

# FALL 2006



<http://www.southerntierbicycleclub.org>

## OFFICERS:

**President:** Craig Thomas  
723-1565 • [craigrthomas@yahoo.com](mailto:craigrthomas@yahoo.com)

**Vice President:** Don Gillespie  
748-7635 • [bikes325@cs.com](mailto:bikes325@cs.com)

**Secretary:** Joyce Dannecker  
648-9467 • [rdannecker@citlink.net](mailto:rdannecker@citlink.net)

**Treasurer:** Regina Losinger  
222-8235 • [ReginaLosinger@stny.rr.com](mailto:ReginaLosinger@stny.rr.com)

## BOARD OF DIRECTORS:

Bob Dannecker Sr. • Tom Frisinger • John Gerty •  
Gene Malinowski • Don Robertson • Ann Waldmann

## STBC ADDRESS:

STBC, Inc.  
PO Box 601 · Binghamton, New York 13902-0601  
email: [bike@southerntierbicycleclub.org](mailto: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](http://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>

To subscribe to the club e-mail list, send a blank message  
to: [stbc-subscribe@topica.com](mailto:stbc-subscribe@topica.com)

To write to the list, send a message to: [stbc@topica.com](mailto:stbc@topica.com).

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

## Nearby clubs with home pages:

CNY D.I.R.T.: <http://bikeloft.com/page.cfm?PageID=34>

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

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

Onondaga Cycling Club: <http://www.onondagacyclingclub.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  
1<sup>st</sup>. Send all submissions to:

**STBC NEWSLETTER • PO BOX 601 • Binghamton, NY  
13902-0601, or email: [bike@southerntierbicycleclub.org](mailto:bike@southerntierbicycleclub.org)**

## HOW TO LEAD A RIDE

STBC is looking for ride leaders for future club rides. All a rider 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 on-line at  
[www.southerntierbicycleclub.org/  
imagesRelease\\_and\\_waiver\\_of\\_liability\\_form\\_for\\_club\\_rides.doc](http://www.southerntierbicycleclub.org/imagesRelease_and_waiver_of_liability_form_for_club_rides.doc)
8. Once you've completed the ride, return the form to the STBC address.

## LOOKING FOR NEW RIDE LEADERS

If interested in leading a ride, please contact Don Gillespie at  
748-7635 or at [bikes325@cs.com](mailto:bikes325@cs.com).

## 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

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 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 might do the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.



## TUESDAY & THURSDAY MORNING RIDE SERIES

This series is just the ticket for those seeking leisurely rides during the day, midweek. On a typical Tuesday/Thursday we meet mid-morning and ride to lunch, or a picnic or an event. But always with food and lots of camaraderie.

If you haven't yet experienced the midweek events, you should know that we have never lost anyone yet - at least not that anyone remembers! (Most of us are retired, but not yet willing to admit to senility.)

Some of the more memorable events last year were the always popular Cannonsville Reservoir ride to Walton; around Lake Owasco followed by a hike; Colliersville to Cooperstown and several rides with hosted picnics.

Tuesday rides will generally be in the 20-40 mile range, at a C-pace. Tuesday rides will occur all summer long. So watch Topica and/or your e-mail.



## THURSDAY RIDE SERIES

There was a great participation last year in the Tuesday rides. So we are expanding to Thursdays as well to give you more riding opportunities. Join us either Tuesday, Thursday, or both, depending upon your schedule for the week. Thursday rides will follow the same format as the Tuesday rides but will be on average slightly slower and shorter. Other than that, the same great cycling experience awaits you.

These rides will be led by experienced riders from the Tuesday group. They will take place when leaders are available.



Check <http://topica.com/lists/stbc/read> for particulars early each week. To get more direct notification, sign up for the STBC Topica list and send your e-mail address to [plainj@ieee.org](mailto:plainj@ieee.org) with a note - "Add me to the Tuesday/Thursday list."

## STOP AND SMELL THE FLOWERS RIDES

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.



