

SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 6

September 2007

September 9th

CanAm Century

Details Inside

September 16th

Pat & Gay's Party Ride

September 18th

Antique Boat Show

November 16th

Annual Banquet

Watch for September
Ride Time Changes



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Niagara Frontier Bicycle Club, Inc.

Ride Schedule & Activities

| Date | Time | Map | Miles | Elev. | Rating | Ride Name | Leader/Phone |
|--------|-------|-----|----------|------------|----------|---|----------------------------|
| 1-Sep | 10:00 | 727 | 43 | 1100 | Mod | East Pembroke: E. Pembroke Central School, on Rt 5, approx. 4.75 miles East of Rt. 77 | Jean Frederick 692-3611 |
| 1-Sep | 10:00 | 118 | 34 | 1650 | MD | Quaker Shaker: Parking Lot behind the Municipal Building on Main St. & Quaker Rd. (Rt's 277 & 20A) Orchard Park, NY | Frank Soltiz 937-6924 |
| 2-Sep | 10:00 | 749 | 40 | | Easy | Wilson - Olcott: Bond's Lake parking lot, Lower Mountain Rd. | Tom Williams 688-2981 |
| 2-Sep | 10:00 | 358 | 49/38 | 3200/ 2000 | XXD/Diff | Holi-Terror Ride: Holimont Ski Area Parking Lot, SR242, Ellicottville | Pat Danaher 838-0280 |
| 3-Sep | 10:00 | 728 | 35/28 | | Mod/Easy | LABOR DAY Party Ride: Depew/Lancaster Library, on Columbia St off of Transit | Lori Harf 681-3719 |
| 8-Sep | 10:00 | 288 | 48/35 | 3020 | XD/MD | To Hill and Back: Hamlin Park (south parking lot), S Grove St. E. Aurora | Carl Mach 685-0832 |
| 8-Sep | | 367 | 52/34/23 | | Easy | Antique Boat Show Ride: see Article - three different starting points and start times | Rebecca Ribis 837-0089 |
| 9-Sep | 7:00 | 366 | 100 | | Diff | CanAm Century - See article on Page 7 | Mary Alice Tocke |
| 9-Sep | 9:00 | 365 | 63 | | Mod | CanAm Metric - See article on Page 7 | 941-5591 |
| 9-Sep | 10:00 | 364 | 35 | | Easy | CanAm Tour/Sunday Ride - See article on Page 7 | Bruce Jansen 481-4628 |
| 15-Sep | 10:00 | 339 | 44/22 | 2500/ 750 | Diff/Mod | Eighteen Mile Creek: Parking Lot Off Long Ave. behind fire hall across from 44 Long St | David G 649-4998 |
| 15-Sep | 10:00 | 706 | 37/31 | | Easy | East Wilson Express: Pendleton Center Town Hall, Campbell Blvd. | Richard Lepie 741-2762 |
| 16-Sep | 7:00 | 289 | 101 | 6300 | XXX | Burnt Church Century: Ronnies Pizzeria on RT 16 | Hallii Lavner 725-5647 |
| 16-Sep | | | | | Easy | O'Keefe Party Ride - Wine Water and Song: See Article - starting at Woodland Hgts Rd and West Lake Rd | Pat & Gay O'Keefe 778-8982 |
| 22-Sep | 10:00 | 227 | 58/37 | 3500 | XXX | Boston Baked Buns: Parking Lot Off Long Ave. behind fire hall across from 44 Long St | David G 649-4998 |
| 22-Sep | 10:00 | 259 | 34 | 1540 | MD | Half-Baked Buns: Parking Lot Off Long Ave. behind fire hall across from 44 Long St | David G 649-4998 |
| 22-Sep | 10:00 | 161 | 43/36/28 | | Easy | Iroquois Wildlife Refuge: Russel Town Park on Clinton St off of Main | Liz Williams 759-8353 |
| 23-Sep | 10:00 | 742 | 38/32 | 1000 | Mod/Easy | Lockport-Pendleton: Amherst Museum, Tonawanda Creek South & New Rd | Karen Sprada 684-9039 |
| 23-Sep | 10:00 | 82 | 45 | 2600 | Diff | Alden Center to North Java: Restaurant at corner of RT 20 & 3 Rod Rd. | Brenda Fischer 683-3961 |
| 29-Sep | 10:00 | 285 | 51 | 3900 | XXX | Let's do some HILLS: Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park, NY | Gary Schlau 683-8141 |
| 29-Sep | 9:00 | 368 | 62 | | Mod | Welland Canal: The Hatch, on Erie Blvd Mall, at Erie Basin Marina | Ian Currie 675-1834 |
| 30-Sep | 10:00 | 322 | 39/34 | | Easy | The Green Mile: E Canal Park, E. Center Str. SR31 | Colleen Danaher 803-3366 |
| 30-Sep | 10:00 | 370 | 42/28 | | Diff/Mod | Pat's New Ride: Parking Lot Off Long Ave. behind fire hall across from 44 Long | Diane Marasciulo 652-4796- |

