Pendleton	Pendleton
07/02/06	Sun	9:00	229	Knee Knocker	40	3150	Diff	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Orchard Park
07/04/06	Tue	10:00	264	Jim & Kathy's Ride	33	NA	Easy	Clarence Middle School, Greiner at Strickler	Clarence
07/08/06	Sat	9:00	316	(rename) Alabama Ramble	55/46	NA/NA	Mod/EZ	Clarence Middle School, Greiner & Strickler Rds, Clarence	Clarence
07/08/06	Sat	9:00	285	Let's do some HILLS	45	0	XD	Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park, NY	Orchard Park
07/09/06	Sun	9:00	228	Four Way Split	38	1650	MD	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd,	Orchard Park

Date	Day	Time	Map	Ride Name	Miles	Elev.	Rating	Ride Start	Loca.
07/15/06	Sat	9:00	143	Members Memorial Metric Century	64/45	NA/NA	Diff/mod	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Pendleton
07/16/06	Sun	9:00	19	Fort Erie to Niagara Falls	40	NA	Easy	Peace Bridge Busti Ave; Canadian Start:	Buffalo
07/16/06	Sun	9:00	281	Seren Falls	82/57	5300/NA	XXX-XD	Mun Lot off Church St. in Arcade.	Arcade
07/22/06	Sat	8:00	295	Variations on a Theme	32/19	2620/NA	Diff - Mod	5125 Newton Rd @ Abbott, Orchard Park	Orchard Park
07/23/06	Sun	8:00	100A	Metzler-Marquardt Century	100	2150	MD	Don Miller Park off Sweeney St. in North Tonawanda, NY	Tonawanda
07/23/06	Sun	9:00	101	Metzler-Marquardt Metric Century	62	NA	mod	Don Miller Park off Sweeney St. in North Tonawanda, NY	Tonawanda
07/23/06	Sun	9:00	NEW	PAT'S SHORTER RIDE					
07/29/06	Sat	9:00	336	Chicken Little	49/39	3500/1500	XD/Mod	Chestnut Ridge Park Casino, Orchard Park	Orchard Park
07/30/06	Sun	9:00	?	Tocke Port Colburn	#N/A	#N/A	#N/A	#N/A	#N/A
08/05/06	Sat	9:00	27	Hamburg to Lake Erie	33	660	Easy	Parking lot off Main St. in the Village of Hamburg, NY	Hamburg
08/05/06	Sat	9:00	288	To Hill and Back	50	3020	XD	East Aurora Shopping Plaza, Grey St.	East Aurora
08/06/06	Sun	9:00	129	Lockport-Pendleton	40/32	1000/NA	Mod - Easy	Amherst Museum at New & Tonawanda Creek S.	Amherst
08/06/06	Sun	9:00	152	A-A ProtestRide	72/52	5300/NA	XXX-XD	Church St parking lot, North of Rt 39, village of Arcade	Arcade
08/12/06	Sat	9:00	320	Eagle Harbor	48/39	NA/NA	Easy	Iroquois Wildlife Refuge at Cayuga Pool Overlook	0
08/12/06	Sat	9:00	261	New New Oregon Road II	63/37	3000/1800	XD/Dif	Pat's Place, 207 Eisenhower Ave., Angola, NY	Angola
08/13/06	Sun	10:00	238	Amish Overlook	35	2000	Diff	Fredonia College (off Brigham)	Fredonia
08/13/06	Sun	9:00	337	The Plank	38	800	EZ	Parking Lot off Long Ave (entrance is opposite #48Long)	Hamburg
08/19/06	Sat	9:00	313	(rename) Oak Orchard	50/39	NA/NA	Mod	Village Green (Russell Park) in Akron (Main St & Church)	Akron
08/19/06	Sat	8:00	256	Silver Springs Switchback'	68/30	4900/NA	XXX	School parking lot, Woodchuck Rd, off Rt 20A	Wales Hollow
08/20/06	Sun	10:00	0	NFBC Club Picnic	#N/A	#N/A	#N/A	#N/A	#N/A
08/26/06	Sat	10:00	312	Billy Bob	31	NA	Easy	Clarence Middle School, corner of Greiner & Strickler Rds	Clarence
08/26/06	Sat	9:00	82	Alden Center to North Java	45	2600	Diff	Restaurant at corner of RT 20 & 3 Rod Rd.	Alden
08/27/06	Sun	8:00	227	Boston Baked Buns	58/37	3500/NA	XXX/Diff	Lot behind Fleet Bank, Main Hamburg	Hamburg
08/27/06	Sun	9:00	259	Half-Baked Buns	34	1540	MD	Lot behind Fleet Bank, Main (Rt. 62) Hamburg, NY	Hamburg
09/02/06	Sat	7:00	203	Century Challenge	100	2300	XD	Clarence Middle School, Greiner at Strickler	Clarence
09/02/06	Sat	9:00	NEW					PAT ADDS 40,65 MILE OPTIONS TO MAP 203	
09/03/06	Sun	9:00	161	Iroquois Wildlife Refuge	43/36/28	NA/NA	Easy	Town Park in Akron Village	Akron
09/03/06	Sun	9:00	130	West Falls-Backcreek	37	1400	MD	Lot behind Municipal Bldg, Rts 277(N.Buffalo) & 20A	Orchard Park
09/04/06	Mon	10:00	314	Elma - Marilla Party Ride	35	NA	Mod / Easy	Depew/Lancaster Library, on Columbia St,	Depew
09/09/06	Sat	9:00	NEW	Rebeca's Antique Boat Ride					
