



2019 Newsletter

PRESIDENT'S LETTER

This year is a STBC landmark, the 50th Anniversary! It was just at our Annual meeting in January when STBC founder Augie Mueller stated, "It's been like this for 50 Years." I believe he was referring to the Great Rides or maybe it was the Great Companionship or even the Great Events. In sum, the STBC is just a Great Club, and I am happy to be chairing the Executive Board. I would like to extend Good Luck to Roger Westgate who will be missed along with his dedicated service as Ride Coordinator, Editor of the Newsletter and a supportive Vice President. As he is leaving the area. Dave Wells will be his successor, with returning Secretary, Cheryl Brown and returning Treasurer, Lorraine Loitsch. We will work together with a dynamic returning Board of Directors, which include Dick Porterfield, Don Doornbos, Greg Laskowski and Ivan Pewterbaugh. I would also like to introduce two new board members, Mark Goodwin and Wayne Matthews who both have a high energy and enthusiasm, volunteered, and were appointed to the STBC Board of Directors. Once again, I am honored, and give thanks, for giving me the opportunity to help guide the STBC into the year 2019. We have a dynamic membership of 400 likeminded cyclists who just love to ride their bikes and have fun. Please feel free to give your input along with any questions or concerns, so that the STBC Executive Board, can try and fulfill all your wants and needs. Feel free to be a volunteer, as we look forward to having a great experience, working and riding together with you all. Thank you and let's have fun. Our contact information is posted on the STBC Website as I can be reached at any time for any reason. Respectfully, Stephen Bruno

2019 Great Finger Lakes Bicycle Tour

Mark your calendars for June 7 – 9, 2019 for the 39th Great Finger Lakes Bicycle Tour. This year will be the 50th anniversary of the founding of the club so come out and help us celebrate.

Come any time after noon on Friday and get set up. Registration will open at 2:00 with a guided walk through the gorge at Watkins Glen leaving at 3:00. At 4:00, we will launch two traditional rides, an easy ride to the Watkins Glen International Raceway and a more challenging ride to the Sugar Hill Fire Tower. Saturday, the rides be mostly West of Seneca Lake and will range from approximately 15 miles to 100 miles. This year we are attempting to give you more reasons to get off the bikes to explore all that the Finger Lakes Region offers. Sunday will again feature the traditional favorite rides around Keuka Lake but with some new roads to enjoy. For those that prefer quiet bike path rides, the newly opened Black Diamond Trail and the Catharine Valley Trail offer some very nice options.

The cost of \$92 includes camping (tent or RV) with clean bathrooms and hot showers, catered meals with dinner Friday and Saturday evenings and breakfast Saturday and Sunday in the comfortable dining hall, maps, sag support and most importantly, the company of a few hundred likeminded cyclists for a full weekend of riding and camaraderie. For those that would prefer, there is a cabin option for an additional \$10 for the weekend. The cabins and bunks are simple but adequate; you will need to bring sleeping bags or bedding.

Helmets and current STBC memberships are required. This event is a great way to introduce your friends to the pleasures of cycling with our club. Please help get the word out and encourage others to join us.

Go to www.greatfingerlakesbiketour.com for full details and registration. We have both online and mail in registration options. Please feel free to contact Dick Porterfield at 607-323-3236 or rporterfield@gmail.com with any questions or with suggestions to improve the event.

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VOLUNTEERS:

STBC runs on volunteers.

Make sure you acknowledge your gratitude to the leader of your next STBC ride!

STBC ADDRESS:

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PO Box 601

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bike@southern-tierbicycleclub.org

STBC is on the Internet:

www.southern-tierbicycleclub.org

Editor – Roger Westgate

Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away!!

STBC on Google

For up to the minute information about new rides and ride changes or cancellations, subscribe to the STBC Googlegroup Listserv. To subscribe to the STBC Googlegroup, follow instructions posted on the STBC website www.southerntierbicycleclub.org by clicking on "Email / Googlegroup".

Please contact the Googlegroup moderator, Larry Blumberg at LBlumberg@stny.rr.com if you have any questions or run into any problems with your subscription.

Saturday, May 11, 1-3 PM is the annual Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away. Over the past twelve years, STBCers have helped distribute over 3000 bicycles. We will need much help to fit, make adjustments on the bicycle for specific individual, fit free helmets to those getting a bicycle, properly inflate tires, instruct the recipient on

how to lock up the bicycle, and to run a minor skills rodeo and more. We also need assistance in transferring the bicycles to the UHS Parking Lot site across from the church and across from the JC Post Office. Many are presently stored nearby in an apartment house basement. The transport will take place starting at 11 a.m. the morning of the event. More specifics will be posted on the STBC listserv. Our motto is "We have to give back!"

