



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

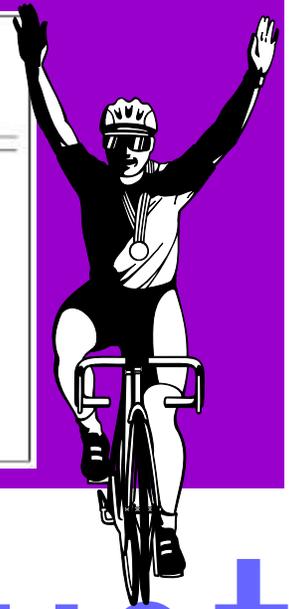
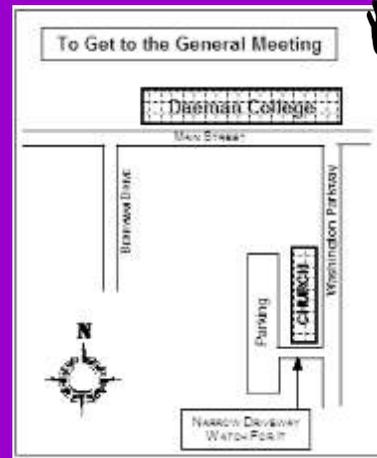
Volume XXIX

NUMBER 7

OCTOBER 2007

General Membership Meeting

Friday, October 19, 7:30 p.m.
Amherst Community Church
77 Washington Parkway
Parking and entrance behind church
Food, Soft Drinks



Annual Banquet

November 16 2007 at Fox Valley Country Club

The Can-Am Century

Still **HUGE!**

Thank You Mary Alice

A bit wet — but what a great party!

SEE INSIDE



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Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
6-Oct	10:00	719	33	1480	MD	CREEK ROAD CANTER: E. Pembroke Central School, Rt 5, 4.75 miles East of Rt. 77. East Pembroke	Lin Michalczak 674-3203
6-Oct	10:00	239	48	4200	XD	OCTOBERFEST RIDE: Park & Ride, Rt 39 at end of 219 Expressway, Springville	Ron Wakefield 877-2140
7-Oct	10:00	273	30/23		Mod	TRASH & TREASURE RIDE: Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 675-1944
8-Oct	10:00	251	36		Easy	LANCASTER TO AKRON FALLS: Lancaster HS, Forton Dr @ Pleasantview Rd. Lancaster	Darrell Skelton 634-6699
8-Oct	10:00	254	49/37	3200	XD/MD	LOOSE GOOSE: Parking Lot @ Ronnie's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Halli Lavner 655-0881
13-Oct	10:00	287	31/21	1200/700	Mod/Easy	SKULPTURE PARK BIKE & HIKE: Griffis Sculpture Park, Lower Lot on CR 75, Ashford Hollow, Rt. 219	Pat Danaher 838-0280
13-Oct	10:00	732	37		Easy	BECKER FARMS PUMPKIN FEST: Wide Waters Marina, Market Street & Cold Springs Rd., Lockport	Tom Williams 688-2981
14-Oct	10:00	224	41/20	2750/1000	XD/MOD	SPRINGVILLE SPRINT: Chestnut Ridge Park, Casino Lot, Rt 277 Orchard Park	Richard Swank 992-2404
14-Oct	10:00	747	39/ 30	2000/1300	MD/ Mod	WILLISTON ROAD RIDE: Como Park, 1st lot from Como Park Blvd entrance, Lancaster	Brenda Fischer 683-3961
20-Oct	10:00	705	37		Easy	INDIAN FALLS LOG CABIN: Russell Town Park at Clinton St. off Main St., Akron	Larry Reade 633-7712
20-Oct	10:00	86	44	2850	XD	SKI COUNTRY: Sprague Brook Park Parking Lot on Foote Rd. off Rt. 240, Glenwood	Frank Soltiz 937-6924
21-Oct	10:00	743	34		Easy	CLARENCE NEWSTEAD: Elementary School on Clarence Center Rd 1/2 mile east of Goodrich Rd., Clarence Center	Elaine Rubenstein 479-5042
21-Oct	10:00	293	33	2500	Diff	MEMORIAL BOSTON HOTEL RIDE: Boston Hotel, SR 391, Boston	Joe Tocke 941-5591
27-Oct	9:00	270	71	3490	XXX	KNIGHT'S FALL: Franklinville HS, Rt 16 Franklinville	Ron Wakefield 877-2140
27-Oct	10:00	206	31		Easy	CLARENCE SOCIAL RIDE: Richmond Lot off Frontier Rd., UB Amherst Campus, Amherst	Arlyne Lepie 741-2762
28-Oct	10:00	33	36	1000	Easy	ELMA MEADOWS CIDER RIDE: Stiglmeier Park parking lot off Losson Rd., Cheektowaga	Gwen Macool 560-0218

OCTOBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	Creek Road Canter Octoberfest Ride 6
7 Trash & Treasure	8 Lancaster to Akron Falls Loose Goose	9	10	11	12	13 Skulpture Park Bike & Hike Becker Farms
14 Springville Sprint Williston Rd.	15	16	17	18	19	20 Indian Falls Log Cabin Ski Country
21 Clarence Newstead Memorial Boston Hotel	22	23	24	25	26	27 Knight's Fall Clarence Social Ride
28 Elma Meadows Cider Ride	29	30	31			



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DAILY RIDE SCHEDULE

Mon	AM	New Start -North Amherst Fire Co.on south side of Tonawanda Creek Rd & Campbell Blvd, Pendelton	Brad Chase (632-5636)
Mon	PM	Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Rebecca Ribis (837-0089)
Mon	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer (884-3057)
Tue	PM	St. Mary's Church at Transit and Stahley Roads, Clarence	Dennis Powell (691-6233)
Tue	PM	Municipal parking lot off Long Ave (entrance is opposite #48 Long Ave) near the fire hall and water tower, Hamburg	Matt Luly (648-8988)
Wed	AM	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne (997-9324)
Wed	PM	West Canal Marina on Tonawanda Creek Rd. at Townline	John Herman (675-1944)
Wed	PM	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Sheila Buonerba (662-2762)
Thu	AM	First parking lot inside Como Park at Como Park Blvd. entrance coming from Transit Rd, Lancaster	Dave Klock (681-5345)
Thu	PM	Lancaster High School on Pleasant View & Forton Rds, Lancaster	Ed Peters (685-1965)
Thu	PM	Pendleton Town Hall (parking area North of the water tower) Campbell Blvd. between Bear Ridge and Beach Ridge	Jim Matthews (433-5317)
Fri	AM	Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Brad Chase (632-5636)
Fri	PM	Kaegebin Elementary School, Love Rd at Beaver Island Parkway, Grand Island. (Go over South Grand Island Bridge, take Beaver Island exit. First light left onto Love Rd)	Adrienne McDonough (773-2009)
Fri	PM	Elma Meadows Park, Elma	Brenda Fischer (683-3961)
Sat	AM	Richmond Parking Lot off Frontier Rd, UB Amherst Campus	Bob Mahaney (873-2814)
Sun	AM	Waterfront Village in front of "The Hatch", Buffalo	Ian Currie (675-1834)

START TIMES:

MORNING RIDES:

10:00 AM: APRIL, MAY, SEPTEMBER & OCTOBER

9:00 AM; JUNE, JULY & AUGUST

EVENING RIDES:

6:00 PM
APRIL & SEPTEMBER

6:30 PM
MAY thru AUGUST

WEEKEND BREAKFAST RIDES:

SATURDAY

9:00 AM APRIL, MAY
SEPTEMBER & OCTOBER

8:00 AM JUNE, JULY
& AUGUST

SUNDAY

9:00 AM
ALL SEASON

Overheard:

"Dumb people are everywhere, even in Germany." -- **Eddy Merckx**, three-time road world champion, after Stuttgart officials declined to invite him to this year's race.



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Niagara Frontier Bicycle Club, Inc.

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Roy's Membership

Update

Compare 2006 and 2007

Roy's October 20th, 2006 EOY Membership Update

The 471 members in the club consist of 85 families and 273 individuals. That is a total of 358 households. There are 109 new members. I have mailed out 30 map packets. A map packet is not necessary to purchase to ride with NFBC. Maps are handed out at ride starts. I hope you had an enjoyable cycling season. Have you checked out SEEBYBIKE Yahoo Groups that some of use to keep in touch? It lets you email all of the members who belong to it. Contact Richard Lepie if you are interested. Lepiegal@hotmail.com or Richard_suntreader@hotmail.com

Roy's Sept. 20th, 2007 EOY Membership Update

The 468 members in the club consist of 91 families and 277 individuals. That is a total of 359 households. There are 91 new members. I have mailed out 28 map packets. Map packets will probably be available on a CD next season. Maps are handed out at ride starts and available on the website.

Roy

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 fund for the "kitty" to offset the expenses not included with their dues.

SPOKESMAN DEADLINE

The deadline for submission of articles to the Spokesman is the fifteenth (15th) of the month preceding the month in which the information is to appear.

HELP SPREAD SUNSHINE

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Simply notify Doreen Lynd (662.8264). NFBC cares about its people.



SPOKESMAN

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Singing *in the* Rain!

Well maybe not singing; but kazooing in the rain.

