



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

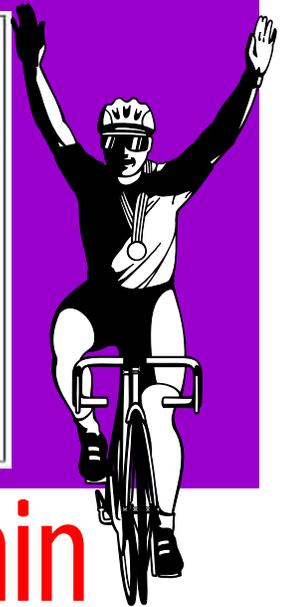
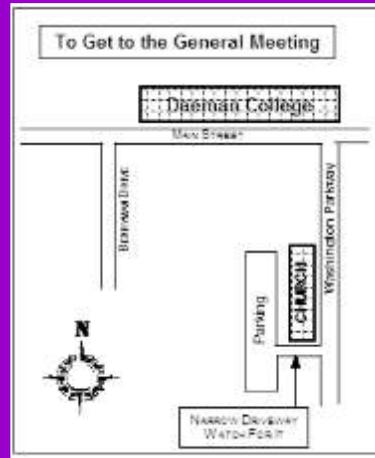
Volume XXVII

NUMBER 8

OCTOBER 2006

General Membership Meeting/Elections

Friday, October 13, 7:00 p.m.
Amherst Community Church
77 Washington Parkway
Parking and entrance behind church
Food, Soft Drinks



To Our Good Friend **Charlie Breinin**

We think about you often. Our wishes are for a full and speedy recovery.

From your friends at the NFBC

Annual Banquet

November 18, 2006

SEE PAGE 7 FOR EVENT DETAILS.

The Can-Am Century **HUGE!**

SEE INSIDE



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Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
10/01/06	Sun 10:00	147	37	NA	Easy	Becker Farms Pumpkin Fest - Wide Waters Marina, Market Street (by Erie Canal), Lockport	John McGuire (837-8427)
10/01/06	Sun 10:00	339	44/22	2500/750	Diff/Mod	18 Mile Creek - Parking Lot off Long Ave (#48Long) near the fire hall & water tower, Hamburg	David Gonzalez (649-4998)
10/07/06	Sat 10:00	131	40	NA	Easy	Brown's Berry Patch - Municipal parking lot in Medina (Center & Main) behind buildings, adjacent to canal	Alex Setlik (692-7045)
10/07/06	Sat 10:00	239	48	4200	XD	Octoberfest Ride - Park & Ride Rt 39 at 219 Expressway end, Springville	Susan Wilson (492-1027)
10/08/06	Sun 10:00	308	48/32	NA/NA	Easy	New War of 1812 Overlook - Academy Park (in park across from Tops), Ctr. & So. 9th St., Lewiston	Tome Barone (626-4076)
10/08/06	Sun 10:00	228	38	1650	MD	Four Way Split - Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Ron Wakefield (877-2140)
10/14/06	Sat 10:00	298	33	NA	Easy	Somerset Ride - Wide Waters, Marina, Market St., Lockport	Barb Reade (633-7712)
10/14/06	Sat 10:00	213	42	2700	Dif	Over Hill to Dale - Bank Parking lot, Rt 239 & Exchange St, Attica	Bill Denison (585-494-0184)
10/15/06	Sun 10:00	225	34	600	Easy	Bond's Lake - Botanical Gardens on Sweeney St., just north of Robinson Rd, North Tonawanda	Adrienne McDonough (773-2009)
10/15/06	Sun 10:00	218	35	2900/na	XD/Dif	Fish Hill/Minnow Hill - East Aurora Shopping Plaza, Grey St, East Aurora	Halli Lavner (655-0881)
10/21/06	Sat 10:00	326	44/33	NA/NA	Easy	Barker - Olcott - Wide Waters Marina, Market Street (by Erie Canal), Lockport	Betsy Dexheimer (585-343-5172)
10/21/06	Sat 10:00	310	38/36	3500/2000	XXX / Diff	Triple Bypass / Stress Test - Rt219 Exp to end: L onto Rt 39 into Springville, R on Buffalo Rd to parking lot on Left.	Pat Danaher (838-0280)
10/22/06	Sun 10:00	139	25/18	1200/NA	Mod	Elmarillaaurora - Public lot north of Main St. Off Pine, East Aurora	Brenda Fischer (683-3961)
10/22/06	Sun 10:00	283	64	4440	XXX	Three-Legged Dog Metric - SR 39 in Forestville. Take US 20 to Silver Creek. Corner of Central & Main in Silver Creek go South on US 20 3.5 mi., turn L on Walnut. Turn L where Walnut ends at SR 39. Parking - 0.2m on the right.	Griswolds (627-1307)
10/28/06	Sat 10:00	NEW	40/27	NA/NA	Mod/Easy	A Can-Am Inspired Ride - Ride Start is at the Marine & Navy Sea Bees Memorial Park on River Rd. South of the Niagara River Yacht Club at 1010 River Rd.) North Tonawanda	Rebecca Ribbis (837-0089)
10/28/06	Sat 10:00	270	71	3490	XXX	Knight's Fall - Franklinville HS, Rt 16	Ron Wakefield (877-2140)
10/29/06	Sun 10:00	33	37/30	1920/NA	Mod/Easy	Elma Meadows Cider Ride - Stiglmer Park Lossen Rd, Cheektowaga	Liz Williams (759-8353)

