



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 4

MAY 2007

## 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 20

Come and tour "The Pedaling History Bicycle Museum" after a ride in the beautiful Southtowns. In October 2006 a new racing exhibit opened.

The rides will be followed by the first official party of the new biking season which will include a cold

lunch buffet with meats, salads, veggies, desserts and beverages. There will be free drawings for door prizes. All for only \$5.00. If you can't make the rides, come tour the museum and join us for lunch.

**Two rides to choose from. See schedule p2.**

# Ride Leaders Wanted!

## For June, July and August!

A Memo from  
Jean Frederick

I am trying a new method for signing up potential leaders for the June, July and August rides. It is as easy as going to our web site (have you seen it lately? Ron has made it really user friendly) and checking out the monthly schedules. This way you can check your calendar at home, then email me or call me with which rides you can lead. First come, first serve. I

will notify you of confirmation.

If you cannot access the schedule via the web site, call me and I will fax/mail the schedules to you.

I will be distributing the map packets at the Burgwardt museum ride on May 20th and signing up leaders for any rides still open.

# Club Trips SPACE LIMITED

SEE DETAILS INSIDE



# SPOKESMAN

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## Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
05/05/07	Sat 10:00	742	38/32	1000	Mod/Easy	<b>Lockport-Pendleton</b> , Amherst Museum, Tonawanda Creek S & New Road, E Amherst	John Herman - 675-1944
05/05/07	Sat 10:00	340	39	2700	XD	<b>Country Fair Ride</b> Chestnut Ridge Casino Lot Rt 277, Orchard Park NY	Richard Swank - 992-2404
05/06/07	Sun 10:00	702	46/33	NA/NA	Easy	<b>Royalton Ravine</b> Elementary School on Clarence Ctr Rd, 1/2 mile east of Goodrich, Clarence Center	Karen Sprada - 684-9039
05/06/07	Sun 10:00	302	41/36	1500/	Mod	<b>New Saturday Sundae</b> - Hamlin Park (south parking lot), S. Grove St., E. Aurora	Diana Marasciolo - 652-4796
05/12/07	Sat 10:00	312	31	NA	Easy	<b>Billy Bob</b> Clarence Middle School, Greiner & Strickler Roads	Bob Alessi - 694-0853
05/12/07	Sat 10:00	216	44/30	3200/1500	XD/MOD	<b>Kissing Bridge Ride</b> - Hamlin Park (south parking lot), S Grove St in East Aurora	Gary Schlua - 683-8141
05/13/07	Sun 10:00	710	34/27		Easy	<b>Mother's Day Party Ride</b> Genesee County Mall Main Street, Batavia	Betsy Dexheimer - 585-343-5172
05-13-07	Sun 10:00	303	43/25	NA/NA	Xd/diff	<b>Marty's Payne</b> - Parking lot behind Municipal Bldg, Main & Quaker Rd Rt 277&20A Orchard Park NY	Marty Payne - 997-9324
05/19/07	Sat 10:00	361	30/25	NA	Mod/Easy	<b>Bill's Training Ride</b> - Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Karen Sprada - 684-9039
05/19/06	Sat 10:00	291	64/37	3900/1200	XXD	<b>The Fire Plug/Escapes to Attica</b> , Pembroke Central HS, Rt 77 & 5	Pat Danaher - 838-0280
05/20/07	Sun 9 & 10	330	43/23	2000	MD	<b>Meet at the Museum</b> (Burgwardt) - Burgwardt Bike Museum, Rt, 277, Orchard Park, NY	Pat Danaher - 838-0280
05/26/07	Sun 10:00	304a	30/18	NA/NA	Mod	<b>Niagara-On-The-Lake</b> - Queenston Heights Park (Brock Monument) across Lewiston Br.	Kathy Karnath - 688-2968
05/26/07	Sat 9:00	304b	65	NA/NA	Mod -	<b>Queenston-Beeline</b> Errick Road School, off Niagara Falls Blvd, Wheatfield	Jean Fredericks - 692-3611
05/27/07	Sun 9:00	103	79	2450	XD	<b>Genesee-Wyoming Co Challenge</b> Diner Parking lot, Broadway(Rt20) & Sandridge, Alden NY	Frank Solitz - 937-6924
05/27/07	Sun 10:00	712	37	430	Easy	<b>Somerset Shoreline Cruise</b> Wide Waters Marina, Market Street, by Erie Canal Lockport NY	Larry & Barb Reade - 633-7712
05-28/07	Mon 10	264	40/33		Easy	<b>Jim &amp; Kathy's Ride</b> Clarence Middle School, Greiner & Strickler Rds Clarence NY	Sue Williams - 688-2981

MAY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Lockport Pendleton Country Fair
6 Royalton Ravine New Saturday Sundae	7	8	9	10	11	12 Billy Bob Kissing Bridge Ride
13 Mother's Day Party Ride Marty's Payne	14	15	16	17	18	19 Bill's Training Ride Fireplug/Escapes to Attica
20 Meet at the Museum	21	22	23	24	25	26 Niagara-on-the-Lake Queenston Beeline
27 Genesee-Wyoming County Chlg. Somerset Shoreline Cruise	28 Memorial Day Jim & Kathy's Ride	29	30	31		



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## DAILY RIDE SCHEDULE

<b>Mon</b>	<b>AM</b>	<b>New Start -Wendell Fire Hall 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>TBA</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

## Hurry! A limited number of NFBC Cycling jerseys available now:

Mens Pro Fit Sizes M, L, XL  
Mens Loose Fit Sizes L, XL and XXL  
Women's Sizes M, XL, XXL

Last Year's Jersey also available (colors reversed):

Mens Long Sleeve Pro Fit XXXL (=XL) **\$67.00** Womens Size XL **\$52.00**

# \$57.00

Contact Marty Payne at [mpayne2@adelphia.net](mailto:mpayne2@adelphia.net) or 997-9324.