All of us have gotten much from our bicycling! NOW is the time to pass it on! Seeing the smiles on the faces of those getting their very own bicycle is most rewarding. In the meantime, look for those abandoned bicycles for us to refurbish.

Please contact Augie at amueller@binghamton.edu or 607-722-6005 to offer help!

Wheels to Meals – Tuesdays and Thursdays

There is a group of dedicated club members that ride on Tuesdays and Thursdays as often as they can during the riding season. Lunch is an integral part of the ride, consequently, the name Wheels to Meals. The rides are of a modest pace and vary from week to week. The average ride length is between 25 and 40 miles, but often there are shorter options. If you are available

weekdays to ride, then you should give these rides a try. Details of each ride are announced via the club listserv a day or two prior. Questions? **Contact Cheryl Brown, or Greg Laskowski** at: cbrown@binghamton.edu greglaskowski15@gmail.com **for Tuesday rides, and Pat and Carolyn Gilligan:** cgilligan@stny.rr.com **for Thursday rides.** We welcome newcomers, so come and join the rides!

Roadside Cleanups

Saturdays, April 27 and September 28.

Mark your calendar! Join us once again make our section of NY 12 shine!

Volunteers can meet at 7:30 AM (early - birds okay) at Laura's Luncheonette, 1080 Chenango Street, for breakfast on the club (and sign up for a starting place and direction).

Or, meet at Chenango Forks Fishing Access on NY 12 (just before downtown Chenango Forks and near the old St. Rita's church) to begin the cleanup at 8:45 AM. As in recent clean-ups, equipment will be passed out at the diner, and at the Fishing Access.

Contact Susan Hendery at shendery@gmail.com ahead of time so she has a count for breakfast and clean up.

Sunday Morning Rides

We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or oth1r. After breakfast (9am) riding varies, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including but not limited to NY 7, NY11 or the route taken out. On occasion, we ride the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.

What are PB & J Rides?

Rides are on Wednesdays and may start in the morning, midday, or afternoon. The ride leader will look at the weather forecast before posting on Monday. Yes, riders do bring PB & J instead of energy bars. They are about 20 miles in length, and have an average ride speed of around 10 mph, a sightseeing and conversational pace. Semi-frequent stops are made at key points to collect riders. Nobody rides alone!

Questions? Contact Ride Coordinator Gary Vanderbles at g_vanderbles@stny.rr.com

Ride Calendar on Google

For 2019, the STBC ride calendar continues to use a Google Calendar to make the ride calendar more easily accessible and visible to all! Riders will also be able to 'merge' the STBC calendar with their own personal Google calendar. The ride calendar is found by accessing the STBC website, southerntierbicycleclub.org, and then clicking on the "Ride and Event Calendar" tab. Alternatively, here is the direct address to access the STBC ride calendar:

https://calendar.google.com/calendar/embed?src=crw_bike@gmail.com

The ride calendar will be periodically updated as new rides and events are submitted. **Please submit your ride or event** by sending the appropriate information to bike@southerntierbicycleclub.org

New Rides and More

David Wells will lead Thursday evening rides from Awestruck Ciders near Sidney Mina will lead Tuesday & Wednesday evening introductory rides in May & June. The rides will start in Otsiningo Park. See the online ride schedule.

The STBC donated a bike stand to the JC Library, and it has been installed near the front of the building on Main Street. Previously cyclists had to put their bikes on the porch.

A new 300 square foot topographic map has been installed on the outside a building at 321 Water Street that displays the entire Southern Tier. You can find your street address on it. You can find it on the greenway from Binghamton to Otsiningo.



2019 Great Finger Lakes Bicycle Tour • June 7-9

Registration Form

Watkins Glen State Park Hidden Valley Group Camp, NY

Welcome booth opens at 2 pm Friday. Facilities open until 4 pm Sunday. Fee includes tent or camper or RV campsite for both Friday and Saturday nights, catered meals Friday evening, Saturday morning and evening and Sunday morning in modern dining hall. Hot showers are available in two large restrooms. Fee includes maps, sag wagon support, limited repair service, and parking. The event fee is refundable prior to May 26 with a \$10 cancellation fee. Current Southern Tier Bicycle Club Inc. (STBC Inc.) membership is required to participate. See www.southerntierbicycleclub.org and <https://sites.google.com/site/greatfingerlakesbiketour/home> for more information about STBC Inc. and the tour, including directions to the group camp.

Confirmation of your registration will be sent by email. Please be sure your email address is legible.