OCT 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Becker Farms 18 Mile Creek	2	3	4	5	6	7 Brown's Berry Patch Oktoberfest
8 New War of 1812 4-Way Split	9 Columbus Day	10	11	12	13	14 Somerset Ride Over Hill to Dale
15 Bond's Lake Fish Hill	16	17	18	19	20	21 Barker/Ollcott Triple Bypass
22 Elmamarillaaurora 3-Legged Dog	23	24	25	26	27	28 Can-Am Inspired Knight's Fall
29 Cider Ride	30	31 Halloween				



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Niagara Frontier Bicycle Club, Inc.

DAILY RIDE SCHEDULE

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

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

Election Slate

At the October 13th general meeting, the NFBC will hold its biennial election of officers and board of directors. Here is the final slate for the upcoming election: **President** - Lincoln Blaisdell, **Vice President** - Jean Fredericks, **Secretary** - Kathy Karnath, **Treasurer** - Diane Gaczewski, **Directors** - Ron Wakefield, Tom Williams, Richard Lepe, William McLaughlin, and Mary Alice Tocke. If you are interested in being an officer or serving as a board member, contact a member of the nominating committee to make the committee aware of your interest.



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Niagara Frontier Bicycle Club, Inc.

Board of Directors

President

Lincoln Blaisdell (759.6215)
4715 Ransom Road
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April Dunlap (662.5888)
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Secretary

Tris Puleo (649.3427)
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William McLaughlin (632.8410)
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Williamsville, NY 14221
Billjmcl@aol.com

Mary Alice Tocke (941.5591)
8053 Back Creek Rd.
Hamburg, NY 14075
jtocke@aol.com

Treasurer

Diane Gaczewski (675.1834)
77 Westview Drive
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dgaczewski@moog.com

Membership

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(716-574-6007)
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RRTocha@yahoo.com

Thomas Barone (626.4076)
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thmbarone@msn.com

Editor

Robert Mahaney
103 Wilbury Palce
Buffalo, NY 14216
rjmtax@aol.com

Roy's Update

Roy's Adventure on his bicycle, with PTNY, from Albany to NY

Monday, August 14, 2006

Drove to Albany, arrived at Sages College, registered, set up tent, attended orientation wine and cheese party, bed, some rain at night.

