



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 3

May 2009

Mother's Day Party Ride Sunday May 10th 10 am

Don't miss the first party ride of the year. Take the mom of your life out on Saturday or bring her to the party at Betsy's.

Jim & Kathy's Memorial Day Party Ride is Monday May 25th

You know the story. Jim cooks up great parties, and as always it's rain or shine. Party rules apply. 'bring a dish etc etc.

Find information inside on this year's club trip

SEE INSIDE FOR DETAILS

NFBC LOGO CONTEST deadline is June 1st

Join the fun and help us find our new logo. All the details are in the April Spokesman. Fabulous prizes could be yours!

The Can Am Century is Sunday August 16th *the night before party is, yes, that's correct*



NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day



MAY 2009 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, May 2	3:00 PM	746	Ebenezer Scootch	44 / 33	MD/Mod	1210	West Seneca	West Seneca Town Hall, Union & Main, West Seneca	John Clauss 896-5650
Sun, May 3	10:00 AM	98	Wide Waters Marina	30	Easy	NA	Amherst	Williamsville N. H. S. (Hopkins & Dodge)	Karen Sprada 684-9039
Sun, May 3	10:00 AM	338	Hunter's Creek	31 / 23	Diff/Mod	2000/1200	Wales Hollow	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Linc Blaisdell 479-9431
Sat, May 9	10:00 AM	703	Lockport-Middleport	32	Easy	0	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Sue Alessi 694-0853
Sat, May 9	10:00 AM	337	The Plank	38	Easy	800	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Marty Payne 997-9324
Sun, May 10 Mother's Day	10:00 AM	710	Mother's Day Party Ride	34 / 27	Easy	0	Batavia	Lot behind Wendy's 44 Main St Batavia	Betsy Dexhimer 585 343-5172
Sun, May 10 Mother's Day	10:00 AM	46	Hills%\$#@*Hills	34 / 28	XD/MD	2550	East Aurora	Hamlin Park (south parking lot), S Grove St	Linc Blaisdell 479-9431
Sat, May 16	10:00 AM	365	Around Grand Island	25	Easy	0	Grand Island	Kaagebein Elementary School, South Parkway and Love Rds. Grand Island	Larry Reade 633-7712
Sat, May 16	10:00 AM	86	Ski Country	44 / 33	XD	2800/2000	Colden	Sprague Brooke Park Parking Lot, Foote Rd.(L off Rt. 240, Glenwood, NY)	Pat Danaher 310-8136
Sun, May 17	10:00 AM	708	Niagara on the Lake	45 / 38	Easy	0	Niagara Falls	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	Cindy Adam 308-0774
Sun, May 17	10:00 AM	216	Kissing Bridge Ride	44 / 30	XD/mod	3200/1500	East Aurora	Hamlin Park (south parking lot), S Grove St	Gary Schlau 683-8141
Sat, May 23	8:00 AM	142	Members Memorial Century	101	XD	0	Pendleton	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Kathy Kamath 688-2968
Sat, May 23	10:00 AM	143	Members Memorial Metric Century	63	Diff	0	Pendleton	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Marty Payne 997-9324
Sat, May 23	10:00 AM	144	Members Memorial Short Ride	30	Easy	0	Pendleton	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Marty Payne 997-9324
Sun, May 24	10:00 AM	361	Bill's Training Ride	30 / 16	Easy	0	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Tom Barone 240-9926 & Pat Danaher 310-8136
Sun, May 24	10:00 AM	118	Quaker Shaker	34	MD	1650	Orchard Park	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd. (Rt's 277 & 20A) Orchard Park	John Clauss 896-5650
Mon, May 25	10:00 AM	264	Jim & Kathy's Ride	39 / 30	Easy	NA	Clarence	Clarence Middle School, Greiner at Strickler	Jim Vozga 741-9440
Sat, May 30	10:00 AM	251	Lancaster to Akron Falls	36	Easy	0	Lancaster	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.	Karen Sprada 684-9039
Sat, May 30	10:00 AM	236	Bluemont Viper	38	XD	3200	Springville	Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Pat Danaher 310-8136
Sun, May 31	10:00 AM	706	East Wilson Express	37 / 31	Easy	0	Pendleton	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Darrell Skelton 759-8353
Sun, May 31	10:00 AM	303	Marty's Payne	44 / 25	Diff/Mod	2000/1100	Orchard Park	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd. (Rt's 277 & 20A) Orchard Park	David Gonzalez 649-4998
Sat, Jun 6	9:00 AM	169	Elma - Marilla II	34 / 29	Mod	0	Lancaster	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	TBD
Sun, Jun 7	9:00 AM	736	Swamp Thing	43 / 36 / 28	Easy	0	Akron	Russel Town Park, Clinton & Main St., Akron	TBD
Sun, Jun 7	9:00 AM	341	Hamburg to Collins	41 / 21	Mod	1800/750	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	TBD

