



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII

NUMBER 10

OCTOBER 2008

General Membership Meeting/Elections

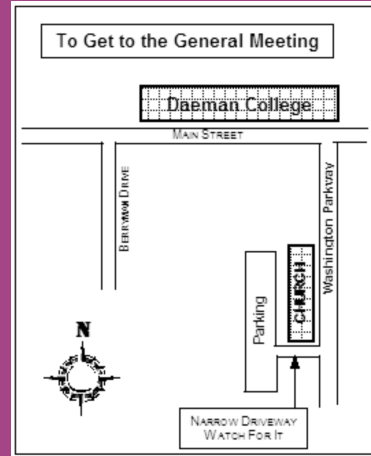
Friday, October 17, 7:00 p.m.

Amherst Community Church

77 Washington Parkway

Parking and entrance behind church

Food, Soft Drinks



The October Meeting

Make it a point to attend the general meeting mentioned above. There is the semi-annual election for starters, pizza, and info on the planning for next year's club trips. There will be an update on this year's banquet, information on off season activities and more pizza.

Tom Barone's Bike Train To Toronto

Tom Barone's story about our bike train excursion to Toronto on July 4th & 5th is scheduled to appear in the Nov/Dec issue of "Adventure Cyclist" magazine. It will also include a picture of the group. Nice going Tom !!!

How is your season going

The editorial staff is looking for your take on the season, as well as something to fill in the next issue. Give us your take on the year. What was good and what was not so good. We would like good stories as well as any issues you would like to see in print. Confidentiality is assured if requested. Send to rmahaney@austinair.com

Annual Banquet

November 14, 2008



NIAGARA FRONTIER

BICYCLE CLUB, INC.

— We Ride Every Day —

OCTOBER 2008 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Oct 4	8:00	203	Century Challenge	100	XD	2300	Clarence	Clarence Middle School, Greiner at Strickler, Clarence	Kathy Karnath 688-2968
Sat, Oct 4	10:00	203	Century Metric and Short	62/41	Mod	NA	Clarence	Clarence Middle School, Greiner at Strickler, Clarence	Paul Sienkiewicz 440-7333
Sun, Oct 5	10:00	239	Octoberfest Ride	48	XD	4200	Springville	Rt 219 Exp. to the end. L on Rt 39 into Springville. R on Buffalo Rd. to parking lot on left.	Gary Schlau 683-8141
Sun, Oct 5	9:00	368	Welland Canal	62	Mod	NA	Buffalo	Erie Basin Marina, parking lot opposite the Hatch, Buffalo	Ian Currie 675-1834
Sun, Oct 5	10:00	705	Indian Falls Log Cabin	37	Easy	0	Akron	Russel Town Park, Clinton St at Main S t., Akron	Arlyne Lepie 741-2762
Sat, Oct 11	3:00 PM	27	Hamburg to Lake Erie - plan to gather for dinner after the ride	33	Easy	NA	Hamburg	Parking lot off Long Ave. behind fire hall, across from 44 Long. Hamburg	Ron Wakefield 877-2140
Sun, Oct 12	10:00	273	Trash & Treasure Ride	30/23	Mod/Easy	NA	Orchard Park	Chestnut Ridge Park Casino lot, Rt 277, Orchard Park	John Herman 675-1944
Mon, Oct 13	10:00		Grand Island Loop	25	Easy	NA	Grand Island	Kaegebein Elementary School back parking lot. South Parkway and Love Rd. Grand Island	Larry Reade 633-7712
Mon, Oct 13	10:00	82	Alden Center to North Java	45	Diff	2600	Alden	Restaurant at corner of RT 20 & Three Rod Rd., Alden	Frank Soltiz 93 7-6924
Sat, Oct 18	11:00	288	To Hill and Back	48	XD	3020	East Aurora	Hamilin Park (south parking lot), S Grove St East Aurora	Carl Mach 685-0832
Sat, Oct 18	11:00	312	Billy Bob	31	Easy	NA	Clarence	Clarence Middle School, corner of Greiner & Strickler Rds, Clarence	Arlyne Lepie 741-2762
Sun, Oct 19	11:00	118	Quaker Shaker	34	MD	1650	Orchard Park	Parking Lot behind the Municipal Building on Main St. & Quaker Rd. (Rt's 277 & 20A) Orchard Park	Bob Puleo 649-3427
Sun, Oct 19	11:00	732	Becker Farms Pumpkin Fest	37	Easy	NA	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St. and Coldspring Rd. east of Lockport	Janice Powell 691-6233
Sat, Oct 25	11:00	716	Niagara Escarpment	34	Mod	820	Cambria	Cambria Town Hall, Upper Mountain Rd, Cambria	Colin Fritz 510-4893
Sat, Oct 25	11:00	370	Pat's New Ride	42/28	?	NA	Hamburg	Parking Lot Off Long Ave. behind fire hall across from 44 Long, Hamburg	David Gonzales 649-4998
Sun, Oct 26	11:00	33	Elma Meadows Cider Ride	36	Easy	1000	Cheektowaga	Stiglmeier Park off of Lossen Rd, Cheektowaga	Bob Alessi 694-0853

