

NFBC NEWSLETTER

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Dates to Remember

May 5th Dinner Ride 2PM

Saturday May 11th Trash &
Treasure

Sunday May 12th Mothers Day
Party Ride

Wednesday May 15th Creekside
Spotlight Ride

Sunday May 26 Members
Memorial

Monday May 27th Memorial
Day Party Ride



The Sunday Morning breakfast ride got off to a foggy, cool start on Easter. The five intrepid riders, from the left, are Gil, Ian, Mike, Brenda and John.

May is finally here! To say that April has not been the greatest riding month would be an understatement, but the weather will be better now. Time to really get into the rides and start the season. Two party rides help to get us going: Betsy's Mother's Day Ride and the Vozga's Memorial Day ride begin the festivities. Great rides and lots of fun, make sure to join in!

The Spring Trash and Treasure Ride has been postponed until May 11th due to weather. This is another do not miss ride that helps us contribute to the community by cleaning up the roads near Chestnut Ridge Park. The twice a year event is hosted by John and Judy Herman.

There are also several special events this month: a Spotlight Ride, a Dinner Ride and the Members Memorial; check the schedule inside for more information.

May 1st Weekday Ride times change to 9:00 AM and 6:30 PM

President's Message

Our 2019 riding season has started, although it has been a little cooler and wetter than I prefer. It feels good to ride again and I enjoy seeing everyone and catching up on the things happening in our lives.

Our Trash and Treasure ride was rained out. We will plan to do the trash pickup and pizza eating after the Knee Knocker rides coming up on May 11. I am familiar with the roads for the short ride. Nothing in that route will knock the knees too badly! There are a few slight elevations that I would find a little annoying, but the scenery will be good. The benefit of taking these roads at a slower pace is that you get to see a lot more scenery than those people who can fly up the hill at 20+ mph.

Twice a year, the ride committee schedules a ride in the afternoon, with the intent that it will be a post ride social dinner opportunity. This season's opportunity is on Sunday, May 5, with a ride out of Hamburg to Sturgeon Point and back. This is a fairly flat ride, for a south town ride, with more than one way to shorten it for slower riders who want to do a nice ride, but get back 'before the party is over.' Actually, the south town's group that will do this ride is pretty good at keeping occupied in the parking lot while waiting for riders enjoying the scenery to get back.

This brings me to another topic for us all to consider. We want to encourage guests to join the Club, even if they are not already strong or fast. We don't want to leave an impression that we are unfriendly or elitist. Remember what it was like for you when you first joined the Club. I had a few riding mentors that took the time to help me learn group riding skills and figure out which rides would be best for me. Let's all acknowledge the new riders and help them match their abilities with others at the ride start. If it appears that they will be the slowest or fastest person there, perhaps one of us could take a turn to ride with that person for at least part of the route, helping them to know better ride options to find cyclists closer to their level. Although it is not required, it is always nice and considerate to make sure we don't all leave the parking lot before the guest or new member gets back, if they were dropped and out there on their own.

Most of you know that our website is in a place that can't be easily maintained or upgraded. The biggest hardship is that Paypal will no longer work for us to renew or join the Club. Ron Penton has tried to get it working for us, but it appears that we will have to move the website to a different host. This will involve a lot of work for our volunteer webmaster. We have decided that it is better to keep all of the other great features of our website working for the riding season, so we have access to the schedule and ride route details that we have grown to love. At least for this year, we will need to go old school: download the membership form, fill it out, and mail it with a check to Michele Smith. If you really don't like the post office, feel free to hand it to me or another willing board member and we can pass it to Michele. Hopefully, we will be able to have modern technology working to its full potential for next year.

Our new apparel order from Primal is supposed to ship around April 26. We expect to have a 'pickup party,' similar to the 'fit kit try on session,' at a local brewery, most likely on Saturday, May 4. Watch Facebook or email for confirmation and details. We know that we have people who missed out on this order and others who will decide they want a new jersey once they see them on Club members. John is collecting names and items wanted, keeping a list. If we have enough interest to meet new minimums on specific items, we will plan to place a smaller order June 3rd. Please make sure that Club members are aware of this and contact John Tjahjadi (johnrtjahjadi@yahoo.com) before June 1, to let him know what is needed for a reorder.

