

# FALL 2004



25th Great Finger Lakes Bicycle Tour June 10-12, 2005 Watkins Glen, NY

## CURRENT OFFICERS:

**President:** Malcolm Blue  
798-6843 • mac\_blue@juno.com

**Vice President:** Bob Dannecker Jr.  
687-2511 • bob2helen@juno.com

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

**Treasurer:** Regina Losinger  
222-8235 • losinger\_r@sunybroome.edu

## BOARD OF DIRECTORS:

Bob Dannecker Sr. • Karen Koscianski  
Craig Martindale • Tom Nickerson • Don Rice

## STBC ADDRESS:

STBC, Inc.  
PO Box 0601 • Binghamton, New York 13902-0601

### STBC is on the Internet.

Thanks to Regina's efforts, we have a new home page  
[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

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: [www.flcycling.org](http://www.flcycling.org)

Tioga Velo Club: [www.tiogavelo.com](http://www.tiogavelo.com)

Onondaga Cycling Club: [www.onondagacyclingclub.org](http://www.onondagacyclingclub.org)

Endless Mountain Bike Club: [www.newmilfordbike.com/rides.htm](http://www.newmilfordbike.com/rides.htm)

## ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: Spring, Summer, and Fall. Send all submissions to:

STBC NEWSLETTER

PO Box 0601 • Binghamton, NY 13902-0601

or e-mail: [Bike@southerntierbicycleclub.org](mailto:Bike@southerntierbicycleclub.org)



## WANTED: RIDE LEADERS

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

1. Know where you want to go
2. Have an idea of how to get there
3. Know the level of difficulty based on the ride grading so we can provide correct rating
4. Have a starting point and time
5. Get parking permission for your meeting place
6. Find a sub if you cannot lead your scheduled ride
7. Show up on time
8. Get rider signature on waiver of liability form (available on-line at [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 1-5 above. If interested in leading a ride, please contact a club officer

## 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 CPSC, ASTM, ANSI, or Snell approved 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

## 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.

## 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.

## WRITTEN ROUTE INSTRUCTIONS:

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.

## TUESDAY MORNING RIDE SERIES

Are you bored? Join us every Tuesday. We are flexible to destinations, time and to the abilities of the participants. 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.



## WEDNESDAY EVENING RIDE SERIES

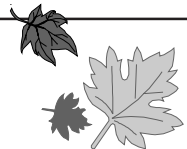
Wednesday Evening rides are typically 10-20 mile rides at a C-D pace, and 3-4 terrain. A perfect way to blow off some steam at the end of the day. Destination and route are at the discretion of the ride leader, but suggestions are welcome. Maps & cue sheets are not typically provided, but faster riders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

## NEW RIDE SERIES

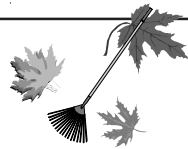


**Stop and Smell the Flowers Rides:** This ride series is for new, recovering, and/or occasional riders. The rides will be at least once a month on Sunday afternoons, at a D/E pace, and on generally flat/rolling terrain. If you're a 'gentle' rider for whatever reason, dig out the bike and come on out! Call Joan Hebb (760-3958) for more information. Watch Topica for the latest ride postings.

**Monday Evening Ride:** Grab your bike and shake off those Monday blues! Twice a month Regina will lead a 15 mph pace ride around town starting at 6PM from the Beethoven Street parking lot in Recreation Park.



## FALL HIGHWAY CLEAN-UP



Ever notice how clean and litter-free route 12 is from Kettleville to Chenango Forks? That's thanks to volunteers from the STBC! Paul Natelli organizes a STBC highway clean-up twice a year. This Fall, on September 18<sup>th</sup> we will once again make our section of NY-12 shine. Volunteers can meet at 7AM at Denny's on Front Street 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 8AM. Contact Paul at 754-5251 ahead of time so he has a count for breakfast. There will be a bike ride after the clean-up. Rain date is October 2<sup>nd</sup>.



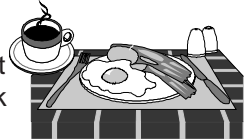
## CLYDE POWELL MEMORIAL BREAKFAST RIDE

EVERY SUNDAY MORNING (E)

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

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.



