DESTINATION TRAVEL | PLAY | DINE | STAY SPECIAL ISSUE BIKING & HIKING NYPA ellicottvilleNOW



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HIKING & BIKING TRAIL DESTINATIONS

AND DIRECTORY

THE HISTORY

OF THE BIKE

On April 10, 1815, a volcano, Mount Tam-

bora, in present day Indonesia produced

the largest volcanic

eruption ever record-

ed. That day, Tambora

went from 14,000 feet

to 10,000 & produced

... pages 08-09

A Mountain Biker's Dream Destination

Gear Up! Cattaraugus and McKean Counties are Packed with Trail Systems for All Ages and Skill Levels



Whether it's been several years or just a few days since you've ridden a bike, there's a mountain biking experience for you in Ellicottville! Holiday Valley and HoliMont offer a range of options including trails of varying levels of difficulty, lessons, races, and more. Don't have a bike? No problem! Both resorts are well equipped to outfit riders with top-of-the-line bikes for all skill levels.

At Holiday Valley, the Spruce Lake chairlift takes bikers to the top of the mountain to choose their trail. Dash Hegeman, director of marketing explained, "Our trail system is evolving but the work has been done in-house by our Mountain Crew along with some assistance by WNYMBA volunteers, who designed the Senear Valley flow trail which runs from Spruce Lake over to Champagne and then cascades back down to the bottom of Yodeler. The build was a fantastic community effort."

HoliMont's Mountain Bike Park features eight trails that total nearly 10 miles of track, and more trails are currently in the works. (The new jump trail is scheduled to open in July!) Known as the area's only true lift-access downhill bike park, HoliMont offers uphill lift service via the Sunset lift.

... page 04

THE POWER OF A JOURNEY: HOW FAR CAN YOU GO FOR A GOOD CAUSE?

Hello Summer! The sun is out (sometimes), the weather is gorgeous (when it's not trying to incinerate us) and it's the perfect time to get outside and put on your hiking (or biking) shoes. Let your feet take you into the wild and on a nature adventure. And what if you could do that and support a cause at the same time? There are many great rides and walks aimed at raising funding and awareness for a myriad of worthy causes happening all around our local and neighboring communities this summer. Too many to list actually... so let's highlight just a few of them. Just one in particular, and of the Nation's largest charity cycling events, the Ride for Roswell brings communities together to not only celebrate cancer survivors but to pay tribute to the ones we've lost ... page 03

31 cubic miles of ash. Not since 180 A.D. had there been one of that magnitude. So, what's that got to do with bikes, you ask? The residue of the eruption circumnavigated the Northern

Hemisphere creating "The Year Without A Summer" across the globe. A snow fall was recorded in July of 1816 in Great Valley, NY, which meant no crops and no food. Once supplies were totally gone, they turned to horses. Large stocks of horses disappeared, and since horses were used for transportation in that era, people had to be creative to get around.

... page 04

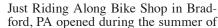
"The Players" Headlining Ellicottville's Summer Music Festival

It's finally that time of the year again when we can put all the winter gear away and head outside to enjoy the fresh air and warm temperatures. That means it's time for Ellicottville's Summer Music Festival. Headlining the concert on Saturday, July 1st will be The Players, a band made up of some of the industry's biggest stars from 2 Grammy Awarded bands, Chicago and Earth, Wind & Fire, and they're bringing decades of music with them. eNOW caught up with Chicago's Bill Champlin to talk about their upcoming gig ... page 13

We're in the Business of All Things Bikes

Get the Dirt on Some of Our Local Bicycle Retailers





GAZEBO

The Ellicottville Chamber is pleased to announce the return of the Gazebo Series, with a new act performing each week - FREE! Find more info ... page 14





2003, and owner Pete Dzirkalis is celebrating 20 years in business this month. His shop may seem small from the outside, but the large selection of new bikes and services often surprises firsttime customers. "Whether it's smooth roads or rugged trails, we steer riders (young and old) to the right ride."

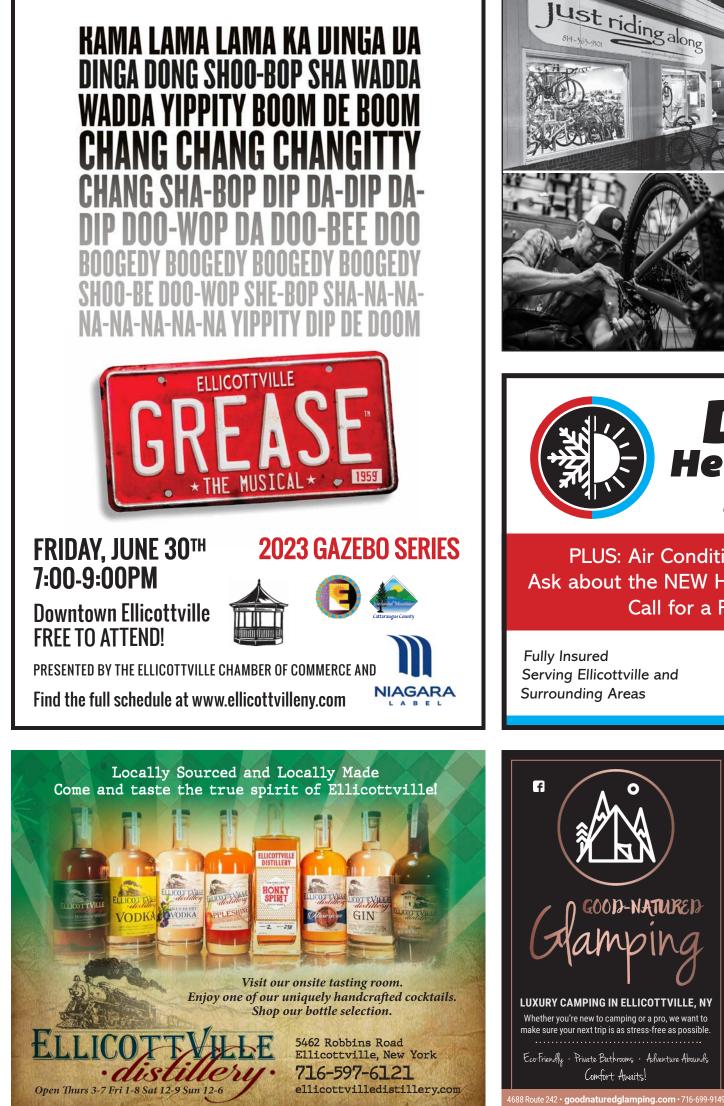
It's no secret that Ellicottville's slopes have made it the ultimate winter destination, but according to Dee Dippel, owner of Loud Performance, they're also what make the village an adventure for avid mountain bikers. Inspired by Ellicottville's unique situation and his own passion for mountain biking, Dippel is thrilled to open a second location for his full-service bike and board shop next to Tim & Bonnie's Pizzeria at 2 Bristol Lane: Loud Underground.

