

NFBC NEWSLETTER



Dates to Remember

- **Feb. 18, NFBC Annual Spring Meeting**
- March 13, St. Pat's First Ride of 2011
- Aug. 14, CanAm 6

Inside this Issue

CanAm 6 needs you!	2
Yahoo group information	3
Mileage standings	4-9
Awards, 2006-2010	10
General riding statistics	10
Membership application	11

NFBC Annual Spring Meeting: Fri. Feb 18

The NFBC Annual Spring General Meeting will be held at 7PM on Friday, February 18 at the Harris Hill Volunteer Fire Hall, located at **8630 Main St** in Clarence. To reach it, go east on Main St. past Transit Road, and the Fire Hall is just past Harris Hill Rd. Learn about trips and other plans for the 2011 season. Refreshments will be served.



Congratulations to 2010 Award Winners!

President's Award
Ride Leader of the Year
Volunteer(s) of the Year
Outstanding Service

Dennis Powell
 Thomas A. Williams
 Karen & Gary Ostrum
 Rebecca Ribis

High Overall Mileage
1st Male High Mileage
1st Female High Mileage
2nd Male High Mileage
2nd Female High Mileage
3rd Male High Mileage
3rd Female High Mileage

Loren Tretyakov, 3349 mi.
 Michael Dusing, 3340 mi.
 Karen Sprada, 2873 mi.
 Patrick Danaher, 3314 mi.
 Jean Frederick, 2542 mi.
 Alex Setlik, 3124 mi.
 Arlyne Lepie, 2308 mi.

Accumulated Mileage

65,000 mile club: Alex Setlik. **55,000:** Ed Peters. **45,000:** Lori Harf, Karen Sprada, Gary Stevens. **40,000:** Jean Frederick, Roy Tocha. **30,000:** Arlyne Lepie, David Gonzalez, Jim Sawyer. **25,000:** Richard Lepie, Larry Reade. **20,000:** Brenda Fischer. **15,000:** John Kozinski, Tom Barone, Paul Sienkiewicz. **10,000:** Kathy Karnath, Jim Karnath, Betsy Dexheimer. **5,000:** Loren Tretyakov, Michael Dusing, Mike Maher, Dan Murdock, Barry Waldman, Tim Cleary, Steve Forrestel, Gary Ostrum, John McClory, Janice Powell, Peter Swartwout.



All NFBC memberships expire on February 28, 2011. Use the Membership Application on page 11 to renew your membership now.

Volunteers and riders needed for CanAm 6: Sunday, August 14, 2011

By Linc Blaisdell

In 2006 Mary Alice Tock was the prime mover in starting an event that has become an NFBC tradition—the CanAm Century Ride. She led the CanAm committee for two years before passing on the task to Mike and Brenda Fischer. Along with their committee, they tweaked the ride a little. The start was changed from LaSalle Park to the Frank Lloyd Boat House, which also became the venue for a popular pre-ride party. Rebecca Ribis and I became the CanAm committee leaders for the 2010 ride last year—and we will continue in that role for this year's ride.

CanAm 6 is set for **Sunday, August 14, 2011!** While most features of the ride will remain the same—the Frank Lloyd Wright Boat House party and start location, the Saturday bicycle tour of Buffalo initiated by Rebecca in 2009, and the choices of three distances—this year's committee has been exploring some changes. The most substantial change would be the rerouting of the 100-mile ride to explore more of the Niagara peninsula in Canada.

There are, of course, changes in the committee itself. Liz Skelton, Moe Balling, and Gwen Macool have

headed food, publicity, and rest stop subcommittees in the past and are ready for a break. Terry Turski has joined the CanAm committee to help with publicity this year. Some of the multi-year stalwarts like Ian Currie, Brenda Fischer, and Bob Mahaney will continue to serve at least one more year as subcommittee leaders. Dennis Powell is going to continue as the CanAm registrar, and Mary Alice Tock will spearhead much of what happens on the Canadian side of the border. I expect that many others whom I haven't mentioned will continue to support the ride at rest stops, with set-up and clean-up, and doing the myriad other tasks that putting on such an event demands.

HOWEVER, we need YOU! If you are willing to take on a task, whether large or small, that will help to make our sixth CanAm a success, please volunteer. Call or e-mail Linc (linc43@roadrunner.com) or another member of the CanAm committee to see where you could be of use. But most of all save the date (and register early) so that you can help make the day a success by doing what you like to do anyway--RIDING.



Left: CanAm 5 riders enjoyed the historical sights of downtown Buffalo.

Right: Paul Sprada thanks Liz Skelton at the Nov. 19 Banquet.



