

FALL 2005

Start thinking about inviting someone new to the
2006 Great Finger Lakes Bicycle Tour.



OFFICERS:

President: Tom Frisinger
625-4487 • fritom@aol.com

Vice President: Don Gillespie
748-7635 • bikes325@cs.com

Secretary: Joyce Dannecker
648-9467 • rdannecker@citlink.net

Treasurer: Regina Losinger
222-8235 • losinger_r@sunybroome.edu

BOARD OF DIRECTORS:

Bob Dannecker Sr. • John Gerty • Gene Malinowski
Kseniya Mierzejewska • Don Robertson

STBC ADDRESS:

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

STBC is on the Internet.

Thanks to Regina Losinger and John Gerty for their efforts
in keeping the home page up to date:
www.southerntierbicycleclub.org
Check it out for the latest club information.

For Jay's extensive Tuesday Ride database, go to:
<http://home.stny.rr.com/jaysweb/tuesbike/tuesbike.html>

The STBC e-mail list is used for all kinds of club related
information including rides not printed in the newsletters.
To subscribe to the club e-mail list, send a blank message
to: stbc-subscribe@topica.com

To write to the list, send a message to: stbc@topica.com.

You can also do these things by visiting the topica web site
at: <http://www.topica.com>

Nearby Clubs with Web Pages:

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

ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: spring, summer,
and fall. Items for the spring issue must be submitted by March
1st. Send all submissions to:

STBC NEWSLETTER • PO BOX 601 • Binghamton, NY
13902-0601, or email: bike@southerntierbicycleclub.org

LOOKING FOR NEW RIDE LEADERS

STBC is looking for ride leaders for future club rides. If
interested in leading a ride, please contact Don Gillespie at
748-7635 or at bikes325@cs.com.

HOW TO LEAD A RIDE

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 signature on waiver of liability form
on-line in the **Rides & Newsletter** section ([http://
www.southerntierbicycleclub.org/images/
Release_and_waiver_of_liability_form_for_club_rides.doc](http://www.southerntierbicycleclub.org/images/Release_and_waiver_of_liability_form_for_club_rides.doc))
and mail to STBC address.

Many leaders "scout out" a route before the ride, taking care
of items 1-6 above.

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,
money, appropriate clothing, sunglasses, and sunscreen.
STBC requires the use of a helmet on all club rides.

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.

MBR: Mountain Bike Ride

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.

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.



CLYDE POWELL MEMORIAL BREAKFAST RIDE



EVERY SUNDAY MORNING (E)

Leaderless 7:45 AM, Floral Ave. Fire Station, Johnson City

This is an easy-paced ride that currently proceeds to the Park Diner arriving between 8 and 8:15 for breakfast. The ride often continues after breakfast. Should you be at the fire station at 7:45, and you find yourself alone, proceed to the Park Diner on Conklin Avenue in Binghamton.

Clyde Powell became a cycling enthusiast at the age of 70 and began a daily trek around Binghamton.



TUESDAY MORNING RIDE SERIES

Are you bored? Join us every Tuesday. We are flexible to destinations, time and to the abilities of the participants. We never leave anyone behind. Rides are kept to a speed rate of C or D, terrain 3 or 4, 20 to 40 miles. Lunch or breakfast is usually included in the ride. We are looking for retirees, homemakers, or people who wish to play hooky. TRY IT, YOU'LL LIKE IT! This is a year-round effort. Activities change with the seasons; bike, hike, ski. Check <http://topica.com/lists/stbc/read> for particulars on the Monday before the ride.



STOP AND SMELL THE FLOWERS RIDE



Twice a month, usually on Sunday afternoons, Joan Hebb will lead 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 under 12 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! Call Joan (729-9352) for more information. Note the special Columbus Day ride Joan is planning on October 10th.

MONDAY EVENING RIDE SERIES

Even as the days get shorter, you can still enjoy the Monday evening ride series. Regina Losinger will be leading Monday evening rides in September and October. Four rides are planned and will usually be 15-25 miles at a fast C pace. See the listings that follow for the location, time and leader.



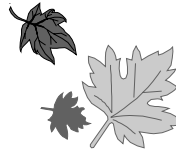
WEDNESDAY EVENING RIDE SERIES

Wednesday Evening rides are typically 10-20 mile rides at a C-D pace, and 3-4 terrain; a perfect way to blow off some steam at the end of the day. Destination and route are at the discretion of the ride leader, but suggestions are welcome. Maps & cue sheets are not typically provided, but faster riders wait for the slower riders at turns.