## MONDAY EVENING FASTER AND HILLIER RIDE SERIES

Want to improve your endurance, hill climbing ability, and speed? Want to have some fun while you are doing it? Grab your bike, shake off those Monday blues, and join Regina Losinger twice a month for a 15 to 25 mile, C+ to B pace (14 to 19 mph) ride at 6PM from the Beethoven Street parking lot in Recreation Park on the West-side of Binghamton. Early season rides will be at a slower pace than late season rides, and hillier rides will also be at a slower pace. Regina promises a challenging, good time for all, and she plans to "lead this ride from the rear, as usual!" This ride is often topped off with a stop for snacks and refreshments.



## WEDNESDAY RIDE

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.

Join Karen Koscianski in September for her Wednesday night ride series.



## SEND YOUR E-MAIL ADDRESS

In order to be able to contact club members on a more timely basis, the STBC officers and Nancy Botting, our membership coordinator, are asking you to help complete our e-mail address book. Anyone who wishes to receive club information via e-mail, please send an e-mail message to: [bike@southerntierbicycleclub.org](mailto:bike@southerntierbicycleclub.org). If you have already received e-mail from that address, then you're set and don't need to send the messages. Note that this will not affect whether you receive your newsletters via post office mail or e-mail.

## DOGS AND BIKERS

If you have any problems with dogs, please do yourself, other STBC members, and all bikers a great favor. CALL the local town or county animal control officer, sheriff, police agency or state police and make a complaint. They will issue the dog owner, the real culprit, a citation, or some form of notification and it will be recorded. With a sufficient number of citations the local agencies will be forced to take action against THE OWNER. The dog only learns from our tactics; e.g. water bottles, outrunning them, pepper spray, Dog Dazers (high pitched frequency), etc., and contrives other ways to get at a biker. Ultimately, the dog may finally figure out the proper approach and that poor biker will suffer.

Therefore, notify animal control for the betterment of all. Remember, the best method to deal with a menacing dog (as we learned at the GFLBT) is to stop, get off your bike and put the bike between you and the dog while yelling loudly (so the owner can hear you) for the dog to GO HOME, HEEL, STAY, or whatever works in loud, bold and deep voice. (Thanks to Craig Thomas for this reminder.)





## RIDE SCHEDULE FALL 2006 - SEPTEMBER



### Tuesday and Thursday Morning Rides

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.

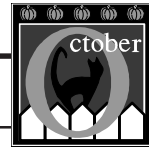
For ride announcements see <http://topica.com/lists/stbc/read>.

