

NFBC NEWSLETTER

Dates to Remember

- Sept 4 - Kazoo
Klassic Party Ride
- Sept 10 - Ian's
Welland Canal
Ride
- Sept 23 - Kathy's
Kaper Party Ride
- Oct 1 - Fall Trash
and Treasure

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Weekend 2
Schedule

Can Am 4
Thank You

Party Rides 5,6

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Winding Down the Season

Cool mornings and evenings, abbreviated evening rides, it must be September. We can look forward to some change of leaf color late in the month providing some added incentive to get outdoors. Though the weekday evening rides have the hazard of low angle sun causing glare for motorists overtaking cyclists, the low angle sun also puts a special glow across farm fields that is nice to see.

There are a couple of party rides in September. The annual Kazoo Klassic Labor Day ride and party at Mike and Joanie Maher's will be held. Jim and Kathy Karnath will have an Oktoberfest party coinciding with a special 2pm 'Kathy's Kaper' ride.

While there is no longer a Welland Food Fest, Ian Currie's Welland Canal ride will still go off and is sure to be an adventure. In the same neck of the woods, there is a special 'Pie Ride' in September. Trees near Zoar Valley may start showing some color mid-month when the Zoar Valley ride goes off, augmenting what is already a scenic roll.

The schedule is full of some great rides. Everyone in Buffalo knows what's coming. No excuses, get out there on your bike and enjoy the change of seasons.

Ride Announcements

Weekday evening rides start at 6:00 PM for September.

The Tuesday morning north ride will start at West Canal Park for September. Ride Leader Joe Pizzuto wants to explore some different roads.

The Tuesday evening north ride start goes back to West Canal Park for September.





Sept 2017 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Sep 02	10:00 AM	362	Clarence to Aiden	43 / 25	Easy	600/300	Clarence High School, Main St. at Gunnville Rd.	Jennifer Adolf 479-2578
Sat, Sep 02	10:00 AM	370	Sandy's Pat's New Ride	43 / 28	Dif / Mod	1800/1200	Parking Lot behind fire hall across from 44 Long Ave,	Sandy Bunn 863-7333
Sun, Sep 03	10:00 AM	347	Sanborn Scramble	30 /	Easy	294	North Amherst Fire Co. Tonawanda Crk. S & Campbell	Marty Viggato 570-5896
Sun, Sep 03	10:00 AM	86	Ski Country	44 / 33	XD	2800 / 2000	Sprague Brooke Park Parking Lot, Foote Rd.(L off Rt. 240,	Vicky Perry 445-5861
Mon, Sep 04	10:00 AM	328	Kazoo Klassic II	37 / 21	Mod	1800	Evans Elementary School - Sturgeon Pt. Rd. @ Rt. 5	Michele Smith 479-0841
Sat, Sep 09	10:00 AM	405	Sing n'Scream	43 / 31	Mod	0	Lancaster Opera House, side parking lot on Clark St off Central	Liz Skelton 400-6091
Sat, Sep 09	10:00 AM	392	Flamingo Ride	33 / 26	Dif / Mod	2000/ 1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Loren danaher 430-1600
Sun, Sep 10	10:00 AM	365	Around Grand Island	25 /	Easy	0	Kaegebein Elementary School, South Parkway and Love Rds.	
Sun, Sep 10	9:00 AM	912	Welland Canal	63 / 40	Mod	800	Hatch at Erie Basin Marina	Ian Currie 601-7390
Sun, Sep 10	10:00 AM	408	Eighty-six It Ride	36 / 25	XXD / Dif	3545/2101	Springville Parking Lot (Rt. 219 Exp. to Springville. L on Rt. 39. R	Vicky Perry 445-5861
Sat, Sep 16	10:00 AM	731	Brown's Berry Patch	40 /	Mod	710	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	
Sat, Sep 16	10:00 AM	381	Emery Bored	44 /	Mod	1600	Emery Park, 2084 Emery Rd., South Wales	
Sun, Sep 17	10:00 AM	780	Sand Hill Double	34 / 28	Mod	800/600	Clarence Center Elementary School, Clarence Center Rd. east	
Sun, Sep 17	10:00 AM	387	Zoar Valley	42 / 26	XXD / Mod	3100/1500	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, Sep 23	2:00 PM	385	Kathy's Kaper	38 / 30	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Cindy Adams 308-0774
Sun, Sep 24	10:00 AM	782	Brockport Breeze	52 / 35	Mod	0	Elba Central School, 57 S Main St (SR98), 4 miles north of NYS	Liz Skelton 400-6091
Sun, Sep 24	10:00 AM	331	Fish Hill	36 /	Diff	2600	Hamlin Park (south parking lot), S Grove St	Bradshaw Hovey 857-0906
Sat, Sep 30	10:00 AM	708	Niagara on the Lake	45 / 38	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	Mike de Freitas 860-2919
Sat, Sep 30	10:00 AM	227	Boston Baked Buns	57 /	XXD	3500	Parking Lot behind fire hall across from 44 Long Ave,	Dave Gonzalez 649-4998
Sun, Oct 01	10:00 AM	364	Fall Trash & Treasure	28 / 24	Dif / Easy	1800/600	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

