



OFFICERS:

President:

Regina Losinger
reglosinger@gmail.com

Vice President:

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newmilfordbike@yahoo.com

Secretary:

Joan Hebb
jinana@earthlink.net

Treasurer:

Lorraine Loitsch
lloitsch@stny.rr.com

BOARD OF DIRECTORS:

Dennis Uhlig • Dick Porterfield
John Gerty • Nancy Botting
Johanna Lovell • Sam Russo

VOLUNTEERS

The STBC runs on volunteers. Make sure you acknowledge your gratitude to the leader of your next STBC ride!

STBC ADDRESS:

STBC, Inc.
PO Box 601 • Binghamton, New York
13902-0601
bike@southerntierbicycleclub.org

STBC is on the Internet:

www.southerntierbicycleclub.org

Check it out for the latest club information including the extensive ride database.

FALL 2013

NEWSLETTER

The Bob Dannecker

**Fall Picnic/Century Ride is Sept. 29th
DON'T MISS IT!**

TECH TIPS

Well, now that you have been riding your bike all summer long and have been having a great time, this is the perfect time to check out your equipment. There are still a few good months of riding left! Safety is just as important in the middle of the season as it was in the beginning.

• Are your tires inflated to the correct pressure?

- You can find the pressure range printed on the side of each tire.

• Is there any lube on your chain?

- Remove any accumulated road grit from the chain by moving the pedals to run the chain along a rag.
- Then, apply lube.

• Are your rims clean?

- Wiping with a rag and any bike cleaner will do.

• How do your tires look? How are your brake pads, chain and spokes holding up?

- Look things over, as components will wear down. Look closely at your tires for bald spots or wear or any small objects that may have become embedded which may cause a flat in the future.
- Check to see if your chain is stretched and that the spokes on the wheels are tight.
- Grab and try to twist things like the seat and handlebars.
- Also, inspect your accessories like your helmet, emergency gear and lights.

As you ride with your heart – ride with your head.

Steve Bruno • New Milford Bike

BOB DANNECKER ANNUAL FALL CENTURY RIDE AND PICNIC DAY

(NEW LOCATION MARVIN PARK)

On September 29, STBC will hold its Annual Bob Dannecker Fall Picnic & Century Ride at Marvin Park, Pavilion #1, W. Main Street, Owego, NY. The century ride will begin at promptly 7:00 AM (as daylight hours are getting shorter) and the metric century will begin at 10:00 AM. There will be multiple routes, short and long, which all return to Pavilion #1, so regardless of the mileage you would like to ride, there will be an option for you, with a fully supported sag wagon. Food will be provided-- all of this is FREE to STBC members!!! Hope to see you there!

Watch the STBC web site (<http://www.southerntierbicycleclub.org>) and Yahoo! listserv for more details and updates on this year's century ride and picnic.

STBC Group on Yahoo!

The club has created a Yahoo! Group appropriately named "SouthernTierBicycleClub" The Yahoo group listserv enables the club members to communicate ride announcements, ride cancellations, advice on biking matters, and anything else that is cycling related that may be of interest to STBC members.

In addition to the listserv function, the site contains sections for posting photos, comments on camping site reviews, the ride calendar, and more.

Even if you haven't signed up for a Yahoo! user ID and registered for the STBC group listserv, you can use your browser to check out the club messages. Direct your browser to the following address and you can use the on-screen controls to scroll through and browse the club posts from the most current to the oldest. Go to: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages> (case sensitive)

Members may post messages on the discussion group via an e-mail to this address: SouthernTierBicycleClub@yahoogroups.com.

How to Sign Up for the STBC Yahoo! Group Listserv

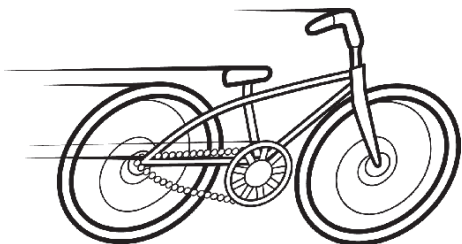
- Go to: www.groups.yahoo.com
- Where it says: New to Groups? - click Sign Up.
-or-
Already a Yahoo!Groups member? - click Sign In.
- After you have registered with Yahoo, then in the search box that says "Find a Yahoo! Group", type in **Southern Tier Bicycle Club** - click search.
- Our group will be the first one listed- click **join this group**, and then follow the prompts.

