



FALL 2012

The Bob Dannecker
Fall Picnic/Century Ride is Sept. 30
Don't miss it!



BOB DANNECKER ANNUAL FALL CENTURY RIDE AND PICNIC DAY

On September 30, STBC will hold its (almost) Annual Bob Dannecker Fall Picnic & Century Ride at Hickories Park, Pavilion #3, 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 #3, 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.

OFFICERS:

President: Dennis Uhlig • (607) 563-7822
uhligden@stny.rr.com

Vice President: Steve Bruno • (570) 465-2169
bike195@epix.net

Secretary: Joan Hebb • (607) 729-9352
jinana@earthlink.net

Treasurer: Samuel Russo • (607) 729-7687
samuelrusso@yahoo.com

BOARD OF DIRECTORS:

John Gerty • Nancy Botting • Dick Porterfield
Lorraine Loitsch • Johanna Lovell

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
email: bike@southerntierbicycleclub.org

STBC is on the Internet:

www.southerntierbicycleclub.org

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

WORD FROM OUR PRESIDENT

Welcome to our Fall newsletter! Huge thanks to all who led club rides in the Spring and Summer months, and to all those volunteering to lead rides in the Fall. We've had several new volunteers step up to lead and I am pleased that our ride calendar is becoming more varied! However, it's not too late for you! If you decide to try to lead a ride this Fall, and feel you'd like some help or someone to partner with, contact anyone on the board for suggestions in planning and they'll be happy to assist. Last minute rides can be easily be announced via listserv and also put onto the online calendar.

With any luck, we'll have warm, dry weather for the annual Bob Dannecker Memorial Picnic/Rides. This is a unique set up in that the rides all loop back to the pavilion; take one short ride or add them up for more mileage, with distances up to 100 miles for those looking for a Fall Century.

Remember "the social event of the year" and come out to help with the Fall highway cleanup on October 6th! The club treats for breakfast before the cleanup, and there is a group ride following.

Welcome to Johanna and Lorraine who are joining the Board of Directors. Thank you to Nancy M. for the work she has done with our web site and Mona for her efforts on the Board; both stepping down from those positions.

I hope to see many of you out on the roads. Watch out for all of those unpredictable orange scenery markers and ride safe...rubber side down!

Denny Uhlig
STBC President

About This Newsletter:

This newsletter is published three times a year in the Spring, Summer, and Fall. Items for the Spring 2013 issue must be submitted by May 1st. Please send submissions to Mona at girllovesbikes@gmail.com



STBC Group on Yahoo!

The club has created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group allows club members to communicate through a listserv for up to date ride announcements, ride cancellations, advice on biking matters, and anything else that would be of general interest to STBC club members. Club members contribute to the conversation or just listen in.

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.

<http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

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

1. Go to: <http://www.southerntierbicycleclub.org/listserv.html>
Follow the instructions on the page. *Please be sure to provide your full name* so that your membership in STBC can be verified.

- OR -

2. Go to www.groups.yahoo.com, enter *Southern Tier Bicycle Club* in the *Find a Yahoo! Group* field, click on Search, which will bring you to the *SouthernTierBicycleClub* page. Click on blue highlighted portion. Select *Join This Group*, and follow instructions. At the *Join This Group* page, it will ask you to sign in.

Nearby clubs with home pages:

Finger Lakes Cycling Club: <http://www.flcycling.org/>

Tioga Velo Club: <http://tiogavelo.com/>

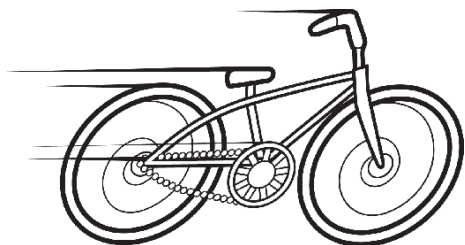
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

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.

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

EVERY SUNDAY MORNING BREAKFAST RIDE



Meet for breakfast at 8 a.m., every Sunday morning at the Park Diner on Conklin Avenue overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast riding varies, and is optional, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of routes, including but not limited to NY 7, NY 11 or the taken out. On occasion we may ride the streets of Binghamton to Dickinson and Otsinango Park bike paths. Participant determined.



Please contact Augie at amueller@binghamton.edu or 607-722-6005 with any questions.

TUESDAY NIGHT HILL RIDES

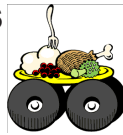
How about something a little different? Join Doug Williams for some hill riding training, we will go up and we will come down, again and again. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center. We will ride at 6pm sharp unless there's bad weather, every Tuesday night through September 25th.

