



# NYTRO OHV News

## ATV & ORM Health Benefit Study Completed

Post date: September 21, 2010

A new study from Canada has information regarding the positive benefits of OHV riding

A study was conducted by York University Physical Activity and Chronic Disease Unit, Faculty of Health, and supported by the Canadian Off-Highway Vehicle Distributors Council, the All Terrain Quad Council of Canada, The Motorcyclists Confederation of Canada and the Government of Nova Scotia. In general, the study gives empirical evidence of a fact that OHV advocates have known, riding an OHV can be physically demanding.

Information regarding the study including a fact sheet and the study results, are now located in one of our mini-libraries. This library is called [Health and OHVs](#). This study is the first of what we hope is much information regarding the positive effects of OHV riding on our health.

We thank COHV/CVHR for their support of this study and for sending the information to us.

Author: Karen

Source: COHV/CVHR

ATV & ORM Health Benefit Study Fact Sheet Study conducted by York University Physical Activity and Chronic Disease Unit, Faculty of Health, and supported by the Canadian Off-Highway Vehicle Distributors Council, the All Terrain Quad Council of Canada, The Motorcyclists Confederation of Canada and the Government of Nova Scotia

<http://www.nohvcc.org/Tools/SmallLibraries/Health.aspx>

A ground breaking, first ever comprehensive probe of the fitness and health benefits of all-terrain vehicle (ATV) and off-road motorcycle (ORM) recreational riding. The national study expanded on an Ontario pilot study of the health benefits of off-road motorcycle (ORM) riding.

Jamie F. Burr, Veronica K. Jamnik, Jim A. Shaw and Professor Norman Gledhill at York University's Physical Activity and Chronic Disease Unit, Faculty of Health agreed to conduct the study and for Jamie Burr, a kinesiologist and exercise physiologist at York, the research would be part of his PhD. The purpose of the research -- to characterize the physiological demands of recreational ORV riding under typical ORV riding conditions using habitual recreation off-road vehicle riders.

The study was approved by the university's human research ethics review board, and in accord with research ethics guidelines, written and informed consent was provided by all participants, with those younger than 18 yr also providing parental consent after verbal explanation of procedures.

This published report (July 2010 issue of *Medicine & Science in Sports & Exercise*, the Official Journal of the American College of Sports Medicine (ACSM),

*Continued on page 7*

Check us out on the web at <http://www.nytroatv.org>

Newsletter Article Submissions: [nytroatvny@aol.com](mailto:nytroatvny@aol.com)

## Chapter Information

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<p><b>NYTRO of Central NY</b>  <b>PO Box 2, Macedon, NY 14502</b>  <b>(315) 986-0966 - <a href="mailto:nytroatvny@aol.com">nytroatvny@aol.com</a></b>  <b>Website: <a href="http://www.nytrocentralny.org">www.nytrocentralny.org</a></b>          President – Joanne Wemes          Serving Monroe, Wayne, Livingston, Ontario, Yates and surrounding Counties</p>	<p><b>NYTRO of Northern NY</b>  <b>c/o Bellinger, PO Box 76, Lorraine, NY 13659</b>  <b>(315) 232-2076 - <a href="mailto:nytroofnny@yahoo.com">nytroofnny@yahoo.com</a></b>  <b>Website: <a href="http://www.nytronny.com">www.nytronny.com</a></b>          President – Michael Bellinger          Serving Lewis, Oswego and Jefferson Counties</p>
<p><b>North County ATV Association</b>  <b>NYTRO of Eastern NY</b>  <b>PO Box 136, Greenfield Center, NY 12833-0136</b>  <b>(518) 857-2874 - <a href="mailto:ncatva500@aol.com">ncatva500@aol.com</a></b>  <b>Website: <a href="http://www.ncatva.com">www.ncatva.com</a></b>          President – Fay “Moak” Detraglia          Serving Saratoga, Warren, Fulton, Rensselaer, Schenectady, Montgomery, and surrounding Counties  <i>(Special rates apply to this chapter. Please contact them before sending in your application)</i></p>	<p><b>NYTRO of the Southern Tier</b>  <b>1111 Carrie Ave, Endicott NY 13760</b>  <b>(607) 786-0676 - <a href="mailto:director@nytrostier.org">director@nytrostier.org</a></b>  <b>Website: <a href="http://www.nytrostier.org">www.nytrostier.org</a></b>          President – Gary Burns          Serving Broome, Chemung, Tioga, Stueben, Tompkins, Schuyler, Chenango and Delaware Counties</p>

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All copy and advertisements should be sent to:

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Macedon, NY 14502

Deadline for copy and ads is the 25th of the month prior to publication.