September 9, the date we had long been working toward dawned wet. Not damp. Wet. Raining. Soaked, soggy ground. Puddles on the roads that had been carefully swept & even shoveled.

Amid the raindrops were happy, chatty, friendly people ready for a very special ride & a good party afterward. We succeeded. The rides were special. I was told by several, no, many riders, that the Can-Am post ride party was the best post ride party ever. Many commented on the friendliness of volunteers & NFBC members.

With kazoos in hand or pocket the first group departed from LaSalle Park at 7 a.m. for a 100 mile ride with four rest stops, good cycling roads & great views. At the first rest stop, where the standard fare awaited, new items were quickly added to the menu; hot chocolate, coffee, donuts & bagels. Each rest stop was different. Each had a theme & was decorated. The last stop served pie & ice cream, & had a cute puppy that had to make any cyclist smile. Successive groups set out at 9 a.m. & 10 a.m. Many riders were able to finish the rides in a dry period between showers. During the afternoon someone commented that she had never seen so many event t-shirts being worn immediately after the ride; perhaps because they were dry & warm. Chiavetta's chicken bbq, significant door

prizes & happy, satisfied cyclists completed the day.

Thank you. Thanks to all the volunteers. Without your hard work, & contribution of time & ideas this event could not have taken place. Thanks to all the riders. Thanks to all of you who encouraged others to ride. Although we had done it last year, we spent just as much time on the event this year. Last month I said to an out of town 2006 registrant, who had a question about 2007, that Can-Am would be even better this year she commented, "How could it?" It was.

Three years ago Joe & I enjoyed participating in the Narragansit Bay Century, billed as the flattest century in the east. Twelve hundred cyclists toured the shore and towns in this scenic two state area. Afterward Joe & I talked about the event and discussed the idea that Buffalo & the Niagara region could benefit from a similar ride. Thus, Can-Am with registered riders from as far north as Toronto, Ontario & as far south as Waco, Texas. I enjoyed organizing the first Can-Am Century & enjoyed organizing the second just as much. Because of the enthusiasm of the committee & the strong encouragement of member & guest riders the board has agreed to support Can-Am 2008. I will not organize the 2008 event. If you are interested, please contact the NFBC Board.

p.s. Please patronize the two Can-Am sag volunteer bike shops, Tom's Pro Bike Service & Handlebars Cycle Company.

Mary Alice Tock



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CanAm A Big "Thank You"

Last year I was out of town for the CanAm. This year I think I invoked the rain gods by signing up for the ride :) I've been trying to find words to describe how impressive it all was from a rider's perspective. Thinking back on the dreariness of the day, I've been trying to figure out why I feel like I had so much fun.

I've been on other organized rides similar to this. I don't think any of them was done better. I know there had to have been a tremendous amount of background work to make it come out so nice, not to mention the up front work of the people taking care of the rest stops, check-ins, the after-ride picnic, etc.. This whole thing just had to impress the heck out of the out-of-towners. It

was a great way to showcase the area and show off what a nice bunch of people we have around here. All I have is this 'unofficial' seebybike list to say this on, but I couldn't let it go unsaid. Thanks. And Wow.

Dennis Powell

From the editor

I thought my days of riding in the rain were over. Especially after the 2005 Seagull Century.

Then came Sept 9 2007 the NFBC CanAm Century. It started innocently enough with a few raindrops at 6am. I had promised Mary Alice that I would ride the Century even if only one rider showed. There were eleven, one shy of a dirty (or doused) dozen. This magic number included my brother from Utica, who was never phased by the fact that we were getting drenched.

Once you got past the wet factor it was ok, actually it was as good as it could be, just wet, really, really wet. The temperature was up there — 67 I think.

The entire event was successful. The stops were terrific. The riders were terrific. The picnic after the ride was terrific. Everyone I spoke with at the picnic was happy — just wet.

SAVE THIS DATE!!!!!!!!!!!!

Friday, November 16th

Annual Club Banquet Fox Valley Country Club

The 2007 Niagara Frontier Bicycle Club annual end-of-season banquet will take place on FRIDAY, NOVEMBER 16th at the Fox Valley County Club in Lancaster, NY. The evening will feature a delicious meal, cash bar, presentation of the usual awards, and music by DJ Rick Mann. We are in negotiations

now to sign a celebrity guest host for the evening, and there will be an array of fun activities for your enjoyment.

Reserve the date on your calendar. You do not want to miss this highlight of the 2007 NFBC season.





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Best of Coach Fred

Why Does My Weight Rise After Long Rides?

Q: I logged more than 5,000 miles in preparation for Paris-Brest-Paris. I weighed 156 pounds when I started training and lost 10 pounds in 6 weeks.

