



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 10

November 2009

**The NFBC will be 40 next year!!!!**

**2009 Annual Awards Banquet**

Cocktails at 6:00 PM – Dinner at 7:00 PM

**Nov 13**

**Employment Opportunities at the NFBC  
Can Am Chairperson and Spokesman Editor:**

**INQUIRE WITHIN**

**Another Great Season !!!!!**

**We ride (almost) every day  
almost anywhere [nfbc.com](http://nfbc.com)**



# The NFBC Annual Awards Banquet

---

**Friday, November 13, 2009**

**Cocktails at 6:00 PM – Dinner at 7:00 PM**

The theme of this year's banquet is **Triskaidekaphobia**. **Triskaidekaphobia** (from Greek *tris* meaning "3," *kai* meaning "and," and *deka* meaning "10") is fear of the number 13; it is a superstition and related to a specific fear of Friday the 13th, called *paraskevidekatriaphobia* or *friggastriskaidekaphobia*. In 1881, an influential group of New Yorkers led by U.S. Civil War veteran Captain William Fowler came together to put an end to this and other superstitions. They formed a dinner cabaret club, which they called the Thirteen Club. At the first meeting, on Friday 13 January 1881 at 8:13 p.m., 13 people sat down to dine in room 13 of the venue. The guests walked under a ladder to enter the room and were seated among piles of spilled salt. All of the guests survived. Thirteen Clubs sprang up all over North America for the next 40 years. Their activities were regularly reported in leading newspapers, and their numbers included five future U.S. presidents, from Chester A. Arthur to Theodore Roosevelt. Thirteen Clubs had various imitators, but they all gradually faded from interest as people became less superstitious

So to celebrate the old traditions of triskaidekaphobia, our banquet is being held on the 13<sup>th</sup> of November at the Fox Valley Country Club on Genesee St in Lancaster. The dinner will take place in banquet room 13, where there will be 13 tables of 13 people each. Thirteen food courses will be served by 13 waiters. Linc will have 13 minutes to announce 13 mileage awards. There will be a 13-piece band which will play music for your dancing pleasure after the awards.

If you were there last year, you already know what a special evening it will be. We will enjoy hand-carved roast beef and turkey breast, pasta stations with pasta dishes made to order, salad and vegetables and dessert and coffee, all prepared for us by the outstanding chefs of the FVCC. The cost of this delightful meal is, believe it or not, LOWER than last year. **Tickets are just \$27 per person (\$13 +\$13 +\$1 surcharge)**

Complete the reservation form below and sent it along with your check (made out to NIAGARA FRONTIER BIKE CLUB) to Liz Williams, 4614 Hampstead Dr, Clarence, NY 14031

---

NFBC BANQUET RESERVATION FORM -

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Liz Williams, 4614 Hampstead Dr, Clarence, NY

# About those job openings

## Spokesman Editor

I have decided to step down as editor of the Spokesman at the end of this season. It has been a terrific experience serving for the last four years. (I thought it was more than that but not so, just seemed like it). The months go by quickly..

So we need someone to take on the duties as of the beginning of next season with the March issue. I will make myself available to fill you in on all the details, and any assistance necessary until you are up and running; but you will need your own software.

Please contact Linc Blaisdel as soon as possible to express your interest.

I would like to thank everyone for all their help; especially Brenda Fischer who provided the ride schedule page and monthly calendar for the last few years. Also my co-worker Sam Sturniolo who taught me almost all I needed to know and did the brunt of the work.

Bob Mahaney

## Can Am Chair(s)

The Can Am Century is fast becoming a major cycling event for Western New York. If it is not there already. Starting four years ago; fulfilling a vision of Mary Alice Tock. The Can Am has grown significantly over the last two years.

Mike and Brenda Fischer, Co- chairs for the last two years and have decided to step aside next season. We now have a major event in need of a new chairperson, or persons .

So Bubba, it's time to step up to the plate and take on this event. You still have a strong Committee waiting for you and a few hundred cyclists counting on you, for another great ride next August. Be assured you have an eager group waiting to help you. Fear not!!

Contact Linc soon; as the planning meetings start in January.

Many thanks to Mike and Brenda Fischer and the Can Am Committee for their contribution for the last two years.

# 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

---

**Overheard:** *"It's very difficult to find parking around here, and this option is better for our environment."* -- **Thomas Goetz**, owner of a Berlin brothel, offering a \$7.50 discount to patrons who arrive on a bicycle.

---

## *Find out what is going on in the off season on See By Bike*

**We still have many members and new members who do not participate in Seebybike. This is an informal forum we use to send out information and messages to the club members. Of course all information is also send through emails from Roy. Seebybike is much quicker to get info out.**

**To get onto Seebybike get into:**

<http://groups.yahoo.com/group/seebybike>

**follow all the prompts for joining. Also make sure you use your primary email address when asked, and the messages will go directly to your email and you don't have the check Seebybike. When you get to the question "tell us about yourself" use:**

**YOUR CLUB MEMBERSHIP NUMBER IN THE SPACE SO THAT YOU WILL GET APPROVED TO JOIN. You should receive your approval within a day.**

**For any help, please contact Tom Barone at [tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com) or Richard Lepie at [richard\\_suntreader@hotmail.com](mailto:richard_suntreader@hotmail.com). They are the masters of the group and will be approving you.**

**Sunshine Committee**

# If you insist on riding during the winter here are a couple tips

## Tires & Tubes

Wet winter weather causes more flats because debris gets washed onto the road. Water also accelerates pothole growth, which means a greater risk of pinch flats. Plus, pavement gets slick.

For these reasons it's best to ride into winter on quality tires in excellent condition. If you use narrow performance tires during the season, switching to one size wider (say, from 23C to 25C) will provide additional puncture protection and allow lower inflation pressure for better traction. You'll also get more mileage from the thicker tread.