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

October-08						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Sept Hatch ride Old Greenwalls A-A Protest Ride	29 Amherst 10:00 AM Clarence 6:00 East Aurora 6:00	30 Ellicott Crk 10:00AM N. Tonawanda 6:00 Hamburg 6:00	1 Oct Orch Park 10:00AM	2 Como Park 10:00 AM	3 Clarence 10:00 AM	4 UB ride Century Challenge Metric & Short
5 Indian Falls Welland Canal Octoberfest Ride	6 Amherst 10:00 AM	7 Ellicott Crk 10:00AM	8 Orch Park 10:00AM	9 Como Park 10:00 AM	10 Clarence 10:00 AM	11 UB ride Hamb to Lake Erie ** 3:00 PM **
12 Hatch Ride Trash & Treasure	13 Columbus Day Grand Island Loop Alden to N Java	14 Ellicott Crk 10:00AM	15 Orch Park 10:00AM	16 Como Park 10:00 AM	17 Clarence 10:00 AM Membership Meeting 7:00 PM	18 UB ride Billy Bob To Hill and Back
19 Hatch Ride Becker Farms Quaker Shaker	20 Amherst 10:00 AM	21 Ellicott Crk 10:00AM	22 Orch Park 10:00AM	23 Como Park 10:00 AM	24 Clarence 10:00 AM	25 UB ride Niagara Escarpment Pat's New Ride
26 Hatch ride E. Meadows Cider (start at Stiglmeier)	27 Amherst 10:00 AM	28 Ellicott Crk 10:00AM	29 Orch Park 10:00AM	30 Como Park 10:00 AM	31 Clarence 10:00 AM	1 Nov Season is over.
2 Get on email or See By Bike for Off Season Activities	3	45 Board Meeting	6	7	8	

****NOTE** - The Monday morning Amherst ride is cancelled on Oct 13, Columbus day. There are two other ride choices that morning.

****NOTE** - Weekday morning rides start at 10:00 AM in October. There are no evening rides.

Daily Ride Schedule

Monday AM	Amherst Museum, 3755 Tonawanda Creek Rd at New Rd, Amherst	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	John Herman	675-1944
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, parking lot in back, Pendleton	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	681-3719
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	Brenda Fischer	683-3961
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 (group ride without cue sheets)	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.

BOARD OF DIRECTORS

President

Lincoln Blaisdell (479-9431)
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Linc43@roadrunner.com

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Election Slate

At our October 17th general meeting at the Amherst Community Church, the NFBC will hold its biennial election of officers and board of directors. The nominating committee is proposing the following slate for this election:

President – Lincoln Blaisdell, Vice President – Jean Frederick, Secretary – Dennis Powell, Treasurer – Kathy Karnath; Directors – Ian Currie, Brenda Fischer, John Herman, Ron Wakefield, and Liz Williams. At the election meeting, nominations may also be made from the floor.

Draft Bicycle and Pedestrian Plan Available for Review

The Greater Buffalo Niagara Regional Transportation Council has posted the 2008 Draft Bicycle and Pedestrian Master Plan for review and comments. Visit <http://www.gbnrctc.org/planning/bikeped/>

Overheard: "Meanwhile in Washington, Mr. Obama voted for numerous wasteful earmarks last year, including: \$12 million for bicycle paths . . ." -- Jim Demint, Republican senator from South Carolina, writing in The Wall Street Journal.

NFBC 2008 BANQUET – SAVE THE DATE

Liz Williams

The annual NFBC banquet will be held this year at the Fox Valley Country Club in Lancaster, NY on FRIDAY, November 14th, 2008.

While the menu will remain basically the same as last year (roast beef, turkey, vegetables, salad and pasta stations), it is likely that the price per person will change. Last year tickets were \$27 per person, and we will try to keep this year's cost in that ballpark.

No celebrities have responded to our invitations to host the event, not even Ellen. Word must have gotten out about last year. At any rate, the evening will include good food, good friends, 2008 bicycling awards and some special programs.