SEPTEMBER 2007

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------------------------|---------|-----------|----------|--------|--|
| Wilson Olcott Holi Terror 2 | Labor Day Party Ride 3 | 4 | 5 | 6 | 7 | E. Pembroke Quaker Shaker 1 8 To Hill & Back Antique Boat |
| 9 CanAm Rides | 10 | 11 | 12 | 13 | 14 | 15 18 Mi. Creek E. Wilson Express |
| 16 Burnt Church Okeefe Party Ride | 17 | 18 | 19 | 20 | 21 | 22 Boston Baked Half Baked Iroquois |
| 23 Lockport Pendleton Alden Center | 24 | 25 | 26 | 27 | 28 | 29 Let Do Hills Welland Canal |
| 30 Green Mile Pat's New Ride | | | | | | |



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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) |
| Thu | PM | Pendleton Town Hall (under the water tower) Campbell Blvd. between Bear Ridge and Beach Ridge | Jim Matthews |
| 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

Overheard:

"Bicycling is a very simple solution to many complicated problems in the world." --- John Burke, Trek president, announcing a 3-year, \$600,000+ advocacy program dubbed "One World, Two Wheels" intended to eventually increase trips by bike from 1% to 5% in the U.S.



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Niagara Frontier Bicycle Club, Inc.

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TRY THIS ON YOUR NEXT RIDE

Max your mo on successive short hills!

Most riders can find a road where little hills come one after another.

When you feel good, attacking these humps can be a peak experience -- like riding a roller coaster. You fly up one side, blast down the other and use your momentum to conquer the next rise.

But if you use improper technique, you can get bogged down. Instead of grinning, you're grinding. You churn up, coast down to catch your breath, then bang against the next wall.

Rhythm is everything. Try this to keep yours on successive climbs:

As you ride into a hill that takes just seconds to climb, shift one gear lower (next larger cog) than you might normally use. Stay seated and spin fast for about two thirds of the climb.

If you're riding with others, they'll probably be standing, pedaling slower than you and maybe pulling a little ahead. Don't worry about getting dropped. Keep spinning. You're saving your legs.

In the final third of the hill, click to a bigger gear (next smaller cog), stand and apply the pressure. Your legs will still have snap, thanks to spinning to this point. When you hit it right, you'll know where the phrase "dancing up the hill" comes from.

You'll roll right by your laboring companions. Even better, your momentum will carry you over, down and well into the next rise. Then do it again.

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.

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.

HELP SPREAD SUNSHINE

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Simply notify Doreen Lynd (662.8264). NFBC cares about its people.



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Wine, Water, and Song

Pat and Gay's New

September 16th

Party Ride

Pat and Gay O'Keefe have become "almost famous" for their house purchases. It seems as if they buy a new one every year. This year is no exception. Come to their latest unique home for one of their "pat"ented "gay" old times on Sunday, September 16. Three great Niagara Wine Country rides will be featured. The rides will start at the intersection of Woodland Heights Road and West Lake Road (Route 18) in Burt, NY, 2 miles west of Olcott Beach. The 35 and 27 mile rides (designed by Ridemaster Alex) will begin at 10 AM and will stop for a tasting at the ...Winery. The short ride (designed for wimps) will start at 11 AM. and will stop at the Schulze Winery and the Olcott Shops.

Good food will be served around 1 PM, after the last of the bikers return. Bring a dish to pass and a chair for your _____ (rhymes with pass). You might want to bring a bathing suit and water shoes (rocky) for a cool swim

afterwards. A canoe will be available. Canoeing and kayaking will also be available at 18 Mile Creek, nearby. Phone 863-0342 or 778-8982 with any questions.

Directions to the party: Caution! Not all computer programs will give you accurate directions! (From the South) Take the 290 to the 990 north to the North French exit. Turn left. Turn right at the light onto Campbell Blvd. Take Rte. 93 to Ridge (104). Turn left on Ridge and take the first right on Beebe. *Take Beebe to end. Take a right on Wilson-Burt and a quick left on North Beebe. Turn right onto Lake Road. Singer Farms will be on your right and Woodland Road is the next left. This is about a 30 minute ride from the UB area of Amherst.

(From the West, Grand Island/Niagara Falls area) Take 104 East to Beebe Road. Turn left and follow the directions from asterisk above. About a 30 minute ride from GI...

Note for Ride Schedule: Might as well put P. O'Keefe down for ride coordinator for all of them. Note differences in time.

Antique

September 8th

Boat Show Ride

Its the 30th annual Antique Boat Show at the Buffalo Launch Club on Grand Island. This years feature boats will be Baby Gar Boats and Ventnors.