STBC INTRODUCES NEW CLUB LOGO

Many thanks to club member John Ruth for developing our new STBC logo, which is unveiled in this newsletter. In our opinion, it is one of the best looking club logos we have ever seen - Wow!



FALL HIGHWAY CLEAN-UP



Ever notice how clean and litter-free route 12 is from Kattelville to Chenango Forks? That's thanks to Paul Natelli and volunteers from the STBC! Paul has been helping the STBC keep our section of NY 12 clean for the past five years. **This is the last time he will be leading this event!** It's time to pass the hardhat to new blood. Please consider leading this worthwhile effort and helping the club. Contact Paul and let him know your interested. Do it before this fall's clean-up and he'll show you what needs to be done to make this event easy and fun.

See the September 17 ride listing for details on the clean-up, pre-activity breakfast, and post-activity ride.



LOCAL BICYCLE SHOPS

Aeros Cyclery & Ski Center 640 Conklin Road, Binghamton
724-7313

All American Sports Shop 27 N. Broad Street Norwich
334-5277

American Cycle Express 215 Vestal Pkwy. E. Vestal 785-2477
(WWW sales - <http://www.americancycle.com>)

Babcock Bicycles 110 W. Main Street, Endicott 754-0886
<http://www.babcockbicycles.com/>

BC Bicycles 215 Vestal Pkwy. East, Vestal 785-3772
Bicycle Technical Services 824 SR 17C, Waverly
565-9049

Bike Rack 414 College Ave., Ithaca 277-1010

Chenango Point Cycles 45 Washington Street, Binghamton
724-7481

Gear-To-Go Tandems 850 W Clinton St, Elmira 732-4859

New Milford Bike Shop 195 Main Street, New Milford
570-465-2169

Serious Toyz 274 Floral Avenue, Johnson City 231-7266



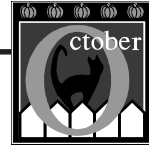


RIDE SCHEDULE FALL 2005 - SEPTEMBER

| | | |
|--|---|--|
| TUE, Sept 6th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| WED, Sept 7th 5:30 PM | Giant Market NY 26, West Corners 20-25 miles at a C-pace. After ride, go to dinner. | Karen Koscianski, 786-5619 |
| FRI - SUN, Sept 9 - 11th | Bowman Lake State Park This is the second annual Bowman Lake campout and ride to Colorscape. | Don Rice, 785-8930 |
| <p>Friday, meet at Bowman Lake State Park between 6 and 9 pm. Register upon arriving for a site with the other club members. We'll get the number of sites needed, depending on the number of club campers, and split the cost.</p> <p>Saturday, ride to Oxford for breakfast and on to Colorscape. There will be a community cookout Saturday night, so bring food to share and your best campfire stories and end-of-season biking memories.</p> <p>Sunday, community breakfast at the campsite, then decide on hiking or biking.</p> | | |
| MON, Sept 12th 6:00 PM | Rec. Park, Binghamton Fast C/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. | Regina Losinger 222-8235 |
| TUE, Sept 13th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| WED, Sept 14th 5:30 PM | Giant Market NY 26, West Corners 20-25 miles at a C-pace. After ride, go to dinner. | Karen Koscianski, 786-5619 |
| SAT, Sept 17th 8:30 AM | Fall Highway Clean-up Ever notice how clean and litter-free NY 12 is from Kattelville to Chenango Forks? That's thanks to Paul Natelli and volunteers from the STBC! Paul has been helping the STBC keep our section of NY 12 clean for the past five years. This is the last time he will be leading this event! It's time to pass the hardhat to new blood. Please consider leading this worthwhile effort and helping the club. Contact Paul and let him know your interested. Do it before this fall's clean-up and he'll show you what needs to be done to make this event easy and fun. | Paul Natelli 754-5251 |
| <p>This fall, on Sept 17th, we will once again make our section of NY-12 shine. Volunteers can meet at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street (across from M&T bank) for breakfast on the club, then drive to St. Rita's Church on NY12 (just before downtown Chenango Forks) to begin the clean-up at 8:30 AM. Contact Paul at 754-5251 ahead of time so he has a count for breakfast. Weather permitting, there will be a bike ride after the clean-up. Rain date is Sept 24th.</p> | | |
| SUN, Sept 18th 1:00 PM | Stop and Smell the Flowers Ride D/4-3/16-20 - Meeting place and destination to be determined. Call Joan or check Topica list server for a posting. | Joan Hebb 729-9352 |
| TUE, Sept 20th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| SAT, Sept 24th 10:30 AM | Starrucca, PA D/3/20: Mountain Bike ride. The return of a previous year's popular ride. To get to the starting point, from Susquehanna PA go seven miles south on PA171, then turn left on SR1004 (Little Ireland Rd). Go another 3 miles and park on the left, where the old RR grade crosses the road, just before the town of Starrucca. Pack a lunch or get lunch at the general store in Thompson. Ride to Thompson on an old railroad grade (rough with loose stone), with a stop at Buck Falls. Return to Starrucca on scenic back roads. | Bob/Helen Dannecker, 687-2511 |
| SUN, Sept 25th 1:00 PM | Unadilla Great American D/3/20 Take a scenic early autumn ride in Delaware County. Ride State Route 357 from Unadilla to Franklin (possibly beyond). Stop in Franklin for snacks. Meet at the Great American parking lot in Unadilla. Take I-88 to Exit 10. Turn right onto Route 7. Great American will be on the left in the village. | Erica LaBuz, 432-7511 |
| MON, Sept 26th 6:00 PM | Rec. Park, Binghamton Fast C/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. | Regina Losinger 222-8235 |
| TUE, Sept 27th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| WED, Sept 28th 5:30 PM | Giant Market NY 26, West Corners 20-25 miles at a C-pace. After ride, go to dinner. | Karen Koscianski, 786-5619 |