Tuesday, Albany to Hudson, bagel breakfast, group left at 8am, police escort out of Albany, about 40 miles to Hudson, moderate ride on little hills, Coxsackie Lunch at a little town restaurant, rode across Rip Van Winkle bridge, set up tent at Community College, did bus tour to Olana mansion, Thanksgiving feast at campus lunch room, took bus to Cruise on Hudson,

Wednesday, Hudson Falls to Hyde Park, about 45mi., some bad shoulders on road, winery rest stop, visited Rhinebeck Air Museum, nice rolling country roads, short Wilderstein visit, also visit to the Staatsburg (Mills) mansion, a little run down but still impressive with more rooms than the Vanderbilt Mansion, biked to Regina Coeli Catholic School, set up tent, pasta dinner, ice cream at Baskin Robbins, walked to Vanderbilt to see USMA band.

Thursday, layoff day in Hyde Park, walked over bridge in Poughkeepsie, rode optional ride to New Paltz, 45mi., visited old 1700 Huguenot houses, visited Culinary Institute of America, visited FDR's house, biked to Vanderbilt Mansion, biked to Hudson River, fish dinner at brew pub.

Friday, Hyde park to Highland Falls (West Point), 45mi., breakfast, left 8am, walked across bridge again, went south, 9W, rest stop at old Gomez-Mill house next to mill, visited Washington HQ in Newburg, waterfront shops, bike ride up to Hudson River overlook, downhill, ride up hill to Highland Falls, divided hwy on top, then down steep hill into Highland Falls, lunch across from West Point at fancy hamburger place, dinner at fancy hotel (chicken marsala).

Saturday, Highland Falls To Nyack, 45mi., fancy breakfast at Thayer hotel in West Point, bus tour of West Point: cemetery, small and large chapel, parade grounds, amphitheater; did Bear Mt. State park, Seven Lakes drive, 1000 ft. vertical twice, some rolling hills, rest stop at Stony Point Park, historic battle site, lighthouse, rolling hills to Nyack State park, chicken BBQ dinner at campground, meeting, entertainment by ride participants.

Sunday, August 20, 2006, Nyack to NY, 45mi., rode down 9W to first rest stop in Palisades Park, rode through Palisades, two hills, about 8mi. narrow road in park next to Hudson, great view of George Washington Bridge, rode across bridge, got to bike path under bridge, rode all the way to Battery Park, passed Chelsea Pier, Naval park with aircraft carrier, World trade Center site, hung around Battery Park, found 8th Ave. bike lane, rode to 34th St., Empire State Bldg, rode through Chinatown, Pier 17 mall site with the tall ships on the eastern side of Manhattan; took two coach buses from Manhattan to Albany, started home at 9:30pm, home at 2am. Great trip!

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. Be a welcomed partygoer and do your share to make these get-togethers continued successes for the club.

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.



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Can-Am

ReCap

A Letter from Mary Alice

Can-Am Final Thoughts

Thank you, Thanks to all who volunteered. Your hard work and thoughtful input were appreciated, and made the success of the Can Am Bike Tour possible. Thanks too to all the NFBC members who participated and encouraged non-cub members to participate.

This was a wonderful opportunity to show off Buffalo and the Niagara region on both sides of the border. Our guests were impressed by the ride. They enjoyed the scenery and noted the apparent high quality of life on both sides of the river. Many commented on the friendliness and good will of NFBC members. Many Can-Am cyclists came from Ontario, the most distant being from Kingston. U.S. cyclists came from seven different states; IL, OH, MI, NY, PA, RI & TX.

Because of the enthusiasm of the committee and the strong encouragement of members, the NFBC Board has agreed to support a Can-Am Repeat. Please put September 9, 2007 on your calendars. The planning will be easier but next year the event will require even more people to help. Right now, think about how you can be a part of the committee.

Thanks for the memories.

From Barb & Larry Reade

Fellow club members,

A big Round of applause is due to Mary Alice Tocke and her wonderful group of volunteers for yesterday's Can-Am Tour!