So plan to join us on 11/14. Reservation forms and ticket costs will be published in next month's Spokeman, and an email will be sent with the same information.

Quick Tip:

Arm Angles. Anatomical quirks cause some cyclists to ride with knees angled out. If this happens despite correct saddle height and cleat alignment, it's hard to overcome. But any rider can control arm position once their bike setup is right. Keep your elbows slightly bent and loose to absorb road shock and limit muscle tension. Just as important, your arms should be in line with your body and bike, not splayed outward where they catch extra air and are more apt to accidentally bump nearby riders. However, don't be timid about using an elbow to hold off a rider moving into you. That was one of the drills (on a grass field) used at the just-mentioned CTS Climbing Camp.

BEST OF COACH FRED

Will More Miles Make Me Better?

Q: Most of the strong guys on our weekend rides are also the ones who do the most miles. Some of them even ride an hour or more after the regular ride. They do about 5,000 to 8,000 miles (8,000-12,800 km) a year while I ride 3,000 (4,800 km). Would more mileage help me improve? -- Barney K.

Coach Fred Matheny Replies: If I had \$1 for every question similar to this I've received over the years, Deb and I could eat free at our hometown Camp Robber restaurant tonight.

But it's a key question in cycling and worth answering every few months. We read about pros riding 20,000 miles (32,300 km) a year and assume that if we had the time to emulate them, we'd be much faster and more powerful. However, there is a limit to how much improvement we can gain from sheer mileage.

At some point, probably between 150 and 200 miles (240-322 km) per week, just riding more isn't enough. You need to add substantial doses of intensity too. Once you reach 8-10 hours per week of riding, improvement slows dramatically or even reverses unless intervals, climbing or other stressful efforts are included in the mix.

Quick Tip: **Fast Flat Fixin.** Next time you get a flat tire, search the tire tread for the culprit. Find it? Good, now you can save time as well as your spare tube. Do so by removing one side of the tire several inches on either side of the puncture. Pull out only that section of tube and apply a patch. Before you stuff it back in, be certain to remove what caused the puncture. Check the tread and feel inside the casing. Reseat the tire, add air and away you go.

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---How does your state rate for cycling? The League of American Bicyclists has released its first annual ranking of Bicycle Friendly States, scoring all 50 of them on more than 70 factors. Guess where your state ranks, then see how close you are at <http://tinyurl.com/6j2w2y>

Roy's Membership Update and Off-season Activity List

Roy's Sept. 20th EOY Membership Update

There are 471 members in the club. The 354 households include 117 family members. There are 108 new members. 147 households receive the e-mail only Spokesman. This is a sizeable savings to the club for printing and postage.

I hope you are having an enjoyable cycling season. The end of the cycling season is approaching. Want to stay active hiking, skiing, socializing or planning next year's activities.

Have you checked out SEEBYBIKE Yahoo Groups? You will receive notifications of events.

<http://groups.yahoo.com/search?query=seebybike>

SeebyBike also lets you e-mail all of the members who belong to it. Contact Richard Lepie or Tom Barone if you are interested in joining it. Off season events will be listed. Set up your own event and invite the members. Richard_suntreader@hotmail.com or thmbarone@msn.com

Check out next year's cycling events at;
<http://www.nybc.net/clubs/calendar/>

Parks and Trails NY conducts events and has news about trails in NY;
<http://www.ptny.org/>

The Buffalo Nordic Ski Club usually has a pre-season meeting in November or December. Check the newspaper for announcements.

Want to try Orienteering, Linc, our President is also the President of
<http://buffalo-orienteeing.org/>

Want to Hike, Snowshoe, kayak, CrossCountry ski;
<http://www.fingerlakestrail.org/>
<http://www.adk-nfc.org/home.php>
<http://www.foothillstrailclub.org/>

Downhill Skiing at;
<http://www.holidayvalley.com/>
<http://www.kbski.com/>

There are also running clubs, Health Clubs, other indoor sports, TMI,

Welcome new members; Steve Aycok, Randa Wright, Dennis M. Kimball, Vincent & Patricia Taeger, Sharon Ziegler, Mark Knerr, John W. Barclay, Wolfgang Buechler, Lance & Jessica Johnson, Monica Rudick, Andre & Rachel Lam, Kara Owens, Nicole Pane, Colleen Perry

If you have something of interest to our members, e-mail your information to RRTOCHA@YAHOO.COM. I will get it out to the members on the Web.



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100th Anniversary