



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 2

March 2009

## Season opens Sunday March 15 11 am

The annual St Paddy's Day ride opens the 2009 NFBC Season . Join Jim Karnath and friends at Ellicott Creek Island Park for the first ride of the year. Be prepared for anything as each year is a new adventure on this ride.

## You've been in the club how long? do you remember that time when ?

Well now you can find out stuff you may or may not want to know from our club historian. That would be Jim Vozga who's been here forever and a day. Jim has agreed to organize, preserve and keep secure all that is sacred in our history. Jim is now a member of the board. THANKS Jim.

## find information inside on this year's club trips

SEE INSIDE FOR DETAILS

The NFBC lost a goodfriend on February 17th when Tom Johnson passed away. The Saturday morning group aka the breakfast club will especially miss him. Tom spent his winters in Florida cycling with a group known as the Caloosa Riders. See their thoughts on page 6.

**Reminder all memberships expired Feb 28th. renew yours if you haven't done so already**



# NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day



# MARCH 2009 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sun, Mar 15	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Tonawanda	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Jim Karnath 688-2968
Sat, Mar 21	11:00 AM	901	Clarence Day Ride - (selected based on weather of the day)	20-29	Easy	0	Clarence	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837-0089
Sun, Mar 22	11:00 AM	713	Darien Lake State Park	38 / 30	Easy	750	Lancaster	Westwood Park, Erie St & Pavement Rd., Lancaster	Jim Karnath 688-2968
Sat, Mar 28	11:00 AM	342	Butterwood Bakery Ride	31 / 21	Diff/Mod	2000/1000	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bob Mahaney 208-1633
Sat, Mar 28	11:00 AM	701	Panera Pedal	28 / 22	Easy	0	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Tom Barone 931-9638
Sun, Mar 29	11:00 AM	902	Como Park Day Ride - (selected based on weather of the day)	20-29	Easy	0	Lancaster	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Marty Payne 997-9324
Sat, Apr 4	11:00 AM	305	Maple Country Ride	35 / 23	XD/Mod	3100/1500	Arcade	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St. Parking Lot is one block on the right.	Ron Wakefield 983-4293
Sat, Apr 4	11:00 AM	743	Dande Farms	34	Easy	0	Clarence Ctr	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Tom Barone 931-9638
Sun, Apr 5	11:00 AM	357	Lancaster on the Weekend	38 / 26	Mod/Easy	0	Lancaster	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.	Marty Payne 997-9324
<b>Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXXD = Extra Extra Difficult</b>									

## Parties and Special Events

Parties	Parties and Special Events
Sun, Mar 15	St. Pat's Ride - first ride of the year
Sat, Apr 18	Beaver Meadow Earth Day Ride
Sun, Apr 26	Trash & Treasure
Sat, May 2	Ebenezer Scootch 3:00 PM Ride / Dinner
Sun, May 10	Mother's Day Party Ride
Sun, May 17	Niagara on the Lake Pancake Ride
Mon, May 25	Memorial Day Ride - Jim & Kathy Vozga
Sun, Jun 14	Strawberry/Wine Ride at Merritt Winery
Sun, Jun 21	Father's Day Ride
Sun, Jun 28	Kathy's Kaper - Karnath's Party
Sat, Jul 4	Buggy Buster - Pat Danaher
Sun, Jul 12	Tocke's Party Ride
Jul 15 - 20	Club Trip to Saratoga, NY
Sat, Jul 25	Linc's Orienteering Ride
Sun, Aug 2	Swank's Highlander & Lowlander
Sat, Aug 1	Debbie's Ellicottville Party
Aug 8 - 9	Chautauqua Weekend
Sat, Aug 15	Day / Night Before CanAm Events
Sun, Aug 16	CanAm Century
Aug 19 - 23	Bike Train Trip to Toronto
Aug 29 or 30?	Club Picnic
Mon, Sep 7	Labor Day Party Ride
Sat, Sep 12	Audubon 100th Anniversary Century
Sat, Sep 19	Lancaster 3:00 PM Ride / Dinner
Sun, Sep 20	Skulpture Park Ride & Hike
Sat, Sep 26	Rochester Bike Club joint ride
Sun, Oct 4	Trash & Treasure
Oct 10 - 11	Seagull Century Weekend Trip
Sat, Oct 31	Cider Ride and Tailgate Party
Fri, Nov 13	Year End Banquet
<b>Centuries</b>	
Sat, Apr 25	Multiple Choice
Sat, May 23	Member's Memorial
Sat, Jun 13	Iron Lung
Sat, Jul 11	Lake O Century
Sun, Aug 16	CanAm Century
Sat, Sep 12	Audubon Century
Sat, Oct 17	Run to the Reservoir

