

FALL 2007



Sign up for the STBC discussion group on Yahoo!

OFFICERS:

President:	Don Robertson • (607) 725-9481 drobertson5@stny.rr.com
Vice President:	Don Gillespie • (607) 748-7635 bikes325@cs.com
Secretary:	Maria Thomas • (607) 798-6898 riajt@hotmail.com
Treasurer:	Regina Losinger • (607) 222-8235 ReginaLosinger@stny.rr.com

BOARD OF DIRECTORS:

Bob Dannecker Sr. John Gerty
Nancy Botting Peggy Sniezek Tom Nickerson

STBC ADDRESS:

STBC, Inc.
PO Box 601 • Binghamton, New York 13902-0601
e-mail: 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 including the extensive ride database.

New STBC Group on Yahoo!

The club has recently created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group enables the club list server so that club members can communicate ride announcements, ride cancellations, advice on biking matters, and anything else that would be of general interest to STBC club members. Club members can join to contribute to the conversation or just listen in.

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

1. To sign up: send a message to SouthernTierBicycleClub-subscribe@yahoogroups.com You will get an e-mail back from yahoo with further instructions. OR

2. Go to www.yahoo.com Click on groups. Enter **SouthernTierBicycleClub** 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.

To visit the discussion list, use this link:

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

To post a message on the discussion group via an e-mail use this address:

SouthernTierBicycleClub@yahoogroups.com

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 1st. Send all submissions to:

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

HOW TO LEAD A RIDE

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

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

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).

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

Main Street Bike Shop 3809 Main St., Burdett, NY 14818 • (607) 546-2345

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>)



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

The fall season is upon us. If you've been hesitating to join us on a Tuesday and Thursday, hesitate no longer. We've been having a great year of cycling. As of the end of July, 50 different riders have logged almost 11,000 miles on 33 rides. The road awaits!

Usually we ride both Tuesdays and Thursdays when the weather permits and there is a leader. A typical ride is between 15 and 40 miles, with more than one choice of distances on occasion. We ride to lunch and return, sometimes by another way. The rides are usually over modest terrain (very rarely do we do a 2) and at a moderate (C or averaging 12 MPH) pace.

The rides are announced by e-mail, both over the club's new Yahoo Group list-server and over our own private list. So keep an eye out for time and meeting place. On Tuesdays we decide where to go Thursdays and we recruit a leader at that time. I continue to plan and lead on Tuesdays. If you have any questions, give me a call at 786-3546 or drop me an e-mail - plainj@ieeee.org.

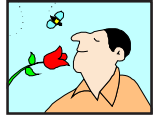
It's a little early to think about the season ending. There is plenty of time for some great fall rides. Will the group reach 15,000 miles this year? Come along and add your miles to the total. See you "along the way".

Jay



STOP AND SMELL THE FLOWERS RIDES

Usually on Sunday afternoons, twice a month, 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 RIDE SERIES

Keep riding on Monday's with Don Robertson. He'll be leading two Monday rides in September. Rides will start at Recreation Park in Binghamton. See ride listings for more details.



WEDNESDAY RIDE SERIES

Leaders: Nancy MacNeill and Karen Koscianski
20-28 miles a C-pace

Let Nancy and or Karen take you on an evening ride. Easy to Moderate pace before the sun goes down. No Rider Left Behind!

After each Wednesday ride we will enjoy an informal dinner at various Endicott and Vestal restaurants. See the ride listings for the details for each September and October Wednesday evening ride.



FALL HIGHWAY CLEAN-UP

The STBC will be helping to improve our environment this fall when we clean-up roadside litter on NY 12 near Chenango Forks. With just a few of our club members on Saturday morning, September 29, 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 September 29 ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.





SEPTEMBER RIDE SCHEDULE 2007

Tuesday and Thursday Morning Rides

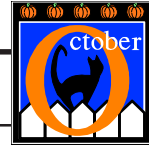
See page 2 in this newsletter for details about the Tuesday and Thursday morning rides.