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



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 week days to ride, then you should give these rides a try. Details of each ride are announced via the club list serv, so you'll need to sign up at the Yahoo Group Site for the STBC group. See details elsewhere in this newsletter on how sign up for the list server 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. This year Don and Lonnie Gillespie (bikes325@cs.com) will be coordinating the Tuesday rides and Pat and Carolyn Gilligan (cgilligan@stny.rr.com) will be coordinating the Thursday rides. Please contact us if you have questions.

FALL HIGHWAY CLEANUP

The STBC will be helping to improve our environment this Fall when we clean up roadside litter on NY 12 near Chenango Forks.

With the help of our club members on Saturday morning, October 6th, we'll be able to complete the cleanup quickly and improve the local scenery! So plan to help out and enjoy this Saturday morning activity with your club members!

See the October 6th ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.

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 the newsletter on page 2.)



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

FALL NOTES FROM THE EDITOR

2013 ANNUAL MEETING: The annual STBC club meeting has been scheduled for 2013. The meeting will be held on January 27, 2013 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 2013 officers, and discussion of 2013 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.





STBC MEMBERSHIP

- New Renew (\$3) x _____ year = \$ _____
 Lifetime under age 50 (\$60) Lifetime age 50 and older (\$30) = \$ _____
 Full-time student membership (free) = \$ _____

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 STBC newsletter **mailed** to you. (Available online at <http://www.southerntierbicycleclub.org>)

(Sign and date release waiver below.)

Release and Waiver of Liability for Bicycling

(Not required if completing GFLBT registration form)

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: _____

SEPTEMBER RIDE SCHEDULE 2012



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>

-
- TUES, Sept 4, 6:00 PM sharp** Hill Riding Training Doug W. 607-760-2406
B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.
-
- SAT, Sept 8, 8:30 AM** Colorscape Festival Don D. 607-765-6597 & Yvonne N. 607-222-6091
C/3/30-45 - We will meet at 8:30 AM at the South Washington Street Bridge/Confluence Park and at 9:00 AM at North Otsinigo Park, or at 10 :00 AM Chenango Forks Fishing Access. <http://goo.gl/maps/IsHfT> Ride is Approx. 45 miles each way from Confluence Park and 30 miles each way from Chenango Forks. We will Ride to the 18th Annual Colorscape Chenango Arts Festival. www.colorscape.org
-
- TUES, Sept 11, 6:00 PM sharp** Hill Riding Training Doug W. 607-760-2406
B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.
-
- SUN Sept 16, 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.
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- TUES, Sept 18, 6:00 PM sharp** Hill Riding Training Doug W. 607-760-2406
B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.
-
- SAT Sept 22, 9:00 AM** Owego Town Square Bob D. 607-687-2511
C/1/55 Ride to Rome! Ride out to Nichols, then we'll head south for a killer climb to a nice view near the state line. After catching our breath, we'll head down to Rome for a stop at the Antler Ridge Winery. Another, more gradual climb on the way back. Pack a lunch, as there are no restaurants in Rome. Note: For those that want to cut out about 20 miles, meet us at the Nichols (not Lounsbury) truck stop at 10:00 AM.
-
- SUN Sept 23, 10:00 AM** Butternut Valley Denny U. 607-591-0646
D/3/47- Enjoy the Butternut Valley on a ride from Sidney thru Gilbertsville to Morris. Meet at the Sidney McDonalds at 10:00 AM. For a shorter ride, park at the Mt. Upton Park by 11:00 AM, we will pick up anyone starting there as we ride thru Mt. Upton. Directions to 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 light onto Delaware Ave. McDonalds is on the left, about 1/2 mile from the light. To start in Mt Upton, take exit 9 off 1-88, 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.
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- TUES, Sept 25, 6:00 PM sharp** Hill Riding Training Doug W. 607-760-2406
B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.
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- SUN Sept 30, 7:00 AM** The Annual Bob Dannecker Fall Picnic & Century Ride Nancy B. 607-237-6952
The Picnic will be held at Hickories Park, Pavilion #3, Owego, NY, as we will also ride out 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 #3, 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 - 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.
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- SUN Sept 30, 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. We will meet at Hickories Park, Pavilion #3, Owego, NY. This will be a special Flowers Ride, as a part of the Century Picnic.
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For up to date ride information; new rides, and changes to scheduled rides, please check the STBC online calendar.



