



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 8

September 2009

The Can Am Century is HUGE- (ER)- (EST)

276 registered for the event. 251 picked up a number. 80 riders rode in both 2008 and 2009. Riders came from 11 states and 2 provinces. 71 riders from the NFBC membership.

Thank you Mike, Brenda and a great committee

Lori's Labor Day Party Ride Monday Sept 7th

The NFBC and Rochester Bike Club
are having another Combined Ride

Details Inside

September 26th



Special Thanks
Flying Bison Brewery

For their generous donation to our party
Beer is great. Free beer is grrrrrrrrreat!



We Ride Every Day

Date	Time	Ride # Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Sep 5	10:00 AM	722 Medina Albion Grand Tour	42 / 31	Easy	540	Oakfield	Oak Orchard Overlook, Albion Rd., E. Oakfield	Joann Cronenberg 542-4721
Sat, Sep 5	10:00 AM	367 Bagdad Bunker	53 / 43	0	4200/2000	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Dan Murdock 628-5182
Sun, Sep 6	10:00 AM	711 Whirlpool Spin	39	Easy	540	N. Tonawanda	Gratwick Riverside Park, River Rd. N. Tonawanda	Alex Setlik 692-7045
Sun, Sep 6	10:00 AM	328 Kazzoo Classic II	37	MOD	1800	Evans	Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5	Marty Payne 997-9324
Mon, Sep 7	10:00 AM	728 Labor Day Party Ride	35 / 28	Mod / Easy	0	Depew	Polish Falcon's at Columbia and Warner Streets, Depew	Lori Harf 601-7535
Mon, Sep 7	10:00 AM	130 West Falls-Backcreek	37 / 33	MD	1800/1400	Orchard Park	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Jody Snyder 662-2356
Sat, Sep 12	10:00 AM	721 Falls & Locks Tour	50	Mod	0	Niagara Falls	Niagara Falls Aquarium 701 Whirlpool St,Niagara Falls NY - PASSPORT REQUIRED	Alex Setlik 692-7045
Sat, Sep 12	8:00 AM	377 Beaver Meadow Century	100	0	0	N Java	Beaver Meadow Audubon Center 1610 Welch Rd., N Java. Go S on SR 77. About 7 m from US 20A. Lon Welch Rd. for 0.3 m. on R.	Pat Danaher 310-8136
Sat, Sep 12	10:00 AM	378 Beaver Meadow Metric	62	0	0	N Java	Beaver Meadow Audubon Center 1610 Welch Rd., N Java. Go S on SR 77. About 7 m from US 20A. L on Welch Rd. for 0.3 m. on R.	Tim Cleary 807-7174
Sat, Sep 12	10:00 AM	379 Beaver Meadow Short	30	0	0	N Java	Beaver Meadow Audubon Center 1610 Welch Rd., N Java. Go S on SR 77. About 7 m from US 20A. L on Welch Rd. for 0.3 m. on R.	Tim Cleary 807-7174
Sun, Sep 13	10:00 AM	712 Somerset Shoreline Cruise	37	Easy	430	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Larry Reade 633-7712
Sun, Sep 13	10:00 AM	331 Minnow Hill	36	Diff	2600	East Aurora	Hamlin Park (south parking lot), S Grove St	Ron Wakefeld 877-2140
Sat, Sep 19	3:00 PM	357 Lancaster on the Weekend	38 / 26	Mod/Easy	0	Lancaster	Lancaster High School, 1 Forton Dr, between Central Ave & Pleasantview Dr.	Gwen Macool 560-0218
Sun, Sep 20	10:00 AM	731 Brown's Berry Patch	40	Mod	710	Medina	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Liz Williams 688-8981
Sun, Sep 20	10:00 AM	285 Let's do some HILLS	51	XXX	3900	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Tim Cleary 807-7174
Sat, Sep 26	10:00 AM	730 Lower River Rd.	44	Mod	0	Sanborn	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Larry Reade 633-7712
Sat, Sep 26	8:00 AM	910 Aurora's Apex with the Rochester Bike Club	95 / 80 / 35	0	0	Batavia	Wendy's lot, Genesee County Mall, RT 5, Batavia	Ron Wakefeld 877-2140
Sun, Sep 27	10:00 AM	719 Creek Road Canter	33	M-D	1480	East Pembroke	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Jean Frederick 692-3611
Sun, Sep 27	10:00 AM	287 Skulpture Park Bike & Hike	31 / 21	Mod / Easy	1200/700	Ashford Hollow	Griffis Skulpture Park, RT 219 to Ashford Hollow, R on Ahrens, L at Y, R on Mill Valley (CR 75), to lower lot on R	Gwen Macool 560-0218
Sat, Oct 3	10:00 AM	912 Welland Canal	62	Easy	0	Buffalo	Hatch	John Herman 698-8222
Sat, Oct 3	10:00 AM	281 Seren Falls	82 / 57	XXX-XD	5300	Arcade	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St. Parking Lot is one block on the right.	Pat Danaher 310-8136
Sun, Oct 4	10:00 AM	364 Fall Trash & Treasure	28 / 24	Diff/Easy	1800/600	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Difficulty Key: Easy = Easy		Mod = Moderate	MD = Moderately Difficult	Diff = Difficult	XD = Extra Difficult		XXD = Extra Extra Difficult	