2010 Cycling season celebrated at the Nov. 19 Banquet

The Niagara Frontier Bicycle Club celebrated the 2010 riding season at the annual banquet, held November 19 at the Fox Valley Country Club. Members were honored for outstanding accomplishments and service to the club (see box on page 1), and attendees were treated to special entertainment in recognition of NFBC's 40th anniversary. After presenting awards, President Linc Blaisdell handed emcee duties to Jim Vozga for the 40th anniversary part of the program. Marsha Morrison and Betsy Dexheimer created a skit, acted by several club members, and Janice Spector

repeated her 1980's vintage slide show called "The Other Side of Leather". Paul Sprada offered a few gag awards of his own. On display throughout the evening were collections of Memorabilia (courtesy of Nancy Haberly and the 40th anniversary organizing committee) and patch collections assembled by Larry Reade and Jim Vozga. Fox Valley Country Club again provided excellent food and service, and the dancing was fun as always. Special thanks to Liz Skelton for organizing the event.

nfbc@yahoogroups.com: updates and reminders

By Dennis Powell

Last year was the inaugural run of our NFBC email list. The email list has been a means of conveying information about rides and club activities, as well as some cycling-pertinent (and impertinent) items. Overall the list has worked well in keeping us informed (and entertained).

We will continue with the Yahoo groups email list for the 2011 season with one minor change. When you receive an email from the list and wish to reply to the email, the address, by default, that will go in the "To" field of your reply will only be the original poster, **not the entire list**. For any replies you wish to go to the entire list, you will need to type in "nfbc@yahoogroups.com" in the "To" or "CC" fields. This will keep people from sending replies to the entire membership that they intend to send only to the original poster.

As a reminder, and for those not familiar with the yahoogroups list:

nfbc@yahoogroups.com is NOT a public list. It is open to NFBC members only. You do not need to have an account with Yahoo! to be on the email list. For those of you with Yahoo! accounts, once you are on the list, logging in will allow a view of the NFBC area on Yahoo! This is NOT publicly viewable.



How to make a post: From the email account you entered on your NFBC membership form, in the "To:" field of your email program, type nfbc@yahoogroups.com. Type in your message and send it. It will be distributed to the entire membership.

How to reply to a message on nfbc@yahoogroups.com: When you click on "Reply" in your email program, the "To" field will automatically have the original poster's email address filled in. If you wish to send this message to the entire NFBC membership, add nfbc@yahoogroups.com in the "CC" field.

Options for receiving email from nfbc@yahoogroups.com: You have options concerning how you receive emails from the nfbc group. By default, you will get an email whenever someone makes a post to the group. As an alternative, you can get your messages compiled in "digest" form, in one email per day; you may lose timeliness, but you reduce your email clutter. As a third option, you can elect to receive *only* posts made by moderators. The plus side of this option is that most of the emails you will see are official NFBC information, but the downside is that some moderators may make personal posts, and these might be difficult to distinguish from the important club information. Message posts are available on the Yahoo! web site. You can elect to view all the nfbc@yahoogroups.com messages there. Old messages will also be archived on the site. If you have a Yahoo email account you can choose and change your own options, but if not, you can ask a moderator to change them for you.



LIST GUIDELINES

Messages should pertain to NFBC activities, such as rides, NFBC parties or cycling-related topics of interest to club members. Please keep your posts on topic and brief.

Refrain from using profanity, vulgarities, or other language that may be offensive to other list members in your posts.

Be courteous to other list members. If you disagree with someone's post and want to say so on the list, exercise politeness in your reply.

When replying and quoting another sender's message, clip out everything of the other sender's message except what's pertinent to your reply. This will make it easier for all to read these messages.

This list is NOT to be used for any commercial purposes. A private seller may advertise a bike they want to sell, for instance, but a bicycle business should not advertise that they are having a sale on bikes this weekend on this list.

Do not send email attachments to the list.

Any questions or comments regarding the list can be sent to nfbc_admin@yahoogroups.com for the attention of the list administrators.

NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send to elaine_rubey1@yahoo.com

HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

NFBC Standings - Page 1 of 41 - (Printed 11/8/2010)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
2364	102	3349	Loren Tretyakov	R	1st Overall 5,000 Club 3,000 Certificate	3349	1		::	5562	130
503	122	3340	Michael Dusing	R	1st Male 5,000 Club 3,000 Certificate	3340	2		::	6357	116
957	96	3314	Patrick Danaher	R	2nd Male 3,000 Certificate	3314	3		::	33497	19
40	108	3124	Alex Setlik	R	3rd Male 65,000 Club 3,000 Certificate	3124	4		::	66627	1
432	109	2873	Karen Sprada	R	1st Female 45,000 Club 2,000 Certificate	2873	5		::	46362	5
169	106	2665	Ed Peters	R	Most Rides 55,000 Club 2,000 Certificate	2665	6		::	55695	3
35	99	2542	Jean Frederick	R	2nd Female 40,000 Club 2,000 Certificate	2542	7		::	42281	10
110	88	2515	John Kozinski	R	15,000 Club 2,000 Certificate	2515	8		::	17178	49
1602	86	2512	Thomas Barone	R	15,000 Club 2,000 Certificate	2512	9		::	16654	53
123	93	2470	Bob Alessi	R	2,000 Certificate	2470	10		::	47556	4
265	78	2455	Gary Stevens	R	45,000 Club 2,000 Certificate	2455	11		::	45347	7
703	86	2398	Aryne Lepie	R	3rd Female 30,000 Club 2,000 Certificate	2398	12		::	31699	22
257	81	2294	Ian Currie	R	2,000 Certificate	2294	13		::	33488	20
61	90	2262	Lori Harf	R	45,000 Club 2,000 Certificate	2262	14		::	46332	6
2248	63	2144	Peg Walker	R	2,000 Certificate	2144	15		::	4868	138
973	75	2134	Kathy Karnath	R	10,000 Club 2,000 Certificate	2134	16		::	11241	81
1434	64	2117	Fred Marcheson	R	2,000 Certificate	2117	17		::	8000	103
165	91	2110	Brad Chase	R	2,000 Certificate	2110	18		::	62220	2
1576	79	2022	Elaine Rubenstein	R	2,000 Certificate	2022	19		::	12990	67
702	62	1989	Richard Lepie	R	25,000 Club 1,000 Certificate	1989	20		::	26936	29
1537	60	1984	Janice Cochran	R	1,000 Certificate	1984	21		::	19247	42
1870	69	1970	Frank Soltiz	R	1,000 Certificate	1970	22		::	14340	62
2147	64	1965	Michael Maher	R	5,000 Club 1,000 Certificate	1965	23		::	6186	120
80	70	1933	Bruce Jansen	R	1,000 Certificate	1933	24		::	44857	8
2091	58	1793	Karen Ostrum	R	Volunteer of The Year Award 1,000 Certificate	1793	25		::	9145	94
972	62	1781	Jim Karnath	R	10,000 Club 1,000 Certificate	1781	26		::	11595	78
1447	60	1757	Thomas A. Williams	R	Ride Leader Of The Year Award 1,000 Certificate	1757	27		::	12243	71
2317	57	1730	Vincent Shaw	R	1,000 Certificate	1730	28		::	2501	173
2112	49	1709	Dan Murdock	R	5,000 Club 1,000 Certificate	1709	29		::	5628	128
306	58	1670	Diane Currie	R	1,000 Certificate	1670	30		::	38748	15
16	56	1668	David Gonzalez	R	30,000 Club 1,000 Certificate	1668	31		::	31009	23
1340	44	1661	Jim Kuberka	R	1,000 Certificate	1661	32		::	18450	44
2136	56	1605	Colin E. Fritz	R	1,000 Certificate	1605	33		::	9612	88
1691	45	1595	Jody Snyder	R	1,000 Certificate	1595	34		::	9299	91
2246	62	1568	Terry Turski	R	1,000 Certificate	1568	35		::	2878	166
1138	47	1562	Lincoln Blaisdell	R	1,000 Certificate	1562	36		::	13415	65