**Ad Sizes and Rates:**

Full Page	9.5" x 7.25"	\$100 per year
1/2 Page	4.25" x 7.25"	\$50 per year
Business Card	2" x 3.5"	\$25 per year

# Chapter News

## NYTRO Eastern NY

### Club Officers

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Secretary-Sheri Detraglia

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Treasurer-Mike McKernon

Trail Coordinator-Joe Fierro

e-mail:

TrailCoordinator@ncatva.com

Website: <http://www.ncatva.com>

\* \* \* \* \*



## NCATVA EASTERN NY NEWS

### Meetings:

MONTHLY MEETINGS ARE HELD THE LAST TUESDAY OF THE MONTH.

Monthly meeting the last Tuesday of the month at Bentley's Restaurant Route 9 Malta, NY 1/4 Mile South of Northway Exit 13S, Officers meeting at 7PM and membership meeting at 7:30PM

Jim C had made arrangements for a reporter from the post star to be at the Club property to take some pictures and a tour. Please use the link below if you would like to read about it.

[http://poststar.com/search/?l=50&sd=desc&s=start\\_time&f=html&q=jim+coughlin](http://poststar.com/search/?l=50&sd=desc&s=start_time&f=html&q=jim+coughlin)

[http://poststar.com/search/?l=50&sd=desc&s=start\\_time&f=html&q=jim+coughlin](http://poststar.com/search/?l=50&sd=desc&s=start_time&f=html&q=jim+coughlin)

Thank you Jim C and Jim S for providing the Rhino and Razer for the tour.

We attended the NY Statewide trail public meeting. it was very sad to see that NCATVA was the only ATV club represented with 6 members. Nothing has changed we are still on the bottom of the list. it all comes down to we need to get out of DMV's hands and in to the park and recreation's hands. Please use this link to let them know what you want.

<http://www.nysparks.state.ny.us/recreation/trails/documents/StatewideTrailsPlan/StatewideTrailsPlan.pdf>

### ATV /UTV/TRAIL BILL #

(The Bill # below or OHV issue needs attn asap)

Weigh In to Encourage Your Members to Reject Omnibus Approach Recently ARRA asked you to weigh in with your Members about a possible public lands omnibus, as we were concerned that Congress may try to move legislation similar to legislation that passed last year. Last year's bill cobbled more than 160 separate pieces of legislation into one massive package that permanently eliminated the potential for motorized recreation on more than two million acres of public lands that were designated as wilderness in nine states. In addition, the package added three new national park units, a new national monument, three new national conservation areas, more than 1,000 miles of national wild and scenic rivers and four new national trails. Also signed into law as a part of the omnibus package was the National Landscape Conservation System (NLCS) Act, which is currently being used to limit motorized access on Bureau of Land

Management lands.

It is time to have your voice heard again, as some in Congress are starting the process on developing a new omnibus bill. Representative Martin Heinrich (D-NM) is circulating a letter for signature by other Members that encourages Congressional leadership to lump together more than 150 land use bills and pass them as one.

It is important that you contact your Member of Congress and key Congressional leaders to let them know you oppose a new massive omnibus public lands law and that a repeat of the 2009 law will mean more restrictions to access, and to ask them not to sign Heinrich's letter.

Please click the Take Action link below to urge your Members and key Congressional leaders to oppose a massive omnibus bill in favor of ensuring that all public lands bills have hearings to allow for full local input.

Hunting Season has opened all extended property trails are closed! A note from Joe the Trail coordinator

This trail (23) will be closed as of the 16th.... you can ride out to the house but then turn around. The landowner has requested that trail be closed till after hunting season. I will get up there this weekend and mark out the trail on our property to get over to the Jeffers side.

I will also put up some signs to show which trails are closed for hunting season.... lets stay off of these till after hunting season, this way he will allow us the use of them the rest of the time.

Trails closed for hunting season are #24, #25, #26, #27 and heading north of #30

### Trails.

Trail closed for hunting signs are complete and have been put up. Thanks Jim C for making them. These signs make the extended property that are closed for hunting season. Please respect our land owners. They are bright orange and lamented.