Please note that online registration using PayPal is available on <https://sites.google.com/site/greatfingerlakesbiketour/home>

Name(s) _____

Address _____ City _____ State/Province _____

Zip _____ Phone (____ - ____ - _____) Email *(Print clearly)* _____

Event fee until May 10 *	Age 10 and over	# participating = _____	x	\$92	=
	Age under 10	# participating = _____	x	\$57	=
Event Fee May 11 or later <i>(late registration)</i>	Age 10 and over	# participating = _____	x	\$102	=
	Age under 10	# participating = _____	x	\$62	=
Cabin bunks (optional)	Per person	# participating = _____	x	\$10	=
T-Shirts - wickable (optional)	\$15 each	Men: S _____ M _____ L _____ XL _____ Women: S _____ M _____ L _____	x	\$15	=
STBC Inc. Membership	Required if not a current member	Individual		\$5	=
		Family <i>(includes children up to age 18)</i>		\$10	=

TOTAL EVENT, CABIN, MERCHANDISE and MEMBERSHIP COST = \$ _____

*Mail registration form postmarked by the dates listed above and a check or money order (no cash) payable to: **STBC Inc., PO Box 601, Binghamton, NY 13902-0601.**

To our Canadian guests: send Postal Money order (US \$) or check in US \$ drawn on a US bank or use **PayPal** on our on-line registration at

<https://sites.google.com/site/greatfingerlakesbiketour/home>

You will be asked to sign a waiver of liability upon registration.

Questions? -- contact Dick Porterfield at 607-323-3236 or at rporterfield@gmail.com

The 2019 STBC Weekend Ride Schedule

Listed are brief descriptions for all rides – Please check the STBC Google Calendar for updates, more details, and directions to the meeting locations: <http://www.southern-tier-bicycle-club.org/aboutstbccalendar.html>

If you would like to lead a ride at any time during the year, please contact Roger W c_westgate@hotmail.com to have it posted in the online calendar.

SAT April 6, 10:00/11:00 AM **Marathon Maple Syrup Festival** **Jim C 607-759-3325 and Regina L.**
C/4/38-18 - Meet at 11:00 AM at the Whitney Point High School, Whitney Point, across from McDonalds. For the longer option, meet at 10:00 AM at the Chenango Forks fishing access. This is the traditional ride to Marathon, NY for the Maple Syrup Festival.

SAT April 13, 10:00 AM **Hamley Maple Ride** **Bob D 607-687-2511**
C/2/35 - Meet at Town Square, 160 Main St, Owego, NY at 10:00 AM for a hilly ride to Hamley's Maple Farm for a pancake lunch.

SUN April 14, 11:00 AM **It's Never too Early for Hills** **Jim C 607-759-3325**
C/2/30 - Meet at 11:00 AM on CFJ Blvd. in Johnson City, NY next to the carousel for Jim's "It's never too early for hills" ride. The ride will be up past the airport to Dunham Hill and US Route 11. Bring your drinks, as there are limited stop opportunities.

SAT April 20, 10:30 AM **Sanford to Sidney River Loop** **Vinny C 607-467-5460**
C/3/40 - Meet at my home at 1354 Route 41 midway between McClure and Afton, NY at 10:30 AM. For those who want a shorter, flatter ride, you can join up in Afton or Bainbridge, NY. The route is not very hilly with moderate traffic on paved roads. Plenty of food options.

SUN April 21, 10:00 AM **Earth Day in PA** **Steve Br 570-465-2169**
D/3/20 - Meet at New Milford Bike, 910 Main Street, New Milford, PA at 10:00 AM, for a tribute to Earth Day 2018. Prizes will be awarded for some of the coolest recyclable items found along the route. Ride Route 11 North & the hills of Old Route 11 back

SAT April 27, 10:00 AM **Post Highway Clean Up Ride** **Leader Needed**
C/4/24 - After the Highway cleanup we will meet at the Chenango Forks Fishing Access, Chenango Forks, NY at 10:30 AM for an EASY ride along Route 79 to Whitney Point, through Dorchester Park and back.

SUN April 28, 10:00 AM **Earth Fest and Bike Ride** **Steve Br 570-465-2169**
Starts at Broome Community College (SUNY Broome). STBC table - need volunteers. River Trails Bike Cruise to start right at the Earth Fest Main Entrance at 1:00 PM.

Sunday May 5, 1:00 PM **Owego to Speedsville featuring West Creek Road** **Regina L. 607-222-8235**
B-C/3-4/25 Meet at DSS on Rt. 38 just north of Owego. . Featuring quiet, flat to gently rolling rural West Creek, Rejmer, and Back West Creek Rds. A snack stop is planned at the Speedsville General Store

SAT May 11, 3:30 PM **Sarah Jane Perquisite** **Dave W 607-316-6625**
D/4/10 - Meet at the Sarah Jane Bike Give-a-way at 3:30 PM to unwind after volunteering for this community project. Enjoy an easy flat ride on a spring afternoon through Johnson City and Binghamton. The route has many eating and beer options near the end.