NFBC Standings - Page 2 of 41 - (Printed 11/8/2010)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMI	RankO/A	NewMI	RankNew	Accum	RankAccum
1513	49	1553	Robert Nowinski	R	1,000 Certificate	1553	37		::	7207	108
1884	68	1543	Paul D. Aquila	R	1,000 Certificate	1543	38		::	11998	75
1249	62	1543	Matthew Luly	R	1,000 Certificate	1543	38		::	19612	41
1375	47	1484	Robert J. Mahaney	R	1,000 Certificate	1484	40		::	14406	61
1195	41	1472	Ronald Wakefield	R	1,000 Certificate	1472	41		::	16841	51
					President's Award For 2010						
1119	50	1442	Dennis Powell	R	1,000 Certificate	1442	42		::	13939	63
					40,000 Club						
28	55	1435	Roy Tocha	R	1,000 Certificate	1435	43		::	40306	11
					10,000 Club						
78	54	1404	Betsy Dexheimer	R	1,000 Certificate	1404	44		::	10663	85
122	52	1380	Susan Alessi	R	1,000 Certificate	1380	45		::	26963	28
1659	40	1342	Adrienne McDonough	R	1,000 Certificate	1342	46		::	9247	93
1122	41	1323	Marty Payne	R	1,000 Certificate	1323	47		::	17013	50
					5,000 Club						
385	56	1316	Barry Waldman	R	1,000 Certificate	1316	48		::	5118	136
2236	47	1291	Michelle Smith	R	1,000 Certificate	1291	49		::	2915	164
917	44	1277	Elizabeth Williams	R	1,000 Certificate	1277	50		::	13530	64
2316	45	1262	Brigitte Soltiz	R	1,000 Certificate	1262	51		::	3647	152
1106	45	1260	David Klock	R	1,000 Certificate	1260	52		::	24172	31
639	50	1253	James Mathews	R	1,000 Certificate	1253	53		::	8691	97
235	41	1219	Joseph Pizzuto	R	1,000 Certificate	1219	54		::	21442	36
212	48	1207	Paul Castle	R	1,000 Certificate	1207	55		::	23860	32
71	48	1202	Bob Silkes	R	1,000 Certificate	1202	56		::	43383	9
2025	49	1174	Susan Williams	R	1,000 Certificate	1174	57		::	4762	140
2284	42	1174	Gerry Russell	R	1,000 Certificate	1174	57		::	2535	172
1997	40	1172	Michael Dupre	R	1,000 Certificate	1172	59		::	9278	92
1885	32	1153	Carl Mach	R	1,000 Certificate	1153	60		::	11304	79
2391	40	1137	Richard Tesmer	R	1,000 Certificate	1137	61		::	2217	182
					5,000 Club						
939	25	1125	Tim Cleary	R	1,000 Certificate	1125	62		::	5968	123
1734	30	1124	Ralph Yacinthe	R	1,000 Certificate	1124	63		::	6244	118
					Outstanding Service Award						
378	43	1110	Rebecca Ribis	R	1,000 Certificate	1110	64		::	33248	21
1128	38	1105	Peter Leyonmark	R	1,000 Certificate	1105	65		::	11286	80
					30,000 Club						
234	45	1098	James Sawyer	R	1,000 Certificate	1098	66		::	30931	24
2318	32	1079	Laurie Shaw	R	1,000 Certificate	1079	67		::	1750	193
1536	47	1072	Greg Heim	R	1,000 Certificate	1072	68		::	9452	90
					25,000 Club						
59	45	1072	Larry Reade	R	1,000 Certificate	1072	68		::	25152	30
284	40	1056	Lin Michalczak	R	1,000 Certificate	1056	70		::	36439	16
384	43	1026	Mary Ann Waldman	R	1,000 Certificate	1026	71		::	4555	142
2086	29	1005	Bruce Coffee	R	1,000 Certificate	1005	72		::	3134	161
1629	32	927	Bill Harrington	R		927	73		::	4457	144
664	34	926	Ron Kalka	R		926	74		::	23812	33
2059	25	926	Steve Forrestel	R	5,000 Club	926	74		::	5493	131
2340	37	890	Valerie Aronson	R		890	76		::	1868	190
2382	34	883	Sandra Kaminski	R		883	77		::	925	229
1018	26	881	Paul Sienkiewicz	R	15,000 Club	881	78		::	15217	59
2421	30	869	Margaret Rockwood	R		869	79		::	1245	211
2358	25	864	James Knab	R		864	80		::	1091	219
2486	33	854	Rachel Struckman	N	1st New Female	854	81	854	1	854	236
1515	30	826	Kathy Finnegan	R		826	82		::	8686	98
662	29	826	Cynthia Adams	R		826	82		::	16399	54
2445	27	821	Joseph Rizzo	N	1st New Male	821	84	821	2	821	238
					Volunteer Of The Year Award						
2092	25	818	Gary Ostrum	R	5,000 Club	818	85		::	5663	127
130	24	817	John King	R		817	86		::	12146	73
1369	23	799	Cindy Stachowski	R		799	87		::	11134	82
1226	32	796	Sandy Nobel	R		796	88		::	13283	66