RIDE SCHEDULE FALL 2005 - OCTOBER



| | | |
|--|-------------------------------------|--|
| SAT Oct 1st 10:00 AM | Little Meadows, PA | Bob/Helen Dannecker 687-2511 |
| C/1-3/46: A ride through scenic rural back roads in PA. Meet at the Little Meadows Post office. The first half of this ride has plenty of hills (terrain 1), but you can take it easy on the flat ride back (terrain 3). We'll stop at the Apple Tree Bakery in Stevensville for lunch. | | |
| SUN, Oct 2nd 1:00 PM | Stop and Smell the Flowers Ride | Joan Hebb 729-9352 |
| D/4-3/16-20 – Meeting place and destination to be determined. Call Joan or check Topica list server for a posting. | | |
| SUN, Oct 2nd 2:00 PM | Bowman Lake S.P. | Karen Koscianski, 786-5619 |
| Mountain Bike Ride: Approximately 2 hours long- Meet at the beach parking lot of Bowman Lake State Park (Outside of Oxford) After riding, we could go for Dinner at Marco's in Oxford. Call Karen if weather is "iffy". | | |
| TUE, Oct 4th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| WED, Oct 5th 5:00 PM | Giant Market NY 26, West Corners | Karen Koscianski, 786-5619 |
| Short ride before sun sets. After ride, go to dinner. | | |
| SAT, Oct 8th 10:00 AM | Mt Upton | Erica LaBuz, 432-7511 |
| D/3/26 Enjoy the the autumn colors in the beautiful Butternut Valley. Ride from Mt. Upton fishing access to Gilbertsville and Morris. Lunch at the Country Store in Gilbertsville. Meet at the fishing access on NY 8. Take I88 to the Sidney exit. Take NY 8 north. The fishing access is on the right about 6 miles north of the NY 7 and NY 8 intersection. It is a straight road that ends because they took out a bridge so it does not look like a parking lot. (Across from one of those places that sells Amish barns) | | |
| SAT, Oct 8th 9:45 AM | Covered Bridge Park, Downsville, NY | Bob and Joyce Dannecker, 648-9467 |
| C/3/54: For the third season, a repeat of a popular scenic ride along the Pepacton reservoir: We'll ride the length of the reservoir to lunch in Margarettsville at the east end, with a hilly (but beautiful) option on the return. Bring snacks and water - no facilities between the two towns. Directions to the start (from Binghamton): NY 17 east about 57 miles to exit 90 (East Branch/NY 30) then NY 30 north about 15 miles to Downsville. The park is on the right at the east end of the town (watch for the "Covered Bridge" sign). NOTE: If the weather looks "iffy", please call Friday evening to verify plans. | | |
| SUN, Oct 9th 8:00 AM | New Milford | Steve Bruno , 570-465-2169 |
| Mountain Bike C/2/25 – This should be height of the fall foliage in PA. We will meet at New Milford Bike Shop at 8:00 AM and take the Highland Road up into the Game Lands, then head South via the \$1,000,000 Highway to the Susquehanna River. Will take Harmony Road to Hallstead, and over to the Rod & Gun Club, North along Dubois Creek to Ray Cobb's and then the Schoolhouse Road back home. We are looking at M2C25 (Mountain Bikes, Hilly Terrain, At a Steady Pace) | | |
| SUN, Oct 9th 1:00 PM | Union Center | Ruth Blizard, 722-1733 |
| D/3/15-20 Autumn Leaves Tour. Meet at ice cream stand, NY 38B & 26. We'll ride up Bradley Creek Rd. to Farm-to-Market, then explore hills and views as the riders choose. | | |
| MON, Oct 10th 10:30 AM | Windsor, NY | Joan Hebb, 729-9352 |
| D/25/3 A Stop and Smell the Flowers Ride. Meet at the Catholic Church in Windsor and ride to Susquehanna. We'll have a snack/lunch in Susquehanna. The return has one steep hill. | | |
| MON, Oct 10th 5:30 PM | Rec. Park, Binghamton | Regina Losinger 222-8235 |
| Fast C/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. | | |
| TUE, Oct 11th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| SAT, Oct 15th 10:00 AM | Moravia Central School, NY 38 | Karen Koscianski, 786-5619 |
| C/3/40: Moravia to Skaneateles for lunch. Start at Moravia Central School on NY 38, just north of Fillmore Glenn State Park. (There are two school sites in Moravia. Coming from south on NY 38, park in the second school lot on the right.) Ride NY 38A north to routes NY 359 and NY 41A into Skaneateles for lunch. Tour Skaneateles before returning on a route that seems to be all downhill. | | |
| SUN, Oct 16th 1:00 PM | Stop and Smell the Flowers Ride | Joan Hebb 729-9352 |
| D/4-3/16-20 – Meeting place and destination to be determined. Call Joan or check Topica list server for a posting. | | |
| TUE, Oct 18th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |
| SAT Oct 22nd 10:00 PM | St. Rita's Church, Chenango Forks | Amy Tuthill, 724-5364 |
| C/3/38 - Ride to Marathon for lunch. | | |
| MON, Oct 24th 5:30 PM | Rec. Park, Binghamton | Regina Losinger 222-8235 |
| Fast C/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. | | |
| TUE, Oct 25th | Tuesday Morning Ride | details: http://topica.com/lists/stbc/read |



