

# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII

NUMBER 3

MAY 2006

## NFBC "MEET AT THE MUSEUM" ANNUAL RIDE



### Burgwardt Bike Museum.

3934 N. Buffalo,  
Orchard Pk.

There will be a \$5  
charge covering the  
price of museum  
admission and food.

# May 27

Three rides to choose from. See schedule p2.

## Ask the PT (Physical Therapist)

### Questions Regarding the Prevention and Treatment of Injuries

The *Spokesman* would like to introduce a new feature to the newsletter now that the new riding season is upon us. Although most of us take the time to keep ourselves fit and active, injuries occur from time to time. Overuse, body mechanics, and improper training techniques are just a few of the common reasons that we may need to seek professional help when our lifestyles and recreational pursuits are interrupted due to injury.

SportsFocus Physical Therapy would like to assist with the goal of maintaining a healthy and injury-free lifestyle. An open forum of questions from members of the NFBC will be fielded and addressed from

month to month. Depending upon the number of requests and the space available, one to two pertinent questions can be answered in each issue with the goal of educating the weekend and/or serious athlete.

Since this is a new feature, input from members is welcome as this column evolves. Questions can be emailed to: [askthept@sportsfocuspt.com](mailto:askthept@sportsfocuspt.com)

More information about SportsFocus PT can be found at [www.sportsfocuspt.com](http://www.sportsfocuspt.com) or by calling Jim Kuberka (NFBC Member) at 662-2922. Individuals who feel they are a candidate for formal evaluation and treatment require a prescription from a NY state physician.

# Club Trips SPACE LIMITED

SEE DETAILS INSIDE



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
05/06/06 Sat 10:00		319	44/37	NA/NA	Easy	<b>Indian Falls</b> - Clarence Middle School, corner of Greiner & Strickler Rds, Clarence	Jim Vozga (741-9440)
05/06/06 Sat 10:00		293	33	2500	Diff	<b>Memorial Boston Hotel Ride</b> - Boston Hotel, SR 391 @ Back Creek Rd, Boston, NY	Pat Danaher (838-0280)
05/07/06 Sun 10:00		NEW	45/27	NA/NA	Mod/Easy	<b>Clarence to Alden</b> - Clarence High School, Main & Gunville, Clarence	Rebecca Ribbis (837-0089)
05/07/06 Sun 10:00		341	41/21	1800/750	Mod-Mod	<b>Hamburg to Collins</b> - Parking Lot off Long Ave (entrance is opposite #48Long) near the fire hall & water tower, Hamburg	David Gonzales (649-4998)
05/13/06 Sat 10:00		302	41/37	1500/985	MD	<b>New Saturday Sundae</b> - Hamlin Park (south parking lot), S Grove St in East Aurora	Bob Puleo (649-3427)
05/14/06 Sun 10:00		323	34/23	NA/NA	Mod/Easy	<b>Carriage House Party Ride</b> - Wendy's Rest, Genesee County Mall, on East Main (Rt 5), Batavia	Betsy Dexheimer (585-343-5172)
05/14/06 Sun 10:00		303	43/25	NA/NA	XXX - MD	<b>Marty's Payne</b> - Parking lot behind Municipal Bldg, Main & Quaker Rd, Orchard Park	Gary Schlua (683-8141)
05/20/06 Sat 10:00		241	30	NA	Easy	<b>North of the Border</b> - Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Bob Alessi (694-0853)
05/20/06 Sat 10:00		216	44	NA	XD	<b>Kissing Bridge Ride</b> - Hamlin Park (south parking lot), S Grove St in East Aurora	Carl Mach (685-0832)
05/21/06 Sun 08:00		306	64/37	3900/1200	XXD/Mod	<b>Queenston Beeline</b> - Errick Road School, off Rt 62 (Nia. Falls Blvd.) Wheatfield	Jim Bejarano (835-8916)
05/21/06 Sun 09:30		304	32/18	NA/NA	EZ	<b>Niagara-On-The-Lake</b> - Queenston Heights Park (Brock Monument) across Lewiston Br.	Jill Bejarano (835-8916)
05/27/06 Sat 10:00		272	29/21	975/716	Mod - Easy	<b>Meet at the Museum (Burgwardt)</b> - Burgwardt Bike Museum, Rt, 277, Orchard Park, NY	Staff
05/27/06 Sat 10:00		335	43	2000	Mod-Dif	<b>Meet at the Museum (Burgwardt)</b> - Burgwardt Bike Museum. 3934 N. Buffalo, Orchard Pk.	Pat Danaher (838-0280)
05/28/06 Sun 10:00		325	42	NA	Mod	<b>Lower River Road</b> - HSBC Bank/Plaza (across from NCCC, Rt. 31, Sanborn)	Jim Bejarano (835-8916)
05/28/06 Sun 10:00		271	39	2850	Diff	<b>Java Lake Ride</b> - Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Don Stefanski (652-4796)
05/29/06 Mon 07:00		205C	100	1700	XD	<b>Multiple Choice-C</b> - Lot P-2 Ellicott Complex, SUNY at Buffalo, Amherst	Jim Bejarano (835-8916)
05/29/06 Mon 09:00		205B	54	900	MD	<b>Multiple Choice-B</b> - Lot P-2 Ellicott Complex, SUNY at Buffalo, Amherst	David Gonzales (649-4998)
05/29/06 Mon 10:00		205A	31	450	Easy	<b>Multiple Choice-A</b> - Lot P-2 Ellicott Complex, SUNY at Buffalo, Amherst	Jim Vozga (741-9440)

