



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 2

MARCH 2008

Cycling season **opens march 16th 2008**

Club trip information inside

Choose from an in country trip to Providence Rhode Island and Bedford Mass
or the International trek to Berlin Germany and Bulgaria

REMINDER !!!! All Memberships expired February 28th. If you haven't already done so, use the application inside to renew yours today

Can Am 2008 See what's new for this year's NFBC Can Am Century
Details Inside

Our new NFBC Jersey



Mike Fischer submitted the winning design in our recent Jersey design contest.. Voting took place at the February General Meeting. Congratulations Mike on a great new look!!!!





NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day

MARCH 2008 RIDE SCHEDULE



Date	Time	Ride #	Ride Name	Miles	Difficulty	Elevation	Start Location	Town	Ride Leader
Sun, Mar-16	11:00	6	St. Patrick's Day Ride	23/17	Easy!	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Tonawanda	Jim Kamath 688-2968
Sat, Mar-22	11:00		Clarence Day Ride	15-30			Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Clarence	Rebecca Ribis 837-0089
Sun, Mar-23	11:00	713	Darien Lake State Park	38/30	Easy/Easy	750	Westwood Park, Erie St & Pavement Rd., Lancaster	Lancaster	Brenda Fischer 683-3961
Sat, Mar-29	11:00		Como Park Day Ride	15-30			First parking lot inside Como Park at Como Park Blvd. entrance coming from Transit Rd, Lancaster	Lancaster	Dave Klock 681-5345
Sun, Mar-30	11:00	342	Butterwood Bakery Ride	31/21	Diff/Mod	2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Orchard Park	Marty Payne 997-9324
Sun, Mar-30	11:00	701	Lockport Brewhaus Café	28/22	Easy!	0	Amherst Museum at New & Tonawanda Creek S., Amherst	Amherst	Tom Barone 626-4076
Sat, Apr-05	10:00	305	Maple Country Ride	35/23	MD/Mod	3100	Church St parking lot, North of Rt 39, village of Arcade	Arcade	Ron Wakefield 877-2140
Sat, Apr-05	10:00	743	Clarence - Newstead	34/	Easy!	0	Elementary School on Clarence Ctr Rd, 1/2 mile East of Goodrich, Clarence Center	Clarence Ctr	Liz Williams 759-8353
Sun, Apr-06	10:00	357	Lancaster on the Weekend	38/26	Mod/Easy	0	Lancaster HS, Center @ Pleasantview Rd, Lancaster	Lancaster	Marty Payne 997-9324

SPECIAL EVENTS 2008

Season	Date	Event
Spring	Sun, Mar-16	St Pat's Ride - first ride of the year
	Sun, Apr-20	3:00 PM Ride - Dinner Out After
	Sun, Apr-27	Trash & Treasure
	Sun, May-11	Mother's Day Party Ride
	Sat, May-17	Meet at the Museum
	Sun, May-18	Niagara on the Lake Pancake Ride
Summer	Mon, May-26	Memorial Day Party Ride
	Sat, Jun-14	Wine Country Wanderer - Merritt Winery
	Sun, Jun-15	Father's Day Party Ride
	Fri, Jun-20	Club Trip to Wed, Jun-25th
	Sun, Jul-13	Tocke's Cottage Ride
	Sun, Jul-20	Lamb's Corners Ride with RBC
	Sat, Jul-26	Bob & Tris's Party Ride
	Sun, Aug-3	Swank's Party Ride
	Aug 9 & 10	Chautauqua Weekend
	Sun, Aug-17	CanAm Invitational
Sat, Aug-23	Club Picnic	