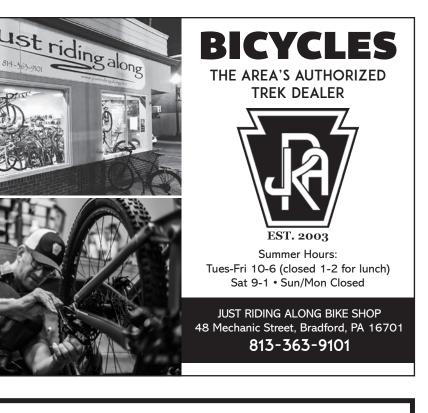
... page 10

YOU'RE ON THE TRAIL TO SOMETHING BIG IN THE ANF REGION OF PA

Looking for adventure? The massive trail systems in and around the Allegheny National Forest (ANF) offer just the experience you are seeking. Beginners will enjoy the easy 1-mile loop trails and interpretive trails for birding. For more experienced hikers and bikers, there are trails up to 10 miles with a rating of moderate, plus multi-day backpacking trails. This year marks the 100th year anniversary for the Allegheny National Forest, so two very special trail activities have been created to help visitors explore the ANF ... page 07

HIKING & BIKING TRAIL DESTINATION MAP AND DIRECTORY 08-09 | INSTANOW PHOTO GALLERY 15







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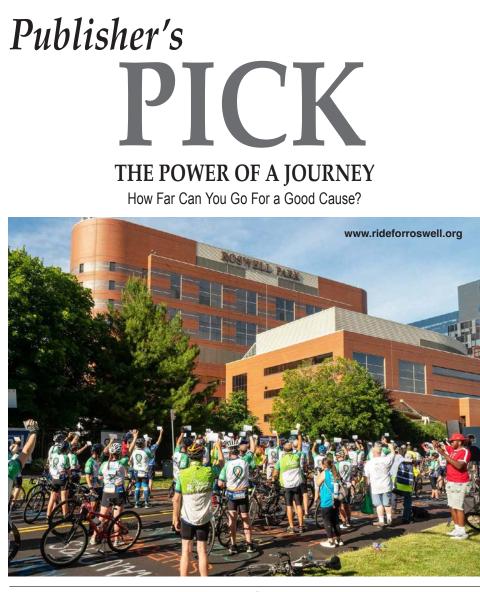
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By JESSICA SCHULTZ

Hello Summer! The sun is out (sometimes), the weather is gorgeous (when it's not trying to incinerate us) and it's the perfect time to get outside and put on your hiking (or biking) shoes. Let your feet take you into the wild and on a nature adventure. And what if you could do that and support a cause at the same time?

There are many great rides and walks aimed at raising funding and awareness for a myriad of worthy causes happening all around our local and neighboring communities this summer. Too many to list actually ... so let's highlight just a few of them. We welcome you to join in!

One of the Nation's largest charity cycling events, the Ride for Roswell brings communities together to not only celebrate cancer survivors but to pay tribute to the ones we've lost and share in the passion of working towards finding a cure for cancer. There are two ways to ride: You can ride your own way and bring in donations throughout the season, or you can head to Roswell Park in Buffalo, NY on Saturday, June 24th (6:00am - 2:00pm). Organizers have nine bicycle routes to choose from, ranging in 5 miles all the way up to 100 miles. If you can't come out to ride, you can always donate to the cause. For more information on how to join the event or make a direct donation, follow Ride for Roswell on social media or visit rideforroswell.org

Continuing in the fight against cancer, The Empire State Ride is headed our way July 22nd-29th. Road warriors will be traveling over 500+ miles from New York City to Old Falls Street in Niagara Falls, NY. Registered cyclists are welcome to ride at their own pace but should be prepared to travel at approx. 15 mph to reach coordinated rest stops and camp each day. (Keep in mind, you don't have to go the whole trip; you can opt to ride from Spencerport, NY to Niagara Falls, NY on Day 7 if you wish.) The full course is a challenging trip but one that is well worth it. When they commit to become a rider, Empire State Ride warriors are making an impact on the future of cancer research and helping to save lives. All funds raised during the event will go to Roswell Park Comprehensive Cancer Center to support cutting-edge cancer research. For more information or to see how you can participate, email empirestateride@roswellpark.org or call 716-845-3179.

Again in the Buffalo area, specifically Canalside, The Leukemia & Lymphoma Society's Light the Night marches in on October 6th. Their motto is to "Bring Light to the Darkness of Cancer" and the event brings community members together to honor and remember those who've been effected by blood cancers as they walk the canal with paper lanterns in the early evening. All funds raised will go towards lifesaving research, advocacy and support for blood cancer patients and their families. You can participate yourself by signing up at lightthenight.org for one of the many events they host statewide - including the one in Buffalo - with a team or just as a solo walker, or you can donate to one of the participating teams. Whatever option you choose, when you choose to come together as part of



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the community, you bring more people out of the dark

There is a pretty epic bike ride close to our home here in Ellicottville, NY... or at least that's the end destination, when riders for the EA2EVL Fondo hit the road on Saturday, September 30th. The ride will begin at 42 North Brewing in East Aurora and conclude at the finish line party at Holiday Valley Resort, Ellicottville. You can even have your family and friends meet you for the after-party. This 42-mile ride is a non-competitive charity ride for cyclists of all skill levels, benefiting the building and maintenance of the Erie Cattaraugus Rail Trail (ECRT, the 27-mile trail that runs from Orchard Park, NY to Ashford, NY.) You can donate or sign-up for the ride at ea2evlfondo.com.

We'd be remiss if we didn't include the American Foundation of Suicide Prevention's Out of the Darkness Walk. These walks are a journey of remembrance, hope and support. It unites our communities and provides the people who live in them an opportunity to be with those who have also been affected by suicide and mental health conditions. There are walks held nationwide throughout the year. The Cattaraugus County Community Walk is being held in Lincoln Park in Olean, NY on September 15th; the walk begins at 6:30pm. There isn't an actual fee to participate but donations are gratefully accepted. You can register at supporting.afsp.org.

The Allegheny National Forest (ANF) Region of Pennsylvania will be the setting for some really awesome events. Starting with the Hike 100 Miles to Commemorate 100 Years, moving on to the Kinzua 5K, and then the Kinzua Half Marathon. See the ANF article in this issue for full details and how to register for each one.

"Power of a Journey" continued page 14





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LOCAL BIKING

ELLICOTTVILLE: A MOUNTAIN BIKER'S DREAM DESTINATION!

Both Holiday Valley and HoliMont offer Premier Trails for Athletes, Families, of All Skill Levels



By MARY WEISER

Whether it's been several years or just a few days since you've ridden a bike, there's a mountain biking experience for you in Ellicottville! Holiday Valley and HoliMont offer a range of options including trails of varying levels of difficulty, lessons, races, and more. Don't have a bike? No problem! Both resorts are well equipped to outfit riders with topof-the-line bikes for all skill levels.

HOLIDAY VALLEY TRAILS

Dash Hegeman, director of marketing at Holiday Valley, is excited for another great season on the trails. "I've been trying to get out and ride as much as possible," he said. "The trails here have been really fun this spring and I've been riding them whenever I can, so I'm looking forward to doing more of that throughout the summer.'

At Holiday Valley, both mountain bikes and e-bikes are available for rent. Not familiar with e-bikes? They're definitely worth trying, says Hegeman. Just like regular bikes, e-bike speed is controlled by pedaling, but riders have the advantage of choosing the amount of extra power needed to ascend hills or cover challenging terrain. Eco, trail, and boost mode settings help riders of varying abilities ride together and meet their goals!

"This summer, I'm really excited to say that we've invested in a brand new fleet of Trek Rail 5's, which are incredible bikes that can easily handle all the terrain that we have located throughout our network of trails," said Hegeman. "E-bikes are great because they allow anyone who has ridden a bike to get out in nature and be confident that they are going to be able to complete the ride." Geared primarily for adults and teens, e-bikes are \$80 for a two-hour rental or \$100 for a three-hour rental and \$20 for each additional hour (helmets are included with rental).