WED May 15, 7:00 PM **The Ride of Silence** **John N 607-785-1166**
D/4/8 - Join cyclists worldwide who will take to the roads in a silent procession to honor cyclists who were killed or injured while cycling on public roadways. Start and finish at the Beethoven Street parking lot of Binghamton's Recreation Park beginning at 7:00 PM.

SUN May 18, 10:00 AM **Cincinnatus Taylor Valley Loop** **Greg L 607-427-6298**
C/2/36 - Meet at the park just north of Cincinnatus, NY on Route 26. This loop ride on quiet country roads goes through the scenic Taylor Valley to Cortland and back to Cincinnatus by way of Route 41 and Telephone Road. Mostly flat and rolling with one steep hill.

SAT May 19, 10:00 AM **Candor to Brooktondale** **Karen K 607-239-9691**
C/3/28 - Meet at 10:00 AM at the Candor High School, Candor, NY and ride to Brookton's Market, Brooktondale, NY via Coddington Road and return on White Church Road for a very scenic, rolling loop. Lunch and/or snacks at Brookton's Market

TUES May 21, 6:00 PM **Introductory Ride #1** **Mina T. 607-648-4601**
D/4/10 This slow-paced, mostly flat 10-mile ride will start at Otsiningo Park—North (entrance is on Howell Drive, off upper Front Street, Binghamton) and head out the other end of the park toward Confluence Park by way of Lindsey Memorial Park. We'll be mostly riding on paved trails with a little stretch being on the road with cars. Being 1 of 4 introductory rides, it is designed for adults of any age who want to explore cycling as a new hobby.

WED May 29, 6:00 PM **Introductory Ride #2** **Mina T. 607-648-4601**
Description: D/4/9 For this 2nd beginner's ride we will leave from Otsiningo Park—North (entrance is on Howell Drive, off upper Front Street, Binghamton) and begin our route on upper Front Street. We will do a complete loop back to the park by riding down Chenango Street, which will bring us back into Otsiningo from the other end. The route is designed to give us more exposure to riding along the roads with cars, but with less traffic and wider shoulders. By saving the journey through the park as our last stretch, we'll return to our cars nice and relaxed and maybe take the time to chat as we ride back.