Nearby clubs with home pages:

Finger Lakes Cycling Club: <http://www.flcycling.org/>
Tioga Velo Club: <http://tiogavelo.com/>
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>
Finger Lakes Mountain Bike Club:
<http://www.fingerlakesmountainbikeclub.com/>

LOOKING FOR NEW RIDE LEADERS

If interested in leading a ride, please contact Steve Bruno at (570) 465-2169 or at rides@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:

www.southerntierbicycleclub.org/rideschedule/ridesignupform.html

8. Once you've completed the ride, return the form to the STBC address.

ATTENTION

Participation in all STBC activities is at your own risk. The club cannot take any liability for personal injury or loss of property occurring during these activities. Due to the inherent dangers of riding on the highways, STBC requires the use of a CPSC, ASTM, ANSI, or Snell approved helmet and the observance of all traffic laws.

RECOMMENDED EQUIPMENT:

ID, water bottles, spare tube, patch kit, pump, basic tools, food, spending money, appropriate clothing, sunglasses, and sunscreen and don't forget your helmet. Cell phones and walkie-talkies can also help to improve communications during the ride.

RIDE CATEGORIES / SPEED & TERRAIN

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.

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, B, and C rides. Otherwise, ride leaders on all rides are expected to keep track of riders (consider a volunteer rider serving as sweep).

FALL ROADSIDE CLEANUP

Saturday, October 5th, 2013

This Fall we will once again make our section of NY 12 shine!

Volunteers can meet at 7:30 AM (Earlybirds 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 clean up at 8:45 AM. As in recent clean-ups, equipment will be passed out at the diner, and at the Fishing Access.

Contact Mona at girllovesbikes@gmail.com ahead of time so she has a count for breakfast and clean-up.

STOP AND SMELL THE FLOWERS RIDES

Again this Fall, Joan Hebb will lead several Sunday rides designed for new, recovering and/or occasional riders. These rides will be at a D/E pace on generally flat/rolling terrain and start out less than 20 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! (Joan will be posting the starting location and ride details the Thursday before the ride on the STBC listserv; directions to sign up for the listserv posts are in this newsletter on page 2.)

Please contact Joan at jinana@earthlink.net or 607-729-9352



WHEELS TO MEALS - TUESDAY AND THURSDAY RIDES

There's a group of dedicated club members that ride on Tuesday and Thursday 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 30 miles, but often there are shorter options possible. 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, so you'll need to sign up at the Yahoo Group Site for the STBC group. See details on Page 2 in this newsletter on how sign up for the listserv posts. Choose to receive the list e-mail and you'll get details for each ride in your in-box a day or two prior to each event. The groups logo, W2M, will always be in the subject line. We welcome newcomers, so come and join the rides.

Please contact Don and Lonnie Gillespie (bikes325@cs.com) for Tuesday rides and for Thursday rides, Pat and Carolyn Gilligan (carolyn.gilligan.cg@gmail.com)

EVERY SUNDAY MORNING BREAKFAST RIDE

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 other. After breakfast (9am) riding varies, but often includes 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.

STBC ANNUAL MEETING

The annual STBC club meeting will be held on January 26, 2014 at 1:00 PM at the Endwell Fire Station. As usual, the agenda items will include a recap of the financial status of the club, election of 2014 officers, and discussion of 2014 plans. Put this meeting on your calendar and plan to attend. If you have an item you'd like to address at the meeting, or you'd like to run or nominate someone for club officer, contact the current officers to make sure to get on the agenda.

WEDNESDAY NIGHT HILL RIDES (SEPTEMBER ONLY)

How about something a little different? Join Doug Williams for some hilly riding, why go around when you can go up and over? The ride will be 18 to 25 miles. Average pace is about 12.5+ mph, and total feet of climbing will be between 1,600 and 3,500 feet depending on the area we ride in and the route. Ride time will be 1-1/4 to 2 hours, bring plenty of liquids. Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center. We will ride at 6 pm sharp unless there's bad weather, every Wednesday night through September 25.

Please contact Doug at: dougwilliams7@stny.rr.com or (607) 760-2406 with any questions.

Membership



Application

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

Date of birth _____

FAMILY MEMBERSHIPS

NAME (other adult) _____

Minors: _____ Age _____

_____ Age _____

Individual - \$3 x ____ yrs = \$ _____

Family \$5 x ____ yrs = \$ _____

Individual Lifetime (under 50 yrs) \$60.00

Individual Lifetime (50 yrs and older) \$30.00

Student (age 18-21) free
(must be renewed yearly)

Make checks payable to : STBC, Inc.

*Mail to: STBC
PO Box 601
Binghamton NY 13902*

Check if you would like STBC newsletters to be mailed to you (they are available online at www.southerntierbicycleclub.org)

Do not include my name on the membership roster which may be available to other club members

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 or Guardian for minor under age 18) _____

Date: _____ Printed name: _____

SEPTEMBER

R I D E • S C H E D U L E

Tuesday and Thursday Morning Rides

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

WED Sept 4, 6:00 PM

Wednesday Night Hill Ride

Doug W. 607-760-2406

B/1/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center, NY at 6:00 PM sharp unless there is bad weather. The ride will be 18 to 25 miles. Average pace is about 12.5+ mph, and total feet of climbing will be between 1,600 and 3,500 feet depending on the area we ride in and the route. Ride time will be 1-1/4 to 2 hours, bring plenty of liquids.