09/09/06	Sat	9:00	276	Snake Run	54	3450	XXD	Ashford Office Complex (Rt 219 & Ashford Hollow Rd;	Ashford Hollow
09/10/06	Sun	8:00	NEW	Mary Alice's Century					
09/16/06	Sat	8:00	NEW	Ian Currie - Welland Canal Ride					
09/16/06	Sat	8:00	666	Run to the Reservoir	103/66	7000/2800	XXX / X-D	Town Park, Ellicottville	Ellicottville
09/17/06	Sun	9:00	328	Kazoo Klassic II	41	NA	Mod	Elementary School on Sturgeon Point Rd.	0
09/23/06	Sat	10:00	133	Wilson-Tuscarora State Pk	35	750	Easy	CVS/Bquick Plaza (across from NCCC, Rt. 31, Sanborn)	Sanborn
09/23/06	Sat	10:00	287	Sculpture Park Bike & Hike	31/21	1200/700	Mod/EZ	Griffis Skulpture Park, Ashford Hollow (Rt. 219).	Ashford Hollow
09/24/06	Sun	10:00	300	Elma-Aurora	36	NA	MD	Elma Meadows, Girdle @ Rice Rd., Elma	Elma
09/30/06	Sat	10:00	273	Trash & Treasure Ride	29/23	NA/NA	Mod/Easy	Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park, NY	Orchard Park
10/01/06	Sun	10:00	147	Becker Farms Pumpkin Fest	37	NA	Easy	Wide Waters Marina, Market Street (by Erie Canal), Lockport	Lockport
10/01/06	Sun	10:00	339	18 mile creek	44/22	2500/750	Diff/Mod	Parking Lot off Long Ave (entrance is opposite #48Long)	Hamburg
10/07/06	Sat	10:00	131	Brown's Berry Patch	40	NA	Easy	Municipal parking lot in Medina (Center & Main)	Medina
10/07/06	Sat	10:00	239	Octoberfest Ride	48	4200	XD	Park & Ride Rt 39 at 219 Expressway end, Springville	Springville
10/08/06	Sun	10:00	308	New War of 1812 Overlook	48/32	NA/NA	Easy	Academy Park , Center & So. 9th St., Lewiston	Lewiston
10/08/06	Sun	10:00	228	Four Way Split	38	1650	MD	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd,	Orchard Park
10/14/06	Sat	10:00	298	Somerset Ride	33	NA	Easy	Wide Waters, Marina, Market St., Lockport	Lockport
10/14/06	Sat	10:00	213	Over Hill to Dale	42	2700	Dif	Bank Parking lot, Rt 239 & Exchange St, Attica	Attica
10/15/06	Sun	10:00	225	Bond's Lake	34	600	Easy	Botanical Gardens on Sweeney St.,	
10/15/06	Sun	10:00	218	Fish Hill	35	2900	XD	East Aurora Shopping Plaza, Grey St, East Aurora	East Aurora
10/21/06	Sat	10:00	310	Triple Bypass / Stress Test	38/36	3500/2000	XXX / Diff	Rt219 Exp to end: L ont Rt 39 into Springville,	Springville
10/22/06	Sun	10:00	139	Elmarillaurora	25/18	1200/NA	Mod	Public lot north of Main St. Off Pine, East Aurora	East Aurora
10/22/06	Sun	10:00	283	Three-Legged Dog Metric	64	4440	XXX	SR 39 in Forestville. Corner of Central & Main	Forestville
10/28/06	Sat	10:00	NEW	Rebeca's Clarence Ride					
10/28/06	Sat	10:00	270	Knight's Fall	71	3490	XXX	Franklinville HS, Rt 16	Franklinville
10/29/06	Sun	9:00	326	Barker - Olcott	44/33	NA/NA	Easy	Wide Waters Marina, Market Street (by Erie Canal), Lockport	Lockport
10/29/06	Sun	10:00	33	Elma Meadows Cider Ride	37/30	1920/NA	Mod/Easy	Stiglmier Park Lossen Rd, Cheektowaga	Cheektowaga

MESSAGE FROM MARTY

We need about 25 additional orders fairly soon if we want jerseys this season

Hello . Members tis another Season looking us in the eye. Unfortunately we did not get enough response last season to place a Jersey order,so some of our members will not get new club jerseys. Were at approximetly 60% of the numbers needed,so i don't think will make the cut for the first half of the

season. I plan on having the Fit Kit/Sizing available at the Kick-off ride. Or possibly Tom may have some products to try at Tom's Pro-Bike as Tom deals with Louis Garneau as well.

Marty Payne mpayne2@adelphia.net 997-9324

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:

- 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.
- All riders must wear a Snell or ANSA approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- 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.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- 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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