MAY 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 Indian Falls Memorial Boston Hotel Ride
7 Clarence to Alden Hamburg to Collins	8	9	18	11	12	13 New Saturday Sundae
14 Mother's Day Carriage House Party Ride Marty's Payne	15	16	17	18	19	20 Armed Forces Day North of the Border Kissing Bridge Ride
21 Queenston Beeline Niagara-On- The-Lake	Victoria Day 22	23	24	25	26	27 Meet at the Museum (Burgwardt)
28 Java Lake Ride Lower River Road	Memorial Day 29 Multiple Choice A, B, C	30	31			



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## DAILY RIDE SCHEDULE

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

### START TIMES:

#### MORNING RIDES:

10:00 AM: APRIL, MAY, SEPTEMBER & OCTOBER

9:00 AM; JUNE, JULY & AUGUST

#### EVENING RIDES:

6:00 PM  
APRIL & SEPTEMBER

6:30 PM  
MAY thru AUGUST

#### WEEKEND BREAKFAST RIDES:

##### SATURDAY

9:00 AM APRIL, MAY  
SEPTEMBER & OCTOBER

8:00 AM JUNE, JULY  
& AUGUST

##### SUNDAY

9:00 AM  
ALL SEASON

## ATTENTION RIDE LEADERS

### Message from Linc

If the ride that you are leading has dual distances, please have the riders sign up on separate sheets. When Linc files and records the sheets so that the mileage can be typed and calculated at the end of the season, each distance is given a different ride number. If the riders of different distances are mixed together on the same sheet, Linc has to recopy the information onto two sheets himself. If you don't have enough sheets because so many riders show up, just turn the sheet over and use the back.  
*Thanks for your help.*



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Board of Directors

### President

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### Editor

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rjmtax@aol.com

## Roy's Update Membership

The 365 members in the club consist of 65 families and 208 individuals. That is a total of 273 households.

There are 45 new members. I have mailed out about 18 map packets. It is not necessary to purchase a map pack to ride with the club, maps are handed out at each ride. About Sixty households have opted to only receive an electronic *Spokesman*.