Those who have their own mountain bike or would like to rent one have several options at Holiday Valley. Five different trails ranging in difficulty from easy to moderate allow mountain bikers to enjoy the beauty of Holiday Valley with the opportunity to connect to an even larger network of trails. "I would say accessibility is our differentiator," said Hegeman. "We have a network of fun trails that can be ridden and enjoyed by just about every rider. Our mountain bike program is designed to get people out on the trails so that you can choose your own adventure. We have a number of trails that will take you throughout the resort but you can also access over 35 miles of WNYMBA (Western New York Mountain Bike Association) constructed trails in the McCarty Hill State Forest from our trails, which adds a totally different dynamic to riding here."

The Spruce Lake chairlift takes mountain bikers to the top of the mountain to choose their trail. Hegeman explained, "Our trail system is evolving but the work has been done in-house by our Mountain Crew along with some fantastic assistance by WNYMBA volunteers, who designed the Senear Valley flow trail which runs from Spruce Lake over to Champagne and then cascades back down to the bottom of Yodeler. The build was a fantastic community effort."

Lift access for mountain bike and rider (with their own bike) is \$30 for the day and is available weekends through Oct. 15th. A mountain bike rental for one of Holiday Valley's new Trek Roscoe 7's is \$60 for the day and includes one lift access or you can rent a bike with all-day lift access for \$75. "When you rent a bike from us, we have a very knowledgeable staff who are more than willing to explain the various functions of the bikes and give you some pointers on how to ride them," he noted.

To Hegeman, the chairlift is central to Holiday Valley's accessibility. "The great thing about riding at Holiday Valley is that because of the Spruce Lake lift access for bikes, our trails can be ridden by just about anyone who has a little experience riding a mountain bike," he pointed out. "Since the lift can take you to the top, you'll have plenty of energy to ride the trails around the top of the resort and then make your way back down the hill to finish out your ride."

Be sure to mark the calendar for July 22nd when Holiday Valley teams up with 42 North Brewing Co. for the third annual HillTAP Festival at Spruce Lake. Hegeman explained, "It's a really fun outdoor celebration that intertwines great music, food, drinks, and outdoor fun. There will be e-bike demos there for people to try."

HOLIMONT DOWNHILL MTB PARK

HoliMont's Mountain Bike Park is now open for the season on Fridays from noon-7:00pm and Saturdays and Sundays from 10:00am-4:30pm. The park features eight mountain bike trails that total nearly 10 miles of track, and more trails are currently in the works! Riders have their choice of Technical Terrain trails, which use mostly natural terrain such as gravel, rocks, roots, boulders, logs, water crossings and more, and Freeride Terrain trails, which include natural and constructed features. Freeride Terrain trails include jumps, ride-on features, jump-on features, gaps, narrow surfaces, berms and more.

Known as the area's only true lift-access downhill bike park, HoliMont offers uphill lift service via the Sunset lift and 23 Deasonbuilt carriers. Daily lift service is included with HoliMont membership or is \$40 for the day for non-members. Mountain bike and helmet/pad rentals for both children and adults are available at HoliMont through Loud Performance's onsite mobile service trailer. Loud Performance also offers onsite bike service, including some repairs, gear, accessories, and parts.

2023 is the second year that Loud Performance has operated their trailer at HoliMont, and they're thrilled to be back. Owner Dee Dippel is excited to share the news that Loud Performance has upgraded their rental fleet for this year. "We have mostly all new bikes for this season," he said. "We added a premium bike in addition to the standard bikes for those who really want a nice ride." For more information on available services and rentals, visit www.loudperformance.com.

"Local Bike Parks" continued page 14

THE HISTORY OF MOUNTAIN BIKING

What Does a Volcanic Eruption Have to do with the Invention of the Boneshaker, er, Bicycle? And What About Those Omafiets and Flying Pigeons?

By CAROL FISHER-LINN

On April 10, 1815, a volcano, Mount Tambora, in present day Indonesia produced the largest volcanic eruption ever recorded. That day, Tambora went from 14,000 feet to 10,000 and produced 31 cubic miles of ash. Not since 180 A.D. had there been one of that magnitude (Lake Taupo - New Zealand). So, what's that got to do with bikes, you ask?

Well, from that day forward, for over a year, the residue of the eruption circumnavigated the Northern Hemisphere creating "The Year Without A Summer" across the globe. This summer's smoke and ash from Canada gives us a wee sampling of what it must have been like back then. The events of that year were recorded in a diary of a Great Valley farmer talking about crop failures and food shortages. To top it off, there was flooding for most of North America, Western Europe and parts of Asia.

According to NOAA'S Earth Systems Research Laboratory, "[in] New England, snow fell in July of 1816, and temperatures reached the 30s." And that was also recorded in Great Valley, NY. Imagine - snow in July! The skiers would have loved it! Although, alas, there were no crops, hence no food. Once supplies were totally gone, they turned to what had escaped being eaten until that moment in time. Horses! Large stocks of horses disappeared, and since horses were used for transportation in that era, people had to be creative to get around. Yes, there are those who say Leonardo DaVinci had sketches of bike prototypes, but there is no evidence they moved off the page. So, he was not the first to create a bicycle.

At history.com, we find that in 1817 a German fellow invented a "running machine" aka velocipede, dandy/hobby horse, and Draisienne named after its inventor, Karl Drais. Not quite a bike, but kind of looked like one vs. a wooden car, it was nonetheless a wooden, steerable contraption, foot powered, for sidewalks only, that got people from point A to point B (shakily). Unfortunately for Drais, the fad quickly lost its popularity with those brave enough to engage in that mode of transportation. It wasn't until almost fifty years later, in the 1860s when inventors started creating the first prototypes with pedals. These were called "bicycles," but the users often referred to them as "boneshakers" because of the rough ride.

As we explore the bicycle's beginnings, we come across names like Meyer and Starley who gave us the "penny farthing" with oversized front wheels. Odd and unwieldy as they were, people competed with them, formed clubs, and one Englishman even rode it around the globe. Ahh, but there was a bit of an issue for many. The saddle was four-foot-high, making it quite challenging - even dangerous - to ride. The apple didn't fall far from the tree when a younger Starley (John Kemp Starley, nephew of the original James Starley) invented a "safety bicycle" featuring equal-sized wheels and a chain drive. Followed by brakes and better tires, a basic bicycle template emerged.

"The History of Mountain Biking" continued page 14





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EXPLORE PA

TRAILS IN THE ANF

Celebrate 100 Years in the Allegheny National Forest Region of Pennsylvania



BY LINDA DEVLIN, ANF VISITORS BUREAU

Looking for adventure? The massive trail systems in and around the Allegheny National Forest (ANF) offer just the experience you are seeking. Beginners will enjoy the easy 1-mile loop trails and interpretive trails for birding. For more experienced hikers and bikers there are trails up to 10 miles with a rating of moderate, plus multi-day backpacking trails. The granddaddy of all trails within the ANF is the North Country Trail at 96.8 miles. Jakes Rocks and Morrison Trail both offer great mountain biking opportunities, while the three trails at the Kinzua Bridge State Park range from easy to more difficult. All the trails mentioned are located nearby in northwestern Pennsylvania. In addition, this year marks the 100th year anniversary for the Allegheny National Forest (ANF) so two very special trail activities have been created to help visitors explore the ANF!