- TUES June 4, 6:00 PM** **Introductory Ride #3** **Mina T. 607-648-4601**
 Description: D/4/10 This ride will start at Otsiningo Park—North (entrance is on Howell Drive, off upper Front Street, Binghamton) , we'll warm up by exiting the other end of the park, then travel on some busier local streets before reaching downtown Binghamton. We'll take it easy returning to Otsiningo Park by using the bike path passing Lindsey Memorial Park. This route involves park, local and city roads—a good mix for our 3rd ride!
- WED June 12, 6:00 PM** **Introductory Ride #4** **Mina T. 607-648-4601**
 D/4/13 Our longest ride in the series of introductory rides, but still quite flat! We will start at Otsiningo Park—North (entrance is on Howell Drive, off upper Front Street, Binghamton) and go through the park to exit out the other end. As with our 1st introductory ride we will continue to Confluence Park, but then extend the route to reach Rec Park. Using LeRoy Street to reach Rec Park will be a nice stretch of neighborhood roads. Finally, we'll reverse the route to get back to Otsiningo Park for a total of 13 miles
- F, S & S June 7-9** **Great Finger Lake Bicycle Tour** **Richard P 607-648-6081**
 The STBC will host the GFLBT at the Hidden Valley Campground - <https://sites.google.com/site/greatfingerlakesbiketour/home>
- SAT Jun 15, 10:00 AM** **The Quality Ride for Hill Lovers** **Logan H 607-656-9842**
 C/2/42 - Meet at the Great American parking lot in Greene, NY at 10:15 AM for a small detour on Route 32 and Hogsback Rd before heading east on Route 206 to Moran Road. We will head north on Moran, passing the Silo Restaurant, to Route 32 and continue on to Oxford, NY for a lunch stop. After lunch we have a long, steady climb heading west on Route 220 which circles through McDonough, NY and Smithville Flats. Then a final climb and restful downhill on Route 41 before ending our journey back in Greene.
- SAT June 22, 10:00 AM** **JC to Whitney Point** **Jim C 607-759-3325**
 C/2/45 - Meet at 10:00 AM on CFJ Blvd. in Johnson City, NY next to the carousel. We'll ride to Whitney Point and back exploring some hills. Route will include portions of NY26 and US11. Snack stop in Whitney Point
- SUN June 23, 10:00 AM** **Greene to Norwich featuring Rt. 32** **Regina L 607-222-8325**
 B-C/3-4/50 Meet at Great American parking lot - right back corner, South Chenango Street. Featuring quiet gently rolling rural Rt 32. A lunch stop is planned in Norwich Will split into groups based on pace
- SAT June 29, 10 AM** **TBA** **Greg L. 607-427-6298**
- SUN June 30, 11:00 AM** **Hickories Park to Speedsville via Gaskill** **Kevin C 341-1627 and Regina L**
 A,B,C/2-4/43 Meet at Hickories Park, Pavilion 3 Owego. This quiet rural ride with beautiful farm vistas has it all - lots of flat and gently rolling terrain, and one reasonable hill - Gaskill Rd - done twice, coming and going. Regina promises it is easier riding Gaskill back to the park than going in the 'usual' opposite direction- the return climb takes just 13 minutes - a 1.3 mile 4-7% climb and a 2 minute section with a 10% grade, followed by 5 miles of gentle joyful downhill gliding back to the ride start at Hickories. She even said 'trust me'... A 20 minute stop at Speedsville General Store for a quick bite to eat is planned.
- SAT July 6, 10:00 AM** **Greene to Oxford** **David W 607-859-2505**
 C/3/29 – We will meet at 10:00 AM at the Great American in Greene and ride to Oxford for a brief stop and perhaps ice cream and return on Route 32 on a good and relatively quiet back road. This is a favorite of the W2M group during the week and offered for those who can only ride on the weekends.
- SAT July 13, 10:00 AM** **Owego to Waverly and Van Etten featuring Wyncoop and Dean Creek** **Regina L 607-222-8325**
 B-C/3-4/65 Meet at Tioga Center Middle School just off 17c. Featuring quiet rural Wyncoop and Dean Creek Rds. A lunch stop is planned at Sopranos in Waverly, and a snack stop in Van Etten.
- SUN July 14, 9:30 AM** **Marathon to Cortland** **Dick P 607-323-3236**
 C/3/50 - Meet at 9:30 AM at Brink Street in Marathon (by the baseball fields) and ride to Cortland, NY via Greek Peak with return via Marathon, NY for 34 miles with 1,140 feet of climbing. Beautiful view from the hilltops between Virgil and Cortland. We will make a stop in Cortland for lunch. No one left behind. We will regroup at all turns. Consider starting in Whitney Point to make it 50 miles.
- Sunday July 21, 10:00 AM** **Ride the Carousel Circuit** **Steve Br. 570-465-2169**
 D/2/25 - Join in on Riding to Ride the Carousels. Meet at CS. Fred Johnson Park in Johnson City, and enjoy a 25 Mile Bike Ride to 5 more Carousels at Highland Park, Endwell, George W. Johnson Park, Endicott, West Endicott Park, Endicott, Ross Park, Binghamton & Recreation Park, Binghamton. After we rode on all six of the Carousels, we will be cool & earn the "I Rode the Carousel Circuit" Button. Easy Pace with just the one Steady Climb to Ross Park Zoo.
- MON July 22, 9:00 AM** **Owasco Lake Ride** **Steve Br 570-465-2169**
 C/3/50 – We will meet at Fillmore Glen State Park, Moravia, NY at 9:00 AM and head North up the West Side of Owasco Lake and cross over to Skaneateles, NY for lunch. Then do the West Side of Skaneateles Lake and cross over to Owasco Lake and back to Moravia.
- SAT July 28, 10:00 AM** **The Triangle Valley Ride** **Logan H 607-656-9842**
 C /3/35 – Meet at the Great American parking lot in Greene, NY at 10:00 AM. We will ride to Smithville Flats, NY via Route 2 and 41 for inspiring panoramic view. Experience gentle rolling hills to Triangle, NY for a break. Then past Black Bear Winery back to Greene.
- SUN July 29, 10:00 AM** **The L'Amore Loop** **John N 607-785-1166**

C/3/47 - Meet at George W. Johnson Park in Endicott, NY at 10:00 AM. We will ride to Route 17C and head west to Owego. Then we will ride our way to Gaskill Rd, continue to Owego, across to 434 and Marshland Road to Vestal, and back to GFJ Park. Lunch will be at Joey's.

SAT Aug 3, 10:00 AM **Norwich to South Otselic** **David Wells 607-859-2505**
C/3/45 Meet at Northeast corner of Tops parking lot, E. Main Street, Norwich, for a nice ride to South Otselic and back.