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Board of Directors

### President

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rjmtax@aol.com

Roy's  
Membership

# Update

There are 361 members  
in the club to date.

*(365 last year at this time)*

**There are 27 new members.**

100 households have opted to only receive  
an electronic *Spokesman*.

*Great, we are saving money on postage.*

Welcome new members; Deborah L. Morrison,  
Bradley Green, Matt Kandefer, Mark Knerr, Daniel  
Oliverio, Mary Ann Gentile, Dave Schmidt/Linda  
Gowans, Ted & Maryann Webster, Michael Maher,  
Matthew C. Ronan

If you did not check the email address 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. 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.

# Club Rides

## The Chautauqua Rides Week End

is planned for Saturday, August 11, and Sunday, August 12.

On Saturday, August 11, a late morning flat ride, with two distances is planned with a get together for dinner. This is being planned by Tom and Sue Williams.

The Sunday morning ride will be Sandy and Marge Nobel's annual ride and lunch after the rides at their condo on the beautiful Institution grounds. A short shopping/sight-seeing trip is also planned for any

spouses or significant others not planning on riding Sunday. Come for one day or both days. It is only one hour and fifteen minutes from Buffalo.

Coming very soon will be motel suggestions for those of you saying overnight on Saturday. We suggest you make your reservations very soon because rooms for this summer resort area fill up early in the season."

## Uncle Al's Tips

### Tips and Tricks for a Better Ride

#### Cassette Check

So you figure it's time to replace your bike's chain. Why not? It's been on there forever so it must be pretty worn.

But, uh oh -- when you take the bike to your LBS, the service manager says you should put on a new cassette too. He explains that worn cogs will cause a new chain to skip and wear out quickly. But the teeth still look good to you, so you wonder if you really need to spend for a cassette.

Count on it. If you'd been changing chains regularly -- when they started to show stretch -- then your cassette would very likely still work fine with another new chain. But when you've been using a chain for a ton of miles it's probably badly stretched, and that means the cassette is worn too and needs to go into the wind chime bin.

#### Worn cogs don't always look worn, so here's how to tell:

Put on a new chain with the current cassette. Then very carefully take a test ride with your helmet on.

Do it in a place where you don't have to worry about traffic or plate-glass windows. Stay seated and pedal hard in each cog from the small chainring, with the brakes applied lightly for extra resistance. Be ready for skipping when you get to the smaller cogs because they're usually the most worn.

If the chain jumps and slips on any cogs, replace the cassette. Then replace the chain more often to give the new cogs maximum life.

Rohloff makes a cog-wear checking device that's pretty slick, but the test ride will let you know what's up in real-world conditions.

Putting on a new chain whenever there is measurable stretch is cheap drivetrain insurance, and it makes for a happy cassette (they have feelings, too, you know).





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## *Sun Drenched* **Portugal**

Isolated beaches tucked between towering cliffs, long stretches of white sand, villages from the days before, this is the Algarve, where the Mediterranean meets the Atlantic.

First stop is the home of the Fandango. We spend two nights in Lisboa, then on to Faro where we begin our seven-night bike tour. At the end we spend an extra night of fun, sun and relaxation in Faro.

Departure from the Americas is the 26th of September and the return in on the 7th of October.

For \$2750.00 per person double, you get a ride on several jet planes, some buses and trains, a bed for your head, morning meals, many midday gastronomies, numerous local dishes at evening break, a saddle over two wheels, and the unusual and unusual 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 North  
Clarence NY 14031

Final payment is due at the Hunting Valley Estate by 15 June.

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

# Club Trips History Re-enactment *by Bike*

Peaceful Amish pastures, cannons rumbling, guns-a-flashing: see it, hear it, bike it. Be there: Lancaster, PA, July 4th to 8th with a prescript on the fields of Gettysburg, July 2nd to 4th.

Price per person for four-night Amish pleasure is \$270 if you share, \$485 if you are going solo.

If six nights are your pleasure, then \$395 is the fee for each when two are together. If you cannot agree to be with another, then you pay the price of \$720.

Your fees include rooms, maps, food and drink, parties and more parties, and things very special.

After May 15th, the minimum cancellation fee is \$75 for the four-day trip and \$100 for the six-day trip (double it if you are solo). After June 15th, the minimum cancellation fee is \$225 for four days and \$250 for six days (double it if you are solo). 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

Questions: call Richard at 741-2762 or e-mail [Richard\\_Suntreader@hotmail.com](mailto:Richard_Suntreader@hotmail.com)

## Application Form Portugal History Re-enactment

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

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

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

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

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

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

### Portugal:

Cost: **\$2750.00** pp dbl.

### History Re-enactment:

4 Day Amish Pleasures: \$270 per person double (\$540 for two); \$485 single

6 Day Pleasures and Battles: \$395 per person double (\$790 for two); \$720 single

Make 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:

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.



**Campus WheelWorks**

744 Elmwood Ave.  
Buffalo, NY 14222  
716.881.3613

[www.campuswheelworks.com](http://www.campuswheelworks.com)  
[campuswheelworks@mybizz.net](mailto:campuswheelworks@mybizz.net)

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100th Anniversary