STBC MEMBERSHIP

STBC MEMBERSHIP: New Renew Individual (\$2) Family (\$3) x ____ year = \$ _____
Lifetime under age 50 (\$40) Lifetime age 50 and older (\$20)= \$ _____

Name: _____ Total Enclosed: \$ _____

Address: _____ New Address? Phone: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Include / Do not include my name on the membership roster to other STBC members.

-Check here if you would like a copy of the newsletter **mailed** to you.

Newsletter available online at <http://www.southerntierbicycleclub.org>)

(Sign and date release and waiver below.)



Release and Waiver of Liability for Bicycling

I will be participating in Southern Tier Bicycle Club activities, and:

1. 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. I fully understand that a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death (“risks”); (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 condition 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 incur as a result of my participation in the activity.
3. I hereby release, discharge, and covenant not to sue the Southern Tier Bicycle Club, Inc, officers, directors, members, or volunteers 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, I or anyone on my behalf, makes a claim against any of the “releasees”, I will indemnify, save, and hold harmless each of these “releasees” from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely 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 and 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: _____ Date: _____



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



OUT OF BOUNDS



These rides are organized by clubs and organizations other than STBC.

AIDS Ride05 for Life, Sept. 10, Ithaca, 100 mile bicycle ride around Cayuga Lake to benefit HIV/AIDS services in Tompkins and Cortland Counties. http://aidswork.org/riders_info.html

Century Weekend, September 10, 11, Mohawk Hudson Cycling Club, Coesa Pavilion, Saratoga Spa State Park, 25, 50, 62, and 100 mile rides. <http://www.mohawkhudsoncycling.org/>

Adirondackride 4 Habitat, Ray Brook, NY, Adirondack Habitat for Humanity, Sunday, September 18, 2005. 25-, 50- and 100-mile routes, Rain or Shine http://adkhabitat.org/2005_Ride/biketour.htm

MS 150 City to Shore Bike Tour, Cherry Hill, NJ September 24 & 25, Various mileage options; 1 or 2 day, <http://www.ms150biketour.org/>

Endless Encounter Weekend Racing Festival (mtn bike), September 10th & 11th, Camp at East Lake, New Milford, PA, (Race # 11 Mid Atlantic Super Series) www.newmilfordbike.com/endless_encounter.htm

For many more events, check out: <http://www.nybc.net/clubs/calendar/index.shtml> or <http://www.cyclotour.com/events.htm>
