



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII

NUMBER 7

SEPTEMBER 2006

The Can-Am Century Sept. 10
(And Bike Tour)

SEE INSIDE FOR EVENT DETAILS.

Party Rides

Jim & Kathy's / Labor Day

Lori's Party Ride / 9/24/06

(aka: Elma/Marilla Party Ride)

Please Note: *Sunday Ride Changes for
September 10th and 17th*

SEE PAGE 3 FOR EVENT DETAILS.

ELECTIONS OCTOBER 13th

SEE INSIDE FOR DETAILS



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Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
09/02/06	Sat 07:00	203	100	2300	XD	Century Challenge - Clarence Middle School, Greiner at Strickler, Clarence	Linc Blaisdell (479-9431)
09/02/06	Sat 09:00	NEW	41/62	NA/NA	EZ/Mod	Less Challenging - Clarence Middle School, Greiner at Strickler, Clarence	Linc Blaisdell (479-9431)
09/03/06	Sun 09:00	161	43/36/28	NA/NA	Easy	Iroquois Wildlife Refuge - Town Park in Akron Village	Linc Blaisdell (479-9431)
09/03/06	Sun 09:00	130	37	1400	MD	West Falls-Backcreek - Lot behind Municipal Bldg, Rts 277(N.Buffalo) & 20A (Quaker Rd), Orchard Park	Carl Mach (685-0832)
09/04/06	Mon 10:00	264	33	NA	Easy	Jim & Kathy's Ride: Clarence Middle School, Greiner at Strickler, Clarence	Jim Vozga (741-9440)
09/09/06	Sat 08:00	NEW	52	NA	MD	Rebeca's Antique Boat Ride - Richmond Parking Lot off Frontier Rd, UB Amherst Campus	Rebecca Ribbis (837-0089)
09/09/06	Sat 09:00	NEW	35	NA	Mod	Rebeca's Antique Boat Ride - Towpath Café, 11 Main St., Tonawanda	Rebecca Ribbis (837-0089)
09/09/06	Sat 10:00	NEW	23	NA	Easy	Rebeca's Antique Boat Ride - Kagebein School, Grand Island	Rebecca Ribbis (837-0089)
09/09/06	Sat 09:00	276	54	3450	XXD	Snake Run - Ashford Office Complex (Rt 219 & Ashford Hollow Rd; approx 8 miles S of Springfield, Ashford Hollow	Shelley Isaacs (948-7706)
09/10/06	Sun 07:00	NEW	100/62/35	NA	Dif/Easy	Can-Am Century - See Story , Start times at 7:00, 8:00 and 9:00AM	Mary Alice Tocke (941-5591)
09/16/06	Sat 9:00	319	44/37	NA/NA	Easy	Indian Falls - Clarence Middle School, corner of Greiner & Strickler Rds, Clarence	Matt Luly (648-8988)
09/16/06	Sat 10:00	666	103/66	7000/2800	XXX / X-D	Run to the Reservoir - Town Park, Ellicottville	Pat Danaher (838-0280)
09/17/06	Sun 09:00	NEW	62	NA	Mod	Ian Currie - Welland Canal Ride - The Hatch - Erie Basin Marina	Ian Currie (837-8051)
09/17/06	Sun 09:00	328	41	NA	Mod	Kazoo Klassic II - Elementary School on Sturgeon Point Rd. at Rt. 5, Evans	David G. (649-4998)
09/23/06	Sat 10:00	133	35	750	Easy	Wilson-Tuscarora State Pk - CVS/Bquick Plaza (across from NCCC, Rt. 31, Sanborn)	Raymond Thomas (625-6820)
09/23/06	Sat 10:00	287	31/21	1200/700	Mod/EZ	Sculpture Park Bike & Hike - Griffis Skulpture Park, Ashford Hollow (Rt. 219). Lower lot on CR 75., Ashford Hollow	Pat Danaher (838-0280)
09/24/06	Sun 10:00	314	35	NA	Mod / Easy	Elma/Marilla Party Ride - Lori's Party Ride: Depew/Lancaster Library, on Columbia St, which runs East, off Transit, opposite French, south of Genesee and north of Walden, Depew	Liz Williams (759-8353)
09/30/06	Sat 10:00	273	29/23	NA/NA	Mod/Easy	Trash & Treasure Ride - Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park, NY	Pat Danaher (838-0280)