<b>FRI September 1<sup>st</sup>, 6 PM</b>	Eckerd's in Owego	Craig Thomas, 723-1565
Meet in Owego at the Eckerd Drug store (behind the court house) for the Glenmary Road ride and finish it with some ice cream. Great way to start the holiday weekend.		
<b>SAT September 2<sup>nd</sup>, 10:30 AM</b>	Old High School in Windsor	Tom Nickerson, 775-4826
C-D/3/25 - Meet at the old High School in Windsor to ride to Susquehanna for lunch. Depending on the group desires, the ride can be extended for more miles.		
<b>MON September 4<sup>th</sup>, 9 AM</b>	Court House Square, Binghamton	Tom & Sharon Nickerson, 775-4826
D/4/9 - Meet Tom and Sharon for the short ride to the German Club breakfast. The ride is fairly flat except for the climb up Loughlin Road to the German Club. Breakfast is reasonably priced and the German band plays for your listening (or dancing) enjoyment.		
<b>WED September 6<sup>th</sup>, 6 PM</b>	Endicott	Karen Koscianski, 786-5619
North Side of Endicott Dinner Rides - Park at the Huron Parking Lot on Watson Blvd. across from Council Family Kitchen (Corner of Oak Hill and Watson Blvd.) We will ride approximately 25 miles and then end the evening with dinner at one of Endicott's Italian Restaurants. We will try a new restaurant each week.		
<b>SAT September 9<sup>th</sup>, 10 AM</b>	Brisben fishing access	Vincent & Pat Taeger, 656-7615
C/3/40 - Ride to Colorscape in Norwich. Enjoy the food, arts, crafts, and music. Meet at the Fishing access on NY12 just south of the Brisben bridge (Bridge Street) at 10 AM. Return to Brisben at about 2 PM with the leaders or stay and make a longer day of it.		
<b>SUN September 10<sup>th</sup>, 1 PM</b>	CFJ Park, Johnson City,	Jim Conroy, 772-3350
B/2/47 - Join Jim for the "You won't believe how flat it is!" ride to Whitney Point. There are only 3 hills in this ride. Meet Jim at the CFJ park in Johnson City (new Gannett printing facility) on Sunday at 1 PM. He'll take you over Airport Road to NY26 and to Whitney Point for snack stop. Return via NY79, NY12, and Chenango St.		
<b>MON September 11<sup>th</sup>, 6 PM</b>	Rec. Park, Binghamton	Regina Losinger, 222-8235
Monday evening ride. Rides range from C/4/15-B/2/20 depending on the group. Meet at the Beethoven St. parking lot, west side of Binghamton.		
<b>WED September 13<sup>th</sup>, 6 PM</b>	Endicott	Karen Koscianski, 786-5619
North Side of Endicott Dinner Rides - Park at the Huron Parking Lot on Watson Blvd. across from Council Family Kitchen (Corner of Oak Hill and Watson Blvd.) We will ride approximately 25 miles and then end the evening with dinner at one of Endicott's Italian Restaurants. We will try a new restaurant each week.		
<b>SAT September 16<sup>th</sup>, 8:30 AM</b>	Fall Highway Clean-up	Craig Thomas, 723-1565
This fall, on Sept 16 <sup>th</sup> , 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 Craig at 723-1565 ahead of time so he has a count for breakfast. Weather permitting, there will be a bike ride after the clean-up.		
<b>SUN September 17<sup>th</sup>, 1 PM</b>	Appalachian Fishing Access	Joan Hebb 729-9352
D/4/12 Ride to Owego and back on 17C. For a longer ride, meet at Grippen Park in Endicott at 12:30.		
<b>SUN September 17<sup>th</sup>, 8 AM</b>	U.E. High School, Endicott	Don Gillespie, 748-7635
C/2/100 - A century ride for those of you who would like to do a 100-mile ride as a cap to your summer fitness efforts. The ride will take you through Owego, Speedsville, Ithaca, Spencer and return. Pack your own lunch for the mid-way stop at the Cornell Ornathological Center in Sapsucker Woods. A sag wagon will carry your lunch and have extra water and snacks.		