Even with beefier tires it's smart to carry a second spare tube. It's hard to patch a puncture in wet and cold weather.

**Tip:** For more flat protection, consider installing sealant in your tires. [Slime](#) is a popular brand. It can be put into your tubes or you can purchase tubes that contain it. Sealant plugs small punctures almost immediately, preventing a flat.

## Fenders

The best way to protect yourself and your bike from sloppy weather is to install fenders. They reduce the amount of water and crud thrown onto your frame and components. Equally important, there won't be a rooster tail to soak your shorts and cause saddles sores, or front-wheel spray that drenches your shoes and freezes your feet.

You can get quick-connect fenders that go on/off in minutes. But more effective are full-coverage fenders that bolt on and stay put throughout the season. Light, durable and (usually) rattle-free plastic fenders are available from several companies, including [Planet Bike](#) and [Axiom](#).

**Tip:** If your frame has enough clearance for fenders under the fork crown and behind the bottom bracket, but doesn't have threaded eyelets on the dropouts for attaching struts, look for fender sets that provide clamps for the fork legs and stays.

## Lights

Winter means less daylight, and this means a greater chance of riding after dark, intentionally or not. To see and be seen, you need lights.

There are expensive, high-tech, super-bright rechargeable headlights that illuminate the darkest roads for hours. And there are simpler lights that are much cheaper and run on regular batteries. These can be bright enough to show you the road and keep you visible. They may be all you need in areas where there is ambient light.

I got tired of burning out rechargeable batteries, so I've been using a lighting system powered by a [Shimano hub generator](#). I built it into my front wheel, got the matching [Shimano headlight](#) and use the system for winter riding. Yes, the generator adds a little drag, but I never have to worry about batteries. For a taillight, I use a basic AAA-battery-powered flasher. The batteries last the season and the light is plenty bright.

**Tip:** If you plan to do some *serious* winter cycling, as in snow and hypothermia, visit these websites for advice, equipment and inspiration: <http://www.icebike.com> and <http://www.allweathersports.com>

# If you can change gears this winter here are a few contacts for hiking and x country skiing from Lori Harf

## Check your Roy mail or contact Lori for more info

### Foothills Hiking Club

[www.foothillstrailclub.org/tales.html](http://www.foothillstrailclub.org/tales.html) - short 5-6-10m hikes, snowshoeing, camping in Allegany St. Park, walks, saunters

### Adirondak Mountain Club

ADK-NFC<[webmaster@adk-nfc.org](mailto:webmaster@adk-nfc.org) Adirondak Mountain Club - extreme hiking, canoeing, backpacking, high peaks climbs, winter hiking, etc

### Bell Ski Club

[bellskiclubnews@aol.com](mailto:bellskiclubnews@aol.com) Bell Ski Club - x-country skiing at Allegany, Chautauqua, Austria, picnics, house parties, walks & hikes at Whirlpool and Canadian falls, shows, holiday events, downhill skiing at Holimont, Bristol Mt., Christmas parties, Tailgate Bflo Bills, Meetings, Wine tours, bikes, camping Adirondak lodge, Allegany National Forest lodge, halloween party, golf outings, etc.

### Nordic Ski Club -

General Meeting at Daemen College where you get schedule for all x-country ski days and times, Allegany St. Park x-country all over WNY. One event in New Hampshire

[lisahunt@aol.com](mailto:lisahunt@aol.com), SCOL Ski Club events

### Other

for Christian Singles, "Crossroads, PO Box 0462, Lancaster, NY 14086, dues \$10, luncheon, breakfasts, volleyball, golf, potluck dinners, Happy hours, ballroom dancing lessons, Christmas banquet, cards and game nights No email.

## Next season the nfbc will be celebrate it's 40th anniversary

You can expect a trip down memory lane with our club historian leading the way. Jim Vozga has big plans to help celebrate our 40<sup>th</sup> season; to include revival of The stuff they did back then. Expect to hear from Jim in the coming year via The Spokesman, Roy Mail and maybe a phone call or two.

# 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

# Cycles Plus

Repairs All Makes & Models • Bicycles & Related Parts

9059 Main St.  
Clarence, N.Y. 14031  
(716) 626-1419

Michael Trost  
Owner

[www.cyclespluswny.com](http://www.cyclespluswny.com)

NIAGARA FRONTIER BICYCLE CLUB

103 WILBURY PLACE

BUFFALO N. Y.

NFBC.COM



## 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)

Bicycles • Backpacking • Brewing

PH: 716-837-6122

FAX: 716-837-0474



BIKE AND DARTS

[www.SHICKLUNABIKES.COM](http://www.SHICKLUNABIKES.COM)

GIANT • SPECIALIZED • FELT  
DART WORLD • HARROWS

1635 HERTEL AVE.  
BUFFALO, NY 14216

MUSTAFA IMAM  
KEN BUKOWSKI

ERIC SCHLEGEL  
TOM PALMER

# RICK CYCLE SHOP

Raleigh - Diamondback - Haro  
Sales - Service



55 Allen Street  
Buffalo, NY 14202

**852-6838**



716-835-0334

685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223

(Corner of Englewood & Starin)

E-Mail: [handlebarscc@aol.com](mailto:handlebarscc@aol.com) Website: [handlebarscc.com](http://handlebarscc.com)

Tom's Pro Bike

3687 Walden Ave.  
Lancaster, NY 14086



(716)651-9995

Bikes Frames Clothing Shoes Parts  
Accessories Custom Fittings Wheel Building



Store Hours  
Mon: 10-6 Tues: 10-7 Wed: Closed  
Thurs: 10-7 Fri: 10-5 Sat: 10-5

[www.tomsprobike.com](http://www.tomsprobike.com)