NFBC Standings - Page 3 of 41 - (Printed 11/8/2010)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
1349	25	796	Jane Armbruster	R		796	88		::	8062	102
461	30	790	Barbara Reade	R		790	90		::	29927	25
1788	21	782	Brenda Fischer	R	20,000 Club	782	91		::	20560	39
1783	23	774	John McClory	R	5,000 Club	774	92		::	5563	129
665	30	772	Linda Kalka	R		772	93		::	23770	34
118	34	763	Bill Tambacas	R		763	94		::	20882	38
2286	16	760	Greg Rhoads	R		760	95		::	1014	223
1120	29	736	Janice Powell	R	5,000 Club	736	96		::	5270	134
1514	28	732	Jeff Baker	R		732	97		::	6706	113
2012	25	710	Gwendolyn Macool	R		710	98		::	6501	115
29	25	700	Marion Reslow	R		700	99		::	17434	48
2380	22	689	Andrew Moynihan	R		689	100		::	1758	192
2470	25	678	Richard Vacanti	N	2nd New Male	678	101	678	3	678	248
2432	25	666	Billy MacDonald	N	3rd New Male	666	102	666	4	666	252
900	26	662	Tris Orzech	R		662	103		::	18169	45
1966	19	659	Bill Dowling	R		659	104		::	6224	119
170	27	654	Pat Peters	R		654	105		::	33661	18
560	26	652	Gerald Gardner	R		652	106		::	12196	72
219	24	652	Joe Tocke	R		652	106		::	16153	56
2039	26	626	Sean McGovern	R		626	108		::	2330	177
2125	16	625	Kevin Preston	R		625	109		::	2812	167
245	23	614	Robert Puleo	R		614	110		::	28143	27
1345	29	598	Raymond Thomas	R		598	111		::	8946	95
2181	20	592	Darrell Skelton	R		592	112		::	6352	117
1959	15	585	Joe Pautler	R		585	113		::	3459	155
1868	22	583	Susan Stemerman	R		583	114		::	5688	126
1255	22	582	Gordon Deitrick	R		582	115		::	18466	43
2467	20	582	Carlos Torres	N		582	115	582	5	582	263
1104	19	579	Steve Pusatier	R		579	117		::	4214	146
1205	20	575	Martin Peters	R		575	118		::	11975	76
1769	17	569	Loren Wehling Jr.	R		569	119		::	6092	122
2177	14	556	Joann Cronenberg	R		556	120		::	2778	168
2416	22	550	Chris Irene	R		550	121		::	995	224
2346	20	538	Richard McCarthy	R		538	122		::	1083	220
1466	20	523	Charles J. LaChiusa	R		523	123		::	1629	197
1632	19	513	Richard Swank	R		513	124		::	6975	112
1488	16	510	Peter S. Swartwout	R	5,000 Club	510	125		::	5119	135
1183	20	492	John Herman	R		492	126		::	8072	101
870	18	468	Sherri Tiedemann	R		468	127		::	2926	163
443	19	466	Tim Leach	R		466	128		::	17569	46
1874	20	465	Kathleen O'Connor	R		465	129		::	2098	183
1808	17	462	Elaine McClory	R		462	130		::	1107	218
1738	14	456	Terry Brennan	R		456	131		::	1509	200
757	18	439	Bruce Kennedy	R		439	132		::	19639	40
2256	16	438	Jeff Raugh	R		438	133		::	1282	206
2475	10	432	David Bero	N		432	134	432	6	432	271
2477	13	431	Bryan Hopkins	N		431	135	431	7	431	272
2428	11	423	William Hobbs	N		423	136	423	8	710	246
2315	19	412	Dennis Kimball	R		412	137		::	1051	221
2388	11	411	Dave Barth	R		411	138		::	884	233
2450	14	409	Stephen Winiacki	N		409	139	409	9	409	277
858	14	408	Peter Ziolo	R		408	140		::	17519	47
2422	14	403	Christopher Whalen	R		403	141		::	613	258
272	15	400	Al Gritzmacher	R		400	142		::	5746	125
1031	10	397	Gayle Hutton	R		397	143		::	1687	196
879	10	365	Frank Dedomenico	R		365	144		::	16797	52
459	17	361	Christine Luly	R		361	145		::	3803	150
1591	12	360	April Dunlap	R		360	146		::	7095	110
2297	14	353	Julie Alsani	R		353	147		::	1233	212
2469	13	352	Bernadette Tomaselli	N	2nd New Female	352	148	352	10	352	280
571	6	352	Ron Spohn	R		352	148		::	2289	178
1562	14	345	Thomas Tobias	R		345	150		::	3755	151
2126	9	344	Susan Preston	R		344	151		::	1899	188
1592	11	343	Steve Dunlap	R		343	152		::	4038	148
2324	11	337	Nathan Snyder	R		337	153		::	1123	216