SUN Sept 8, 8:00 AM

Breakfast at Pickle Hill B&B

John R. 607-651-9939

C/4/22 - Meet at Confluence Park, Binghamton, NY for a short ride to the PickleHill B&B for home style breakfast (\$6-8) and then ride the Chenango Bridge River Road loop and back to Confluence Park. An alternate meeting place would be at Pickle Hill B&B at 8:30 AM; parking is available at Port Dickinson Park.

WED Sept 11, 6:00 PM

Wednesday Night Hill Ride

Doug W. 607-760-2406

B/1/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center, NY at 6:00 PM sharp unless there is bad weather. The ride will be 18 to 25 miles. Average pace is about 12.5+ mph, and total feet of climbing will be between 1,600 and 3,500 feet depending on the area we ride in and the route. Ride time will be 1-1/4 to 2 hours, bring plenty of liquids.

SUN Sept 15, 1:30 PM

Stop and Smell the Flowers Ride

Joan H. 607-729-9352

D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.

WED Sept 18, 6:00 PM

Wednesday Night Hill Ride

Doug W.607-760-2406

B/1/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center, NY at 6:00 PM sharp unless there is bad weather. The ride will be 18 to 25 miles. Average pace is about 12.5+ mph, and total feet of climbing will be between 1,600 and 3,500 feet depending on the area we ride in and the route. Ride time will be 1-1/4 to 2 hours, bring plenty of liquids.

SAT Sept 21, 10:00 AM

Masonville, NY

Denny U. 607-591-0646

MBR C/2/27 - Meet at the Trout Creek parking area at the north end of the NY State Route10 bridge over the Cannonsville Reservoir. We'll ride mountain bikes over scenic paved and unpaved roads between there and Masonville. The scenery should be great, mostly wooded back roads. About 12 miles will be on pavement, the rest on dirt roads. A leisurely pace, which is moderately hilly is suitable for touring bikes, hybrids and cyclocross bikes. Note: this is not a "lunch stop" ride, bring snacks and water. There is a convenience store in Masonville, where we will take a break, which is about halfway thru the ride.

WED Sept 25, 6:00 PM

Wednesday Night Hill Ride

Doug W. 607-760-2406

B/1/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center, NY at 6:00 PM sharp unless there is bad weather. The ride will be 18 to 25 miles. Average pace is about 12.5+

SEPTEMBER cont.

R I D E • S C H E D U L E

Tuesday and Thursday Morning Rides

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

SUN Sept 29, 7:00 AM The Annual Bob Dannecker Fall Picnic & Century Ride Nancy B. 607-237-6952
(NEW LOCATION - MARVIN PARK)

The picnic and ride will be held at Marvin Park, Pavilion #1, West Main Street, Owego, NY, (across from Price Chopper). All rides will begin from this location. The century ride will begin promptly at 7:00 AM (as daylight hours are getting shorter) and the metric century will begin at 10:00 AM. There will be multiple routes, short and long, which all return to Pavilion #1, so regardless of the mileage you would like to ride, there will be an option for you, with a fully supported sag wagon. Food will be provided as well, and is FREE to STBC members, as all are welcome to attend the picnic even if they don't do the rides. Hope to see you there! Watch the STBC web site <http://www.southern-tier-bicycleclub.org> and Yahoo! listserv for more details and updates on this year's century ride and picnic.

OCTOBER

R I D E • S C H E D U L E

Tuesday and Thursday Morning Rides

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

SAT Oct 5, 10:30 AM Post-Highway Cleanup President's Ride Regina Losinger 607-222- 8235

C/4/20 - Meet our STBC President at the Chenango Forks Fishing Access on Route 12 for an EASY ride along Rt. 79 to Whitney Point and back. Lunch in Whitney Point as decided by the group. Share your thoughts, ideas, and concerns about STBC with our President as we ride along!

SUN Oct 6, 1:30 PM Stop and Smell the Flowers Ride Joan H. 607-729-9352

D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.