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXXD = Extra Extra Difficult

May-09						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 April Trash & Treasure	27 N. Tonawanda 10 AM Clarence 6:00 East Aurora 6:00	28 Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00	29 Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	30 Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	1 May Clarence 10:00 AM ***Amherst 6:30*** Elma 6:30	2 Ebenezer Scootch (3:00 PM Mixer)
3 Wide Waters Marina Hunter's Creek	4 N. Tonawanda 10 AM Clarence 6:30 East Aurora 6:30	5 Ellicott Crk 10:00 AM N. Tonawanda 6:30 Hamburg 6:30	6 Orch Park 10:00AM E. Amherst 6:30 Orchard Park 6:30	7 Como Park 10:00 AM Pendleton 6:30 Lancaster 6:30	8 Clarence 10:00 AM Amherst 6:30 Elma 6:30	9 Lockport-Middleport The Plank
10 Mother's Day Party Hills%\$#@*Hills	11 N. Tonawanda 10 AM Clarence 6:30 East Aurora 6:30	12 Ellicott Crk 10:00 AM N. Tonawanda 6:30 Hamburg 6:30	13 Orch Park 10:00AM E. Amherst 6:30 Orchard Park 6:30	14 Como Park 10:00 AM Pendleton 6:30 Lancaster 6:30	15 Clarence 10:00 AM Amherst 6:30 Elma 6:30	16 Around Grand Island Ski Country
17 Niagara on the Lake Kissing Bridge Ride	18 N. Tonawanda 10 AM Clarence 6:30 East Aurora 6:30	19 Ellicott Crk 10:00 AM N. Tonawanda 6:30 Hamburg 6:30	20 Orch Park 10:00AM E. Amherst 6:30 Orchard Park 6:30	21 Como Park 10:00 AM Pendleton 6:30 Lancaster 6:30	22 Clarence 10:00 AM Amherst 6:30 Elma 6:30	23 M Memorial Century M Memorial Metric M Memorial Short
24 Bill's Training Ride Quaker Shaker	25 Memorial Day Jim & Kathy's Ride East Aurora 6:30	26 Ellicott Crk 10:00 AM N. Tonawanda 6:30 Hamburg 6:30	27 Orch Park 10:00AM E. Amherst 6:30 Orchard Park 6:30	28 Como Park 10:00 AM Pendleton 6:30 Lancaster 6:30	29 Clarence 10:00 AM Amherst 6:30 Elma 6:30	30 Lancaster to Akron Bluemont Viper
31 East Wilson Express Marty's Payne	1 June N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30	2 Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30	3 Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30	4 Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30	5 Clarence 9:00 AM Amherst 6:30 Elma 6:30	6 Elma - Marilla II TDC (non club ride)

Notice that evening rides start at 6:30 PM instead of 6 PM on May 1. Weekday morning rides start at 9:00 AM instead of 10 AM on June 1. Please arrive at the start at least 15 minutes early to sign in and get ready so all, including the ride leader, can start with the group on time.

Daily Ride Schedule

Monday AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Creek Rd., N Tonawanda	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	Marty Viggato	570-5896
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.	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	Amherst Museum, Tonawanda Creek S at New Rd, Amherst *** new this year ***	Tom Williams & team	688-2981
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	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.

Jim Vozga is our new club historian. He will be keeping our old memorabilia safe and organized.

OFFICERS AND BOARD MEMBERS

Officers

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

Vice-President

Jean Frederick (692-3611)
588 Sweeney Street
North Tonawanda, NY 14120
jeanbike1@msn.com

Secretary

Dennis Powell (691-6233)
1031 Tonawanda Creek Road
Amherst, NY 14228
powelldj@roadrunner.com

Treasurer

Kathy Karnath (688-2968)
159 Wyeth Drive
Getzville, NY 14068
kkarnath@seagatealliance.com

Board Members

Ian Currie (601-7390)
162 Nichter Road
Lancaster, NY 14086
ian63@roadrunner.com

Brenda Fischer (683-3961)
11 Lake Forest Parkway
Lancaster, NY 14086
bfischer@moog.com

John Herman (675-1944)
317 Forest Drive
West Seneca, NY 14224
nikelee816@aol.com

Ron Wakefield (877-2140)
P.O. Box 237
Kenmore, NY 14217
ron.wakefield@verizon.net

Liz Williams (759-8353)
4614 Hampstead Drive
Clarence, NY 14031
brightbluesky9@aol.com

Spokesman Editor

Bob Mahaney (208-1633)
103 Wilbury Place
Buffalo, NY 14216
rmahaney@austinair.com

Membership Chairperson
Roy Tocha (627-7946)
11 North Eaglecrest Drive
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

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.

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.

The Bike Train Trip Schedule, August 20 – 23, 2009, facilitated by Tom Barone

The Bike Train Trip is “Etched in Stone.” We depart the Niagara Falls Ontario train station on August 20 at 2:15 PM and arrive in Toronto approx. 4:15 PM.

Special note: we have (2) sag vehicles that will carry our personal bags and SMALL “ditty bags.”