NFBC Standings - Page 4 of 41 - (Printed 11/8/2010)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
2409	10	332	Kathleen Smith	R		332	154		::	808	241
2348	14	316	Tim Riley	R		316	155		::	541	267
1862	13	316	Dennis A. Blair	R		316	155		::	2235	181
2355	5	311	John Zonitch	R		311	157		::	661	253
1221	10	309	Diane Marasciulo	R		309	158		::	8712	96
2308	13	297	Wolfgang Buechler	R		297	159		::	888	232
2505	8	289	Mary Hughes	N	3rd New Female	289	160	289	11	289	285
2368	12	286	Christopher Mahoney	R		286	161		::	1534	199
2487	14	279	Robert Lubelski	N		279	162	279	12	279	287
1906	9	265	Paul Kay	R		265	163		::	3042	162
1555	10	264	Mary Franzek	R		264	164		::	1811	191
2515	7	264	Bradshaw Hovey	N		264	164	264	13	264	290
2330	14	263	John Perry	R		263	166		::	651	254
2511	8	258	Christian Tjahjadi	N		258	167	258	14	258	293
1265	7	255	Richard Ersing	R		255	168		::	1296	205
2504	7	255	Robert Hughes	N		255	168	255	15	255	295
950	9	254	Traci Cummings	R		254	170		::	7224	107
2106	8	249	Mohamed Zeid	R		249	171		::	5350	133
1942	11	248	Fred Wisniewski	R		248	172		::	1124	215
1374	11	245	Joe Giovenco	R		245	173		::	2239	180
2500	10	245	Scott Pearson	N		245	173	245	16	245	297
2381	7	244	Don Kirst	R		244	175		::	560	266
2447	3	233	David Biddle	N		233	176	233	17	233	300
1038	9	225	John Lamarca	R		225	177		::	10774	83
2444	7	225	John Knab	N		225	177	225	18	225	303
2186	6	225	Bradley Russell	R		225	177		::	573	264
2290	10	214	Mary Casey	R		214	180		::	800	242
2060	7	207	Cathy Forrestel	R		207	181		::	617	256
958	7	203	Colleen Danaher	R		203	182		::	3275	158
1789	3	203	Michael S. Fischer	R		203	182		::	8327	99
787	10	201	Don Hoke	R		201	184		::	1304	204
1961	4	198	Kathy Schwenk	R		198	185		::	868	235
2376	9	187	Merridy Knips	R		187	186		::	275	288
1960	4	187	Dan Schwenk	R		187	186		::	836	237
2412	6	186	Denise Hochul	R		186	188		::	428	273
34	2	185	Bob Ehrheart	R		185	189		::	10746	84
104	10	183	Marty Viggato	R		183	190		::	3967	149
2400	1	176	Carol Vanderberg	R		176	191		::	257	294
2338	6	175	Jay A. Pohlman	R		175	192		::	175	307
2473	7	174	Michael Foley	N		174	193	174	19	174	308
2415	6	174	Marc Macaulay	R		174	193		::	365	279
12	7	169	Jim Vozga	R		169	195		::	33959	17
2448	6	164	Anne Bennett	N		164	196	164	20	164	314
1878	6	162	Stephen Lewonka	R		162	197		::	3236	159
2494	5	158	Brandon Copeland	N		158	198	158	21	158	315
2302	8	156	Andre Lam	R		156	199		::	646	255
2351	5	154	Vito Gelose	R		154	200		::	414	276
433	3	153	Paul Sprada	R		153	201		::	7307	105
651	5	151	John Tjahjadi	R		151	202		::	3449	156
2262	5	148	Ken Kieliszek	R		148	203		::	676	250
2072	4	144	Al Browne	R		144	204		::	144	317
2250	5	143	Pamela Walker	R		143	205		::	1910	187
2390	4	139	Aaron Stirling	R		139	206		::	383	278
2054	3	134	Mark Tittle	R		134	207		::	977	227
2245	5	130	Sandy Wallace	R		130	208		::	615	257
1548	6	127	Mike Kirsch	R		127	209		::	145	316
2247	5	125	Chris Blask	R		125	210		::	592	262
2420	5	122	John Baker	R		122	211		::	226	302
575	3	121	John Clauss	R		121	212		::	10570	86
2170	5	120	Paul Randall	R		120	213		::	2362	176
1439	5	118	Peter Cummings	R		118	214		::	2286	179
2405	3	115	Ann Palka	R		115	215		::	677	249
1696	4	113	Halli Lavner	R		113	216		::	5811	124
2252	4	113	Laura Sienkiewicz	R		113	216		::	1349	202