OCTOBER RIDE SCHEDULE 2012

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 6, 7:00 AM Breakfast at Laura's Luncheonette Mona S. 607-624-0123

For all clean up volunteers! Our club will provide a free breakfast for your service. Volunteers can meet at Laura's Luncheonette, 1080 Chenango Street, Binghamton, NY. Please RSVP to Mona at 607-624-0123 or girllovesbikes@gmail.com so that we can have a count for breakfast.

SAT Oct 6, 8:30 AM Fall Roadside Cleanup Mona S. 607-624-0123

This Fall we will once again make our section of NY12 shine. If not attending the breakfast, volunteers can meet at 8:30 AM at Chenango Forks Fishing Access on NY12 (just before downtown Chenango Forks and near the old St. Rita's church) to begin the clean up. Contact Mona at 624-0123 or girllovesbikes@gmail.com ahead of time so that she has an idea of numbers for the cleanup.

SAT Oct 6, 10:30 AM After Clean Up Ride Robbie R. 570-396-2054

C/4/20 - After the clean-up, meet at the Chenango Forks Fishing Access, Chenango Forks, NY for an EASY ride along Rt. 79 to Whitney Point and back. Lunch in Whitney Point as decided by the group. New or beginning riders welcomed as we WILL stop and wait for everyone! Directions to Start: Right after the railroad track, but before the bridge as you drive north on NY12 just before downtown Chenango Forks.

SUN Oct 7, 9:00 AM Jimay's Flea Market Ride Augie M. 607-722-6005

C/4/24 - Meet: Park Diner, Conklin Ave. (8 for breakfast - 9 for ride) Ride to Jimay's Flea Market in Corbettsville, NY on NY 7A.

MON Oct 8, 10:00 AM Along Pepacton Reservoir Johanna L. 607-372-3653

C/1/55 - We will meet at the Downsville High School on Route 30 in Downsville, NY, and head up over the mountain, it is a big one! We will stop in Delhi for lunch, multiple eateries to choose from and we will re-group after lunch then continue on to Andes. There will be a scheduled stop for re-charging, re-grouping and resting. Then continue back to Downsville along the Pepacton Reservoir. This is a beautiful area with great views, so bring your camera.

SAT Oct 13, 10:00 AM Skaneateles Lake Loop Sam R. 607-729-7687

D-C/2/42 - Meet at 10:00AM at Glen Haven Park, for a ride around Skaneateles Lake at the peak of the fall foliage. We will ride north on NY#41, east side of lake, to the Village of Skaneateles for lunch, buy it or pack one and picnic at the park on the lake. Return on NY#41A, west side of lake, to New Hope Mills, then Glen Haven Drive along Lake shore back to park. Optional stop at Carpenter Falls if anyone is interested. Directions to Glen Haven Park. Rt #81 to exit #12, continue to intersection with #281. Turn right onto #281 North, go two intersections to #41 North. Go 6.7 miles on #41 North to Glen Haven Road (County Road

SUN Oct 14, 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.

SAT Oct 20, 10:30 AM North East PA Rail Trail Fall Color Ride Augie M. 607-722-6005

D/4/14 - Meet at the Trail crossing on PA 374 at Herrick Center, PA, just west of junction of 374/371/171. Miles of rail trail suitable for ANY bicycle. Flat packed dirt. Great lunch at the Cable Deli in Uniondale, PA.

SUN Oct 21, 10:00 AM Mystery Ride Denny U. 607-591-0646

C/3-2/20-50 - Meet at 10:00 AM at the Sidney McDonalds Restaurant, 141 Delaware Avenue, Sidney, NY 13838 for a ride to be between 20 and 50 miles. It's a surprise.

SUN Oct 28, 1:30 PM Stop and Smell the Pumpkins Joan H. 607-729-9352

D/4/22 - we will 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!

For up to date ride information; new rides, and changes to scheduled rides, please check the STBC online calendar.

NOVEMBER RIDE SCHEDULE 2012

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 Nov 4, 1:30 PM

Whitney Point to Willet

Augie M. 607-722-6005

C/3/25 - Meet at Whitney Point High School. Scenic and low traffic.