CENTENNIAL HIKING CHALLENGE Hike 100 Miles to Commemorate 100 Years

If you are an avid hiker looking to explore the trails within the Allegheny National Forest, this hiking challenge is for you! Hike 100 miles of the best and most beautiful trails in the Allegheny National Forest in honor of the ANF Centennial. Begin your challenge by down-loading your trail log from www.fs.usda.gov/detail/allegheny/learning/history-culture. It is recommended to choose from the trails listed on the website, but you can choose others from within the Allegheny National Forest, making sure they add up to 100 miles. As you are hiking, remember to mark the date, trail name, and miles hiked on your log. When you complete 100 miles, bring your hiking log to the Allegheny National Forest Visitors Bureau, 80 E. Corydon Street, Bradford, PA, or one of the ranger stations in Bradford, Marienville, or Warren, PA to receive your commemorative camping mug (while supplies last). The hiking challenge ends Sept. 24, 2023, just in time for the ANF Centennial Celebration at Twin Lakes which will include food, music, guided hikes and more.

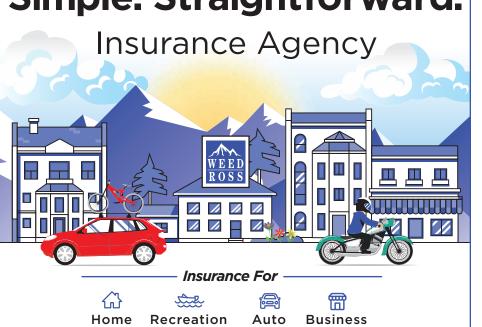
ANF CENTENNIAL GEOCACHE TRAIL

This commemorative geocache trail has been created to offer an opportunity to connect the American public to the outdoors, to encourage families to explore the national forest together, and to provide educational and recreational opportunities for the users of the trail. If you are new to geocaching, it is like hunting for buried treasure except you are using a GPS unit and clues found online, and the treasure is a variety of items or codes contained within the hidden cache. For this geocache, you will be retrieving a specific code. The first step in enjoying this trail is to register on www.geocaching.com. Once registered, participants will be able to retrieve the coordinates and other location information. The next step is to pick up your passport from the ranger stations or download if from www.pennsoil.org. Then follow the instructions to be eligible for an ANF Centennial Souvenir Token trackable on geocaching.com.

KINZUA BRIDGE STATE PARK TRAILS & RACES

PUBLISHED EVERY THURSDAY + JUNE 22-28, 2023 ... Page 07





The Kinzua Bridge State Park is widely known as the home of the Kinzua Sky Walk - "one of the top 10 most scenic skywalks in the world" - but it also offers three distinct trail experiences. The General Kane Trail is an easy family-friendly trail through a hardwood forest; it has very little change in elevation making it a fun activity to do with children. The Kinzua Creek Trail is the most challenging trail at the park; it is a steep hiking trail down the side of the gorge. At the bottom of the gorge, you can see the massive steel towers twisted and lifted from their foundations during the tornado of 2003. It is recommended to wear hiking boots and to take water with you for the hike back up. The third trail, the Knox & Kane Rail Trail, has been selected as the "2023 Pennsylvania Trail of the Year." This section of the trail links the park to Mt. Jewett and Lantz Corners. It is open for hiking, biking, and equestrian use.

The Kinzua Half Marathon & 5K are held on the section of the Knox & Kane Rail Trail which runs from the park to Mt. Jewett. A portion of the registration fee is donated to the MJ2KB Trail Group which maintains this trail. A professional timed race, the Kinzua 5K will be held on Saturday, July 29th from 7:00-10:00pm. The Kinzua Half Marathon will take place Sunday, July 30th from 8am-noon. Races are open for ages 10 and up. Runners can sign up for the Tornado Double which includes both races. Registration and pricing information is available at www.runsignup.com.

MOUNTAIN BIKING & GRAVEL RIDING

There are miles and miles of gravel forest service roads open for biking. The best way to find which roads are open yearly is to purchase an open road map from the Allegheny Na-

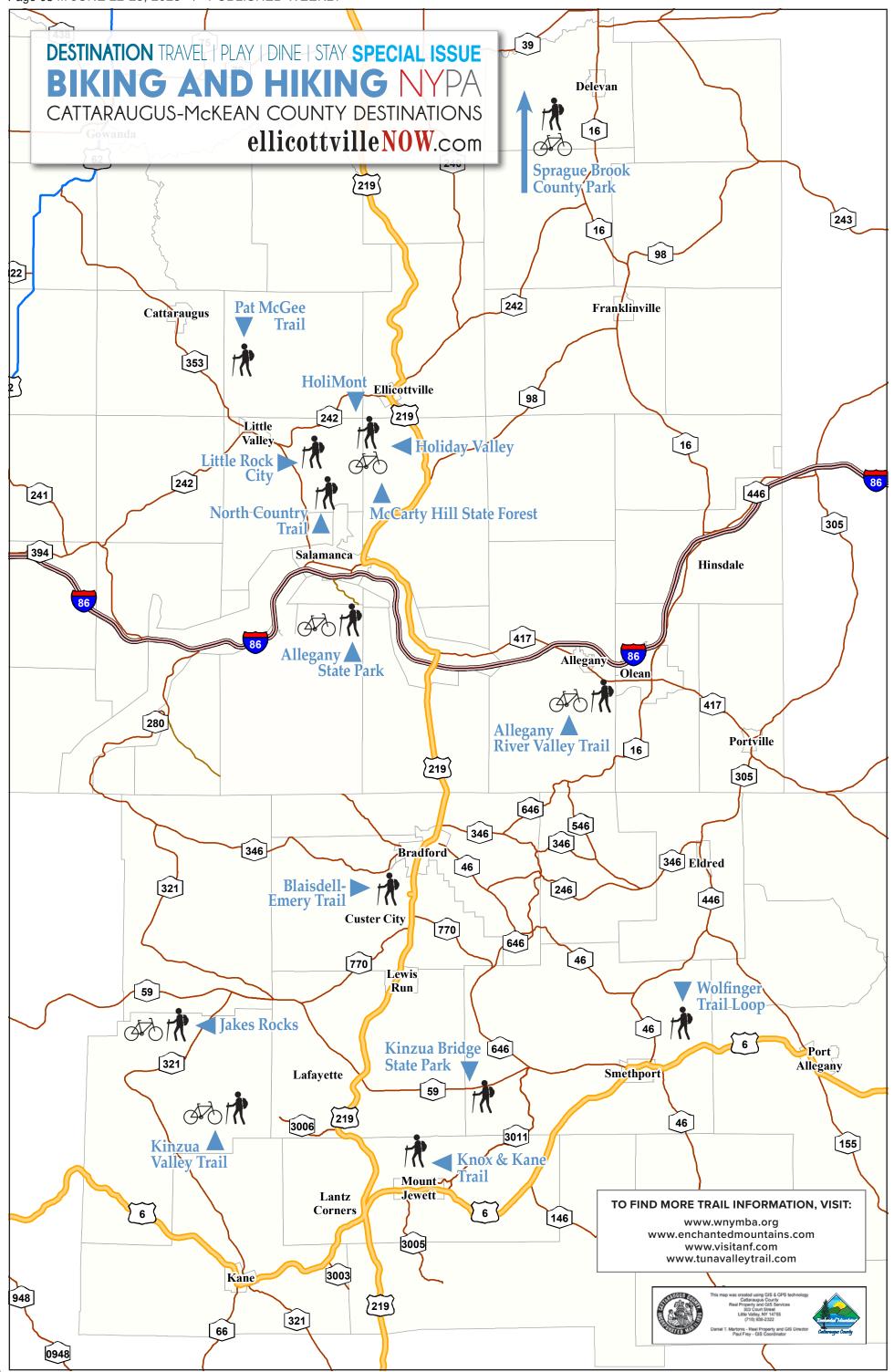
"Hiking & Biking in the ANF" continued page 14



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Allegany State Park offers 18 hiking trails, 3 of which have been developed as self-guided nature trails; or bike along the 5.6 miles of paved trails which includes 3.1 miles around Red House Lake. There are over 35+ miles of trails at the Art Roscoe Recreation Area alone.