SUN Oct 13, 10:00 AM Butternut Valley Denny U. 607-591-0646

D/3/31 or 47- Enjoy the Butternut Valley on a ride from Sidney thru Gilbertsville to Morris for lunch. Meet at the Sidney McDonalds at 10:00 AM. For the shorter ride, meet us at the Mt. Upton Park at 11:00 AM. We will pick up anyone starting there as we ride thru Mt. Upton. Directions to the start: Take Exit 9 (Sidney exit) off I-88. Turn left off the exit onto Rt. 8 North. At the bottom of the hill, turn left at the traffic light onto Delaware Ave. McDonalds is on the left, about 1/4 mile from the light. To start in Mt. Upton, take exit 9 off I-88, turn left onto Rt. 8 North. Continue on Rt. 8 for about 8 miles. Mt. Upton Park is on the left just before the blinking light at the intersection of Rt. 8 and Rt. 51.

SUN Oct 27, 1:30 PM Stop and Smell the Pumpkins Joan H. 607- 729-9352

D/4/22 - Meet at Rite-Aid Drug Store, Owego, NY at 1:30 PM for the annual Halloween ride. Ride out to Iron Kettle Farm for ice cream (or hot chocolate!), goats, pumpkins and fall fun. Costumes optional, subtleties noted!

NOVEMBER

R I D E • S C H E D U L E

Tuesday and Thursday Morning Rides

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

THUR Nov 28, 8:00 AM

Cranksgiven, the 13th Annual

Steve B. 570-465-2169

D/4/20 - Meet at Jane's Diner, 591 Conklin Ave, Conklin, NY to join in a Ride to Pennsylvania via Route 7 South to Hallstead, PA and then back on Route 11, to Jane's Diner for breakfast. Ride the bike of your choice and enjoy a pavement ride with very little incline. <http://newmilfordbike.com/Cranksgiven.htm>

OUT OF BOUNDS

R I D E • S C H E D U L E

14th Annual Aids Ride for Life, Saturday, September 15. A 42, 50 or 100 mile bicycle ride around Cayuga Lake. Cyclists raise funds for the Southern Tier AIDS Program so it can continue to provide supportive services to HIV+ persons and state of the art prevention education. For more info see: www.aidsrideforlife.org.

Annual Highlander Cycle Tour – Bristol Mountain Ski Resort, September 7 and 8. Rides from 15 miles to 120 miles with vertical climbs of up to 11,000 feet held over two days in the breathtaking Finger Lakes Wine Country in Upstate New York. For more info see: www.highlandercycletour.com

MHCC Century 2000, September 8-9. Rides of 25, 50 62 and 100 miles in length on both Saturday and Sunday at Saratoga Springs State Park- Carlsbad Pavilion, put on by the Mohawk Hudson Cycling Club. For more info see: www.webmhcc.org

The 23rd Annual NYC Century Bike Tour – September 9. The nation's only all-urban 100-mile bike tour. Choose between 15-, 35-, 55-, 75- and 100-mile route options, with fully stocked rest stops and safety marshals throughout the course. Supports Transportation Alternatives' work for better biking in New York City. For more info see: www.nyccentury.org/

4th Annual Rotary River Ride, September 10, General Clinton Park in Bainbridge, NY. Rides follow the beautiful valleys of the Susquehanna and Unadilla Rivers; 100 mile (century) and starts at 8:30am, 50 mile starts at 8:30 and 11:30 and 25 mile ride starts at 1:00pm. The rides are fully supported with SAG vehicles, food and refreshments, cue sheets and famous BBQ at the finish. All funds raised help support Bainbridge Rotary projects. For more info see: www.rotaryriverrides.weebly.com/

Bike MS 150 City to Shore Bike Tour – September 29 & 30, Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 days. Enjoy flat terrain as you ride through the blueberry fields of Hammonton and South Jersey pine barrens to the Ocean City Boardwalk. Named by Bicycling Magazine as the "Best Cycling Getaway in NJ" See www.ms150biketour.org

The 13th Annual Tour De Shunk Century Ride, October 16, Fully supported 100 mile ride through the endless mountains of Pennsylvania (25 & 50 mile options also) with water and food stops at 25, 50 & 75 mile points; a spaghetti dinner after the ride for all cyclists & volunteers. Proceeds will benefit the Lance Armstrong foundation. For more info see: www.rockysbikeshop.com/tourdeshunk.html



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



Fall
2013

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www.southerntierbicycleclub.org

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 Bicycles	- 215 Vestal Parkway East, Vestal • 607-785-3772
Bick Rack	- 409 College Avenue, Ithaca • 607-272-1010 • www.thebikerackonline.com
Chenango Point Cycles	- 125 Park Avenue, Binghamton • 607-724-7481 • www.chenangopoint.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 • 607-277-0495

ABOUT THIS NEWSLETTER

**NOW
READ
THIS!**



This newsletter is published three times a year in the Spring, Summer, and Fall. Please submit items for the Spring 2014 newsletter by March 1st to Mona.

Please send submissions to Mona at girllovesbikes@gmail.com.