There are now "YOU ARE HERE" signs on 2 of the trails. Thanks Billy K for making them and the Crew for putting them up.

We would like to remind everyone that our trails will remain OPEN during Hunting season, The extended property is closed for hunting season. Please respect our land owners. if you are unsure of where the extended property is please contact Joe or one of the other officers. Thank you

Non Hunters please show respect to the Members that do hunt by no unnecessary engine revving a long the trails or in the parking area.

### Moak

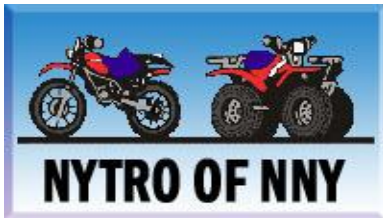
President

Remember Stay on the trail and respect the land and the landowner!

OHV Riding is a privilege, not a right! Always carry out what you carry in

North Country ATV Association NYTRO of Eastern NY  
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Greenfield Center NY 12833  
[www.ncatva.com](http://www.ncatva.com) NYTRO Inc

## Chapter News / Sponsors



### NYTRO Northern NY

#### Club Officers

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e-mail: nytroofnny@yahoo.com  
phone: (315) 232-2076  
Website:  
<http://www.nytronny.com/>

~ News from the North ~  
"October 2010"

As for the Northern chapter some riders may have not heard that we took some time off do to insurance issues. It took most of the riding

season to be 100% sure of what we had. With the delay and lack of support from the non club riders and local business we got a little burned out up here on the hill.

Thank fully NYTRO Inc. has now secured an accepted policy through NYSORVA for 2011. We still seem to have the shadow of bad luck hanging over us as my main computer which had the website program and files crashed. Hoping the \$600.00 the local computer tech says it will get me back up and running turns out to be true. House Bills and Christmas comes first. So until then encourage all to communicate through the email for now.

Temperatures are dropping and snow flakes spotted several times so the winter will soon be upon us. My dozer is getting closer to be fixed as the 20 plus feet of snow has a tendency to pile up here on Tug Hill. With the \$5.00 & \$10.00 fee per membership for insurance we will be discussing our dues at the spring meeting as the new membership campaign begins. Hopefully by then everyone

will have cabin fever and look forward to getting out for some rides. Jefferson Cnty has passed on the GPS trail map information for the lawyers to review so hopefully by next year we will have an approved and printed official map to provide to the riders. The draw back is that everyone who has been riding on UN posted roads will now be more likely prosecuted. So they need to all join a club and work with the Landowners and governments to get the connecting roads open within the V&T regs or plan on trailering there machines to the designated parking lots.

So ends the saga of the Northern chapter for another month.

Until we meet on the Trails, Ride Safe.

Mike Bellinger pres NYTRO of NNY

The advertisement features a green background with a close-up image of a mechanical joint. On the left is the CV100 logo in white. To the right is a list of products and services. At the bottom, contact information for Bob Coons is provided.

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# Chapter News

## NYTRO Southern Tier

### Club Officers

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Secretary-Pam Burns  
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Treasurer-Ron Horton  
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E-mail: [tnichols1@stny.rr.com](mailto:tnichols1@stny.rr.com)

Website:  
<http://www.nytrostier.org>

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## Southern NY News

Results from our Fall 2010 Poker Run:

- 1st High Hand: John Cimineri with a straight
- 2nd High Hand: Roger Amburgey with three Kings
- 3rd High Hand: Tie between Rafael Torres and Darryl Root with three Queens
- Low Hand: John Horton

Thanks to everyone who came out and participated!

### Meeting Minutes from October:

- Treasurer's report was given  
- Raffle Proceeds: \$470.50
- Fall Poker Run  
- New Food Vendor  
- Looking for volunteers
- Spring Poker Run will be held on Saturday, April 30, 2011.
- Next meeting: November 9, 7PM at the Railhouse, Waverly

## A BIG Thank You

To everyone who helped out at the poker run!! We could not hold our events without all the help we receive from our members.

Let's Ride!