Safe Riding,

Brenda



CREEKSIDE ADVENTURE!

The first Spotlight ride of this season will take place on Wednesday, May 15. We'll leave the Ellicott Creek Island Park parking lot off Creekside Rd in Amherst promptly at 10 AM. This brand new route will follow Creekside along the Erie Canal to Tonawanda, then take Youngs Road to hop on the nearly-new bike path directly into the city. We'll leave the path just south of Kenmore Ave and head towards Delaware Park. We'll take the Park ring road and exit over the pedestrian bridge and head south to Bidwell Pkwy and Elmwood Ave. Our rest stop is the Lexington Coop, where we can sit and reflect on how lucky we are to be able to ride as we do. Then we'll make our way back up Bidwell, past the mansions on Lincoln Pkwy, and get back on the bike path heading towards the River. Then we take Niagara St to the riverside bike path and travel north to the end of Sheridan Dr. At Kenmore, we enter yet another bike path thru Praxair and Sheridan Park, which eventually takes us to Niawanda Park. From there we head back to Creekside Dr and the parking lot.

Lunch will follow the ride at the Grapevine Restaurant (www.grapevinerestaurant.com) on Niagara Falls Blvd.

NFBC Club Trip 2019 – Ashtabula, Ohio, July 26-30



There is something about **covered bridges** that suggests photography. When you come across one in your travels, it seems to just need to have its picture taken. You are compelled to get out your camera phone, or, for the picture snobs, your Canon, Nikon or whatever and capture the image. You also MUST walk, drive, or ride your bike through it. It can't be helped.

A type of folk art that can delight the eyes (and camera lens) is **quilt barns**. Quilt barns are painted artwork of mostly geometric

shapes. They are typically hung on barns and emulate what might be stitched on a quilt blanket. The artwork may tell you something about the family that owns the barn, or it might simply be a decoration. Quilt barn paintings don't just adorn barns. You may find them on garages, offices, houses, any exterior spot with some space for it. If there isn't space on a building, you might see it freestanding next to a building. They are small and large. All are unique.

Ashtabula County in northeast Ohio has a clustered abundance of these two eye appealing attractions. It also has a lot of nice, quiet roads for cycling.

Join fellow NFBC members for the NFBC Club trip touring Ashtabula County, Ohio on July 26-30, 2019. Only about 2.5 hours away from Buffalo, we'll have five days of routes that will explore the above scenery as well as whatever else Ashtabula County and surroundings have to offer. A nice hotel from which we'll be able to launch rides is being researched. Look for further information regarding hotel and room rates in future Newsletters, YahooGroups announcement and NFBC's Facebook page. Please email Dennis Powell at powell.dennis.j@gmail.com if you plan on attending. Let me know who is coming and what dates you expect to be on the trip. Also let me know if you will be using alternate lodging from the hotel chosen for the trip (a campsite, for instance). I can answer any questions you may have. I am also looking for help with organizing social activities (a group dinner, for instance). Let me know if you can help out.

Routes will be made available on cue sheets similar to what we use on local rides and in GPS files for Garmins and similar GPS routing devices.



Backbone of NFBC: Ride Leaders!

It is a new riding season, and we also have some new ride leaders! While we try to decide whether to ride – Is it too cold? Too hot? Too windy? Dark too soon? Might it rain/snow/sleet? Are we hurt? Are we cranky? Is there anyone to ride with? Do we have the right clothes? Is traffic too bad? Is our bike ready? Do we have TIME? – our morning & evening Ride Leaders are there! Not only do they show up for the ride every week (or arrange their own sub), they LEAD the rides. They create and update the routes, have cue sheets and road hazard warnings at the ready, and sometimes even provide snacks for the riders!

Here then is the 2019 series to introduce you to the people who lead NFBC rides, every day of the week.
—Ed.

Kathy Cammarano is the ride leader for Monday morning rides from Pendleton. The rides leave from the Wendelville Fire Hall, 7340 Campbell Blvd.

After being off her bike for thirty years, Kathy joined NFBC in 2016, and is happy to be a ride leader and give back to a club that has been a great experience for her.