SEPT 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Century Challenge Less Challenging
3 Iroquois Wildlife West Falls Backcreek	4 Jim & Kathy's Party Ride	5	6	7	8	9 Rebeca's Antique Boat Rides
10 The Can-Am Century	11	12	13	14	15	16 Indian Falls Run to the Reservoir
17 Welland Canal	18	19	20	21	22	23 Wilson'Tusc. State Park Sculp. Park B&H
24 Elma/Marilla Lori's Ride	25	26	27	28	29	30 Trash and Treasure



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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

Elections

At the October 13th general meeting, the NFBC will hold its biennial election of officers and board of directors. The nominating committee will present a slate of candidates and nominations may also be made at the meeting, as per our NFBC constitution which you may view at the website. Gary Stevens, April Dunlap, and Dennis Powell will serve as this year's nominating committee. 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
Clarence, NY 14031
Linc43@adelphia.net

Vice-President

Matthew Luly (648.8988)
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nfbc.vp@gmail.com

Secretary

Tris Puleo (649.3427)
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Treasurer

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April Dunlap (662.5888)
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William McLaughlin (632.8410)
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Mary Alice Tocke (941.5591)
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Editor

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Roy's Update

Membership

Roy is away - he will return next month.

From the Editor:

Let you entertain usPlease send any riding stories or humorous happenings from the past season. Share your experiences, and some of the memorable moments you have had. We look forward to publishing your submissions. Send to rjmtax@aol.com

Ed

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.



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Can-Am

The Last Word from Mary Alice

Last Chance! Registration for the Can-Am will close Monday, September 4.

Take this opportunity to meet cyclists from Canada as well as Ohio, Pennsylvania, Illinois, and other states. A Chiavetta's Chicken BBQ will follow the ride at 3:30. There will be door prizes, too. If you return early, take the time to explore downtown Buffalo, ride to the Hatch or Small Boat Harbor for ice cream, meet other cyclists, or just stretch out on the LaSalle Park lawn.

The rides & times:

These are well planned, wonderful rides. Everyone in western NY & adjacent Canada should follow these routes by bike or car just to see how lovely this area is.

Check-in for all rides begins at 6:30 a.m. Check-in closes at 9:20.

The 100 mile ride starts officially at **7:00**. Cyclists may start between check-in & 7:30.

The 100 K ride starts officially at **8:00**. Cyclists may start between check-in & 9 a.m.

The 35 mile ride starts officially at **9:00**. Cyclists may begin any time between check-in & 9:30. Cyclists choosing this ride may join a group with an NFBC member leader. We suggest that cyclists choose this option because there are many things to see along the route that the member-leader will be able to interpret.

Starting at the official start time will offer greater opportunity to meet other cyclists who ride at about the same speed. There will be some group leaders available for the two longer routes. Ask who they are at the registration desk.

In order to cross the border, US & Canadian citizens are required to have picture ID & proof of citizenship!

Border crossing has been quick & easy this summer - but there is no guarantee. We ask cyclists to plan their return for 2:30. The picnic is at 3:30. That way there is an hour to cover extra sight seeing time, delayed bridge crossings, etc.

Clarifications & Modifications

Non Can-Am participants who are NFBC members can ride the 35 mile route and will be credited with the club miles. They cannot ride the two longer distances or attend the picnic. There will be a special sign-in sheet for these riders. Can-Am participants who are NFBC members will be credited with club miles for whichever of the three distances they complete. They will be asked to include their membership numbers on the Can-Am registration on the morning of the ride.

Modified Ride Schedule

Two Sunday morning Breakfast Rides in September will follow a modified format: the rides on Sunday, September 10 and Sunday, September 17.