However, as I added distance, my weight would increase as much as 8 pounds in the 2-3 days following a hard, long ride. And to make matters worse, I'd be ravenous during those days. Is this normal? -- Allen S.

Coach Fred Matheny Replies: I'll give you my take based on what nutritionists have told me as well as my own experience with long rides and multiday tours.

Generally, you gain weight following such rides because they exhaust your glycogen supplies. Glycogen is your muscles' primary fuel. You've essentially done the depletion phase of the classic carbo-loading regimen.

After the ride, as your body replenishes glycogen in the muscles, you gain weight because glycogen is stored with a

considerable amount of water.

So, much of your sudden gain is water weight and will vanish during your next big ride. This water storage is one reason that glycogen-stocked athletes will say they feel "bloated" going into an event.

As for your appetite, sure you're hungry -- you just did an enormous amount of work, your metabolism is elevated and your body is in caloric debt. It compensates (maybe overcompensates) for the deficit. This would be bad if you weren't right back into training. You'll burn the extra calories that result from voracious eating.

If you rode a consistent amount each week -- say, 10 hours -- your weight would probably settle at some moderate figure. But as long as you're training hard and riding long, you can expect fluctuations. That's normal.

Uncle Al

Latex Inner Tubes

Q: There seems to be a major lack of info on the care of latex tubes. I've been using them for a year and have a few that are punctured.

Should I use the same glue and patches made for butyl rubber tubes? I've talked to good shops only to get the same response: They don't know. Is everyone using butyl, or are latex users simply discarding \$12 tubes when they puncture? -- Bruce W.

The Unc Answers: Don't be throwing away those nice "green" latex tubes, B.W.! They can be repaired with a normal vulcanizing patch kit. Rema is my favorite.

The hard part is finding the hole. With a butyl tube, you can simply pump in air and hear the hissing hole or feel it near your lip or eye.

If you try that with a latex tube, all the air will go to one small section. It'll look like an anaconda just swallowed a fat

kid.

That's not good for the tube (or the kid). It makes that area thinner and weaker. It'll bleed pressure fast from then on.

So, unless the hole is really obvious (usually a dark spot on the pink tube), you should use the ol' water test.

Put a very small amount of air in the tube. Submerge it and find where the bubbles come from. Dry off the spot and circle it with a ballpoint pen. Then patch it when it's completely dry or you'll be wasting your time.

Don't be tempted to inflate the tube to see if the patch worked. Wait until it's safely installed, after you've talced the tube and the inside of the tire.

Pump to 90-95 psi and that's it, you're done.



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100th Anniversary

BILLY CRYSTAL TO HOST ANNUAL BANQUET

The 2007 NFBC Banquet Committee is excited to announce that comedian and screen star Billy Crystal has been signed to host this year's Annual Banquet on Friday, November 16 at the Fox Valley Country Club, 6161 Genesee Street in Lancaster. Billy is a Golden Globe Award-nominated and Emmy Award-winning American actor, writer, producer, comedian, author, film director, and bicycling-enthusiast. You may remember him best for his many appearances as host of the Academy Awards.

Now is the time to send in your reservation form (below) and check. For only \$27 per person, you will enjoy hand-carved roast turkey and beef, vegetable medley, made-to-order pasta dishes, salad bar and dessert. Cash bar begins at 6 PM.

And here are the highlights you can look forward to on this fabulous evening:

- ? Celebrity Billy Crystal will be the MC, and will surely keep us laughing all night long.
- ? The Fox Valley CC culinary staff will prepare and serve a gourmet meal and a full service cash bar will be available.
- ? Presentation of 2007 season bicycling awards.

And for your delight and entertainment:

- ? DJ Rick Mann will play all your favorite tunes for dancing and karaoke. Specific musical requests can be made in advance.
- ? Club President Linc Blaisdell has volunteered to be the first one to take a seat in the dunk tank. Warm up your pitching arm!
- ? Bring your downhill ski boots for the Polka-in-Your-Ski-Boots contest.
- ? Elvis impersonator Terry Buchwald will make an appearance on his motorcycle.
- ? Big Ed from the Lone Wolf Tattoo Parlor in Lackawanna will be available for all your body-art needs, featuring a special selection of bicycle-related designs.
- ? Bounce house on the patio for all members (weight restrictions will be in effect).

Formal dress is requested (no lycra), per FVCC standards

NFBC BANQUET RESERVATION FORM

NAME _____ PHONE _____ (day or cell)

NAME _____ PHONE _____ (day or cell)

Make check for \$27 per person payable to NFBC

Mail check and reservation form to : _____ Liz Williams, 4616 Hampstead Dr, Clarence NY 14031

RESERVATION DEADLINE IS **NOVEMBER 3RD**