Kathy's favorite bike-related item is her bike computer. She reports that when she is not familiar with the route, between the cue sheet and the computer, she knows where to turn.



Her biggest worry with taking on the ride leader duty is staying up to date on milled and stoned roads. You will help her, right? In addition to biking, Kathy enjoys golf, taking walks, doing puzzles, playing cards and eating cake?!

Welcome New Members

Robert Sawicki, Keith Hager, Scott Hager, Bill Murray, Nadia Melnyk, Jared Zehr, Kelly Lee, Philip Gentz, Beth Faul, David Verstreate, Timothy Knott, Neil Greidanus, John Waugaman, Philip Beer, Mark Bramer.

Charity Rides

Enjoy a Ride and Help the Community

The 13th Annual Ride for Missing Children - Buffalo
Friday, May 31, 2019

To make our children safer...one child at a time.

We ride 100 miles in one day, as one unified team of riders, riding 2x2 at a 14-15 mile pace and escorted by local law enforcement in each jurisdiction. The Ride stops at schools along the route for educational rest stops, with silent tributes to missing children, recovered children and fallen officers. Riders, their families and friends will be welcomed at the finish with a grand celebration!

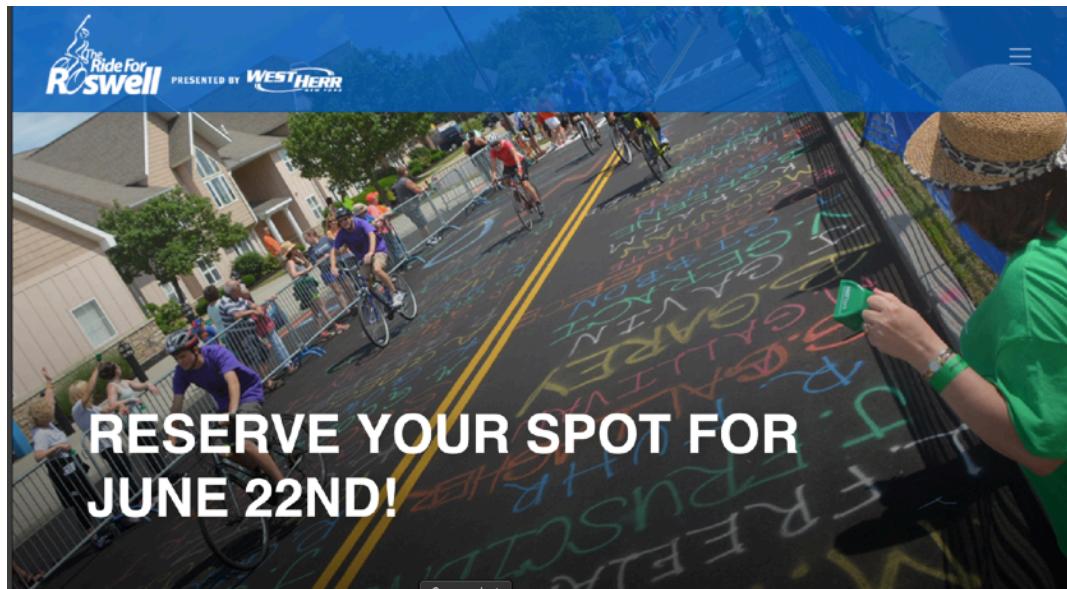
In May of 1995, a team of bicyclists rode their bicycles from Central New York to the steps of our nation's Capitol, to promote public awareness on the plight of all missing children. They arrived in Washington, DC on National Missing Children's Day, May 25th, a distance of 529 miles. The Utica community continued the tradition of a Ride and because of this success, NCMEC/NY introduced the 100 mile Ride for Missing Children to the Rochester, Albany, Finger Lakes and Buffalo communities.