## OUT OF BOUNDS

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



**AIDS Ride for Life**, Sept 11, Ithaca 50/85/100 mile options, web: [www.aidswork.org/](http://www.aidswork.org/), email: [ann@aidswork.org](mailto:ann@aidswork.org), phone: 607 272-4098

**Century Weekend**, SAT-SUN, Sept. 11 & 12. A wide variety of rides from 25 to 100 miles in the Saratoga Springs area. Day of the event registration is available but there's a discount if you register early. Web: <http://www.mohawkhudsoncycling.org/Century.shtml>

**Adirondack Ride 4 Habitat, Adirondack Habitat for Humanity**, FRI-SUN, Sept 17-19, \$375 registration includes two nights lodging, breakfast, & lunch. Web: [www.adkhabitat.org](http://www.adkhabitat.org), email: [Diane@ImpactAssociates.com](mailto:Diane@ImpactAssociates.com), phone: (518) 524-6729

**City to Shore MS Bike Ride**, Sept 18-19, Cherry Hill NJ to Ocean City, 45/150/175 mile options, lunch, dinner, sag, \$200 minimum pledge, [http://www.nationalmssociety.com/pae/event/event\\_detail.asp?e=6654](http://www.nationalmssociety.com/pae/event/event_detail.asp?e=6654) phone: 215-271-1500

**Endless Ride for the Children:** October 2<sup>nd</sup>, Montrose to Great Bend, 17 mi., benefits Susquehanna Cnty Interfaith, <http://www.newmilfordbike.com/EndlessRide.htm>, phone: 570-465-2169

**11th Annual Fall Allegany Rally for Tandems**, FRI-MON, OCT 8-11, Allegany St. Pk., Salamanca NY \$120, various trail events for MTB tandems only web: [www.netacc.net/~managan/fart](http://www.netacc.net/~managan/fart), email: [brimtb@aol.com](mailto:brimtb@aol.com), phone: 248 375-2961

**For many more events, check out:** [www.nybc.net/clubs/calendar](http://www.nybc.net/clubs/calendar) or [www.cyclotour.com/events](http://www.cyclotour.com/events)



## RIDE SCHEDULE FALL 2004 - SEPTEMBER

<b>WED, Sept 1<sup>st</sup>, 5:30PM</b>	Giant Market, Rte 26, West Corners 20-25 miles at a C pace. After ride, go to dinner.	Karen Koscianski, 786-5619
<b>SAT, Sept 4<sup>th</sup>, Noon</b>	4 Whiting Way, Conklin C/1/30-40: Ride to Quaker Lake. Possibly returning through Great Bend.	Bill Bennett, 775-3356
<b>SUN, Sept 5<sup>th</sup>, 1PM</b>	Giant Plaza, Hooper Road C/3/25: Ride some long gradual hills up Farm-to-Market Road, past airport, then it's all down hill on Flint Road to Rt. 26, returning on Nanticoke Road. Possible stop at the fruit stand in Maine, or for ice cream at 26 & 38B.	Ruth Blizard, 748-2922
<b>TUE, Sept 7<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, Sept 8<sup>th</sup>, 5:30PM</b>	Giant Market, Rte 26, West Corners 20-25 miles at a C pace. After ride, go to dinner.	Karen Koscianski, 786-5619
<b>FRI-SUN, Sept 10-12<sup>th</sup></b>	Bowman Lake State Park - Colorscape Mtn./trail biking, camping weekend at Bowman Lake. Arrive at park on Friday night. Saturday, a bicycle trip to Colorscape Chenango Arts Festival ( <a href="http://www.colorscape.org">www.colorscape.org</a> ) in Norwich is planned. This will be approx. 20 (round trip) miles on macadam road. Sunday we'll ride the dirt roads around Chenango County.	Don Rice, 785-8930
<b>MON, Sept 13<sup>th</sup>, 5PM</b>	Recreation Park, Beethoven Street lot C/3/15-20: Monday Evening Ride Series. Join Regina for a C pace ride around town, returning to Recreation Park.	Regina Losinger, 222-8235
<b>TUE, Sept 14<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, Sept 15<sup>th</sup>, 5PM</b>	Giant Market, Rte 26, West Corners 20-25 miles at a C pace. After ride, go to dinner.	Karen Koscianski, 786-5619
<b>SAT, Sept 18<sup>th</sup>, 8AM, Highway Cleanup</b>	St. Rita's Church, Chenango Forks Come help Paul cleanup the STBC section of route 12, south of Chenango Forks. Participants have the option of meeting at Denny's on Front Street at 7AM before the cleanup for breakfast on STBC. Please call ahead so Paul has a count for breakfast. After breakfast, drive to St. Rita's church on NY-12 to begin cleanup at 8AM. There will be a short safety talk, and participants must sign a waiver from DOT. After the cleanup, Paul will lead a ride (distance & destination yet to be determined). Rain date for the cleanup will be October 2 <sup>nd</sup> .	Paul Natelli, 754-5251
<b>SUN, Sept 19<sup>th</sup>, 1PM</b>	Call for start location or check Topica D/3-4/13 A Stop and Smell the Flowers Ride. Destination to be determined, call Joan or check Topica for more info.	Joan Hebb 729-9352
<b>SUN, Sept 19<sup>th</sup>, 1PM</b>	Behind Velodynamics in Owego C/2/40: Ride to Speedsville & Caroline Center, returning through Candor with an ice cream stop.	Larry Holmquist 625-2587
<b>TUE, Sept 21<sup>st</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, Sept 22<sup>nd</sup>, 5PM</b>	Giant Market, Rte 26, West Corners 20-25 miles at a C pace. After ride, go to dinner.	Karen Koscianski, 786-5619
<b>SAT, Sept 25<sup>th</sup>, 10:30AM</b>	Round bank @ Four Corners in Vesta C/1/100: CENTURY RIDE. Lunch at the Ithaca Bakery, then return through Spencer on route 96 with possible ice cream stop. Note: Most of the hills on this ride are between Candor, Ithaca & Spencer.	Warren Wetzelberg, 754-4477
<b>SUN, Sept 26<sup>th</sup>, 9AM</b>	Confluence Park, Binghamton C/4/22: Ride the Broome Corporate Park loop with CEO Mueller as your glorious leader.	Augie Mueller, 722-6005
<b>SUN, Sept 26<sup>th</sup>, 9:46AM</b>	Covered Bridge Park, Downsville, NY C/3/54: A repeat of last year's 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 town (watch for the "Covered Bridge" sign) NOTE: If the weather looks "iffy", please call Friday evening.	Bob/Joyce Dannecker, 648-9467
<b>MON, Sept 27<sup>th</sup>, 5PM</b>	Recreation Park, Beethoven Street lot C/3/15-20: Monday Evening Ride Series. Join Regina for a C pace ride around town, returning to Recreation Park.	Regina Losinger, 222-8235
<b>TUE, Sept 28<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, Sept 29<sup>th</sup>, 5PM</b>	Giant Market, Rte 26, West Corners 20-25 miles at a C pace. After ride, go to dinner.	Karen Koscianski, 786-5619
<b>THR, Sept 30<sup>th</sup>, 9:04AM</b>	Dinner Bell/Twin Brooks Campground C/23: Breakfast at the Dinner Bell, then ride the moderate hills bordering Broome/Chenango county line.	Augie Mueller, 722-6005