<b>WED September 20<sup>th</sup>, 5:30 PM</b>	Endicott	Karen Koscianski, 786-5619
North Side of Endicott Dinner Rides - Park at the Huron Parking Lot on Watson Blvd. across from Council Family Kitchen (Corner of Oak Hill and Watson Blvd.) We will ride approximately 25 miles and then end the evening with dinner at one of Endicott's Italian Restaurants. We will try a new restaurant each week.		
<b>SAT September 23<sup>rd</sup> 9 AM or 9:45 AM</b>	Conklin or Binghamton	Bill Bennet, 775-3356
C/3/77 or 91 - There are two locations for starting this ride. At 9 AM meet at Bill Bennett's house which will net an 91 mile ride. (Directions: From the corner of Tompkins Street and Conklin Avenue in Binghamton (NY 7), take Conklin Avenue (NY 7) south 4.8 miles to Suncrest Drive. Turn left on Suncrest Drive and follow for 0.1 mile to Whiting Way. Turn right on Whiting Way to number 4) At 9:45 AM, join the ride at the Binghamton Plaza, West State Street, in Binghamton to net a 77 mile ride. Travel out Chenango Street and Kattellville Road to NY 79 for lunch in Whitney Point. Then on to Richford to return to Owego via NY 38 and Binghamton via 17C.		
<b>SAT September 23<sup>rd</sup>, 10 AM - 4 PM</b>	Endicott Apple Fest	
See you at the STBC table at the Endicott Apple Fest. It's on Washington Avenue. Contact Don Gillespie, 748-7635, if you can help with the booth. (See "Endicott Apple Fest" item in this newsletter for more information.)		
<b>SUN September 24<sup>th</sup>, 9:30 AM</b>	Unadilla Fishing Access or Oneonta	Don Robertson 725-9481
D/3/28 - Ride to the famous "Pie in the Sky" restaurant in Otego for their all-you-can-eat pancake breakfast. (\$5.00 or \$5.75 with sausage). Ride to Pie in the Sky on Rt. 7, return on local roads on south side of river, with optional loop to Oneonta Exit 13. D/3/28 (without Oneonta loop-35 with loop). Meeting place is the Unadilla fishing access at 9:30 AM, Directions: I-88 Exit 10, left at first intersection (River Rd), immediate right into parking lot. If you would like to ride from the Oneonta area to the breakfast, contact Erica LaBuz at 432-7511 for the departure time and location.		
<b>MON September 25<sup>th</sup>, 5:30 PM</b>	Rec. Park, Binghamton	Regina Losinger, 222-8235
Monday evening ride. Rides range from C/4/15-B/2/20 depending on the group. Meet at the Beethoven St. parking lot, west side of Binghamton.		
<b>WED September 27<sup>th</sup>, 5:30 PM</b>	Endicott	Karen Koscianski, 786-5619
North Side of Endicott Dinner Rides - Park at the Huron Parking Lot on Watson Blvd. across from Council Family Kitchen (Corner of Oak Hill and Watson Blvd.) We will ride approximately 25 miles and then end the evening with dinner at one of Endicott's Italian Restaurants. We will try a new restaurant each week.		
<b>SAT September 30<sup>th</sup>, 1:00 PM</b>	Trout Creek parking area	Bob & Joyce Dannecker, 648-9467
MBR C/2/27 - Meet at the Trout Creek parking area at the north end of the NY 10 bridge over the Cannonsville Reservoir. This will be a repeat of our spring ride which several members asked us to do again in the fall. Enjoy a quiet, leisurely, scenic mix of dirt and paved roads (about 15 miles dirt and 12 paved) between the reservoir and Masonville. NOTE: Except for a convenience store in Masonville, there are no facilities, so bring snacks and water. If conditions have been dry, road bikes will be OK, but expect some rough, rutted sections.		