~ Pam & Gary Burns



## NYTRO Western NY

### Club Officers

President: Dale Mackey  
Email: [rb757@aol.com](mailto:rb757@aol.com)  
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Vice President: Norm Queeno  
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Treasurer: Julie Mackey  
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Secretary: Sandy Queeno  
Email: [dajokerman72@yahoo.com](mailto:dajokerman72@yahoo.com)  
Phone: 716-941-6280

\* \* \* \* \*

Check out our Yahoo! Groups Page:

[http://autos.groups.yahoo.com/  
group/NyTROWesternChapter/](http://autos.groups.yahoo.com/group/NyTROWesternChapter/)

## Recreational Off-Highway Vehicle Launched Interactive E-Course for ROV Safety

Online, interactive course helps develop safe driving habits

Great Falls, MT, September 30, 2010 –

The Recreational Off-Highway Vehicle Association (ROHVA) has launched the beta Release of its new Recreational Off-Highway Vehicle (ROV also know as Side by Sides and UTVs) E-Course. The course is a Free, interactive online safety course available on the ROHVA website at [www.rohva.org](http://www.rohva.org). This e-course is the first formalized, Educational resource for the growing community of ROV enthusiasts. The course reinforces driver responsibilities, identifying:

- Key risk factors associated with ROV operation
  - Safe riding practices designed to reduce risk of injury
- The best resources for learning to operate particular vehicle models

Recreational Off-highway Vehicles (ROVs) are designed to travel on four or more non-highway tires, with a steering wheel, non-straddle seating, seat belts, occupant-protective structure, and an engine displacement up to 1,000cc. Sometimes referred to as side-by-sides or utility terrain vehicles (UTVs), current ROV models are designed with seats for a driver and one or more passengers and are used for a variety of outdoor recreational purposes as well as many work applications.

“ROHVA’s E-Course is an excellent resource for both new and experienced ROV drivers to learn how to safely operate their vehicles while enjoying the freedom of adventure they provide,” said Paul Vitrano, executive vice president of the Recreational Off-Highway Vehicle Association. “The E-Course is intended to improve awareness about ROVs and inspire a safety-minded approach to off-highway recreation.”

The two-hour on-line safety course helps develop safe driving habits but is not a “learn to drive” course. Users can save their progress and stop at any time to pick up later where they left off. At the end of the course users have the option to take an ROV safety quiz to test their knowledge. To register for free, drivers can visit [cbt.rohva.org](http://cbt.rohva.org).

## Chapter News / Sponsors

### NYTRO Central NY

#### Club Officers

President:

Joanne Wemes

E-mail:

nytroatvny@aol.com

Vice President: Open

Secretary/Treasurer: Bob Hedden

Website: Open

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### CENTRAL NY NEWS

The Central Chapter website is up and running and we will be able to add our events and meetings as well as pictures. This is work in progress!



So please be patient and let me know if there is anything you would like to see added.

Our next event is Dec 12th. We are planning a get together and ride. Mark your calendars and watch for details on the Website.

I would like to say "Thank you" to the members that came out and helped at the Big East Show. We had a great show member support.

Thank you to all that help sell the tickets for the ATV. We sold 128 tickets this year! GREAT JOB Everyone! It was a much needed fundraiser the chapter.

We had several members attend the Demon Lake Poker Run. It turned out to a great day for riding. Thank you to all that helped out.

Our next Chapter meeting will be March 20, 2011. Mark your Calendars and hope to see you Dec. 12, 2010!

Wishing Everyone a Safe and Happy Holiday Season!

~Joanne



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### ATV & ORM Health Benefit

*Continued from front page*

"Physiological Demands of Off-Road Vehicle Riding") on one component of the research focuses specifically on the physiological demands of off-road vehicle (ORV) riding, compares them to the demands of other recreational activities, and explores the health and fitness benefits that ORV participation can provide to Canadians.

Subsequent publications will examine the fitness and health of habitual recreational off-road riders; their own health perceptions, lifestyle behaviors and quality of life; and fitness and health training adaptations from six to eight weeks of ORV riding (i.e. how much ORV riding is required for health and fitness benefits to be derived).

Study began in 2007 with a nationwide survey involving 310 participants to determine the characteristics of a "typical" rider and of a "typical" ride (Phase I). This information was then used as the basis to determine the health and fitness impacts of off-road riding

#### Health Benefit Study...2

Phase II involved 128 riders – male and female divided between the age groups of 16-29, 30-49 and 50+. Riders were first familiarized with the trail for safety reasons. All riders used their own riding gear and vehicles to avoid the necessity of having to adjust to new equipment. Riders wore specially designed helmets and equipment that allowed researchers to monitor and measure the physical demands of off-road riding (heart rate, oxygen consumption, muscular involvement (fatigue), and rate of exertion).