March-09						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	34	5	6	7	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Season Opens! St Patrick's Day Ride						Clarence Day Ride
22	23	24	25	26	27	28
Darien Lake Park						Panera Pedal Butterwood Bakery
29	30	31	1 April	2	3	4
Como Park Day Ride						Dande Farms Maple Country

### Daily Ride Schedule

Monday AM	Amherst Museum, 3755 Tonawanda Creek Rd at New Rd, 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 Island 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, Pendleton	TBD	
Tuesday PM	Municipal parking lot off Long Ave (opposite # 48) by fire hall & water tower, Hamburg	Matt Luly	648-8988
Wednesday AM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne	997-9324
Wednesday PM	St. Mary's Church at Transit & Stahley Road, Swormsville, (Clarence)	Dennis Powell	691-6233
Wednesday PM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Frank Soltiz	937-6924
Thursday AM	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Dave Klock	681-5345
Thursday PM	Pendleton Town Hall, 6570 Campbell Blvd, between Bear Ridge & Beach Ridge Rds, 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	601-7535
Friday PM	New North ride is in the works.....		
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	John Herman	675-1944
Saturday AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd, UB N. Campus ) Amherst	Marion Reslow	833-3615
Sunday AM	Erie Basin Marina, parking lot by the Hatch, Buffalo (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. Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

### Daily Ride Start Times

Sat & Sun 'Breakfast Rides'	9:00 AM all season	
Weekday Morning Rides	10:00 AM in April, May, September and October	9:00 AM in June, July and August
Weekday Evening Rides	6:00 PM in April and September	6:30 from May through August

### Official Party Rules

For members of NFBC biking is number one, followed by socializing with friends. Get 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, chairs and funds for the 'kitty' to help offset the expenses incurred by the host(ess).

**The Spokesman Deadline** is the 15th of the month preceding the month in which the information is to appear.

**Sue Williams** is our new sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

# OFFICERS AND BOARD MEMBERS

## Officers

### President

**Lincoln Blaisdell** (479-9431)  
4715 Ransom Road  
Clarence, NY 14031  
linc43@roadrunner.com

### Vice-President

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Hamburg, NY 14075  
rrtocha@yahoo.com

## Club Historian

**Jim Vozga** (741-9440)  
5830 Strickler Road  
Clarence, NY 14031  
voz@aol.com

## NFBC Trip to Saratoga 15th - 20th of July

The format has changed: there will be only one option--5 nights, Wednesday to Monday. We'll still have all the fun, thrills and excitement of days gone past. New this year is the **Creamed Brandy Social**. What else? One does like surprises.

If you pay early, there will be a discount. So hurry: fill out the application and mail it with your full payment today.

The price per person 2 to a room is \$290.00, but before the 15th of May only \$275.00. The price per person 1 to a room is \$525.00, but before the 15th of May only \$500.00.

Mail the application & check to: **Richard Lepie**, 9325 Hunting Valley Rd North, Clarence, NY 14031 (716) 741-2762 [Richard\\_suntreader@hotmail.com](mailto:Richard_suntreader@hotmail.com)

Cancellation Fees: before 15 May -- none; after 15 May -- \$100.00 per person; after 15 June -- \$150.00 per person; after 01 July -- \$250.00. Double fee for single room. If you find a substitute to take your space, there is no fee before 01 July.

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### NFBC CLUB TRIP - SARATOGA, NY 15TH TO 20TH OF JULY 2009

NAME: \_\_\_\_\_ ROOMMATE: \_\_\_\_\_

NFBC NO: \_\_\_\_\_ NFBC NO: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Check payable to **Richard Lepie** .

Early bird: \$275.00 per person double (\$550.00 Total) \$500.00 single Late bird: \$290.00  
per person double (\$580.00 Total) \$525.00 single

If your roommate intends to file a separate application, fill in his or her name only. Both checks and applications must be received for the space to be reserved.

## A note from the Caloosa Riders in Florida regarding Tom Johnson

Caloosa Riders were saddened by the loss of Tom Johnson on Feb 17th. Tom was a frequent rider in South Fort Myers and Buckingham. He introduced many in the club to riding in Florida and often helped out with bike repairs or equipment problems. His quick wit and endless jokes made him a popular guy in the peleton. His life ended doing what he loved to do, ride his bike.

### *CYCLING SHORTS*



**---Quick Tip:** Spin to Win. Why is faster pedaling better pedaling? Simply put, a more rapid cadence divides the work into more portions, keeping leg muscles fresher at a given speed than when grinding a bigger gear with slower rpm. Almost any rider can benefit from feeling natural spinning faster. One effective way to develop the ability is to resist shifting to higher gears on a gradual descent or tailwind stretch. If you start bouncing as cadence increases, relax to regain smoothness. With practice, most riders can reach 110 rpm or higher. Once you can, 90-100 will feel normal and be effective.