Upon arrival in Toronto we will walk from the train station to our overnight accommodations, where you will have already made your reservations. I have recommended the International Hostel - http://www.hihostels.ca/GreatLakes/436/hi-toronto_private+room+bed+++breakfast.hostel as we stayed there last year and enjoyed it very much. The price is right and it's in downtown Toronto, several blocks from the Toronto train station. The Hostel has agreed to charge us the same rate as last year - a bargain in my opinion.

Dorm bed (6 -10 bed room) \$27.50 /person
Quad bed (4 bed room) \$29.70/person
Private room (1 double bed) \$89.00 /room
Private room (bunk unit) \$89.00/room *** very limited space for this type room

The hostel has locked, secure storage for our bikes on a fifth floor patio.

You will need to make your reservations for Aug. 20 and Aug. 21. Be sure to get your Confirmation Number.

On Friday Aug. 21 we will have many different options for everyone.

- Rides around the Toronto area, cycling local trails, ferry boat ride to the out islands for cycling there.
- Cycling the local Toronto area - Maps will be available.
- Go out on the town - cycle or walk or take the subway to points of interest. It's your day to relax and have fun!!!!

Saturday Aug. 22 we will assemble at the Waterfront Trail at the foot of Yonge St. Check out this website, <http://www.waterfronttrail.org/>. It is from this point that the adventure begins. We will ride westward on the Waterfront Trail to Burlington, Ontario and stay over night at the Holiday Inn - <http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/yurca> You will need to make your own reservations – **book your accommodations with the Group Block Number 296187.**

On Sunday Aug. 23, after the breakfast buffet we will continue the adventure toward Niagara On The Lake, approximately 48 miles. It is here that we will have a late lunch out on the patio at the Epicurean Restaurant.

After lunch at approximately 3 PM we will ride up the Niagara Recreational Trail back to the train station in Niagara Falls finishing this fantastic event for this year.

I will have more refined details to follow but if you intend to come on the Bike Train Trip you MUST make the necessary accommodations for your stays in Toronto and Burlington.

Last but not least is the Bike Train reservation that you will make at <http://biketrain.ca/index.php>. The Bike Train will accommodate (56) bikes and I'm sure we will “sell out the train early.” I have requested passage for a limited number of recumbent trikes (3-5) as this type bicycle really does not have normal space provided for. The “trikes” are on a first come basis!

It is my recommendation that the Bike Train, motels in Toronto and Burlington all be placed on your credit card. The exchange rate is always best through this method.

The cancellation procedures are as follows:

- The Bike Train is 100% refundable with one week of the departure date.
- The Hostel is 100% if canceled prior to 30 days of booking date.
- The Holiday Inn in Burlington is 100% refundable any time before 4 PM on date of booking.

There is no reason to DELAY with your decision as it's about as easy as I could make it.

Make this adventure the high lite of your cycling season!

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.

CYCLING SHORTS



Quick Tip: Beat the Bonk.

"Bonking" is sometimes differentiated from "hitting the wall."

The latter means you're cooked -- your body is virtually depleted of glycogen (muscle's primary fuel) and no matter what you do at that point, recovery is going to take hours or even a day or 2. Bonking isn't as severe, and you can save your ride by doing the right thing. You'll know it's the bonk when you're feeling not just tired but irritable, dizzy and perhaps confused. This says blood glucose is dangerously low, and blood glucose is what your brain and central nervous system run on. The antidote is to get some carbohydrate-rich substances into your system. Liquids are best because they require little time to digest. Almost anything with sugar will help. When **Alberto Contador** recently bonked in Paris-Nice, as soon as he finished the stage and wobbled to a stop he was handed a can of Coke.

Overheard: *"I know bicyclists will now ring the phones off the hook, but they are just too big, particularly at rush hour. I just don't think they should allow it."* **Mayor Michael Bloomberg** of New York City, opposing bikes being brought onto subway cars even though the transit authority permits it.

TRY THIS ON YOUR NEXT RIDE

Test How Hard to Train

Are you ready to ride hard today? It can be tough to tell. You need a high energy level to ensure that a strenuous workout will improve fitness. Do intervals or climbing when your body isn't up to the effort and you'll get fried instead of fit.

It's better to ride hard when you feel good, not force yourself to do it on a rigid schedule. But your body isn't always going to let you know. Some days you drag yourself onto the bike, pedal easy, wallow in self-pity -- but feel great as the ride ends. Darn! *Coulda gone harder!*

Try this simple gauge of readiness: Route your ride so your warm-up of about 15 minutes takes you to a short hill -- a small rise of perhaps 50 meters with moderate steepness. If you were in a car, you might not even notice it.

Don't think about climbing the hill in any special way. Just pedal up. Then decide how you felt.

Some days you reach for lower gears. Your legs burn and the molehill feels like a mountain.

On other days you sail up the gradient. You don't feel the pedals. Your legs are loaded for bear. What hill?

On those blessed days, let 'er rip. Ride with spirit. Do intervals. Pick a hilly loop rather than the flats. Seek out a fast group.

But if the hill makes your legs feel like road kill, spin easy. Better days are coming

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NIAGARA FRONTIER BICYCLE CLUB

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744 Elmwood Ave.
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716.881.3613

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