Welcome new members; Michele Hauber, John C. Kelly, Melissa Napoli, Mark Tittle, Roxanne Amico, Brenda Garity, Greta Speller, Glenn Speller, Garrett Speller, Grace Speller, Joan Dinatale, Dawn Houghton, Daniel Houghton, Judith Miranda, Vikas Grover, Geoff Gunner, Marie Chiavetta, Jennifer Bejarano, Jessica Bejarano, and Jill Bejarano

If you did not check the email box on the membership form I will be emailing you an email address list in the next few weeks.

If you have something of interest to our members, email your information to [rrtocha@yahoo.com](mailto:rrtocha@yahoo.com). I will get it out to the members on the Web.

*Roy*

## OFFICIAL PARTY RULES

For members of the NFBC, biking is number one, followed by socializing with friends. Get-togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend supply a reasonable dish to share, a beverage of their choice, and fund for the "kitty" to offset the expenses not included with their dues.

## SPOKESMAN DEADLINE

The deadline for submission of articles to the Spokesman is the fifteenth (15th) of the month preceding the month in which the information is to appear.

## HELP SPREAD SUNSHINE

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Simply notify Doreen Lynd (662.8264). NFBC cares about its people.



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

# Update from Mary Alice

## Only four months to go!

Needed right now for the CanAm: Publicists to reach (choose one) clubs & other organizations in U.S., clubs & other organizations in Canada, shops in Canada, and non club cyclists. We also need sales people to obtain a few sponsors (we

have ideas).

The volunteer committee will meet Wednesday, May 3 after the Orchard Park ride. There will be a flat ride for those who prefer not to climb hills.

## A Close Call

A car may have saved my life. On a quiet, sunny Saturday morning several weeks ago, I was stopped at a red light, swigging some water while waiting for the long signal to change. The roads were not yet congested, but the intersection is a busy one. I was going north on Sweethome Road as it crosses Sheridan Drive, a three-lane commercial stretch.

The light turned green, I pushed my pedal down and started ahead. A second later, a car going through the red light plowed into the car immediately to my left. I was able to swerve and avoid the car that was impacted, and numbly kept going to the other side of the street. While the car that ran the light probably wasn't going over 40 mph, it was enough to make me think I could have been a pancake if that other vehicle in my lane had not been there. Thankfully, no one was hurt, but I counted

# Letter from Janice Cochran

another of my 9 lives taken.

Lesson? Always, ALWAYS look both ways, even if you have the right of way. I now assume the worst of everyone. We may have the right of way, legal rights to the road, and obey all the rules of traffic, yet we will always be the loser if someone driving a vehicle fails to obey (and do you know anyone, including yourself, who hasn't at least once failed to obey?).

This has been another reminder for me to be a more careful driver, as well as rider. Ride (and drive) safely!!

- Janice C.

# Climbing Views

Climbing is tough enough without also getting knocked down. That's why Fred Matheny devotes a section of his latest eBook, Coach Fred's Solutions to Road Cycling Challenges, Vol. 1 to a common danger on hills -- having your front wheel hit by the rider in front when he stands.

### Excerpt: AVOID WHEEL CONTACT ON A CLIMB

Challenge: You're tucked behind another rider at the beginning of a hill, making sure to leave about a foot between your front wheel and his rear wheel. As the grade steepens, he stands abruptly and your wheels nearly collide. It's as if his bike stopped momentarily and the gap evaporated. You're lucky he didn't nail your wheel and take you down. What happened?

This is a common climbing problem. It's also scary and dangerous. It happens if a rider lurches forward as he stands. Pedaling action is interrupted and, because of the grade, the bike slows abruptly. Some riders pull back on the handlebar to lever themselves out of the saddle, making the problem worse.

### Solutions:

---Anticipate a rider standing up. Many riders stand on short hills to maintain momentum and avoid shifting gears. On longer climbs, it's common to stay in the saddle on the lower slope but stand part way up or when the grade steepens.

In both cases, be ready for riders in front to jump abruptly out of

## You Can Use

the saddle, shooting their rear wheel backwards. It's always a good rule to automatically increase the distance between you and the rider ahead when approaching a hill. It's smart, too, to move several inches to one side. Keep your eyes up the road because the riders in front of him may cause a problem he has to react to.