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Joe Pizzuto 982-4142
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 860-9039
	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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Brad Chase 632-5636
Sunday	AM	Erie Basin Marina, parking lot by The Hatch, Buffalo	Ian Currie, 601-7390

DAY OF THE WEEK RIDE START TIMES

Sat & Sun "Breakfast Rides"	9:00 AM all season (members usually stop for a quick diner breakfast)	
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

Message From Our Club President

NFBC Helps Make the 2017 CanAm a Rousing Success

NFBC wants to thank you for your help with the CanAm Ride. You delighted us with your generous support – either with the routes, sag support, rest stops, or general ideas and suggestions.

The committee consisting of Linc Blaisdell, Ian Curry, and Rebecca Ribis helped execute yet another event that made us proud. We thank them for all their hard work and dedication--and for representing us.

Linc was responsible for the bridge crossings, the Graycliff Ride, as well as general schmoozing. Ian organized support staff and offered route suggestions. Rebecca was instrumental in designing the Saturday tour of Buffalo as well as planning ALL of the routes.

Jim Karnath created a new Brewery Tour for a Friday evening warm-up ride. We will schedule this ride again, so if you did not get to do it, stay tuned. Early Saturday morning Linc ushered six CanAm riders from Chestnut Ridge to Graycliff for a 90-minute tour. Also on Saturday Pat Danaher led the morning club ride that we open up to guests participating in the CanAm weekend.

Meanwhile back in the city, Rebecca Ribis, Sue Stemerman, and Liz Skelton provided riders with a highlight tour of Buffalo. They had support from Mike DeFreitas, Bill Dowling, John King, Nancy and John Krzyzanowski, and Jim Karnath. Ron Spohn--showing up at the beginning of the ride quite dapper in period costume on a Pierce bicycle--educated riders about early bicycles.

Larry Reade provided sag support on the US side. Betsy Dexheimer and Bob Lubelski staffed rest stops. Also on Sunday, Sue Stemerman led the new 32-mile U.S.-only route. She had help from John King, who was an excellent navigator, and Bruce Jansen who was an excellent sweep.

Brenda Fischer, as always, provided much moral support, as well as advice on routes and policies. Kathy Karnath and Diane Currie were great sounding boards.

We would also like to thank all the NFBC riders who were friendly and welcoming to the non-members. You were welcoming! You played well with others! We couldn't have done it without you. You guys rock!

Robert Nowinski



The German folk festival Oktoberfest officially starts on Saturday, September 16, runs through Tuesday, October 3 and is an event that dates back to the Middle Ages. It is held in Munich, Germany annually with many folks coming in to attend from around the world. This festival is just one long party and is legendary for the quantities of beer consumed during its run.

Jim and Kathy Karnath would like to invite everyone to their house on Saturday, September 23 after the Kathy's Kaper ride for an Oktoberfest Celebration party. The Karnath's will have some of the best of the Wursts on hand, Sauerkraut and other German fare that may include Limburger cheese.

As this is an NFBC party ride, bring a dish to pass (German or not), favorite beverages, and don't forget to feed the kitty.

Brush up on the words to Ein Prosit, in German if you can, and come on out.

The ride is at 2 PM. The party starts right after the ride.

Jim and Kathy are at 159 Wyeth Drive, Getzville.

KAZOO PARTY RIDE—LABOR DAY, MONDAY, SEPT. 4

The Kazoo Ride is a fun ride with easy to moderate terrain. It starts at the Evans Senior Center at the Corner of Erie Road (Route 5) and Sturgeon Point Road at 10:00 AM.

NOTE: Mind the speed limits in Derby. Tickets have been written in the past for speeds only 5 mph above what's posted.