SUN Aug 11, 10:00 AM **Chenango Forks to Willet** **Dick P 607-323-3236**
C/3/40 - Meet at 10:00 AM at Chenango Forks Fishing Access, Chenango Forks, NY at Route 12, near Route 79 and ride to Smithville Flats via Willet, NY for 40 miles with 1,000 feet of gradual climbing. We will stop at the store in Smithville Flats for drinks and snacks

SUN Aug 11, 10:00 AM **Birthday Ride** **Steven Ba 607-754-4756**
C/3/20 – We will meet at 10:00 AM at Sandy Beach in Conklin, NY and ride the modest back hills to Little Snake River to check water quality and then on to Jimay's flea market. Then back to Kirkwood, NY to Route 11, then over to Route 7 to get back to Sandy Beach.

SAT Aug 18, 10:30 AM **Richford, Greek Peak, Marathon Loop** **Greg L 607 427-6298**
C/2/36 – Meet at Michigan Hill State Forest at 10:30 AM for a nearly total rural road ride past Greek Peak to Marathon, NY where we can refuel. Mostly rolling hills until a sustained climb out of Marathon on the return leg of the ride

SAT Aug 25, 9:00 AM **Binghamton Bridge Pedal & Local Food Fest** **Led by Scott Reigle**
D/4/7 - Meet at 9:00 AM at the Center for Technology and Innovation. 321 Water Street, Binghamton, NY to join new riders through Binghamton.

SUN Sept 8, 11:00 AM **Bullthistle Ramble** **Jim C. 607-759-3325**
C/2/50 Meet at 11:00 AM at the South Broad Street Park across from McDonalds on NY Route 12 in Norwich, NY. We'll ride the HILLS through Sherburne, Smyrna and South Plymouth, snack stop along the way. Be sure to bring your snack and drinks as this gets a wee bit remote. Little or no cell service most of the route.

SAT Sept 14, 9:00 AM **Norwich to Erieville** **David W 607-859-2505**
C/3/66 Meet at Northeast corner of Tops parking lot, East Main Street, Norwich for a scenic metric century.

SAT Sept 21, 10:00 AM **Rt. 32 quiet rural loop from Chenango Forks for everyone** **Regina L 607-222-8325**
All paces. Meet at Living Word Christian Center parking lot at base of the "Wall." Distance : 12 - 100 miles depending on your loop:
12 miles - to Greene (and back);
22 miles - to Brisben (and back);
38 miles - to Oxford (and back);
56 miles - to Norwich (and back);
100 miles - to Hamilton (and back).
Will split into groups depending on Ppace. B and C groups welcome and D riders for 12 miles Featuring quiet rural Rt 32. Turnaround points in Greene, Brisben, Oxford, Norwich, and Hamilton, and food stops all along the route. There is a ride for everyone - PB&J, W2M, recreational weekenders, and racers... we have it all!

SAT Sept 28, 10:00 AM **Post Highway Clean Up Ride** **Ride Leader Needed**
C/4/24 – After the Highway cleanup we will meet at the Chenango Forks Fishing Access, Chenango Forks, NY at 10:30 AM for an EASY ride along Route 79 to Whitney Point, Dorchester Park, and back.

SUN Sept 29, All Day **Bob Dannecker Memorial Ride & Picnic** **Don D 361-779-1130**
Join us for a day of rides, food, and camaraderie! All rides are loops that start from Hickories Park in Owego, NY. Please watch the listserv for more details.

SUN Nov 3, 1:30 PM **Whitney Point to Willet, NY** **Don D. 607-765-6597**
C/3/25 - Meet at 1:30 PM at the Whitney Point High School, Whitney Point, NY. Ride the Bicycle Paths and the scenic back roads.

THUR Nov 21, 9:00 AM **19th Annual Cranksgiven** **Steve Br 570-465-2169**
D/4/16 - Meet at 9:00 AM, at New Milford Bike to join in the 19th Annual Cranksgiven Ride to Hallstead, PA and then back on Olde Route 11. Ride the bike of your choice and enjoy a pavement ride with very little incline. Enjoy some Coffee & Cake after the Ride

THUR Nov 28, 6:30 PM **Johnson City Christmas Parade** **Narani S 917-692-9340**
Meet at 60 Lester Street, Johnson City. Description: Ride your decorated bike or walk your decorated self, hand out candy if you like, especially if you don't bring your bike. I will have some candy to share to give out to the kiddies; if you have left over Halloween candy, here's your chance to unload! After the parade, we will meet at Sharky's for Pizza and refreshments.

A Great Bike Ride and a Better Bike Ride

I have a personal motto, "Every Bike Ride is Great". I probably share it with most of you. For me it belies the Christmas morning feeling I get when I wake up knowing that today I am going to go for a bike ride! Another truism: "Not All Bike Rides are Created Equal". Some are better than others though, right?