**A new medical procedure** might be the cure for stubborn cycling injuries such as knee and Achilles tendinitis. Called platelet-rich plasma therapy, it's already being used successfully for pro athletes. The New York Times reports, "The method, which is strikingly straightforward and easy to perform, centers on injecting portions of a patient's blood directly into the injured area, which catalyzes the body's instincts to repair muscle, bone and other tissue. Most enticing, many doctors said, is that the technique appears to help regenerate ligament and tendon fibers, which could shorten rehabilitation time and possibly obviate surgery." The procedure costs around \$2,000, or about 8 times less than surgery, with virtually no risk of infection. The NYT article concludes that "its largest effects would be on the amateur, weekend-warrior athletes for whom sports is recreation and healthy lifestyle." Read the details at <http://tinyurl.com/c2zw57>

# Tom's Bike Trip

## To Toronto & Back

I would like to announce the Bike Train Trip to Toronto 2009. We will be taking the Bike Train -- <http://biketrain.ca/> from Niagara Falls Train Station to Toronto on or about the weekend of Aug. 22-23. I'm in negotiation with the Bike Train coordinator trying to establish an earlier departure date for the trip perhaps as early as Aug 20 or 21. This would allow us a day or two for some cycling in the Toronto area.-- <http://www.toronto.ca/cycling/map/>

When we arrive in Toronto each rider will have already decided where they would like to stay. I will be staying here--- [http://www.hihostels.ca/GreatLakes/436/hi-toronto\\_private+room+bed+++breakfast.hostel](http://www.hihostels.ca/GreatLakes/436/hi-toronto_private+room+bed+++breakfast.hostel)

The group last year stayed here and everyone seemed to like it. I thought it was clean inexpensive and centrally located. I will have more information on reservations for the hostel a little later.

On Sat. Aug. 22 we will assemble at a pre determined location and begin our ride on to Burlington Ontario. Waterfront Trail-- <http://www.waterfronttrail.org/>

This trail is 100% paved and is part MUP some residential side streets and limited bike lane marked hwy. We will ride thru some of the most beautiful parks and scenic trails along the shore line on Lake Ontario . We will continue our adventure on to Burlington Ontario ( approx 45 miles) and arrive approx 2-3 p.m. and stay here-- <http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/yrca>

I have been in contact with the Holiday Inn group reservation coordinator and will have all necessary contact information of each rider a little later. This facility has it all, please take the time to visit the web site and read all about it.

On Sun Aug 23 we will continue cycling on the Waterfront Trail on to Niagara On The Lake. The terrain is dead flat . When we arrive in NOTL ( approx 2-3 p.m ) w will have a late lunch on the patio at the Epicurean Restaurant. After lunch it's only 7-8 miles up the Niagara Parkway to Niagara Falls Train Station and this wonderful adventure is finished for this year.

There are many details that I'm working on and I will have more detailed information available as we move along.

We will be looking for a driver and a sag vehicle to transport our " ditty bags" from Toronto to Burlington and again on Sunday from Burlington to the Niagara Falls Train Station.-- It has been my hope to collect \$5.00 per rider to off set the cost of having someone provide this essential service. --- perhaps a non riding partner or someone who would just like to come along and enjoy the event with us.

This adventure WILL GO , dates for departure will be posted when established with the Bike Train coordinator. There are 56 bike racks available on the train . I'm also promoting this trip on a couple of bike forums that I frequent and hope to completely sell out the The Bike Train so we can request " our own departure date".

All Aboard The Bike Train----- Tbarone2@roadrunner.com



# NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

## NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address  Address Change?  Yes  No

City  State  Zip Code  Phone  Cell

Email1  Email2  Email Change?  Yes  No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC  NO LOCAL BIKE CLUBS  NO

Primary Member/Guardian	Signature	Date	Member No.
Additional Members:			Birthdate (if under 18)

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.  
 c/o Roy R. Tocha  
 11 N. Eaglecrest Dr.  
 Hamburg, NY 14075-1807

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

1. Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.
2. All riders must wear a Snell or ANSI approved bicycle helmet.
3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
5. Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.
6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
7. Riders make certain there is adequate safe space between themselves and the rider in front.
8. Riders should communicate with other riders by calling out and announcing the following:
  - "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
  - "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.
  - "Single Up"- telling the group that riders need to be riding single file
  - "Car Left or Right"- warning riders at intersections or other places that a car might enter the path
  - "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.
  - "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.
  - "Road Kill"- warning riders there is a dead animal in their path.
  - "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
  - "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
  - "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

**SALES & SERVICE**



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★★★★★

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Accessories Custom Fittings Wheel Building



**Store Hours**  
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[www.tomsprobike.com](http://www.tomsprobike.com)