After the ride, head on over to Joan and Mike Maher's place in Lake View for a post ride party. The address is 1933 Hanley Drive, Lake View. From the ride start, you will head east (towards Buffalo) on Route 5 for 4.4 miles, turn right onto Lakeview Rd., then about 0.7 miles up, turn right onto Hanley Dr. (Community Church on corner). Official party rules apply. Bring a dish to pass and, if you can, some chairs.

Editor's Note: Don't forget to feed the kitty.





The Pie Ride

On Saturday, September 30, join Mike de Frietas and friends on a ride to Niagara-On-The-Lake and allow Mike to show you where to get the best piece of pie in Ontario.

LONG RIDE

For long ride folks, the ride starts at City Hall of Niagara Falls, 745 Main

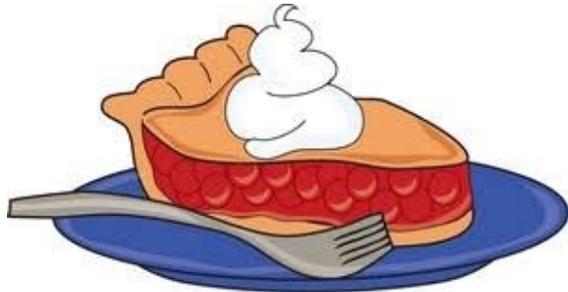
St. (Rt. 104) near Cedar Avenue. You'll roll across the Rainbow Bridge (requires passport or Enhanced License to get back and forth), up the parkway towards NOTL. After descending the escarpment, the long ride heads into some farmlands, then along the lakeshore to NOTL and the restaurant.

SHORT RIDE

The short ride starts in Queenston Heights Park in Canada. Your adventure goes out to and along the Welland Canal. You, then, make your way around to NOTL and the restaurant.

Refueled with pie, you make your way back along the Niagara Parkway trail and up the escarpment to Queenston. The long riders continue back to Niagara Falls, Ontario and cross the bridge back into Niagara Falls, NY.

The views of the Niagara River are spectacular, the lunch is top notch, so consider taking in a nicer slice of life (and pie) on September 30.



EDITOR'S NOTE

As of the printing of this issue, no one has replied to job postings for the NFBC Newsletter editorship. My last issue will be the Nov/Dec 2017 issue. If you've been following the Board of Director's meeting minutes, you may know we've been discussing going entirely web based for most communications. Informally, many use the NFBC Facebook page for posting comments on rides, pictures from rides and roadwork (repaving, chip sealing) updates. We also post announcements to the Yahoogroups site for emailing club-pertinent news to the membership.

But the web site is the go-to place for the ride schedule, ride start locations, maps, Garmin files and other 'official' NFBC information. Our web master, Ron Penton, has designed the NFBC web site in such a fashion that the ride committee and other officers can make changes and updates without his intervention, allowing for it to be a timely and accurate reference.



Ron has some ideas for incorporating some of the elements of the newsletter on the web site. In addition to the ride schedule already there, information regarding party rides or other special events could be posted. It is likely that there will be some sort of content editor, a club resource that would be responsible for taking a member's party ride announcement and committing it to a web page with formatting and, possibly, graphic embellishments.

Since there are some folks who don't use the internet, a design goal would be to create a simple print copy of the schedule and event announcements from the web content and mail to recipients desiring such. It's not certain the effort required to build and maintain this feature will be worthwhile but it will be given some thought.

IF someone comes forward to assume the editor's position between now and next year, the Board will certainly consider it. Looking at other clubs (bicycling or not), newsletters are still a thing. IF you are in favor of maintaining some semblance of what today's newsletter is, you need to make it known to the NFBC Board.

At this point we can expect some changes for 2018. Stay tuned...

SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



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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 Kodak moments themed to bicycling, with captions. Send to editor@nfbc.com

OFFICIAL PARTY RULES

For members of the NFBC, biking is number one, followed by socializing with friends. Get-togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend supply a reasonable dish to share, a beverage of their choice, and funds for the "kitty" to offset the expenses of the host. Bring a lawn chair. Be a welcomed partygoer and do your share to make these get-togethers continued successes for the club.

HELP SPREAD SUNSHINE

On behalf of NFBC we will send a note of cheer to someone who might need it. Notify Terry Turski (tturski@aol.com, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, 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 condition in which the activity takes place, or the negligence of the releases 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 releases 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 releases, I will indemnify, save, and hold harmless each of the releases 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
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

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

In order to receive the Newsletter link by email, you must belong to nfbc@yahoogroups.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.

September 2017

NFBC—We ride every day

Niagara Frontier Bicycle Club
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