What makes the difference? An irate motorist, a problem with shifting or brakes, cold or wet, a close call with a curb or a pothole? Maybe it's a hill, going up or going down, that was a little more than you were ready for. How about one of those dogs that's really determined to share his bad mood with you? Oh yeah...a flat tire in the ugliest of situations! Or the worst...a crash!

There's a reason the League of American Bicyclists (LAB) and the New York Bicycling Coalition (NYBC) call them "crashes" and not "accidents". Crashes are preventable. "Accident" implies the unpleasant result was unavoidable. Whatever you call them, they are all avoidable. In fact every un-pleasantry I posed above is avoidable and the ways they can be avoided fall under the header of "Safety".

The LAB cites five principles for safe bike riding:

FOLLOW THE LAW – Your safety and the image of bicyclists depends on you. You have the same rights AND responsibilities as drivers.

BE PREDICTABLE – Make your intentions clear through signaling, proper lane positioning, a predictable riding line, and body language.

BE CONSPICUOUS – Ride where people can see you and expect to see you, wear bright clothing and use lighting and reflectors, at least as mandated by NYS law. Make eye contact with others – a great attention getter!

THINK AHEAD - Anticipate upcoming obstacles (and dogs) and what drivers, pedestrians, and other people on bikes will do next. Have a plan for how you're going to deal with it.

RIDE READY – This means a good-fitting helmet, the right clothing, water and food you'll need, tools and supplies. It also means your bike is ride-ready. Everything is adjusted, lubricated and working like it should, tires are in good shape, and everything that should be tight is tight (including quick release levers).

When we ride as club members we are ambassadors for the STBC, and for the bicycling community at large. Let's rise to that responsibility.

Dave Wells
Chairperson, Safety Committee
LCI #5021

Out of Bounds Rides

Tour de Scranton

April 28th Six varied rides from 4 miles to 65 miles. See: <http://tourdescranton.com>.

Tour of the Scioto River Valley

May 18-19. Over 2,500 cyclists, 210 or 105 mile, 2-day tour. The basic fee includes food, places to stay, transportation of your Sleeping gear, SAG, and more. See: <http://tosrv.org>

The Ride to Montauk

Sunday Sept. 14. Beautiful, flat routes for beginners and experts with distances of 30, 73, 108, and 150 miles. See: www.ridetomontauk.com.

Bike Virginia

June 21 – 26. The Annual Bike Virginia event. Riders will enjoy varied ride length each day. See: www.bikevirginia.org

Erie Canal Tour

July 7-14 Cycle the Erie Canal, a supported tour across NY State along the scenic and historic Erie Canal. 40-60 miles per day, most days on level ground. See: www.ptny.org/canaltour/

Great Big FANY Ride

July 21-26 500 miles across upstate New York. A camping bike tour. See: www.fanyride.com

The Bon Ton Roulet

July 20-27th Seven day, fully supported bicycle tour through the Finger Lakes region of New York State. Short and Long daily routes. See: www.bontonroulet.com

Aids Ride for Life

September 6th 42, 85, or 100-mile bicycle rides starting from Ithaca. Cyclists raise funds for the Southern Tier AIDS program so it can continue to provide supportive services to HIV+ persons and prevention education. See: www.aidsrideforlife.org

Saturday, April 27, 2019: 6 to 9 pm
at
Relief Pitcher, 197 Conklin Ave
Binghamton NY 13903

Buffet Dinner with Cash Bar

Please bring a non-perishable food item or cash to contribute to CHOW from STBC
To register for the annual dinner, complete this form and mail with check payable to:
STBC to PO Box 601, Binghamton, New York 13902

FIRM DEADLINE – April 22, 2019

No last minute calls will be accepted

**You may also go to the STBC website and register using Pay Pal
2019 STBC membership required to attend**

**STBC dinner reservation – Memebers, \$15.00; Guests, \$30.00 (STBC
Subsidizes the difference for membership required to attend dinner)**

Email/Phone _____

Name _____ Number attending ___ X\$15.00 (member) = _____

Name _____ Number Attending ___ X\$30.00 (Guests) = _____

Total Enclosed = _____

LOOKING FOR NEW RIDE LEADERS AND HOW TO LEAD A RIDE

If interested in leading a ride,
please contact Roger W at,
bike@southerntierbicycleclub.org

HOW TO LEAD A RIDE

The STBC is looking for ride leaders for
future club rides. All a ride leader is
required to do is:

1. Pick out a route, and scout it out ahead of time.
2. Know the level of difficulty based on the ride grading so we can provide correct rating.
3. Have a starting point and time.
4. Get parking permission for your meeting place.
5. Find a sub if you cannot lead your scheduled ride.
6. Show up at least 15 minutes ahead of time.
7. Get rider signatures on waiver of liability form, and review the safety checklist with all riders. The form is available online at: <http://www.southerntierbicycleclub.org/leadaride.html>
8. Once you have completed the ride, return the form to the STBC address.

