



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 6

EARLY EDITION

September 2008

Can Am 2008 : WOW !!!

Thank you, Mike, Brenda and many more

NOTICE: Monday's A.M. Ride Starts
at the Amherst Museum

Antique boat show & bike ride

article inside

September 6th

Linc's Party Ride

with pulled pork under the big top

September 7th

Pat & Gay Okeife's Party!

September 17th

Information and directions inside

the ride start times. they are a changing



NIAGARA FRONTIER BICYCLE CLUB, INC.

— We Ride Every Day —

SEPTEMBER 2008 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Mon, Sep 1	10:00	728	Elma - Marilla Party Ride	35/28	Mod / Easy	650	Depew	Depew Branch Lancaster Library, 321 Columbia Ave, Depew (E off Transit, S of Genesee)	Lori Harf 601-7535
Sat, Sep 6	9:00, 9:30, 10:00	367	Antique Boat Show Ride - A fun destination ride to the Buffalo Launch Club on Grand Island	52/35/25	Easy	350	Amherst, Tonawanda, Grand Island	SEE ARTICLE - UB Richmond Lot: OR at Griffin Restaurant 11 Main St, Tonawanda; OR Kaegebin Elementary School, Love Road Grand Island	Rebecca Ribis 837-0089
Sat, Sep 6	10:00	218	Fish Hill / Minnow Hill	33	XD / MOD	2900	East Aurora	Hamlin Park (south parking lot), S Grove St, East Aurora	Ron Wakefield 877-2140
Sun, Sep 7	10:00	371/ 335	Linc's Party Rides	44/38/28	Mod / Easy	NA	Clarence	Bike path parking lot behind Mobil station on Main St at Sawmill, Clarence	Linc Blaisdel 479-9431
Sat, Sep 13	10:00	757	Fox Valley	41/33	Easy	NA	Lancaster	Westwood Park (at pavillion), Pavement Rd & Erie St., Lancaster	Liz Williams 759-8353
Sat, Sep 13	8:00		CanAm Century	100	Diff	1200	Buffalo	Erie Basin Marina, parking lot by the Hatch, Buffalo	Karen Ostrum 741-2171
Sun, Sep 14	10:00	748	Bloody Run	44/36	MD / Mod	1900	Elma	Elma Meadows County Park, Rice Rd at Girle Rd, Elma	Diane Marasciulo 984-0998
Sun, Sep 14	10:00	759	Okeefe Party Ride / Wine Water & Song	36/28	Easy	NA	Burt	5333 Woodland Heights, off of Lake Rd (Rt 18, 2 miles west of Olcott), Burt, NY	Pat & Gay 778-8982
Sat, Sep 20	10:00	287	Skulpture Park Bike & Hike	31/21	Mod / Easy	1200	Ashford Hollow	Griffis Skulpture Park, (Rt. 219). Lower lot on CR 75, Ashford Hollow	Pat Danaher 838-0280
Sat, Sep 20	10:00	731	Brown's Berry Patch	40	Mod	710	Medina	E Canal Park, E. Center St. (SR31), Medina	Betsy Dexheimer 585-343-5172
Sun, Sep 21	10:00	256	Silver Springs Switchback	68/30	XXD / MD	4900	Wales Hollow	School parking lot, Woodchuck Rd, off Rt 20A, Wales Hollow	Hall Lavner 655-0881
Sun, Sep 21	10:00	707	Ransomville Ramble	41	Easy	NA	Pendleton	Pendleton Center Town Hall, Campbell Blvd., Pendleton	Colleen Eagen 984-0684
Sat, Sep 27	10:00	341	Hamburg to Collins	41/21	Mod	1800	Hamburg	Parking Lot Off Long Ave. behind fire hall across from 44 Long, Hamburg, NY	David Gonzalez 649-4998
Sat, Sep 27	10:00	749	Wilson - Olcott	40	Easy	NA	Cambria	Cambria Town Hall, Upper Mountain Rd, Cambria	Paul Sienkiewicz 440-7333
Sun, Sep 28	9:00	152	A-A Protest Ride	72/52	XXD / XD	5300	Arcade	Church St parking lot, North of Rt 39, village of Arcade	Ron Wakefield 877-2140
Sun, Sep 28	10:00	758	Old Greenwalls	33	Easy	NA	Amherst	Richmond Lot at Elicott Complex, off Frontier Rd, SUNY Buffalo Amherst Campus	Alex Setlik 692-7045
Sat, Oct 4	8:00	203	Century Challenge	100	XD	2300	Clarence	Clarence Middle School, Greiner at Strickler, Clarence	Kathy Kamath 688-2968
Sat, Oct 4	10:00	203	Century Challenge, 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	400	Buffalo	Erie Basin Marina, parking lot opposite the Hatch, Buffalo	Ian Currie 601-7390
Sun, Oct 5	10:00	705	Indian Falls Log Cabin	37	Easy	NA	Akron	Russel Town Park, Clinton St at Main S., Akron	Arlene Lepie 741-2762