ALLEGHENY RIVER VALLEY TRAIL St. Bonaventure, NY 14778 • enchantedmountains.com

The Allegheny River Valley Trail is a 5.6-mile rail trail in Cattaraugus County. It has a main loop that crosses through Gargoyle Park, West State Street, Constitution Ave., and St. Bonaventure University. There is another shorter loop, which is 2.6 miles and wraps around St. Bonaventure's campus.

BLAISDELL-EMERY TRAIL Bradford, PA 16701 • visitanf.com

Blaisdell-Emery Trail is a 3.8 mile point-to-point trail from Owens Way to Lewis Run, PA, following the main branch of the Tunungwant Creek. This trail is on an abandoned railroad grade and has an improved stone surface so walking is easy. Sites along the way include the historic Penn Brad Oil Museum.

HOLIDAY VALLEY Ellicottville, NY 14731 • 716-699-2345 • holidayvalley.com

Load your mountain bike on the Spruce Lake chairlift and ride the 4-5 mile "race loop". It starts at the Holiday Valley Training Center & climbs gradually to the top of Cindy's. With fun ridgeline trails, to loamy switchbacks and the trail network on state land you'll be sure to find plenty of trails for most all riders.

HOLIMONT Ellicottville, NY 14731 • 716-699-2320 • holimont.com

HoliMont currently has 8 mountain bike trails that make up of just under 10 miles of track, and are building more to come! The trails consist of Technical Terrain and Freeride Terrain that start from beginner, and go all the way up to expert levels.

TRAILS AT JAKES ROCKS Forest Rd. 610, Warren, PA 16365 • visitanf.com

Wander the hardened paths through the woods to the overlook. Stand on the outcrop to see views of the Allegheny Reservoir, Kinzua Dam and the surrounding forest. Bike more than 35 miles of networked trails, providing mountain bikers with a wide degree of different challenges.

KINZUA BRIDGE STATE PARK Mt. Jewett, PA 16740 • 814-778-5467 • visitanf.com

Explore the easy hiking trails at the Kinzua Bridge State Park that are great for the whole family. Or if you're in the mood for a strenuous hike, there are trails ranging from 49 to 426 feet in elevation gain. Whatever you've got planned, you can find the perfect trail for your next trip.

KINZUA VALLEY TRAIL Westline, PA 16740 • 814-778-5170 • kinzuavalleytrail.org

Hike or bike the beautiful Kinzua Valley Trail in northwestern PA. Travel along the banks of Kinzua Creek on the path of the old Valley Railroad through unpopulated forest & marshland. Just bring along your hiking boots or mountain bike and you'll be ready to experience the solitude and beauty of this trail.

KNOX & KANE TRAIL Mt. Jewett, PA 16740 • 814-778-5467 • visitanf.com

The multi-use rail trail is a gentle, flat route with a mix of paved and gravel surfaces. As of 2023, there are three open sections totaling 47.6 miles, but once complete, this scenic rail-trail will provide a 74-mile off-road route from Marianne in Clarion County to Mount Jewett in McKean County.

LITTLE ROCK CITY Salamanca, NY 14779 • 716-665-2473 • enchantedmountains.com

Head out on this 0.7 mile loop at Little Rock City. This is a popular trail for birding, hiking, and snowshoeing, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime.

McCARTY HILL STATE FOREST Ellicottville, NY 14731 • enchantedmountains.com

A network of mountain bike/hiking/multi-use trails make up McCarty Hill. Multiple trailheads exist and access to these can be made from adjacent ski areas as well as from parking areas on the State Forests. Most trails require a high level of mountain bike riding skill, and are a great ride if you are an expert.

NORTH COUNTRY TRAIL Salamanca, NY 14779 • enchantedmountains.com

Discover this 21 mile point-to-point trail. Generally considered a challenging route, this trail is great for backpacking, camping, and hiking you'll encounter many other people while exploring. Dogs are welcome, but must be on a leash.

PAT McGEE TRAIL Little Valley, NY 14755 • enchantedmountains.com

Hike or bike this multi-purpose 12.2 mile trail, with 5 trailheads. Enjoy quiet contact with nature that is home to a wide variety of animals, birds, and vegetation. Signage along the way explains geology of the area, historic areas, conservation projects, and wildlife.

SPRAGUE BROOK COUNTY PARK Glenwood, NY 14069 • erie.gov/parks

Sprague Brook Park is a 974-acre county park, with free access is open year-round. There are over 12 miles of hiking and biking trails at Sprague Brook Park, offering beautiful views of the park's forests, streams, and hills.

WOLFINGER TRAIL SYSTEM Smethport, PA 16749 • visitanf.com

A system of trails, close to the village of Smethport, available for hiking, horseback riding, and mountain biking. Many loops can be made, from a short half hour stroll along Sandy Lane to several hours' worth of vigorous hiking on the North Trail. Difficulty level is rated easy to moderate.

BUSINESS

A 20-YEAR RIDE

Just Riding Along Bike Shop Celebrates Two Decades Doing What It Does Best



BY PETE DZIRKALIS, OWNER, JUST RIDING ALONG

I started Just Riding Along in Bradford, PA during the summer of 2003, so we're excited to celebrate 20 years in business this June. We started Just Riding Along to fill the need for bicycle sales and complete service for all brands. We take care of customers from all over northwest PA and western NY, and tourists visiting the Allegheny region.

Our shop may seem small from the outside, but the large selection of new bikes and services often surprises our first-time customers. We pride ourselves in pairing people with the right bike to fit their body, their budget, and any terrain they may encounter. Whether it's smooth roads or rugged trails, we steer riders (young and old) to the right ride.

If you're looking for the latest in electric-assist bikes, wireless shifting, and hydraulic brakes and suspension, we have you covered. But if you are simply looking to breathe some new life into your trusty old relic, we can handle that just as well. Reliably servicing bikes from all eras only comes from years of experience and flexibility to adapt to new technology.



The shop is more than just a job - it's a way of life. We're not just salespeople and mechanics. We ride to work, we ride for fun and personal challenge, and we ride to explore the beauty of our area. There's nothing like a ride to relax the mind, breathe in some fresh air, and escape modern-day stress. I've never been a gym person, so staying fit while exploring the beauty of our area is a great feeling.