September-09

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	Aug	31		1	Sept	2		3		4		5	
Fox Valley Silver Spr Switchback		N Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30		Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00		Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00		Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00		Clarence 10:00 AM Amherst 6:00 Elma 6:00		Medina Albion Tour Bagdad Bunker	
6		7		8		9		10		11		12	
Whirlpool Spin Kazoo Klassic II		Labor Day Party Ride West Falls-Backcreek East Aurora 6:00		Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00		Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00		Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00		Clarence 10:00 AM Amherst 6:00 Elma 6:00		Falls & Locks Tour Beaver Meadow	
13		14		15		16		17		18		19	
Somerset Shoreline Minnow Hill		N Tonawanda 10:00 AM Clarence 6:00 East Aurora 6:00		Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00		Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00		Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00		Clarence 10:00 AM Amherst 6:00 Elma 6:00		Lancaster Weekend afternoon ride	
20		21		22		23		24		25		26	
Brown's Berry Patch Let's do some HILLS		N Tonawanda 10:00 AM Clarence 6:00 East Aurora 6:00		Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00		Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00		Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00		Clarence 10:00 AM Amherst 6:00 Elma 6:00		Lower River Rd. Aurora's Apex	
27		28		29	Sept	30		1	Oct	2		3	
Creek Road Canter Skulpture Park		N Tonawanda 10:00 AM Clarence 6:00 East Aurora 6:00		Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00		Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00		Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00		Clarence 10:00 AM Amherst 6:00 Elma 6:00		Welland Canal Seren Falls	

Watch for unusual start times on the weekend rides this month. Parties and centuries often call for different time schedules. Sept changes.
Please arrive at the start at least 15 minutes early to sign in and get ready so all, including the ride leader, can start with the group on time.

Daily Ride Schedule

Monday AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Creek Rd., N Tonawanda	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	Marty Viggato	570-5896
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.	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	601-7535
Friday PM	Amherst Museum, Tonawanda Creek S at New Rd, Amherst *** new this year ***	Tom Williams & team	688-2981
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	John Herman	675-1944
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	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 sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

Jim Vozga is our club historian. He will be keeping our old memorabilia safe and organized.

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Club Historian

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Lori's Party Ride

Don't forget LABOR DAY PARTY and ride. The ride starts at the Polish Falcon club parking lot in the back. Its a 35 or 28 miler. No evening ride. The Polish Falcon club is off Transit turn at Antoinettes Sweet shop and bear right one mile on your right near Warner.

To go to the party, go back to the light at Transit and cross Transit on French. Go one mile, 2 stop signs and turn right on Cornell and a sharp left on Susan. 83 is almost at the end of the street on the right. Tan house with blue shutters. Bring your bathing suit, a chair and a dish to pass. I have a hot tub. We will be having honey mustard chicken, sausage, hot dogs and hamburgers (if you like) and samon patties for you veggie people. We could play badmitten, bocce ball, or croquet or just party.