Season	Date	Event
Fall	Mon, Sep-1	Labor Day Party Ride
	Sat, Sep-6	Antique Boat Show Ride
	Sun, Sep-7	Linc's Party Ride
	Tue, Sep-9	Club Trip - Berlin & Bulgaria to Sep-29
	Sun, Sep-14	O'Keefe's Party Ride
	Sat, Sep-20	Skulpture Park Ride and Hike
	Sun, Oct-5	Trash & Treasure
	Sat, Oct-11	3:00 PM Ride - Dinner Out After
	Sun, Oct-26	Elma Meadows Cider Ride - last ride
	Centuries	Sat, Apr-26
Sun, May-25		Members Memorial
Sat, Jun-7		Iron Lung
Sat, Jul-12		Lake Ontario Century
Sun, Aug-17		CanAm Invitational
Sat, Sep-13		CanAm Take Two
Sat, Oct-12		Century Challenge
Fri, Nov-14		Club Banquet at Fox Valley CC

DAILY RIDE SCHEDULE

Monday AM:	North Amherst Fire Co. south side Tonawanda & Campbell Blvd, Pendelton	<u>Bob Alessi 694-0853</u>
Monday PM:	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca 837-0089
Monday PM:	Hamlin Park on Grove St, two blocks south of Main, second lot, East Aurora	Jim Sawyer 884-3057
<u>Tuesday AM:</u>	<u>Ellicott Creek Island Park, Creekside Rd. at Niagara Falls Blvd.</u>	<u>Alex Setlik 692-7045</u>
<u>Tuesday PM:</u>	<u>West Canal Marina on Tonawanda Creek Rd at Townline</u>	<u>John Herman 675-1944**</u>
Tuesday PM:	Municipal parking lot off Long Ave. Near the fire hall and water tower, Hamburg	Matt Luly 648-8988
Wednesday AM:	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne 997-9324
<u>Wednesday PM:</u>	<u>St. Mary's Church at Transit & Stahley Roads, Clarence</u>	<u>Dennis Powell 691-6233**</u>
Wednesday PM:	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Shelia Buonerba 662-2762
Thursday AM:	First parking lot inside Como Park at Como Park Blvd entrance Transit Rd, Lancaster	Dave Klock 681-5345
<u>Thursday PM:</u>	<u>Pendleton Town Hall, Campbell Blvd, between Bear Ridge & Beach Ridge Rds Parking lot entrance</u>	Jim Mathews 433-5345
Thursday PM:	Lancaster High School, Pleasant View & Forton Rds, Lancaster	Ed Peters 685-1965
Friday AM:	Community of Christ Church, 5030 Thompson Rd, Clarence	<u>Lori Harf 681-3719**</u>
Friday PM:	Kaegebin Elementary School, Love Rd at Beaver Island Parkwa	Adrienne McDonough 773-2009
Friday PM:	Elma Meadows Park, Elma	Brenda Fischer 683-3961
Saturday AM:	Richmond Parking Lot off Frontier Rd, UB Amherst	<u>Marion Reslow 833-3615**</u>
Sunday AM:	Waterfront Village in front of the Hatch, Buffalo	Ian Currie <u>601-7390 **</u>

RIDE START TIMES

Morning rides:	April, May, September & October	10:00 AM
	June, July & August	9:00 AM
Evening Rides	April & September	6:00 PM
	May thru August	6:30 PM
Weekend Breakfast Rides	All Season	9:00 AM

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

Club Trips

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 14031

BOARD OF DIRECTORS

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Can Am 2008

Mike and Brenda Fischer have been hard at work for the past few months setting the foundation and plans for this year's Can Am Century.

The location has been moved to the West Side Rowing Club off Porter Ave near the site for the previous two years.

There are several new feature this year in addition to the new location, including indoor rest rooms, shower facilities, enhanced ride support through out the ride, and a night before social event with food and drink.

Several committees have been formed and your help is requested to ensure another successful event.

Contact Mike or Brenda by email to offer your services.

Go to "www.CanAm2008@mac.com"

Letter from the editor

I have been involved in the NCMEC Ride For Missing Children in Utica for three of the last four years.

Last year the Ride came to Buffalo for the first time. I was involved in that ride along with several

NFBC members. For those so inclined it is like no other "Charity Ride". This year the ride is scheduled for

May 9th. For information go to "www.rideformissingchildren.org"

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.



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100th Anniversary