RIDE CATEGORIES, SPEED, AND TERRAIN

SPEED

Speed rating (pace on level ground):

AA: Over 22 mph

A: 19-22 mph Advanced pace with few stops.

B: 16-19 mph Vigorous pace with occasional stops.

C: 13-16 mph Steady pace, rest stops every hour.

D: 10-13 mph Sightseeing pace, semi-frequent stops at key points to wait for riders.

E: Under 10 mph Relaxed pace, frequent stops to wait for everyone.

MBR: Mountain Bike Ride

TERRAIN

1. Multiple long and/or steep climbs.
2. Multiple and/or large hills.
3. Rolling with some hills.
4. Generally flat or rolling.

Ride Rating Example:

“D/4/30” 10-13 mph over flat terrain, 30 miles. If maps and/or cue sheets are provided for all riders, the leader is not obligated to wait for slower riders on **AA, A, and B rides**. Otherwise, ride leaders on all C, D and E rides are expected to keep track of riders (consider a volunteer rider serving as a sweep).

SHOP TALK - LUBRICATION

Maintaining your own bike can be fun. Take a look at the chain. Hundreds of Small, moving parts, dedicated to making your bike go. Assuming everything like alignment, wrap, and tension are correct, there stands one critical word involving your chain, “Lubrication”. Without it risks disaster. A properly lubed chain will aid in shifting and performance. One that is left unattended, will result in excess chain ring wear, nipping of cassette cog teeth and premature chain stretch. Whatever your favorite lube is, and there are many, it comes down to the matter of using it. To save \$8 every couple months and 5 minutes of maintenance for every ride, you will be replacing rings, cogs and chain in about half of their expected lifetime if not properly lubricated

Steve - New Milford Bike

Southern Tier Bicycle Club Membership Application

NAME _____ Date of Birth _____

ADDRESS _____

E-MAIL _____ PHONE (_____) _____

Individual (18 years or older) - \$ 5 x _____ Yrs = \$ _____ (5 yrs. max)

Family (individual's spouse/partner & children under 18) - \$10 x _____ Yrs = \$ _____ (5 yrs. max)

Adult Family Member Name _____ Name(s) / ages of minors: _____

Full-time student - Free - to be renewed annually

University or college where student attends: _____

*Make checks payable to: **STBC Inc.** - Mail to: **PO Box 601, Binghamton, NY 13902***

Or

Pay on-line using PayPal at: <http://www.southerntierbicycleclub.org/membership.html>

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Southern Tier Bicycle Club Inc. sponsored Bicycling Activities, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Southern Tier Bicycle Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PARTICIPANT'S SIGNATURE (or Parent/ Guardian for minor under age 18)

Date: _____



(Seeing Red?)

Please check the mailing label on this newsletter and, if it is not current through 2019, your status is printed in **RED**. Please go to the website and RENEW by PayPal or RENEW by mail using the membership application found in this Newsletter.

That will keep you active.

STBC, INC.
P.O. BOX 601
BINGHAMTON, NY 13902-0601

Southern Tier Bicycle Club

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PO Box 601
Binghamton, NY 13902-0601

E-MAIL:
bike@southerntierbicycleclub.org

We are on the Web!

See us at:
www.southerntierbicycleclub.org

FACEBOOK
<https://www.facebook.com/SouthernTierBicycleClub/>

Local Bicycle Shops

- Aeros Cyclery 640 Conklin Road, Binghamton • 607-724-7313
- Babcock Bicycles 108-110 W. Main Street, Endicott • 607-754-0886 • www.babcockbikes.com
- BC Bicydes215 Vestal Parkway East, Vestal • 607-785-3772
- Bike Rack409 College Avenue, Ithaca • 607-272-1010 • www.thebikerackonline.com
- Chenango Point Cycles 125 Park Avenue, Binghamton • 607-724-7481 • www.chenangopoint.com
- The Hockey Shop.....1146 Upper Front St Binghamton • 607-724-8075 • www.thehockeyshopny.com
- Gear-To-Go Tandems 1 Dahinda Road, Saranac Lake • 518-891-1869 • www.gtgtandems.com
- Main Street Bike Shop..... 3809 Main Street, Burdett • 607-342-6098 • www.mainstreetbikeshop.com
- New Milford Bike..... 910 Main Street, New Milford, PA • 570-465-2169 • www.newmilfordbike.com
- Swan Cycles..... 226 Mount Pleasant Road, Freeville, NY • 607-277-0495