For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

MON Sep 3rd 9:00 AM	Court House Square, Binghamton	Tom Nickerson, 775-4826
D/3/9 - Meet Tom 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.		
WED Sep 5th 5:30 PM	Vestal Four Corners	Karen Koscianski, 786-5619, Nancy MacNeill, 748-1026
Meet at Vestal Four Corners (Round Bank) at the corner of NY 434 and Main Street. If weather is questionable, contact Karen or Nancy or watch the STBC Yahoo! list server.		
SAT Sep 8th 10:00 AM	Confluence Park, Binghamton	Anne Marie Ruspantini, 237-7568
D/4/<10 Take a Saturday morning ride from Confluence park to Otsiningo park and ride the park trail. This will be a slow-paced ride to start your fall weekend.		
SAT Sep 8th 10:00 AM	Great American, Greene	Joe Wolfer, 693-2426
C/3/48 – Meet Joe at the Great American grocery in Greene, NY to ride to the Colorscape festival in Norwich. The route up will be on county route 32, with return on NY 12. If you're looking for a slightly shorter ride, meet on county route 32 in Brisben at 10:30 to shorten the round trip ride by about 10 miles.		
MON Sep 10th 5:30 PM	Rec. Park Binghamton	Don Robertson, 725-9481
Meet Don at the Recreation Park, Beethoven St. parking lot, west side of Binghamton. Route TBD at the time of the ride by group preference.		
WED Sep 12th 5:30 PM	Maine Endwell High School	Karen Koscianski, 786-5619, Nancy MacNeill, 748-1026
Meet at the Maine Endwell High School, east side of Farm to Market Road north of Hooper Road. If weather is questionable, contact Karen or Nancy or watch the STBC Yahoo! list server.		
SAT Sep 15th 8:30 AM	Logan Irish Bicycle Fund Ride	John Norris, 785-1166.
Two rides rated C/3-4/35-40 and C-D/4/25-30 starting from Endicott. See the Out of Bounds section of this newsletter for more details about this non-club event.		
SUN Sep 16th 1:00 PM	Binghamton Plaza	Bill Bennett, 775-3356
C/3/35 – Meet Bill at the Binghamton Plaza for a Sunday afternoon ride to Great Bend and back. Route will vary depending on road construction status.		
WED Sep 19th 5:30 PM	Vestal Rail Trail	Karen Koscianski, 786-5619, Nancy MacNeill, 748-1026
Meet at the Vestal Rail Trail Gazebo, east end of the rail trail near Michaels Store on NY 434. If weather is questionable, contact Karen or Nancy or watch the STBC Yahoo! list server.		
SAT Sep 22nd 10:00 AM	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. The route may vary slightly from previous rides. 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)		
Sun Sep 23rd 1:00 PM	Port Crane Fishing Access	Joan Hebb 729-9352
D/4 - 3/15-20 Stop and Smell the Flowers out Rt. 369. Return via Richards Rd. (optional) and Chenango Valley State Park.		
MON Sep 24th 5:30 PM	Rec. Park Binghamton	Don Robertson, 725-9481
Meet Don at the Recreation Park, Beethoven St. parking lot, west side of Binghamton. Route TBD at the time of the ride by group preference.		
WED Sep 26th 5:30 PM	Maine Endwell High School	Karen Koscianski, 786-5619, Nancy MacNeill, 748-1026
Meet at the Maine Endwell High School, east side of Farm to Market Road north of Hooper Road. If weather is questionable, contact Karen or Nancy or watch the STBC Yahoo! list server.		
FRI Sep 28 – 30	Cooperstown Cider & Colorful Foliage Tour	Rick Kugler 217-5775
See the Out of Bounds section of this newsletter for details about this non-club event.		
SAT Sep 29th 9:00 AM	Fall Highway Clean-up	Maria Thomas, 798-6898
This fall, on September 29th, 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 for breakfast on the club, then drive to former St. Rita's Church on NY12 (just before downtown Chenango Forks) to begin the clean-up at 9:00 AM. Contact Maria at 798-6898 ahead of time so she has a count for breakfast. Weather permitting, there will be a bike ride to Whitney Point or beyond (group chooses) after the clean-up (about 11:00 AM).		
SUN Sep 30th 8:00 AM	Century Picnic Day!	Regina Losinger (222-8235) or Nancy Botting (237-6952)
C / 13 to 136 / 3-4 Top off your summer with a picnic at Hickories Park and part (or all) of a century ride! Last year all 7 riders (4 of whom had never done a century ride) who tried our century ride completed it. If you can cycle 70 miles, you can do a century! We will be cycling 5 of our favorite bike routes throughout the day. Each ride starts and ends at Hickories Park, and ranges from 13 to 46 miles. Depending upon how the rides are combined, the day's total will be 13 to 136 miles. The rides range from flat to rolling, with a hill on the Gaskill Rd loop. We plan to reserve a pavilion at Hickories Park for the day, and will provide snacks and drinks throughout the day (bring your own lunch). Stores are available along most routes, and a sag will be provided for the full century. The century ride is flat to rolling, and it is comprised of rides 1, 2, and 3. It will start at 8 am sharp. The other rides are planned to start at noon after the century riders have returned from loop 1 and had lunch. Maps will be provided. 1- (46 mi.) Richford and Speedsville via Routes 38, 79, and West Creek Rd 2 -(42 mi.) Halsey Valley Road via Rt 96, Candor and Spencer 3-(13 mi.) Marshman Rd loop 4 -(17 mi.) Glen Mary Rd loop 5-(18 mi.) Gaskill Rd loop		