---Don't panic if your front wheel is bumped. A knock on the front wheel doesn't mean an automatic trip to the pavement. Steer into the offending wheel, not away from it, to keep your balance. That's counterintuitive, so it's effective to practice bumping wheels at slow speed on a grass field. You'll soon develop the reflexes to save your skin when your front wheel is hit.

---Relax your upper body. You're much more likely to fall if you're tense. And muscles tend to tighten under the stress of climbing. You start pulling on the handlebar to balance greater pedaling force. The result is an upper body that resembles concrete rather than rubber. And that's a big problem. A front-wheel bump is transmitted to your handlebar, where tense, rigid arms send it right back down, upsetting your balance. Relaxed arms absorb the shock. You'll waver but you won't lose control.

Reprinted from Road Bike Rider Newsletter with permission



# SPOKESMAN Club Trips

Niagara Frontier Bicycle Club, Inc.

## 3 TRIPS TO CHOOSE FROM

### NY-PA Circle Trip

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

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

The Price is \$200.00 per person.

There are no singles as space is very limited.

(Single at a supplement only in the rare event that we have extra space)

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

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

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

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

### Explore The World on a Bike

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

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

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

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

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

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

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

### Bravissimo Italy

**You asked for it  
and it shall be.  
Rome – 3 nights,  
Bike Tuscany 6  
nights, Florence  
2 nights.**

Depart Buffalo or Toronto Tuesday afternoon or evening, the 29th August. Fly overnight to Rome, with arrival in Italy the next morning. Return from Florence on Sunday, 10 September.

\$2995.00 per person double for airfare, transfers, hotels, breakfasts, bike rental, some lunches, and many surprises. (Bring your own mate. We do not arrange your date. We might pair, but only in despair. Single quotes, if you must be solo.)

Space will go fast. Do not let this pass. Send your deposit of \$1000.00 per person to: Richard Lepie, 9325 Hunting Valley Road N., Clarence, NY 14031.

The final is due at the Hunting Valley Rue by 15 June.

The money you pay will be sent away, so retrieval is nil. Insurance is recommended.

Questions: call Richard at 741-2762.

## SIGN UP FOR ONE OR ALL THREE!

### Application Form

New York  New Hampshire  Italy

(Check all that apply)

Name: \_\_\_\_\_

Room Mate: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

NFBC No. \_\_\_\_\_

See Description for Trip Costs - Separate checks payable to Richard Lepie

# NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

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

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

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

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

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

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

Name ▶				
Mailing Address ▶				
City, State, Zip ▶				
Phone Number ▶		Email ▶		
We will distribute a list of our members' e-mail addresses, home addresses and phone numbers to NFBC club members and to local bike shops unless you check the following spaces: NFBC <input type="checkbox"/> NO      LOCAL BIKE SHOPS <input type="checkbox"/> NO				
I do <input type="checkbox"/> do not <input type="checkbox"/> need to receive a printed copy of the newsletter via US Mail				
Primary Member/Guardian ▼	Signature ▼	Date ▼	Birthdate (If under 18) ▼	Member No. ▼
Additional Members ▼ (More may be added at bottom of next page.)				
Comments (ride length preference, interested in leading ride, volunteering, etc.)				

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



**Campus WheelWorks**

744 Elmwood Ave.  
Buffalo, NY 14222  
716.881.3613

www.campuswheelworks.com  
campuswheelworks@mybiz.net

Bicycles • Backpacking • Brewing

**Niagara Frontier  
Bicycle Club, Inc.**

The Spokesman  
103 Wilbury  
Buffalo, NY 14216

www.nfbc.com



**716-835-0334**

685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223  
(Corner of Englewood & Starin)

E-Mail: handlebarscc@aol.com Website: handlebarscc.com

PH: 716-837-6122 FAX: 716-837-0474



**SHICKLUNA**  
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