While most people come to the shop to pick up a new bike or drop off a repair, a few dedicated souls show up every Thursday at 6:00pm to join our trail ride. We've been doing the ride every Thursday from May through September - rain or shine - since the beginning ... that's over 400 group rides in the books! The rides are geared toward intermediate riders and cover a variety of terrain including some pavement, dirt roads, and rugged trails. We recommend a mountain bike, but any bike with a wider tire can suffice. Bring your helmet, water bottle, snacks, and a little willpower. The typical ride is about two hours of spirited riding with about 1,500 feet of elevation gain. While the terrain is not always easy, a sense of adventure and a positive attitude will smooth out the tough spots. The group typically celebrates the journey with a post-ride beverage and some good eats at one of downtown Bradford's eateries or taverns.

LOUD PERFORMANCE

Bemus Point, Ellicottville, and On-site at HoliMont's Bike Park



By MARY WEISER

It's no secret that Ellicottville's slopes have made it the ultimate winter destination, but according to Dee Dippel, owner of Loud Performance, they're also what make the vil-lage a unique adventure for avid mountain bikers. "There are not a lot of places I know where the IMBA (International Mountain Biking Association) EPICS system ties into two great bike parks," he said, speaking of HoliMont and Holiday Valley. "It is really good riding - technical, challenging, old school hand-built trails - that make it a challenge and an interesting ride."

Inspired by Ellicottville's unique situation and his own passion for mountain biking, Dippel is thrilled to open a second location for his full-service bike and board shop at 2 Bristol Lane: Loud Underground.

This second location will share a space with Daily City Train, the new indoor skatepark owned by Chris and Brenda Perks. "We're really excited to be partnering up with Chris and Brenda on this," said Dippel. "It makes a lot of sense for us. If you have a bike to be worked on, you have to find a parking spot in town, wheel it into town, and get it down into a basement. With this new location, you can pull right in and unload your bike. The space is bigger, and we'll be able to do a lot more here than we could before!'

With an anticipated opening date in the next few weeks, Dippel is looking forward to a new chapter for his business, which opened in 2015, and has its original location at 4818 Route 430 in Bemus Point. "I got into mountain bike racing in the 90s and worked on mountain bikes in college," said Dippel. "I worked in a bike shop in Colorado and went to bike repair school in '92. I did a lot of downhill and dual slalom racing - I've always had that background. As I got older, I got into powersports, like dirt bikes, and then came full circle back to mountain bikes here."

Since moving to western New York, Dippel learned that there are many more opportunities for mountain biking than he realized. "I originally opened as a snowmobile and powersports shop," Dippel explained. "In my first year, the snowmobile trails were only open for a few days - just not a good season. I got my first 15 mountain bikes in and tried to specialize in that." Dippel's plan was a success, as he had all 15 bikes sold by the end of that September. "I found my niche, and I've been going that way ever since," he said.

Dippel is excited to see mountain biking expand into a year-round sport in the Ellicottville area. "Wintertime riding has really caught on," he noted. "The WNYMBA (Western New York Mountain Biking Association) has nine trailheads in our area that you can winter fat bike now."



People often tell me it's great I'm doing what I love. We really do enjoy the diversity of our customers and the new challenges that come each day. Not knowing who will come through the door was a bit anxiety-inducing at first, but I've really come to embrace the different characters that may show up. A day in the shop always serves up a real slice of life. We really pride ourselves in working hard to make customers happy. Winning over a demanding customer is not always an easy process, but we earn trust from never giving up on delivering the best service. Not every deal is a winner, but a positive reference is the best advertising.

My favorite part of the job is the friends I've made and the community of riders the shop has brought together. I think of all the people that may have never crossed paths if Just Riding Along had never existed. Looking back on 20 years of work, I'm proud to say that that we've done our best to grow the cycling way of life in our area. I sincerely thank all those that have supported our efforts along the way. It's been a great ride!

Just Riding along is located at 48 Mechanic Street, Bradford, PA 16701, just a short drive from Ellicottville. To learn more about their offerings and services, hours of operation, as well as group rides and events they are involved in, follow them on Facebook (Just Riding Along Bike Shop) and Instagram (@justridingalongbikes) or call the shop at 814-363-9101.

This is the second year that Loud Performance will be at HoliMont with their mobile repair trailer. Loud @ HoliMont Bike Park offers sales, service, and rent-

als for children and adults on weekends and now during the Friday night downhill series. "Any time the lift is turning, the trailer is open," said Dippel. "We do limited repairs in the trailer - of course, we can't do everything we can do in our big shop, but we have lots of ways to keep people moving!"

Dippel said the Ellicottville location will have some different offerings than the original shop in Bemus Point. "We'll have different bike offerings that I think will really lend well to this area," he said. "We'll also have a lot more lifestyle/casual wear and the same great service at either location."

For more information about Loud Performance's repair services, bikes, rentals, gear, and more, visit www.loudperformance.com. Visit their Bemus location at 9638 Route 430, or find them each weekend at the HoliMont Bike Park. Follow Loud Performance and Loud Underground on social media for more on their Ellicottville grand opening.

PUBLISHED EVERY THURSDAY + JUNE 22-28, 2023 ... Page 11



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INTERVIEW

"THE PLAYERS": Headlining Ellicottville's Summer Music Festival

THE PLAYERS

Formerly of Chicago and Earth Wind & Fire



JULY 1st · 7:00PM

By Melanie Hulick

It's finally that time of the year again when we can put all the winter gear away and head outside to enjoy the fresh air and warm temperatures. That means it's time for Ellicottville's Summer Music Festival.

Headlining the concert on Saturday, July 1st will be The Players, a band made up of some of the industry's biggest stars from two Grammy Award-ed bands, Chicago and Earth, Wind & Fire, and they're bringing decades of music with them. Members include Bill Champlin, Keith Howland and Jeff Coffey of Chicago and Gorden Campbell from Earth, Wind & Fire.

Champlin and I connected by phone to talk about the upcoming Summer Festival gig and his long music career which started out doing background vocal work for the likes of Neil Diamond, Patti LaBelle, Kenny Rogers, Elton John and George Benson to name a few. That was just the beginning... the early days of his career. From there he joined the group Chica-go for 28 years, and co-wrote two Grammy Award winning songs, "After The Love Has Gone", recorded by Earth, Wind & Fire and "Turn Your Love Around" recorded by George Benson.

Launching his career in 1961, the singer/songwriter recorded his first solo album, "Single" in 1978 followed by 10 more solo albums, including his most recent release, "Livin' For Love" in 2021, which came on the heels of prostate cancer and the death of his son, Bradford, from complications due to esophageal cancer. "Your bracket of what you care about and don't care about changes real quick when stuff like that comes around," said Champlin.

Before we even started talking about his career and music, we spent a good half hour going through everything from the weather to our health issues. Laughing he asked, "Now that we saved the world a couple times, what's going on? What did you have for breakfast?"

A Conversation with Bill Champlin

HULICK: We're looking forward to your show on July 1st at Ellicottville's Summer Music Festival. You'll be playing at the base of a ski slope... it's quite the backdrop. **CHAMPLIN:** Great! I'm looking forward to it. Chicago played a show once at the bottom of a ski lift and they had a freak snowstorm. Talk about a day on the tundra! (laughs)

HULICK: Reading through your biography, I can't believe the connections you have to all these major artists.