OCTOBER RIDE SCHEDULE 2007



Tuesday and Thursday Morning Rides

See page 2 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 Oct 3rd 5:00 PM

Vestal Four Corners Karen Koscianski, 786-5619, Nancy MacNeill, 748-1026

Meet at Vestal Four Corners (Round Bank) at the corner of NY 434 and Main Street. If weather is questionable, contact Karen or Nancy or watch the STBC Yahoo! list server.

SAT Oct 6th 10:00 AM

Conklin or Vestal Bill Bennett, 775-3356

C/4/63 or 35 – There are two locations for starting this ride. At 10:00 AM meet at Bill Bennett's house which will net a 63 mile (metric century) 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) For a 35 mile ride, meet Bill at the round bank in Vestal (Four Corners, NY 434 and Main St.) at 11:30. If you plan to join the ride from Vestal, call Bill beforehand. Lunch is planned in Owego.

SAT Oct 6th

Catskill Scenic Trail (CST) Ride Nancy Botting 237-6952

A joint venture with the Triple Cities Ski Club. 25-35 miles - Mountain Bike Ride on easy rail trail. We'll ride the Catskill scenic trail from Bloomville to Stamford or Grand Gorge and grab a snack before the return trip. To Carpool or Caravan: Meet at the old Chi-Chi's parking lot, Johnson City, at 8 a.m. OR meet at the Neptune Diner in Oneonta at 9AM where we will have breakfast with the ski club before continuing on to Bloomville where the CST begins. Parking for the trailhead is just past the village of Bloomville on the left. The ski club will dine after the ride also and we are invited to join them for that as well.

SUN Oct 7th 1:00 PM

Catholic Church in Windsor Joan Hebb 729-9352

D/3/19 Stop and Smell the Flowers to Center Village and back. From Binghamton, take NY 17E to Exit 79. Right at bottom of ramp, first right to church parking lot.

WED October 10th 5:00 PM

Vestal Rail Trail Karen Koscianski, 786-5619, Nancy MacNeill, 748-1026

Meet at the Vestal Rail Trail Gazebo, east end of the rail trail near Michaels Store on NY 434. If weather is questionable, contact Karen or Nancy or watch the STBC Yahoo! list server.

SAT Oct 13th 1:00 PM

Sandy Beach Park - Binghamton Don Robertson 725-9481

C/2/32 - Going east on Conklin Avenue (NY 7), Sandy Beach is the first left after crossing the bridge over the RR. Ride will go through the southern Broome Co. hills through the towns of Vestal, Binghamton and Conklin. Hopefully a colorful fall foliage tour.

SUN Oct 14th 1:00 PM

Conklin Bill Bennett, 775-3356

C/1/25-30 – Meet at Bill's house for a ride over the hills to Vestal Center. The countryside should be beautiful. Remember to bring plenty of water (2 bottles) and maybe a snack since there will probably be no stores open along the route. (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)

SAT Oct 20th 9:45 AM

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.

SUN Oct 21st 1:00 PM

Afton River Club parking lot Joan Hebb 729-9352

D/4/? Stop and Smell the Flowers along the river to Bainbridge and Sidney (optional return from Bainbridge for shorter ride). From Binghamton, take NY88 to Afton exit. Left off of ramp, left past the Sunoco station. Signs for River Club are there, though the Club is closed.

SUN Oct 28th 1:00 PM

Eckerd Drug, Owego Joan Hebb 729-9352

D/4/18-22 Halloween Ride to Iron Kettle Farm. Prizes (don't get your hopes up!) for Halloween attire! From Binghamton, take NY17W to 2nd Owego exit. Over bridge into town, Straight around the courthouse at light, left at next light, Eckerd's is ahead on the right. Park towards rear of lot.