NFBC Standings - Page 5 of 41 - (Printed 11/8/2010)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
1901	5	111	Michael D. Halligan	R		111	218		::	1248	210
2082	5	111	Mary Anne Silkes	R		111	218		::	3586	153
2495	3	111	Christopher Bookman	N		111	218	111	22	111	322
1187	4	110	Sally Holmes	R		110	221		::	7193	109
1739	5	109	Richard Parker	R		109	222		::	3474	154
2449	3	109	Sean Bennett	N		109	222	109	23	109	323
2489	4	108	Thomas Vadakin	N		108	224	108	24	108	324
2310	3	107	Steve Aycock	R		107	225		::	107	325
2414	5	106	Chris Smith	R		106	226		::	229	301
1184	3	103	Judy Herman	R		103	227		::	1502	201
2217	3	102	Joan Maher	R		102	228		::	1250	209
2478	3	102	Jewell Campbell	N		102	228	102	25	102	327
2116	4	101	James Bennett	R		101	230		::	244	298
2442	1	100	Charles Wonch	N		100	231	100	26	100	328
2002	4	98	Sara Kay	R		98	232		::	1611	198
1049	2	98	George Borowiec	R		98	232		::	891	231
238	4	97	Doreen Lynd	R		97	234		::	9481	89
1262	4	95	Gretchen Wisor	R		95	235		::	3163	160
2257	4	95	David Marcinkowski	R		95	235		::	926	228
1633	3	94	Kathryn Swank	R		94	237		::	601	260
977	2	94	Greg Eberhardt	R		94	237		::	4826	139
2455	2	92	Fran D'Amico	N		92	239	92	27	92	331
26	3	87	Brigitte Bachman	R		87	240		::	12984	68
2204	4	85	Laurie Seier	R		85	241		::	438	270
2433	3	78	Susanne Kuhn	N		78	242	78	28	78	335
1720	2	78	Tom Browne	R		78	242		::	900	230
2516	3	77	Ralph Allen	N		77	244	77	29	77	336
2350	3	76	James Kay	R		76	245		::	76	337
420	4	74	Andy Dagleish	R		74	246		::	74	338
1890	1	73	Randy Pierce	R		73	247		::	757	243
2501	3	72	Michael Kreuzer	N		72	248	72	30	72	340
1198	2	72	Sarah Wakefield	R		72	248		::	1268	208
1585	3	71	Smeraldo DeRosa	R		71	250		::	1899	188
2035	2	71	Richard Milazzo	R		71	250		::	1991	185
2468	3	70	Marcia Gann	N		70	252	70	31	70	341
2518	2	66	Leslie Duggleby	N		66	253	66	32	66	344
233	2	64	Jim Micket	R		64	254		::	12023	74
1756	2	64	Wendy Wilson	R		64	254		::	814	239
2490	3	63	Jennifer Courtney	N		63	256	63	33	63	345
2437	3	62	Greg Harvey	N		62	257	62	34	62	346
1270	2	61	Gary Schlau	R		61	258		::	21086	37
1818	2	57	Alison Wakefield	R		57	259		::	212	304
2263	2	57	Debbie Kieliszek	R		57	259		::	485	269
489	2	52	Jeron Drew	R		52	261		::	52	347
2164	2	52	Nick Roth	R		52	261		::	419	275
2454	2	52	William C. Hobbs	N		52	261	52	35	52	347
2083	2	50	Nancy Druelinger	R		50	264		::	169	310
2484	2	49	Richard Scaduto	N		49	265	49	36	49	350
1912	2	46	Craig Pielechowski	R		46	266		::	46	352
2503	2	45	Sandy Bunn	N		45	267	45	37	45	353
220	2	43	Mary Alice Tocke	R		43	268		::	14554	60
1381	2	41	Rich Bleyle	R		41	269		::	7247	106
2512	1	40	Mary Alice Garlipp	N		40	270	40	38	40	354
2306	1	35	Lance Johnson	R		35	271		::	423	274
2307	1	35	Jessica Johnson	R		35	271		::	35	356
2441	1	34	Diane McMahon	N		34	273	34	39	34	357
2480	1	34	Joe Fruscione	N		34	273	34	39	34	357
2481	1	32	Jonathan Anner	N		32	275	32	41	32	359
33	1	30	Jill Biniszkiewicz	R		30	276		::	12273	70
1135	1	30	David Silverman	R		30	276		::	1164	213
2461	1	30	Matthew Poeller	N		30	276	30	42	30	360
1204	1	29	Richard Svensson	R		29	279		::	741	244
2479	1	28	Carolyn Lee	N		28	280	28	43	28	361
1000	1	27	Valerie Lonzi	R		27	281		::	4669	141

NFBC Standings - Page 6 of 41 - (Printed 11/8/2010)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
1311	1	27	Colleen Eagen	R		27	281		::	4339	145
2387	1	27	Christopher Puchalski	R		27	281		::	272	289
2459	1	27	Larry Acker	N		27	281	27	44	27	362
1542	1	26	Joseph R. Haun	R		26	285		::	200	305
1860	1	26	Jonathan A. Mugel	R		26	285		::	2368	175
2362	1	26	Linda Lindner	R		26	285		::	50	349
17	1	25	Paul Zsebehazy	R		25	288		::	40188	12
208	1	25	Patrick O'Keefe	R		25	288		::	16237	55
210	1	25	Gay O'Keefe	R		25	288		::	15702	58
1277	1	25	Jeff Gardner	R		25	288		::	2890	165
2410	1	25	Charles Miess	R		25	288		::	125	320
2514	1	25	John Gross	N		25	288	25	45	25	364
2438	1	23	Ryan Harvey	N		23	294	23	46	23	365
657	1	22	Sean Mc Atee	R		22	295		::	314	282
323	1	18	Bonita Ryan	R		18	296		::	166	311
2244	1	18	Miriam Radder	R		18	296		::	303	283
191	1	13	Irv Laub	R		13	298		::	21519	35

The ride standings are compiled and analyzed by Walter Kammer, based on ride sign-in sheets collected as of November 8, 2010. Members who signed in on one or more club rides in 2010 are listed here.