SAT Nov 17, 11:00 AM

Hancock, NY to Starlight Inn, PA

Augie M. 607-722-6005

D/4/14 - Meet at the Hancock Police Dept. Take NY 17 to Hancock exit, Right directly across from McDonald's to East Front Street and the bridge to PA 191. Police Dept just prior to the bridge over the Delaware River. Choice of a steady 7 miles of 3% uphill grade of hard packed dirt on the former O & W RR bed or on paved PA 191, then PA 370 (no shoulder, but quiet road) to the famous historic Starlight Inn for lunch served from 12-2. Could do the same route to and from, or alternate on the two routes. No intermediate access, so you commit to one or the other for the 7 mile route in either direction. Adventure cycling at its best. A taste of what the W2M group does weekly. Great spot. The ride is somewhat secondary. Any bicycle will do on the road or on the RT, which has a great tree canopy.

THUR Nov 22, 8:00 AM

Cranksgiven, the 12th 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>

For up to date ride information; new rides, and changes to scheduled rides, please check the STBC online calendar.



OUT OF BOUNDS



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

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

Ride for the Rescue - September 8 To be held at Otsiningo Park (Bevier Street, Binghamton, New York 13901) Riders can choose from four different routes: the short Family Fun Ride, 10 miles, 20 miles, 40 miles. See: <http://rescuemission.donorpages.com/Binghamtonride/>

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/

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.

5th Annual Tour de Farms – September 16, Shoreham, Vermont. Choose from routes of 10, 25 and 30 miles, all of which will pass a variety of family farms offering riders samples of their finest food and drink. See www.ruralvermont.org/events/tdf/

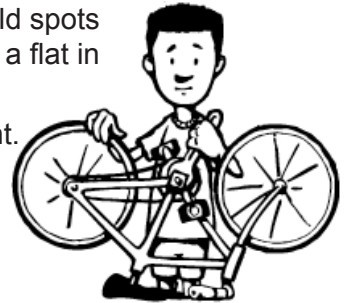
Bike MS 150 City to Shore Bike Tour – September 29 & 30, Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 days. Enjoy flat terrain as you ride through the blueberry fields of Hammonton and South Jersey pine baren to the Ocean City Boardwalk. Named by Bicycling Magazine as the "Best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

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

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.



Fix It!

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

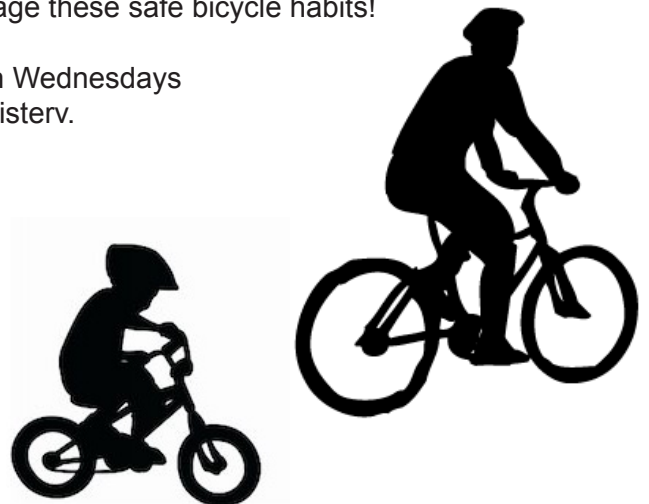
Steve Bruno
New Milford Bike

ENDICOTT BOYS AND GIRLS CLUB RIDES

Starting again this Fall when the weather is nice, the Oasis teen after school program at the Endicott Boy's and Girl's club will continue bike rides on Thursdays from 4:30 to 6:00 pm. Rides often go to the Vestal Rail Trail, along 434 to Castle Garden, or to Grippen or Highland Park. The purpose of these rides is to encourage teens to get out, get some fresh air and exercise, and to learn safe bicycle habits. Southern Tier Bicycle Club members are welcome to ride along in order to help encourage these safe bicycle habits!

All are welcome; the rides tend to be flat, short and slow. On Wednesdays prior to the Thursday rides, watch for details in posts on the listerv.

Please contact Steven at sbard@binghamton.edu or 607-754-4756 if you have any questions.





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Fall
 2012

LOCAL BICYCLE SHOPS

Babcock Bicycles

- 110 W. Main Street, Endicott • 607-754-0886 • www.babcockbikes.com

BC Bicycles

- 215 Vestal Parkway East, Vestal • 607-785-3772

Bike 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

- Saranac Lake • 518-891-1869 • www.gtgtandems.com

Main Street Bike Shop

- 3809 Main St., Burdett • 607-342-6098 • www.mainstreetbikeshop.com

New Milford Bike

- 910 Main Street, New Milford, PA • 570-465-2169 • www.newmilfordbike.com

Sport Tech

- 166 Main Street, Oneonta • 607-432-1731 • www.sporttechonline.com

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