PRESIDENT'S MESSAGE

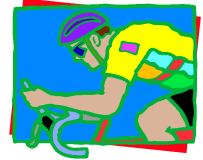
I hope you've all had a good summer. Now for potentially the best riding season of the year, fall. This would be a good time to push yourself a little and go for a "long ride" – whatever that would be for you. As I write this, the club is trying to set up a series of rides for the last weekend in September; hopefully we'll have 25 mile, 50 mile and 100 mile alternatives. See the ride schedule for more information.

On a different note, two members most active in coordinating some of club activities have moved out of the area. Craig Thomas who ran the Great Finger Lakes Bike Tour the last 2 years has moved to Florida and Gene Malinowski who organized the club's booth at the Chris Thater races has gone to Virginia. They are both missed already. Additionally, several of our long-standing ride leaders have either cut back or stopped leading rides altogether. It's a natural progression that people move on to other things. As a result, though, we are in need of help. We haven't had as many "new faces" stepping up as we've had "old hands" stepping down.

The GFLBT is our signature event and we desperately need someone to take it on. Craig left a detailed list of contacts for virtually every aspect of the event (marketing, current volunteers, food / catering, campground, water etc.). The campground is already booked and the caterer has been notified of the dates, although no arrangements have been made.

Recruiting new ride leaders is probably our next biggest need. Every newsletter carries a description of what's expected of a ride leader. Look it over and give it some thought. The club's website has a large database of rides in the area or you can lead a ride of your own design.

Keep on pedaling – Don Robertson



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



Fall
2007



OUT OF BOUNDS



These rides are not official STBC rides, but are organized by other clubs, organizations, and individuals.

Century Weekend, September 8, 9, Mohawk Hudson Cycling Club, Saratoga Spa State Park, 25, 50, 62, and 100 mile rides. http://webmhcc.org/rn/modules.php?name=Event_Calendar&file=view_event&id=70&eDate=1189224000

Logan Irish Bicycle Fund Ride & "A Taste of Endicott's Little Italy", September 15, A benefit ride to help a young BMX rider replace his competition bicycle. Two ride choices through western Broome and Tioga county with options for pre-ride coffee and pastry and post ride lunch with the athlete in Endicott's Little Italy. 8:30 meet for coffee, 9:15 – Ride 1 (C/3-4/35-40), 9:45 – Ride 2 (C-D/4/25-30), post ride pizza. Endicott, North Side Park, Oak Hill Avenue. Call John Norris, 607-785-1166, for more about the benefit and details on the rides.

2007 AIDS Ride for Life, Sept. 15, Ithaca, 100, 85, or 50 mile ride around Cayuga Lake to benefit HIV/AIDS services in our community. Sponsored by the Southern Tier Aids Program, Inc. <http://www.aidsrideforlife.org/>

Granite State Wheelman. Tri-State Seacoast Century, Sept 22-23, 2007. 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.)

MS 150 City to Shore Bike Tour, September 29 & 30 Cherry Hill, NJ, Various mileage options; 1 or 2 day, <http://www.ms150biketour.org/>

Cooperstown Cider & Colorful Foliage Tour, September 28, 29, 30 with rides around Otsego and Herkimer Counties. Join us for a weekend of rides and relaxation. Cost is \$40 per person for the whole weekend. Includes ride itinerary, stay in a local guesthouse and shared breakfasts and evening meals. Itinerary: Friday PM- Fly Creek ramble and cider mill visit. Saturday AM- Circle Canadarago Lake and visit the antique highway. Saturday PM- Tour Cooperstown & Brewery Ommegang. Sunday AM- Circle Otsego Lake and visit Hyde Hall and Glimmerglass Park. Sunday PM- relax, games, barbecue. To preview location, check website: www.ithacacooperstown.com Contact: Rick Kugler 607-217-5775

Covered Bridges Tour October 14, 2007. 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 <http://www.newmilfordbike.com/Coveredbridges.htm>

Phily in the Fall, October 28, 2007. Meet at New Milford Bike shop and travel to Valley Forge – Philadelphia trail for a ride to the Philadelphia Art Museum. Ride is a 48 mile round trip on paved surface. Steve Bruno, bike195@epix.net <http://www.newmilfordbike.com/Philadelphia.htm>

7th Annual Turkey Day Ride, November 22, 2007 Ride from the Hallstead Sunoco to Jane's Diner in Conklin, NY for breakfast. The ride is suitable for any bike, flat terrain at a relaxed pace for 20 miles. Steve Bruno, bike195@epix.net , <http://www.newmilfordbike.com/TDAY.htm>

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