On Sunday, Sept. 10, there will be no Breakfast Ride starting at the Hatch. Any NFBC members who wish to join the Can-Am Bicycle Tour may register by sending the registration form and check for \$35 to Mary Alice Tocke. That will give them the privileges of riding any of the three distances, stopping at rest stops, participating in the picnic, and, if the registration is sent on time, acquiring the Can-Am tee shirt.

However, those club members who wish to participate in a club ride without paying the registration fee for the Can-Am Bicycle Tour will be allowed to join the riders leaving from LaSalle Park to do the 35-mile option. Ian will be there with a sign-in sheet for these non-Can-Am riders. The riders choosing this option CANNOT, of course, receive any of the benefits of the Can-Am ride other than the ride leader, sign-in, and map. This will replace the usual Sunday morning breakfast ride. The ride will start at 9:30 AM.

On Sunday, Sept. 17, the normal Sunday morning Breakfast Ride will be the Welland Canal Ride. It will start at the Hatch at 9:00 AM, BUT it will be 62 mile (EZ) ride— crossing the Peace Bridge, following the bike path to Welland, Ontario for lunch, and returning. This is the same ride as last year's which was a warm-up for the Seagull Century.

Rebeca's Rides

On Sept 8, 9, and 10, the Niagara Frontier Antique & Classic Boat Society has their annual boat show on Grand Island at the Launch Club, 503 East River Road. There will be a grand display of antique and classic cruisers, runabouts, raceboats, skiffs, sailboats, canoes and outboards. This year will highlight Century boats and will include the Century Thunderbolt - the fastest 75 year old sport runabout. There will also be the running of vintage race boats and classic woodies. Our club's own Alan and Jean Frederick have a classic woodie - a wooden boat that they have lovingly restored to much renown. There is also a classic car show on land.

Our bike ride for Sept. 9 has three starts - the UB Breakfast ride start, the Tow Path Restaurant in Tonawanda, (where the Saturday Breakfast ride stops) and Kagebein School on Grand Island, (the Friday night ride start).

If you start at UB or the Tow Path Restaurant, you will be biking over the Grand Island Bridge. There is also a lunch stop on the West River Parkway with a sandwich, drink and cookies provided.

This is a fun event - plan on spending at least an hour or more at the boat show.



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Yet Another Message from the President

Now that we are over half way through our 2006 ride season, I am sending ride sign-in sheets to volunteers to be typed so that there won't be a crunch in late October. As I see the condition of the sign-in sheets, I would like to make another plea to members. Please remember your rider number and print it legibly! If you have forgotten your number, call or e-mail Roy or me and either of us can tell you what it is.

It would also be a big help if you would print your full name so that the typist can read it. We ask for your signature on the sign-in sheet for liability reasons, but we also need to be able to identify you in order to credit you with your miles. It makes a lot of work for the typist if he or she has to look up your number and try to guess from your scrawl who you are.

Another reminder: Roy has sent me an updated membership list, and as I browsed through it, I noticed that some of the regular members that I see on rides are not on the membership list. Don't forget to renew if you've neglected it until now. If you aren't

on the membership list, you won't be credited with the miles for your rides. Anyone who can't recall if he or she has renewed can check with Roy.

I'd like to thank all the members of the club who have been helping out this year by serving as ride leaders. Without you, the rides wouldn't happen. By the way, I trust you to make the judgment about the length of the ride. If something happened to cause it to be shorter or longer than was listed in the map packet, adjust the figure at the top of the sign-in sheet. Also, because we don't give partial miles, make a decision about whether to call the ride 32 miles or 33 miles. You don't need to write 32.4 miles or 32.7 miles.

As you can all tell from Roy's membership reports, we have quite a few new members this year as we do every year. Let's all be conscious of who the new members are on all the rides so that we don't inadvertently leave anyone behind or lose anyone during the ride. It happens occasionally every year in spite of our good intentions, so let's be particularly vigilant about that for the rest of the season. We want to make the new members feel welcome.