Off-road vehicle riding was found to require "a true physiological demand that would be expected to have a beneficial effect on health and fitness according to Canada's current physical activity recommendations"

Off-road vehicle riding was determined to be a recreational activity associated with moderate-intensity cardiovascular demand and fatigue-inducing muscular strength challenges, similar to other self-paced recreational sports such as golf, rock-climbing and alpine skiing

Oxygen consumption, which is an indicator of physical work, increased by 3.5 and 6 times the resting values for ATV and ORM riding respectively – which falls within moderate intensity activity according to the American College of Sports Medicine guidelines and is in line with Canadian physical activity recommendations.

The duration of a typical ride (2-3 hours for ATV, 1-2 hours for ORM) and the frequency of the rides (1-2 times a week) create sufficient opportunity to stimulate changes in aerobic fitness which falls within the physical activity guidelines (American College of Sports Medicine recommends between 450 – 720 MET minutes per week) "More health and fitness benefits could likely be realized if the frequency of riding were increased to a level compatible with the recommended Canadian guideline for physical activity"

Using heart rate measurements alone, the demands of riding belong to the category of "hard" exercise – this increase of intensity may be linked to heightened psycho emotional responses (i.e. adrenalin), an effect of heat stress while riding, or a response to repeated isometric squeezing of the handlebars.

#### Health Benefit Study...3

When considering muscular force and power involvement, study results indicate a greater impact on muscular endurance as opposed to an increase in strength (NB: this is in reference to hand grip specifically)

"Off-road vehicle riders perform considerable physical work using their arms and upper body." This upper body strength requirement "could lead to beneficial training increases in musculoskeletal fitness"

Study findings also picked up on the psycho-social effects of riding – the "enhanced quality of life and stress reduction effects of off-road riding"

Findings also reflect the "importance of alternative physical activity such as off-road riding to promote physical activity in a group who might otherwise forego exercise altogether" (habitual ATV riders in the study were not avid exercisers) and all physical activity is beneficial.

Contact:

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Hours of Operation:

Monday-Friday: 9:00 AM - 6:00 PM

Saturday: 9:00 AM - 2:00 PM

Sunday: Closed



# Chapter Events

## NYTRO Western Chapter Meetings:

### Western Chapter Upcoming Events:

## NYTRO Central Chapter Meetings/Events:

- Dec 12 Holiday get together and Ride. More details to follow. Watch the website.

## NYTRO Eastern Chapter Meetings:

- MONTHLY MEETING Bentley's Restaurant, Route 9 Malta, NY, 1/4 Mile South of Northway Exit 13S. Officers Meeting 7:00 PM Membership Meeting 7:30PM—Last Tuesday of the month.

## NYTRO Eastern Chapter Events:

- Check our website at <http://www.ncatva.com/news.html> for more info!

## NYTRO Southern Tier Chapter Meetings/Events:

- Meetings are held the second Tuesday of the month, 7:00 PM at The Rail House, 366 Broad St, Waverly, NY.
- Upcoming Event: Demon Run Spring Poker Run, April 30, 2011.



## NYTRO Northern Chapter Events:

- TBA

## NYTRO Northern Chapter Meetings:

- We meet on the third Mondays of the month 7:00 PM at the Lorraine United Methodist Church community room County Route 189, Lorraine, NY.



## NYTRO Code of Ethics

- Always wear protective gear while riding
- Always wear a helmet
- Never ride alone
- No drugs or alcohol while riding
- Ride within your limitations
- Respect the environment - stay on the trails
- Register and insure your machine (state law)
- Respect the rights of others
- Less noise equals more trails

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Reminder that this is the last issue of NYTRO News until February 2011!

We wish everyone a safe and Happy Holiday Season!