See you there.

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A Joint Ride

The NFBC and Rochester Bicycling Club are, again, having a combined club ride. This year's ride, touted by the RBC's Ride Committee as an RBC favorite, is Aurora's Apex. The ride starts in Batavia at what is/was the Batavia Mall (park behind Wendy's) and goes towards --- hint: look at the name of the ride. The NFBC will provide cue sheets for a "Challenging" option, "Less Challenging" option, and "Even Less Challenging option".

The challenging 95 miles takes on some hillier terrain below Rt. 20A. The shorter routes stay in the flatter areas above 20A. There's something for the "Wanna climb a hill" crowd to the "I just want to pedal a few miles and drink some wine" folks.

Speaking of wine, we encourage the practice of post ride libations with the bonus of being able to celebrate your accomplishments with our adjacent WNY bike club, BYOB and snacks, of course. The date is September 26. Note the start time of 8am for the long ride, 10 am for the two shorter options (about 60 and 30 miles).

Sharing the Road

From the 'chainguard' mailing list for bicycling advocacy:

Motorists must now give cyclists a 3-foot berth when passing, and the law makes it legal for drivers to cross a double yellow line when safe to pass someone on a bicycle, The Denver Post reported. Cyclists also will be able to ride closer to the center of the road when riding on the shoulder is too dangerous and ride two abreast when there is no traffic behind them.

The new cycling law comes as tensions are escalating between bicycles and vehicles on the narrow mountain roads that both clog on weekends. In Jefferson County, commissioners have talked about whether to ban bicycles from some roads. Boulder County is examining whether to widen some roads to give bikes more room.

"The bottom line of this whole bill is to make it safer for cyclists and make the motorists aware that the cyclists have rights," said Donald Cicchillo, head of the Boulder Cycling Club.

NEW

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Improve Your Breathing

If you're like most riders, hills are a real limiter. You do fine on the flats but on steep stuff your lungs scream. You gasp for air and soon slow to a crawl.

Get help from the technique known as belly breathing.

If you look at profiles of pro riders on their bikes, they often seem to have big stomachs. What you're seeing is their diaphragms expanded like bullfrogs in full voice. It looks odd but it's the efficient way to breathe when you're going hard.

Here's how to get that bullfrog lung capacity:

- **Practice off the bike.** Lie on your back with a book on your stomach. Breathe in slowly and fully. Instead of swelling your chest, expand your diaphragm near the bottom of your rib cage. The book should move toward the ceiling. Then exhale steadily to lower it.

Most people think that breathing deep means puffing their chest like a drill sergeant. But breathing is fuller as well as more efficient if you use diaphragm muscles.

- **Practice on the bike.** During a ride, increase your intensity to about 85% of max. Breathe steadily and rhythmically with your diaphragm. When you do it right, your thighs might almost touch your torso at the top of each pedal stroke. If you start panting, ease off until deep breathing is possible again.

The goal is to make diaphragm breathing automatic. Think about it, especially when climbing, until shallow, less-efficient chest breathing is a thing of the past.

Tip! Emphasize your out-breaths, especially on climbs. If you force air from your lungs you won't even have to think about breathing in. Air exchange will be more complete, providing more oxygen to your muscles.

This technique will also stop you from slipping into panting mode. It helps you find a rhythm for breathing and pedaling. Try a firm exhale on one pedal stroke followed by passive inhales on the next 2 strokes. Or whatever feels natural to you. A regular breathing pattern will aid your pacing on long climbs.

Some riders make a whooshing sound when they forcefully breathe out. Others grunt like a pig. It sounds funny, but auditory feedback like this helps you do it right, especially as you're learning.

Communicate with other nfbc members using "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 sent 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 to 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 or Richard Lepie at richard_suntreader@hotmail.com. They are the masters of the group and will be approving you.

Sunshine Committee

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:

- 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.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- 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.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- 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.

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