2019 Registration is open

Become a rider to

- honor all missing and exploited children
- support prevention and education programs

[Register today!](#)





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WEEKEND RIDE SCHEDULE

421	Rapids Round about Redux	Sat, May 4	10:00 AM	St. Mary's Church (Use parking lot by the playground and baseball field, off of Stahley.), Clarence	~24-3 4	416 / 258	EZ	Bob Alessi (545-3737)
271	Java Lake Ride	Sat, May 4	10:00 AM	Parking Lot @ Ronni's Pizzaria (Rt. 16, 0.1 miles before Holland Glenwood Road), Holland	37 / 21	2500 / 1700	DIF F / MD	Dan Schwenk (716-408-7413)
742	Lockport-Pendleton	Sun, May 5	10:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	38 / 32	797 / 692	MO D / EZ	Joan Charleson (716-352-5090)
751	Sturgeon Point (Dinner)	Sun, May 5	2:00 PM	Parking Lot behind fire hall, Hamburg	31 / 18	900	MO D / EZ	David Gonzalez (649-4998)
229	Trash & Treasure	Sat, May 11	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 25	2661 / 1444	DIF F / MO D	Charles Grammer (716-713-1469)
361	Bill's Training Ride	Sat, May 11	10:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	30 / 16	339 / 169	EZ	Elaine Rubenstein (7164795042)
388	Elma East	Sun, May 12	10:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	60 / 35	2100 / 1100	DIF F / MO D	Pat Danaher (310-8136)
447	Batavia-Oakfield (New, Party)	Sun, May 12	10:00 AM	Lot behind Wendy's (Old Genesee Mall), Batavia	38 / 31 / 21	728 / 658 / 380	MO D / EZ	Betsy Dexheimer (585-343-5172)
449	Creek side Adventure (New, Special Event)	Wed, May 15	10:00 AM	Ellicott Creek Island Park (Off Niagara Falls Blvd on Creekside), Tonawanda	~30	251	EZ	Elizabeth Skelton (716-400-6091)

417	Westwood to Eastwood	Sat, May 18	10:00 AM	Westwood Park, Lancaster	~23-34	860 / 662	E Z	Bradshaw Hovey (716-857-0906)
302	New Saturday Sundae	Sat, May 18	10:00 AM	Hamlin Park (south parking lot), East Aurora	41 / 37	1500 / 985	D I F E / M O D	NEEDS LEADER. VOLUNTEER HERE.
431	Cambria Lake (New)	Sun, May 19	10:00 AM	Cambria Town Hall (at Cambria Rd), Cambria	44 / 35 / 26	607 / 435 / 329	E Z	NEEDS LEADER. VOLUNTEER HERE.
384	Two Bottles And A Bush	Sun, May 19	10:00 AM	Parking Lot behind fire hall, Hamburg	42 / 23	2200 / 1200	D I F E / M O D	Vicky Perry (7164455861)
758	Old Greenwalls (Updated)	Sat, May 25	10:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	33 / 24	500 / 300	E Z	NEEDS LEADER. VOLUNTEER HERE.
224	Springville Sprint	Sat, May 25	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42	2500	X D	Dennis Powell (691-6233)
142	Members Memorial Century	Sun, May 26	8:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	101	2267	X D	NEEDS LEADER. VOLUNTEER HERE.
144	Members Memorial Short	Sun, May 26	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	30		E Z	NEEDS LEADER. VOLUNTEER HERE.
143	Members Memorial Metric w Cutoff	Sun, May 26	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	64 / 43		E Z	Tim Cleary (807-7174)
264	Jim & Kathy's Party Ride (Party)	Mon, May 27	10:00 AM	Clarence Middle School, Clarence	35 / 26 / 16		E Z	Jim Vozga (716-462-0200)