Mingling in the crowd one could hear all sorts of positive comments such as, "Great Ride", "What a fun event. I hope you do this again" etc. Several couples, one from Ohio and the other from Canada, said right out, "See you next year!", when they left. I think the club also gained a few new local members.

All I know is that we had a great time and it took a lot of work to bring everything together – so from us, a hearty THANK YOU!

Barb & Larry Reade

For Sale

51 cm Women Specific Fuji Roubaix Pro For Sale. Great Condition-3000 miles, Shimano 105-Full Carbon Fork. \$800 OBO

662-2356



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Can-Am Perspective:

By Ceramic G. (David Gonzalez)

DUDES, BIKER CHICKS:

I guess I will never learn! I sent out a teaser e-mail touting the Kazoo Classic and mentioned the word "Hammerfest" and all the Hot Shoes show up! Pat Danaher saw me at the start and said, "Dude, you can't use the word Hammer and expect to draw a highly sociable crowd!" Well fortunately I was not tapped to write the ad copy for the CAN-AM. That whole project was chauffeured by that organizer extraordinaire, Mary Alice Tocke. She and her highly motivated committee organized and put together the first annual NFBC Invitational Century Ride.

Trying to attract a diverse group of cyclists, they wisely included a metric century and a local ride. The solicitation was so successful that riders came from IL, MI, NY, OH, RI, TX and many places in Ontario. Mary Alice also provided me with a list of all the hardworking folks that volunteered to help put on this event which I have featured at the end of this chronicle.

Anyhow, wouldn't you know I would try the metric as a Johnny-come-lately and you guessed it, the Hot Shoes did the same, not that they came lately that is! LaSalle Park on the waterfront was an excellent start for this epic where there was lots of parking and little traffic to contend with at the start up to the Peace Bridge for the CAN part of the ride. With some ominous skies looming the event began. We took off to Canada and at least our group was just waved through. So much for a tight border, at least going into Canada. Going up the Parkway the sun came out and we were in for an excellent day! Sucking hind wind a couple of us caught up to the Hot Shoes, who had stopped to look at the Falls. We were able to hang with them after the overlook on the way up to Queenston and the first rest stop. The stop was well appointed and everybody caught up on their fluid intake and carbs. Then it was off to the Lewiston/Queenston Bridge and the encounter with our border point of entry. This went fairly well with a show of your Photo ID but the Customs Dweeb said Passports were faster. I gave him mine and it still took a long time because he took the whole pile into his shed and put them through the Terrorist Computer Bank! Anyhow, young Steve from the Tuesday night rides could not find his ID to go through with the pile from our group. "Sorry Dude, you just got dropped!" Continuing on, we remember what Mary Alice said at the start, "keep the river on your right and you can't get lost." Also the bright

orange arrows that were well placed made it so easy to stay on route I did not have to refer to my cue sheet.

Coming back to Buffalo on the American side was quite a surprise at least to me, because of the extended bike paths that have been made in the past few years. Part of the Robert Moses Parkway is now a bike path and in fact we followed the path the whole way to the Grand Island Bridge before we went back out on the road. Next we took a diversion to Ellicott Creek Park for the second rest stop. In addition to plenty of goodies, Tom's Pro Bike was there for your mechanical needs! After this last stop you had your option to follow the on again, off again bike path or River Road and Niagara Street back to the finish. Rolling into LaSalle Park we did our usual and headed straight for the beer. As the rest of the crowd came in, so did the chicken dinners via the Ed Peters Chiavetta's Express. This tasty delight topped off a great day and it was all brought to you by the following NFBC stalwarts!

Can-Am Volunteers –

Some of the people listed here did many more things than the job listed beside the name. Others spent many hours on one job. All worked well together. This is an impressive group.

Cindy Adams - rest stop organizer

Moe Balling - picnic chair, road maintenance...