Niagara Frontier Bicycle Club

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Summary of Present and Past NFBC Annual Awards—by Walt Kammer, 11/10/10

Annual NFBC Award Category	2010 Season		2009 Season		2008 Season		2007 Season		2006 Season	
	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles
First Overall	Loren Tretyakov	3349	Paul Castle	3786	Brenda Fischer	4141	Brenda Fischer	3807	Brenda Fischer	3419
First Male Rider	Michael Dusing	3340	Colin E. Fritz	3686	Ed Peters	3182	Gary Stevens	3233	Ed Peters	3089
First Female Rider	Karen Sprada	2873	Jean Frederick	2976	Karen Ostrum	2903	Lori Harf	3241	Lori Harf	2949
Second Male Rider	Patrick Danaher	3314	Alex Setlik	3517	Patrick Danaher	3189	Ed Peters	3173	Alex Setlick	3076
Second Female Rider	Jean Frederick	2542	Lori Harf	2820	Lori Harf	2779	Arlene Lepie	2888	Arlene Lepie	2499
Third Male Rider	Alex Setlik	3124	Gary Stevens	3405	Thomas Barone	3164	Carl Mach	3000	Vincent C. Phillips	2803
Third Female Rider	Arlene Lepie	2398	Elaine Rubenstein	2503	Elaine Rubenstein	2789	Karen Sprada	2432	Shelly Isaacs	2054
Most Rides	Ed Peters	2665	Thomas Barone	2947	Brad Chase	2633	Bob Silkes	2663	Bob Silkes	2626
First Male New Member	Joseph Rizzo	821	Christopher Mahoney	1248	David Marcinkowski	792	Darrell Skelton	1667	Steve Forrester	1672
First Female New Member	Rachel Struckman	854	Loren Tretyakov	2213	Peg Walker	962	Susan Preston	870	Shelly Isaacs	2054
Second Male New Member	Richard Vacanti	878	Richard Tesmer	1080	Michael W. Cormier	661	Paul Randall	1375	Mohammed Zeid	695
Second Female New Member	Bernadette Tomaselli	352	Brigitte Solitz	1753	Michele Smith	909	Joann Cronenberg	721	Gwendolyn Macool	1256
Third Male New Member	Billy MacDonald	666	Andrew Moynihan	1089	Ken Kieliszek	366	Colin E. Fritz	1360	Johnny Woodard	532
Third Female New Member	Mary Hughes	289	Valerie Aronson	978	Laura Sienkiewicz	878	Deborah Morrison	270	Jill Bejarano	1125
President's Award	Dennis Powell		Jean Frederick		Kathy Kamath		Bill McLaughlin		Ian Currie	
Ride Leader of The Year	Thomas A. Williams		Matthew Luby		Diane Currie		John Herman		Sheila Buonerba	
Volunteer of The Year	Karen & Gary Ostrum		Dennis Powell		Frank Solitz		Tom Williams & Sue Williams		Brenda Fischer	
Outstanding Service	Rebecca Ribis		Thomas Barone		Lori Harf & Joe Pizzuto		Cindy Adams		Mary Alice Tock	
			Bob Mahoney		Mike Fischer					
			Elizabeth Williams							

NFBC General Statistics for year to date Ride Sheets posted to 11/8/2010	2010 News		Change 09 to 10		History Nov-09		Change 08 to 09		History Nov-08		Change 07 to 08		History Nov-07		Change 06 to 07	
Total Number of Miles Ridden by ALL riders:	210,335	-10%	233,418	0%	232,659	1%	229,819	19%								
Total Number of Miles Ridden by NFBC Members:	190,376	-10%	212,486	-1%	213,684	0%	214,213	15%								
Total Number of Miles Ridden by NEW Members:	9,721	-55%	21,481	54%	13,971	-8%	15,255	-10%								
Total Number of Miles Ridden by Guests:	19,959	-5%	20,932	10%	18,975	22%	15,606	129%								
Total Number of Riders to date (all, incl. guests):	7,270	-8%	7,894	9%	7,275	-4%	7,602	18%								
Total Number of Riders to date (guests only):	654	-10%	724	136%	307	-44%	550	156%								
Total Number of Riders to date (renewed members):	6,292	-2%	6,432	-2%	6,534	0%	6,559	16%								
Total Number of Riders to date (new members):	324	-56%	738	70%	434	-12%	493	-19%								
Total Number of Riders to date (all members):	6,616	-8%	7,170	3%	6,968	-1%	7,052	13%								
Total Number of Renewal Members in NFBC:	341	-5%	358	-1%	361	-3%	373	3%								
Total Number of New Members in NFBC:	96	-26%	129	15%	112	15%	97	-13%								
Number of Inactive Members (non-renewals):	2,084	7%	1,947	6%	1,843	6%	1,744	6%								
Number of Permanent MemberIDs Assigned:	2,521	3.6%	2,434	5.1%	2,316	4.6%	2,214	4.4%								
Total Number of Paid Members in NFBC:	437	-10%	487	3%	473	1%	470	-1%								

Print Form

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 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"/> \$30.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
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 order to receive the Newsletter link by email, you must belong to nfbc@yahoo.com

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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Wheatfield NY 14120

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