Weekday Ride Schedule

2019 season	NORTH		SOUTH		Cammarano	Kathy	START	
	AM	PM	AM	PM				
Monday	x				Ribis	Rebecca	Thompson Rd Clarence	rebeccachristene@hotmail.com
Monday		x			Sawyer	Jim	Hamlin Pk, East Aurora	sawyjt@gmail.com
Tuesday	x				King Spohn	John Ron	Ellicott Isl Ck Pk - moving to West Canal Pendleton	JEKing169a@aol.com rspoh@rocketmail.com
Tuesday		x			Karnath	Jim	West Canal Pendleton	jimkarnath@yahoo.com
Tuesday				x	Luly	Matt	Hamburg, lot off Long Ave	mlpublic42@gmail.com
Wednesday			x		Marcheson	Fred	Orchard Park behind police station	baguba3@gmail.com
Wednesday		x			Walker	Peg	St Mary's Swormville	pegwlkr@verizon.net
Wednesday				x	Soltiz	Frank	Chestnut Ridge Pk	fsoltiz@aol.com
Thursday	x				Rossi	Paul	Como Park Lancaster	prossi7763@aol.com
Thursday		x			Alongi Deckert	Karen Jason	Buffalo Niagara Heritage Museum	kalongi1@verizon.net jdeckert@gmail.com
Thursday				x	Adolf	Jennifer	St John's Lancaster	jadolf223@gmail.com
Friday	x				Rimlinger	Jack	Thompson Rd church Clarence	jackrim49er@gmail.com
Friday				x	Danaher	Pat & Lori	Elma Meadows Pk	ldanaher@verizon.net
Saturday	x				Chase	Brad	Richmond Lot UB	btchase@buffalo.edu
Sunday	x				Currie	Ian	Hatch Buffalo Waterfront	ian63@roadrunner.com

Shaded cells show shared ride leader responsibility
Italicized names are NEW this season

Day of the Week Start Times

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)

Weekday Morning Rides: 10:00 AM in April & Oct.; 9:00 AM in May, June, July, August, September

Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.

Betsy's Mother's Day Party Ride



The Ride: The rides start at 10 AM at the Genesee Country Mall on Rt 5 in Batavia. (Park behind Wendy's, 44 Main St., Batavia.) Genesee County is known for smooth roads, absence of potholes and scenic country side! There will be two distances. There will be new routes this year.

The Party: At Betsy Dexheimer's home, 19 Woodrow Rd. Woodrow is one mile west of the mall, just before Denny's. If you are not riding but want to attend the party, the food begins at 1 PM. Betsy will supply pizza, salad and beverages. Bring desserts and "starters" to share, a lawn chair and beverage of your choice. If you need directions, call Betsy at 585-343-5172.



The Ride: The ride starts at 10AM at Clarence Middle School on the corner of Greiner & Strickler Rds. It is a dual mileage (19/36 miles) ride over flat terrain.

The Party: Rain or shine!!! Ride the ride, then change into your swim suits and take a refreshing dip in their pool! To get to the party, turn left out of the school lot. Go left on Strickler. 5830 Strickler Rd is 1.2 mi. from the turn. The house is on the left. The ride route will also pass by the house near the end of the ride. Jim says, "You can ride as fast as you want, but I don't serve anything until at least 12:00!!! If you arrive before that time, you will be put to work!!!" Jim and Kathy will supply the main course and most beverages. Standard NFBC party rules apply: bring a dish to pass, lawn chair, and feed the kitty.

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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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a dish to share, a beverage of their choice, and funds for the "kitty" to offset the expenses of the host. Bring a lawn chair. Be a welcomed party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!



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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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT SECOND MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT THIRD MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT FOURTH MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

MEMBERSHIP FEE: Individual - \$20 _____ Renewing Member _____ or New Member _____

Family - \$30 _____ (includes any 2 adults and their children under 18 living at the same address)

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:

NFBC Members _____ NO BIKE SHOPS _____ NO

Send check payable to NFBC along with signed application to: NFBC
c/o Michele Smith
1537 Sundance Trail
Lakeview, NY 14085

Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995
9430 Transit Road
716.688.2453



Bertsbikes.com

40th
anniversary 1973-2013

Bicycles & Fitness
Sales & Service

John Jansen
Director of Training

jjansen@bertsbikes.com

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Orchard Park, NY 14272
Phone: 716-646-0028
Fax: 716-646-3828

Tonawanda:
1550 Niagara Falls Blvd.
Tonawanda, NY 14210
Phone: 716-637-4882
Fax: 716-637-1307

Williamsville:
7510 Transit Rd.
Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1138

Henrietta:
100 Jay Scotti Blvd.
Henrietta, NY 14223
Phone: 585-424-2777
Fax: 585-424-7482



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Niagara Frontier Bicycle Club



Leaving April Behind



www.nfbc.com