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

September-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Aug Hatch ride Indian Fall Trail Holi Terror	1 Sept Elma Marilla Party Ride East Aurora 6:00	2 Ellicott Crk 10:00AM N. Tonawanda 6:00 Hamburg 6:00	3 Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	4 Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	5 Clarence 10:00 AM Elma 6:00	6 UB ride Antique Boat Show Fish / Minnow Hill
7 Hatch ride Linc's Party Rides	8 Amherst 10:00 AM Clarence 6:00 East Aurora 6:00	9 Ellicott Crk 10:00AM N. Tonawanda 6:00 Hamburg 6:00	10 Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	11 Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	12 Clarence 10:00 AM Elma 6:00	13 UB ride Fox Valley CanAm (2nd chance)
14 Hatch Ride Okeefe Party Ride Bloody Run	15 Amherst 10:00 AM Clarence 6:00 East Aurora 6:00	16 Ellicott Crk 10:00AM N. Tonawanda 6:00 Hamburg 6:00	17 Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	18 Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	19 Clarence 10:00 AM Elma 6:00	20 UB ride Brown's Berry Patch Skulpture Park
21 Hatch Ride Ransomville Ramble Silver Springs	22 Amherst 10:00 AM Clarence 6:00 East Aurora 6:00	23 Ellicott Crk 10:00AM N. Tonawanda 6:00 Hamburg 6:00	24 Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	25 Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	26 Clarence 10:00 AM Elma 6:00	27 UB ride Wilson-Olcott Hamburg to Collins
28 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 Welland Canal Indian Falls	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 Hamburg to Lake Erie - 3:00 PM start

****NOTE** - The Monday Amherst and Clarence rides on Labor Day (Sept 1) are cancelled. The East Aurora ride will go as planned with a 6:00 PM start time.**

****NOTE** - Weekday morning rides start at 10:00 AM and evening rides start at 6:00 PM in September.

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

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Searching for Volunteers

At the fall NFBC general meeting on Friday, October 17, we will have our election of club officers and board members for the next two years. A nominating committee headed by Jean Frederick will present a slate of candidates for those attending the meeting to vote on. Nominations may also be made from the floor.

We will have several openings on the board because people are stepping down and we will definitely need a new secretary. Members may offer themselves as candidates for any position, however. Any club member who would like to serve as an officer or board member should get in touch with Jean as soon as possible so that the committee can create a list of candidates to be published in the September Spokesman. Jean's e-mail is jeanbike1@msn.com and her phone number is 692-3611. You may also contact Jean or any of the current officers or board members (who are listed in the Spokesman) if you'd like more information on what the position entails.

ROY IS ON VACATION; AGAIN

2008 CanAm Ride is Biggest Ever

The third annual CanAm Invitational Bike Ride was in August this year. If you weren't there you missed a great event. It started with a wine, beer, and cheese party Saturday night at the elegant Frank Lloyd Wright Boat House on the waterfront. Over a hundred people attended to meet, talk about riding, and watch the sunset.