CHAMPLIN: There was one point where there were millions of sessions going on in Los Angeles and records were being made and sold and retailed and wholesaled in Los Angeles and records were being made and sold and retailed and wholesaled and all the stuff that's supposed to go along with the music business was in place. At that time I was working on a million records. The earlier generation that worked with the Beach Boys and others were called the wrecking crew. I was part of the next generation wrecking crew. I was one of the handful of singers that were part of that. The others were Bobby Kimball, the original lead singer of the group Toto, and Michael McDonald of the Doobie Brothers. The three of us were going around do-ing dates all over the place, so it kind of kept us all busy, especially when we were on breaks from our bands. We could all kind of hop in and knock off some dates and it sort of became a regular thing. At one point my vocal range was kind of at the top of its game and I was getting hired a lot. Then when it was slowing down I took the gig with Chicago, but I had no idea I was going to hang with it as long as I did.

HULICK: 28 years, as a matter of fact. That's crazy! CHAMPLIN: Yeah well, money's addictive. (laughs)

HULICK: You are from the era of musicians and singers all present in the studio

HULICK: You are from the era of musicians and singers all present in the studio when recording an album. Do you miss that? **CHAMPLIN:** Yes. It used to be learn it, arrange it, sing it and go home or go to the next session. I remember one day that was really cool... I went into Sunset Sound in Studio A, with the two girls I was singing with at the time, and they were rolling Steve Lukather's guitar rig out to Studio B. Steve was a guitarist, a singer/songwriter and original founding member of the band Toto. So we went into Studio A and did our work and then I noticed our next gig was right down the hall in Studio B. So we walked down the hall and they're rolling Steve Lukather's stuff out to Studio C. We go in and record in Studio B and then it turned out that our next gig was in Studio C. go in and record in Studio B and then it turned out that our next gig was in Studio C. (laughs) It was ten feet from gig to gig. (laughs) No gas mileage here. It was pretty cool. Now that didn't happen often, but I remember it happened that one time.

HULICK: I remember the musicians, even a symphony, and the artists recording altogether in the one studio. It just added so much history to that album... **CHAMPLIN:** Oh, absolutely! People could hear the other person playing and so forth and it made you play better. I grew up in a world where I'm playing along and I can hear the guitar player and he plays a ridiculously good solo and it makes me play better. If he isn't there with me and he plays a ridiculously good solo I can't hear him, therefore it doesn't make me play better. So there was this thing when we were all together and could hear each other playing, everyone would get expediently better. That's kind of what I dig about playing with Keith Howland and Jeff Coffey with The Players is we're just playing straight ahead. You can hit the wall if you make mistakes, but what's Rock and Roll without a little bit of risk?

HULICK: Right. That's the human aspect of it and that's part of music... that's the fun part. Who's idea was it to start The Players? **CHAMPLIN:** Well I got a call from Kim Reilly, who's such a sweetheart and a wonderful lady, about a year ago and we went and did a thing with Keith and Jeff and we saw Tristan Imboden play - he was the drummer for Chicago for years. We were in Paltimere and the add a good time and the sudiance layed it as Kim in Baltimore, I believe, and we had a good time and the audience loved it, so Kim asked if we wanted to do some more of these shows. Tris kind of baled out because he had other things he was doing. So that's how it all got started and we are looking forward to doing these shows... I think we have two gigs, if not three in July.

HULICK: How about all the technology available today? It's amazing what all you can do these days.

CHAMPLIN: The phones these days I just look at it. I was a lot happier with two orange juice cans and a long piece of string. (laughs) It's funny... I have a friend that has a sailboat and a long plote of during. (ladging) it's lamy... Indive a mone you which way the wind is blowing. I asked him how much he spent on it and he said... oh, about \$350.00 or so. I stuck my finger in my mouth then held it up in the air and said... you mean it does this? (laughs) It's an economical replacement for a wet finger. (laughs)

HULICK: (laughs) You're so funny! Any thoughts about retiring or are you having

The tone was set and our conversation felt more like two friends or a brother and sister catching up on life. Like many interviews I've done throughout the years, you start to realize that many artists are somehow connected through their musical history. Kind of like the game "Six Degrees From Kevin Bacon". It's exciting when the connections are revealed, and the anticipation of the next connection from the next interview is even more exciting.

Champlin is looking forward to playing Ellicottville's Summer Music Festival and bringing all those great classic songs from two bands that were a big part of our lives. Come on out for what's sure to be another amazing concert on the slopes of beautiful Holiday Valley and let the music and your mind take you back to the good old days.

For more information on Champlin and The Players visit billchamplin.com. For more information and tickets on the Summer Music Festival visit ellicottvilleny.com.

too much fun?

CHAMPLIN: I thought I retired ten or eleven years ago! (laughs) I've never been busier in my life! Covid brought down two years of no concerts and that put a cramp in everybody's stuff.

HULICK: I don't know how people in the entertainment world got through that time. I was having a real hard time with not being able to do my interviews and not going to concerts. I felt lost... like can someone flip the switch to on again and let's get going

CHAMPLIN: I went ahead and made a couple albums. When I needed horns for a song I sent the track to Walnut Creek, California to Marc Russo and he stacked some saxophone on my solo album and did one solo on the album that was just insane. He plays regularly with the Doobie Brothers and he was with the original Yellowjackets. He's a screamer player. He's one of those guys you just want to shoot because he's so good. (laughs)

HULICK: (laughs) I wasn't expecting that statement.

CHAMPLIN: (laughs) If you can't shoot him then at least put a warrant out for his arrest! (laughs)

HULICK: (laughs) Is there anyone you haven't worked with that you'd like to? CHAMPLIN: I've never worked with Stevie Wonder. I've sang background vocals

"Bill Champlin Interview" continued page 14

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POWER OF A JOURNEY

cont. from page 03

With all of these amazing things going on, we don't want you to forget that safety should always come first. Allegany State Park will help keep you frosty with their Bike Rodeo Safety Series, back by popular demand on July 6th on the Red House side of the park and on August 1st on the Quaker side of the park. In this program, you will navigate a bicycle rodeo course and learn how to manage real-life situations safely with the help of their expert guides. This is a perfect way to improve your bicycle safety skills and learn what to do in case of an emergency.

That's a lot of information for everyone to take in. We just hope you're able to attend one (or many) of these great events or maybe even an event we didn't get to mention. No matter where you choose to go, whether you're hiking or biking this summer, you can always do it for a good cause!

THE HISTORY OF MOUNTAIN BIKING

cont. from page 04

That was all that was needed for interest to go through the roof. By the 1890s both the U.S. and Europe were all about bikes. Over time came the folding bicycle, the electric bicycle, and the ladies bicycle referred to as Omafiets - Dutch for grandma's bicycles. Bicycles remained popular in Europe for years but dropped off in popularity in the U.S. with the advent of the automobile, which became a preferred mode of transportation. WWII saw a resurgence of bicycle use as entire squadrons were made up of them. After all, they could carry more weight than a foot soldier and move around quicker. Later, China got into the act, listing a bicycle as one of the three must-haves in every home. The other two were a sewing machine and a watch. Their bicycle, The Flying Pigeon, became a symbol of wealth... "it became the single most popular mechanized vehicle on the planet, becoming so ubiquitous that Deng Xiaoping - the post-Mao leader who launched China's economic reforms in the 1970s - defined prosperity as "a Flying Pigeon in every household." - Wikipedia

Mid-century, U.S. bicycles were either hobby bicycles or "English racers." In the '70s America had a bike boom where European style racers were preferred to the older roadster styles. California spurred the craze for BMX bikes with 16 or 24-inch wheels (rather than the standard 20-inch wheel). In 1971 there was a motorcycle racing documentary showing kids riding their Schwann Sting-Rays off-road. This created a demand for newer bikes and has grown into an International sport - Freestyle, Racing, Street, and Flatland. The first mass produced mountain bike caught our attention in 1981. These sturdier bikes supported what we now call extreme sports.