## RIDE SCHEDULE FALL 2006 - OCTOBER



### Tuesday and Thursday Morning Rides

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.  
For ride announcements see <http://topica.com/lists/stbc/read>.

<b>SUN October 1<sup>st</sup>, 10 AM</b>	Whitney Point High School	Paul Natelli, 754-5251
C/2-3/53 - Join Paul for a ride beginning at the Whitney Point High School and out NY11 to Virgil and past Greek Peak. From there you'll go to Dryden for a lunch stop. After lunch pickup a parallel road to NY38 past the Cornell barn. Then Paul will lead you back on NY38 to Harford and onto NY221 that returns to Marathon and eventually back to the start point.		
<b>SUN October 1<sup>st</sup>, 1 PM</b>	To Be determined	Joan Hebb 729-9352
D/3-4/20 Call Joan or check Topica for a posting for this Stop and Smell the Flowers ride.		
<b>SAT October 7<sup>th</sup> 10:00 AM</b>	Mt Upton	Erica LaBuz, 432-7511
D/3/26 Enjoy the fall foliage 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)		
<b>SUN October 8<sup>th</sup>, Noon</b>	Hickories Park, Owego	Regina Losinger, 222-8235
C/3/28 - We'll meet at noon at the Hickories Park in Owego for the short scenic ride up Gaskill Road to Newark Valley and on to the Belmont Billings farmstead. The Apple Fest there includes the restored farm house, barn and outbuildings, period activities, and usually includes a civil war encampment and reenactment. There is fee (\$6) to enter the grounds. Food is available.		
<b>SAT October 14<sup>th</sup>, 10:30 AM</b>	Great American Market in Greene	Vincent and Pat Taeger, 656-7615
C/2/40 - Meet at the Great American market in Green for lunch and a beautiful fall ride.		
<b>SUN October 15<sup>th</sup>, 1 PM</b>	Catholic Church, Windsor	Joan Hebb 729-9352
D/3/23 Ride from Windsor to Susquehanna and back. The return has one steep hill.		
<b>SAT October 21<sup>st</sup>, 9:45 AM</b>	Covered Bridge Park, Downsville, NY	Bob & Joyce Dannecker, 648-9467
C/3/54 Enjoy the fall colors around the beautiful Pepacton Reservoir. Lunch in Margaretville at the east end. As always, there will be a hilly option, adding a couple of miles on the return. Bring snacks and water; no facilities between the two towns. Directions from Binghamton: NY 17 east about 57 miles to exit 90 (East Branch/ NY 30), NY 30 north 15 miles to Downsville. The park is on the right near the east end of town at the "Covered Bridge" sign. NOTE: If weather is "iffy", please call Friday eve. to verify plans.		
<b>SAT October 28<sup>th</sup>, 12:30 PM</b>	Port Crane fishing access	Amy Tuthill, 724-5364
D/3/30 Meet for a short loop ride on the roads towards Tunnel. Longer route on the return is available if the group is interested. Treats will be provided for hungry peddlers at the end of the ride.		
<b>SUN October 29<sup>th</sup>, 1 PM</b>	Eckerd Drug, Owego	Joan Hebb 729-9352
D/4/22 - Ride out to Iron Kettle Farm for the Halloween display.		
<b>SAT November 4<sup>th</sup>, 1 PM</b>	Windsor, NY	Craig Thomas, 723-1565
B/3/23 - Meet at the Catholic church in Windsor (From Binghamton, East on NY17/I86 to Exit 79. Right at bottom of ramp, first right to church) for a ride to Susquehanna, PA and return. This ride should be just right for the B-paced afternoon ride in late fall.		

## PRESIDENT'S MESSAGE



We continue to work with local officials and communities to build or connect more "traffic-free" bike trails throughout Broome and Tioga Counties. You can help by sending in letters to your elected representatives seeking more Bike Trails and simply spreading the word. There are some exciting D.O.T. projects underway to expand our Bike Trail system. Whenever possible, I will send out e-mails soliciting your support via letters to relevant Officials and/or Politicians on specific trail construction and/or expansion projects. I believe that some portion of Federal, State and local Transportation Funding must be allocated for safe Biking alternatives. Quite frankly, I would rather leave a legacy of Bike paths crisscrossing our region than another highway lane, parking lot or road. Another way to express your support for more trails is to join the "River Crawls" held on

Binghamton's River Trail at 6:00 PM on the Third Friday of each month. These "Crawls" will be held year-round, rain, snow or shine.

Of course, the best way to show people about how fun and efficient biking can be is to simply get out and ride and, if possible, bring along friends, colleagues or family. The more bikers we can get out, the more support we will have for Bike Trails. Enjoy the Autumn colors and I look forward to seeing you out on our rides.



Craig Thomas  
craigthomas@yahoo.com  
723-1565



### ENDICOTT APPLE FEST



September 23<sup>rd</sup> is Apple Fest in Endicott. Washington Avenue will be closed and be lined with booths for food, crafts, and music from 10 AM to 4 PM. Attendance last year was 4000 people and 60+ vendors. Also planned are Karate demonstrations and performances by local performers. I'd like to set up an STBC table, and talk to the interested people about the club, but I'm looking for some help with the table.

If you are not doing Bill Bennett's ride, then why not plan on coming over to Endicott to the STBC booth and talking bike riding with the visitors. If there's an interest we'll take a short ride afterwards and stop for something to eat.