Sunday morning the century ride took off at 7:00 am with 87 riders. Many were doing their first century. Dunkin Donuts provided bagels, donuts, and coffee at the start, (just a little late for the century riders. We'll fix that next year). At 9:00 we launched 112 riders on the 62 mile route. Another 35 started at 10:00 for the city tour. All together we had 234 registered riders from 7 different states and 1 province!

If you want to know more, check out our event pictures and comments on our website at: <http://web.me.com/mikef821> Some of the comments are very entertaining.

A fantastic committee and an army of volunteers pulled all this together, and had a great time doing it. If you'd like to help create the 2009 CanAm see Mike or Brenda Fischer, or you can sign up at the end of year club banquet.

UNCLE AL

Cable Guy

What costs \$35, greatly enhances performance, provides at least a year of pleasure, and won't argue with you -- not even once?

Nope, not that. It's a new set of cables.

A cablesset (2 brake and 2 gear cables, with housing) costs about \$35 (\$55 if you use Campagnolo). Add new bar tape and a labor charge (if you have your LBS do the job) and you'll raise the price to around \$70 -- still one of the best maintenance deals out there.

While your bike is in for its annual major tune-up, that's the perfect time for adding a cablesset. That, combined with a new chain, will make you swear you're on a new machine.

Assuming your bike is in good tune, replacing the cablesset annually will give you optimal performance. If a tune-up is needed too, be sure to have the cables replaced or your bike will feel only slightly better. >>>

A Safety Message From The Sunshine Committee

The importance of wearing identification while biking, running, swimming, or any other activity, even at the gym has been mentioned in the past at the general membership meetings. Please, for your own safety, go onto the following website and order your I.D. The I.D. is so sophisticated now, you can order an I.D. band with a computer chip in with your entire medical history, that emergency personnel can get right into on their computers, or with a phone number. Of course they offer much plainer I.D. also. If anyone would like to take a look at these I.D. bands, the Williams and the Karnaths use them, possibly others. Please, for your own safety, and possibly those with you check the following website.

www.RoadID.com 800-345-6336

Sue Williams - Sunshine Committee

Linc's Party Ride

September 7th

My third annual party ride will be held on Sunday, September 7 at 4715 Ransom Road in Clarence. There will be three ride choices, all starting at the market and bike path parking lot behind the Mobil station at Main Street and Sawmill. There will be flat rides of about 28 and 38 miles, and a hilly 44 mile ride. Again, I plan on smoking 50 pounds of pork butt that Millie will help me turn into BBQ. Bring a dish to pass and a chair. I'll have some soft drinks on hand (as per the "party rules") and I'll also provide some beer and wine. I have rented a tent to cover much of the back yard, so the party will go on even if the rides do not. Show up anytime after noon or whenever you finish the ride.

ANTIQUÉ BOAT SHOW RIDE

September 6 we will ride to the Antique Boat Show at the Buffalo Launch Club on Grand Island. This year's featured boat manufacturer is Hacker. There will be a line up of original boats as seen in the 1931 Hacker catalogue, including runabouts, cruisers, production, custom, race boats and utilities.

52-mile riders will start at the University of Buffalo Amherst Campus, Richmond Parking Lot, off Frontier Road, 9:00 AM.

35-mile riders will start at the Griffin (formerly the Towpath Café), 11 Main Street, Tonawanda, 9:30 AM.

25-mile riders will start at the Kaegebin Elementary School, Love Road at Beaver Island Parkway, Grand Island, 10:00 AM.

Both the 52-mile riders and the 35-mile riders will bike over the Grand Island Bridge.

Don't miss this popular and fun ride!

Wine, Water, and Song

Pat and Gay's New 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 17. 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 36 and 28 mile rides (designed by Ridemaster Alex) will begin at 10 AM and will stop for a tasting at the ...Winery. An additional 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.



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