Linc Blaisdell - promotion/publicity

Charlie Christ - assist Ian Curie - 35 mile route design & lead

Bob Ehrheart - Check-In & Check-out, sag
Brenda Fisher - 2 long routes - design
Bruce Jansen - assist Ian

Frank La Marca - rest stop

Tom's Pro Bikes - mechanical support

Bob Mahaney - printed material, donations

Gwen McCool - door prizes, office records

Bill Mc Laughlin - insurance, sag

Pat Peters - start & finish line

Ed Peters - pick-up picnic food from Chiavetta's

Larry Reade – road marking

Rebecca Ribis - road marking, road maintenance

Bob St. Pierre - sag, mechanical support

Paul Sienkiewicz - bike shop support, road maintenance

Rolf Simonson - 35 mile sweep, Check-In

Karen Sprada - t-shirt, door prizes

Cindy Stachowski - signs, etc.

Dick & Kathy Swank - rest stop

Mary Alice Tocke - Can-Am Chair

Joe Tocke – rest stop, # 1 cheer leader

Gladys Trumpfheller - donations

Liz Williams - LaSalle Park General

Some volunteers were nonmember friends:

Barbara Berry - rest stop

Charles Boorman - rest stop

Danielle Boorman - rest stop

Friend of Gwen McCool - LaSalle Park

Some members showed up at LaSalle Park & spent the day working along with the other volunteers:

Bob Kreinheder

Barbara Kurtz

Paul Sprada



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

NFBC Annual Banquet

Save the date! Saturday, November 18

The NFBC Annual Club banquet will be

Held at Romanello's, South. If you have an idea of who might provide the sound system or if you would like to help plan the entertainment/awards portion of the evening, call Diane Gaczewski at 675-1834.

Best of Coach Fred o^o ***How Can Hard Riding Keep Me Young?***

Question: You've mentioned you're fighting aging by riding hard at times, even during winter. I'm 59 and would like to know more about your program so I can stave off the Grim Reaper. -- Melvin C.

Coach Fred Matheny Replies: No training program will keep Mr. Reaper away if he has your number. But as long as you're still mobile on something other than a pine box, make every minute of life count. And that goes double for your riding time. I'm turning 61 this week. My training this winter and next spring will resemble what's been successful for the last few years.

Between January and May, I'll accumulate at least 200 hours of riding and another 100 hours of hiking, snowshoeing and weight training. As usual, I'll coach at a PAC Tour training camp in March in Arizona. I'll ride about 500 miles that week at varied intensity.

But research shows that as riders age, we need more than mere mileage. So, I'll focus on five key areas:

---Intensity. Endurance athletes who maintain or increase workout intensity tend to see their VO2 max (ability to process oxygen) decline at a lower rate than those who do more mileage but at a slower pace. So, I do snappy interval-type riding nearly all year. This can include hills, group rides, fighting headwinds -- anything counts as long as heart rate is at or above 85% of max.

Health & Safety

---Strength. Studies indicate that a significant decline in performance begins around age 60. This coincides with a relatively steep decline in muscle volume. So, I'm lifting weights 2-3 times per week. Sure, this takes time and energy from cycling. But it's crucial to preserve the muscle mass that gets a rider down the road. ---

Recovery. The older we get, the longer it takes to recover. I work on this issue with some hard resting. My favorite workout: lying on the couch, watching football.

---Nutrition. More fruit, more veggies, more whole grains and enough protein to help maintain muscle volume. I sometimes combine this with a recovery workout, snacking with healthful fare while on the couch. ---

Emotional health. Along with cycling, I enjoy other important things in life: family, friends and western Colorado sunsets. And I refuse to use my age as an excuse when I'm riding with youngsters -- at least not until they drop me badly. Come to think of it, some older riders can drop me, too. I'll have to think of a good excuse for that.

(Coach Fred is the author of 7 "how to" eBooks for road cycling improvement -- including the Complete Book of Road Bike Training about which RBR roadie Holmes M. says: "What a great book. My how things in the cycling training world have changed!")



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100th Anniversary