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Alternative Sports Connection	2395 Michigan Rd	Wayland, NY 14572	585-728-9030
Appolson's Polaris	5820 Southwestern Blvd.	Hamburg, NY 14075	716-649-1090
Arkport Cycles	1 Main Street	Arkport, NY 14807	607-295-7426
Ballantyne RV/Marine	7447 Rt. 96	Victor, NY 14564	585-924-9161
Bennett Motor Sales	6453 St Hwy. 28	Flycreek, NY 13337	607-547-9332
Binghamton Honda	120 East Arterial Highway	Binghamton 13901	607-722-7433
Canandaigua MotorSports	2366 Rochester Road	Canandaigua, NY 14424	585-394-7490
Caldwell's Motor Toys	RD #2 Box 2335 Stateline	Russell, PA 16345	814-757-4404
Charlie's Cycle Center	Rt 219	Limestone, NY 14753	716-925-7023
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Gowanda Starcraft	11147 Stafford Road	Gowanda, NY 14701	716-532-2225
Hamburg Honda	5133 Camp Road	Hamburg, NY 14075	716-649-7669
Hartloff Polaris	10937 Allegheny Road	Forestville, NY 14062	716-934-3396
Hebeler's Sales & Service	6476 Main Road	Pendelton, NY 14094	716-625-8744
Hector's Powersports	1200 East Second Street	Jamestown, NY 14701	716-665-3001
Hollink Motor Sports	386 South Union Street	Spencerport, NY 14559	585-352-1930
Ithaca Recreation Sports	1906 Elmira Road	Newfield, NY 14867	607-564-7913
Jarrell's Tires	5085 Southwestern Blvd	Hamburg, NY 14057	716-649-1555
Klispie Machine Shop & Sales	5832 Camp Road	Hamburg, NY 14075	716-649-2107
Lake Demmon Recreation Area	9139 Lake Demmon Rd	Howard, NY 14810	607-566-3511
Lamb & Webster Inc. (Honda)	4397 Route 98	North Java, NY 14113	585-535-7671
Linda Promanda	32 Main Street	Hamburg, NY 14075	716-646-5527
Lock City Cycle	6117 Robinson Road	Lockport, NY 14094	716-625-9312
Menneto Powersports	1757 Route 9	Clifton Park NY 12065	518-371-2087
Nader's Tech Polaris	124 West 13th St.	Elmira Heights, NY 14903	607-732-2102
Niagara Outdoors	223 Witmer Road N.	N.Tonawanda, NY 14120	716-695-5873
Northeast ATV Sales	518 North Keystone Ave	Sayre, PA 18840	570-882-7501
Norton Enterprise	4431 Brown Rd	East Bethany, NY 14054	585-343-7394
O'Neill Sales & Service	6226 State Route 96	Farmington, NY 14564	585-924-2554
Paradise Bay Yamaha	3039 Rt. 426	Findley Lake, NY 14736	800-348-2528
Pierce Auto & Hardware	113 East Main Street	Fredonia, NY 14063	716-679-4100
Pine Hill ATV Park	11395 Pine Hill Rd, PO Box 219	Cohocton, NY 14826	585-534-5217
Pioneer Motorsports	12889 Meyers Road	Sardinia, NY 14134	716-496-6000
Potter County Family Campground	3075 E. Second Street	Coudersport 16915	814-274-5010
Pro-Way Parts & Accessories	1623 Gowans Road	Angola, NY 14006	716-549-6986
Ranco Equipment	7380 Boston State Road	Hamburg, NY 14075	716-649-0650
S & L's Off Road	Chautauqua Road	Fredonia, NY 14063	716-672-8920
Schutts Saw & Mower Service/Arctic Cat	685 Fairmount Ave	Jamestown, NY 14701	716-664-3090
Seymour's Motorized Sports, Inc.	1350 New Loudon Rd	Cohoes, NY 12047	518-785-1004
Southern Tier HONDA	1907 SR 14	Montour Falls, NY 14865	607-535-0005
Southern Tier Polaris	1469 Olean Portville Road	Olean, NY 14760	716-372-7797
Sportline Power Products	38 E Quaker Service Rd	Queensbury NY 12804	518-792-4655
Steve Mathewson's Suspension Systems	4750 Lovers Lane	Cattaraugus, NY 14719	716-257-9631
Stone's Snow Sled's	4386 Maple Ridge Road	Newark, NY 14513	315-483-4329
Street Track N Trail	13723 Conneaut Lake Road	Conneaut Lake, PA 16316	814-382-4821
TNT Sport Cycle	415 Oriskany Blvd.	Whitesboro, NY 13492	315-736-6207
Trucks Maintained, Inc.	50 Burkherd Avenue	Depew, NY 14043	716-686-9133
Western New York Cycle, Inc.	6695 South Transit Road	Lockport, NY 14094	716-625-6111
Williamsville Competition	182 South Main Street	Holland, NY 14080	716-537-2309
Zahm & Matson	1756 Linquist Drive	Falconer, NY 14733	716-655-3310

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