Technology is now regularly applied to the design of new, turn-of-the-century bikes. Materials are lighter and stronger, new technology such as hydroforming and automated carbon fiber layup are applied, and today's bikes even have cycling power meters and electronic gear-shifting systems. And, yes, there even is a recumbent bike. They've come a long way from the first wooden foot-powered contraption.

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LOCAL BIKE PARKS

cont. from page 04

Dippel noted that while relatively new to the mountain biking world, HoliMont's Bike Park has an impressive offering of trails that link to more than 35 miles of trail system, including the Finger Lakes Trail and the Ellicottville Loop, which has the IMBA (International Mountain Biking Association) EPICS designation. IMBA EPICS are highly sought after trails by avid mountain bikers, as they are technically and physically challenging primarily singletrack trails in a natural setting of at least 20 miles in length. Dippel is looking forward to partnering with Ellicottville's Bike and Bean and HoliMont for "Roots, Rocks, and Ridges," a weekend of racing at HoliMont and the surrounding IMBA EPICS trail system, taking place this fall.

HoliMont's Bike Park promises great outdoor experiences for the whole family, as there are lessons for riders of all ages. HoliMont's downhill immersion camps are perfect for young riders or new riders ages 7 and up and include lift tickets and instruction. Private lessons or small group clinics for adult riders can also be arranged with Bike Park staff; guided tours with one of the crew can also be scheduled by contacting 716-699-1030. Visit holimont.com/programs/bike-park for more information.

BILL CHAMPLIN INTERVIEW

cont. from page 13

on some songs he was a part of or wrote, but I've never met the man. On my new solo album, "Livin' For Love", there's a song on there called, "A Stevie Song" and it's a little bit of a tribute to Stevie Wonder. You can go on Spotify to hear it.

HULICK: Is there anything in your amazing career you would maybe have done differently?

CHAMPLIN: At this point in the game I wouldn't know how. I've thought from time to time what would I do if I wasn't doing this... probably nothing. I'd probably be living under a bridge. I don't see myself doing anything but music. I'm definitely not a fashion maven by any means. (laughs)

HULICK: Do you have a message for your fans coming out to Ellicottville to see you July 1st?

CHAMPLIN: Just have fun! Come on out and have fun! Don't judge it... put down the gavel and just enjoy the music.

GAZEBO PERFORMANCES

Summer Series Features Free Entertainment, Starting with Live Theater

ELLICOTTVILLE - The Ellicottville Chamber of Commerce is pleased to announce the return of the Gazebo Series, sponsored by Niagara Label Company, which invites the community out to the Village Gazebo every Thursday evening for free, live entertainment. A popular celebration on the summer events list, the Ellicottville Gazebo Series attracts families (and even their pets) to gather together; bring your blankets and lawn chairs, your frosty beverages, even a snack, and enjoy a different musical act each week from 7:00-9:00pm at no charge!

Although the Gazebo Series generally takes place on Thursdays, this year's series will open with a special live theater performance on Friday, June 30th. This Friday feature will also act as the kick-off event for Ellicottville's Summer Music Festival, welcoming visitors near and far for what's sure to be a memorable holiday weekend! Get ready for a step back in time, as Grease takes over the gazebo!

HIKING & BIKING IN THE ANF

cont. from page 07

tional Forest at one of their ranger stations. Two developed mountain biking trails exist in the ANF. The Trails at Jakes Rocks are an exciting, stacked loop mountain biking trail system. This 30+ mile trail was developed in partnership with Trail Solutions, a sister company of the International Mountain Biking Association, a world-renowned trail development company. Morrison Trail is a 10.8-mile loop trail passing through open hardwoods, mountain laurel, and large rock formations. The trailhead parking lot is located along Route 59, 17 miles west of the City of Bradford.

In addition, mountain biking is approved for both sections of the Knox & Kane Rail Trail - the section from the Kinzua Bridge State Park to Lantz Corners, and the section from Kane Country Club to Kane and south to Lamont. The missing section between Lantz Corners and the Kane Country Club should be linked by October when the new trail construction is completed.

PLAN YOUR ADVENTURE

To help plan your adventure, downloadable maps and detailed trail information can be found, along with places to stay, food and beverages, at VisitANF.com. Bike rentals are now available at Lantz Corners Getaway near the Knox & Kane Rail Trail. For personalized assistance, call the Allegheny National Forest Visitors Bureau at 800-473-9370.

Surely many of you will remember the 1978 hit film, Grease, featuring John Travolta and Olivia Newton-John. Based on the musical which hit the big stage in 1972, a local Buffalo group is bringing nostalgic songs and dance to fans in the 14731.

THE STORY: Sandy Dumbrowski, the new girl in town, and Danny Zuko, the school's coolest greaser, have a secret summertime romance - but when they get back to school, everything is different. Sandy attempts to navigate the tricky Rydell High School social waters and catch Danny's attention again, but Danny is chiefly concerned with maintaining his tough-guy reputation. In the end, the Pink Ladies help Sandy figure out how to win back the leader of the Burger Palace Boys.

This special performance is free to attend! The show begins at 7:00pm, giving you plenty of time beforehand to explore all the unique shopping, dining and everything else our village has to offer.

Starting July 6th, the Gazebo Series will return to its regular Thursday evenings, with the following musical acts booked: July 6th: Cami Clune • July 13th: Brianna Blankenship & Dan Roche • July 20th: Party Squad • July 27th: Jess & The Mess • August 3rd: Amy Frost with ASP.

For more information about this year's Gazebo Series, Summer Music Festival, and other Chamber produced events, go to ellicottvilleny.com and follow the Ellicottville Chamber of Commerce's Facebook (@Ellicottville, NY) and Instagram (@visitellicottville).

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\$\cong doc_holimont: Grateful for @loudperformancechq and @liveloudunderground for keeping me geared up
and ready to ride safely while having a blast on two wheels at @holimont #bikesafe #curtdirt #evInow



Sk8evI: Thank you Rich Rumfola for coming out and shooting photos at the Ellicottville Skatepark! #sk8evI #evInow #goskateboarding



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ີວbeegoldhoney1: Bee swarm on a plum tree! #beekeeping #evlnow



 \Im griffissculpturepark: We had a fun drum circle. Attend the next one July 15th. No experience necessary! #evlnow #drumcircles #wny716





Roberksey: Happy Father's Day to this guy! #icecream #evlnow







Gloove1: Perfect Father's Day! #summertime #evIsnowedin #evInow #lifeisgood #ellicottville #iloveny #fathersdayblessings

cjs.sweetsurprises: Who doesn't love sprinkles? #ellicottvillenow

Cmclucarelli29: Meeting Steve Christie was one of the best early birthday gifts! #evlnow #gobills #billsmafia #ellicottvilleny



 \Im justridingalongbikes: Trail ride on 6/15! 24 miles with about 2000 feet of elevation. #iwasjra #bikelife #evlnow



 \lhd evillebikeandbean: Do you even #mondayshopride? #evlnow

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THE BUY BOTTOM





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