If you are interested in helping with the table, contact me before September 15.

Don Gillespie  
bikes325@cs.com • 748-7635



### STBC MEMBERSHIP

Household Membership: New Renew (\$3) X \_\_\_\_ year = \$ \_\_\_\_\_  
Lifetime under age 50 (\$60) Lifetime age 50 and older (\$30)= \$ \_\_\_\_\_

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.

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

(Sign and date release and 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: \_\_\_\_\_



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

<http://www.southerntierbicycleclub.org>



## OUT OF BOUNDS/AFFILIATED CLUB RIDES

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

**AIDS Ride for Life 06**, Sept. 9, Ithaca, 100, 85, or 50-mile ride around Cayuga to benefit HIV/AIDS services in our community. Sponsored by the Southern Tier Aids Program. <http://www.aidsrideforlife.org/>

**Century Weekend**, September 9, 10, Mohawk Hudson Cycling Club, Saratoga Spa State Park, 25, 50, 62, and 100 mile rides. <http://webmhcc.org>

**Endless Encounter Weekend Racing Festival** (mtn bike), September 16<sup>th</sup> & 17<sup>th</sup>, Camp at East Lake, New Milford, PA, (Race # 11 Mid Atlantic Super Series) [www.newmilfordbike.com/endless\\_encounter.htm](http://www.newmilfordbike.com/endless_encounter.htm)

**MS 150 City to Shore Bike Tour**, Cherry Hill, NJ September 16 & 17, Various mileage options; 1 or 2 day, <http://www.ms150biketour.org/>

**Granite State Wheelman. Tri-State Seacoast Century**, Sept 23-24, 2006. A beautiful flat century along the MA, NH, and ME coast line with fabulous ocean views along the entire route. Multiple options one or both days. <http://www.granitestatewheelmen.org/SCC/SCC-HomePage.htm> (STBC members can contact Paul Stankiewicz (thegod1@aol.com) with questions. He recommends the ride.)

**Valley Forge to Philadelphia ride** October 29, 2006. Meet at New Milford Bike shop and travel to Valley Forge - Philadelphia Trail for a ride to Philadelphia Art Museum. 48 mile scenic ride. Steve Bruno, [bike195@epix.net](mailto:bike195@epix.net) <http://www.newmilfordbike.com/Philadelphia.htm>

**Covered Bridges of Columbia County, PA Tour** November 5, 2006. Meet at New Milford Bike shop and motor to Bloomsburg to start 40-mile mountain bike tour of Columbia County, PA. Steve Bruno, [bike195@epix.net](mailto:bike195@epix.net) <http://www.newmilfordbike.com/Coveredbridges.htm>

**6<sup>th</sup> Annual Thanks Day Ride**, November 23, 2006. Ride from the Hallstead Sunoco to Jane's Diner in Conklin, NY for breakfast. The ride is rated **X4D20** Suitable for any bike, flat terrain at a relaxed pace for 20 miles. Steve Bruno, [bike195@epix.net](mailto:bike195@epix.net), <http://www.newmilfordbike.com/TDAY.htm>

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

## FALL HIGHWAY CLEAN-UP



Ever notice how clean and litter-free route 12 is from Kettleville to Chenango Forks? That's thanks to Craig Thomas and volunteers from the STBC! See the September 16 ride listing for details on the clean-up, pre-activity breakfast, and post-activity ride.



## TANDEM BIKE FOR SALE

Santana road tandem, 21-speed, 48-spoke wheels, size: 57 cm front - 52 cm. rear, color: blue. Includes Thule bike mount for car. Don Gillespie, 607-748-7635.

## Local Bicycle Shops

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

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

**Babcock Bicycles** 110 W. Main Street, Endicott • 754-0886

**BC Bicycles** 215 Vestal Pkwy. East, Vestal • 785-3772

**Bicycle Technical Services** 824 SR17C, 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

**Sport Tech** 166 Main Street Oneonta, NY • 432-1731

(<http://www.sporttechonline.com/index.html>)