Some of you have obviously developed successful strategies for integrating new members into your rides. If you would like to share any suggestions, e-mail me and I'll include a list of them in the next newsletter, and also pass them on to next year's ride committee.

A mid-season thanks to all of you who make the NFBC such an active and excellent club!

Sept. 4th - Jim and Kathy's Party Ride

Rain or Shine be at Jim and Kathy's after the ride on the fourth. Plenty of fireworks. Bring a dish to pass. If it rains be there at one to eat. 5830 Strickler Road, just around the corner from the ride start.

Sept. 24th - Lori's Deferred Labor Day Party Ride

83 Susan Drive, Depew, NY - Rain or Shine be at Lori's after the Elma/Marilla ride. Come celebrate Deferred Labor Day. Bring a dish to pass. Any questions, please call 681-3719.



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Health & Safety

Best of Coach Fred *How Can I Combat Poor Recovery?*

Question: *I'm 57 and each year find it more difficult to recover. I used to do three or four hard workouts in a row, but now it takes me at least 48 hours to feel lively again. Stage races or week-long tours are tough. It's not just my legs -- my whole body seems to be affected because I lack energy for daily tasks for a frighteningly long time after I ride hard. I know I can't turn back the clock, but are there any remedies for this depressing state of affairs? -- Sally J.*

Coach Fred Matheny Replies: I can sympathize, being just past your age. I'm having the same sensations. The most telling sign you mentioned is systemic fatigue. It isn't just the legs anymore.

But even though we're racing in the Jurassic category, there are some remedies. They won't make us young but they'll allow us to ride harder and longer more frequently.

---Quality rest. Get more sleep than you did when you were younger. Try to take a daily nap. Never stand when you can sit, and never sit when you can lie down. Do only one or two intense workouts each week. Take at least one and probably two rest days each week. Periodize your training so you work hard for three weeks, then do a week of much easier training. Include

at least one month of reduced training into your yearly schedule.

---Hydrate. As we get older, our ability to recognize thirst decreases. Keep a bottle of water on your desk at work and nip at it frequently. Carry plenty of water or sports drinks on each ride. Hydrate fully afterwards.

---Eat enough of the right foods. Many cases of reduced recovery can be traced to under-nutrition. Eat sufficient carbohydrate to fuel your training, and allow enough extra for glycogen replenishment. Dr. Arnie Baker's eBook, *Nutrition for Sports*, discusses this in detail and has meal plan suggestions that are easy to follow.

---Lift weights. As we age, we lose muscle volume. As a result, it takes more effort to produce a given amount of power, and the increased effort requires more recovery time. Resistance training helps older riders maintain muscle strength and volume. (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!")

Try This on Your Next Group Ride *Be ready for anything!*

New roadies are often surprised on their first group rides when the pace changes from cruising to jamming for no apparent reason. One or more riders go sprinting up the road and suddenly the "racing" starts.

What's going on? Welcome to pack dynamics! It may not really be a road race, but sometimes it's hard to tell.

There are several reasons why a group ride can heat up. Be aware so you can anticipate pace changes and be ready to respond.

---Hills. Ever since bikes were invented, the pace has accelerated when the road tilts up. It's a natural reaction by those who can climb (or think they can). They simply enjoy showing off and dealing out the hurt to non-climbers.


---Traditional sprints. Group rides often include customary sprint points such as historic markers or

city-limit signs. Or the terrain might favor sprints at certain points. When you're new to a ride, ask one of the vets if sprints are on the agenda. Once you know a sprint is coming, it's easier to survive the acceleration even if you don't contest it.

---Friskiness. No matter how mellow the pace, someone may be feeling good and wanting to go faster. She'll hold back till she just can't stand it anymore, then put the hammer down at an opportune moment.

---Human nature. As the old saw says, any time you have two or more riders, you have a bike race!

If you get dropped, remember that the leaders are likely to ease off soon. Ride at a brisk pace you can handle, trade pulls with fellow droopees, and soon you'll be back on.



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100th Anniversary