There will be vintage race boats, cruisers, runabouts, skiffs, canoes and even automobiles. Once again, we are biking there. There are three rides and ride starts. The 52 mile ride starts at the University of Buffalo, Richmond

parking lot at 9:00 am. From there, we will ride to the Tow Path Restaurant where the 34 mile ride starts at 10:00 am. We then bicycle over the Grand Island Bridge to the Kaegebein School where the 23 mile ride will start at 10:45 am. From there, we ride around Grand Island to the Boat Show. A feed the kitty picnic lunch will be provided at the Launch Club.



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SAVE THIS DATE!!!!!!!!!!!!

Friday, November 16th

Annual Club Banquet Fox Valley Country Club

The 2007 Niagara Frontier Bicycle Club annual end-of-season banquet will take place on FRIDAY, NOVEMBER 16th at the Fox Valley County Club in Lancaster, NY. The evening will feature a delicious meal, cash bar, presentation of the usual awards, and music by DJ Rick Mann. We are in negotiations now to sign a

celebrity guest host for the evening, and there will be an array of fun activities for your enjoyment.

Reserve the date on your calendar. You do not want to miss this highlight of the 2007 NFBC season.

Positive results from the Tour de France

No, not that kind of "positive." For a change this isn't about drug testing. It's reported that the Tour's prologue in London has inspired a thousand city inhabitants to begin using bikes for transportation. According to bikeradar.com, there are now about 480,000 bike trips across London each day and the number of cyclists in the capital has increased by 83% since 2000. Mayor Ken Livingstone's goal is a 400% increase in bike

trips by 2025. Meanwhile, half a world away in Australia, a bike boom is underway, in part credited to recent Aussie successes in the Tour. As Cadel Evans' rode to second place in the most recent edition, the race's TV audience shot up 27% compared to 2006. Bike clubs are growing, bike sales are up to 1.2 million per year, and professional people are said to be choosing cycling over golf for networking.

Asked for clarification an official said "No, we said that we thought that Team Austin was a little Dopey."



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Sun Drenched **Portugal**

Isolated beaches tucked between towering cliffs, long stretches of white sand, villages from the days before, this is the Algarve, where the Mediterranean meets the Atlantic.

First stop is the home of the Fandango. We spend two nights in Lisboa, then on to Faro where we begin our seven-night bike tour. At the end we spend an extra night of fun, sun and relaxation in Faro.

Departure from the Americas is the 26th of September and the return in on the 7th of October.

For \$2750.00 per person double, you get a ride on several jet planes, some buses and trains, a bed for your head, morning meals, many midday gastronomies, numerous local dishes at evening break, a saddle over two wheels, and the unusual and unusual surprises. (Bring your own mate. We do not arrange your date. We might pair, but only in despair. Single quotes, if you must be solo.)

Space will go fast. Do not let this pass. Send your deposit of \$1000.00 per person to:

Richard Lepie, 9325 Hunting Valley Road North
Clarence NY 14031

Final payment is due at the Hunting Valley Estate by 15 June.

The money you pay will be sent away, so retrieval is nil. Insurance is recommended.

CanAm Update

Thanks to the Can-Am volunteers who have spent so much time preparing for our opportunity to show off Buffalo and the Niagara Region on both sides of the border. Last week a registering cyclist asked "How could it be better than last year?" It will be.

If you will be participating in the September 9, Can-Am Century please consider becoming a **small group leader** for any of the three distances. It is a good way to meet other cyclists. You choose the average speed. Others agreeing to maintain the speed may choose to ride with you. You are not responsible for riders who cannot maintain the chosen pace.

If you are not planning to ride, please consider **helping at a rest stop**. Contact Cindy Adams for information - cynthia12@adelphia.net, 816-2902

– or go to **LaSalle Park** at 6 a.m. (or later) & we will put you to work for the day on clean-up, check-in, Q & A, check-out, picnic, clean-up, etc.. It is fun & a good way to meet other cyclists. Contact Mary Alice Tock (jtocke6@aol.com), (905) 894-5226

Can-Am 35 Mile Ride – Clarifications:

Check-in begins at 6:30. The 35 mile ride begins at 10a.m. Cyclists may start between check-in and 10:20.

The 35 mile ride is an opportunity to earn Club miles without paying the Ride fee. Please sign the Club sign-in sheet before beginning the Can-Am 35 mile ride. We do not know which Can-Am participants are Club members. Non-paying Can-Am participants may ride. They may not attend the picnic.

Questions: call Richard at 741-2762 or e-mail Richard_Suntreader@hotmail.com

Application Form Portugal

Name: _____

Room Mate: _____

Address: _____

Telephone Number: _____


E-Mail: _____

NFBC No. _____

Portugal:

Cost: \$2750.00 pp dbl.

Make checks payable to Richard Lepie



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100th Anniversary