## RIDE SCHEDULE FALL 2004 - OCTOBER



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- SAT, Oct 2<sup>nd</sup>, 10:30AM** Starrucca, PA Bob/Helen Dannecker 687-2511  
E/3/20: Mountain Bike ride. A return of one of last year's popular rides. 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.
- 
- SUN, Oct 3<sup>rd</sup>, 8:30AM** Grippen Park Malcolm Blue 798-6843  
B/3/105: There is time for one last century! Sunrise 7:04am / Sunset is at 6:42pm, so we'll have to be careful not to burn daylight but still keep this ride at an enjoyable pace. Century 105 will follow 17C, 38 (Owego), 96(Candor-Spencer), 34, 13(Ithaca), 366, 13(Dryden), and 38(Dryden-Newark Valley-Owego), 17C(Endicott). Lunch will be in Ithaca with snack/rest breaks along the way.
- 
- SUN, Oct 3<sup>rd</sup>, 1PM** Call for start location or check Topica Joan Hebb 729-9352  
A Stop and Smell the Flowers Ride, destination to be determined. Call Joan for info or check Topica for a posting.
- 
- SUN, Oct 3<sup>rd</sup>, 2PM** Waits Church, Owego Bob/Helen Dannecker, 687-2511  
E/2/9 MBR: A repeat of June's scenic mountain bike ride on dirt roads "south of the border." Long downhill into PA, then climb back to NY. To get to the start, follow NY434 west past the intersection with NY 96 in Owego. After NY 434 becomes County 25, bear left onto Waits Road (1.4 mi from NY-96). Follow Waits road for 6 miles to Valley Road, then turn right. Look for the abandon church just ahead on right.
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- TUE, Oct 5<sup>th</sup>** Tuesday Morning Ride – details: <http://topica.com/lists/stbc/read>
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- SAT, Oct 9<sup>th</sup>, 10AM** Greene (Great American, S. Chenango St. Bob/Joyce Dannecker, 648-9467  
C/3/30 or C/2/36: The old Greene - Oxford standby with a twist. We'll ride the usual quiet, easy route up CR 32 (River Road) to lunch in Oxford at either Hoppies or Roma's. Afterward, some may opt to return the same way for a total of 30 miles, while the rest take to the hills, returning to Greene via a long, moderately steep, climb along CR 35, then rolling terrain south on CR 27 to Coventryville and west on NY 206 back to Greene.
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- SUN, Oct 10<sup>th</sup>, 9AM** Confluence Park, Binghamton Augie Mueller, 722-6005  
C/4/22: Ride the Broome Corporate Park loop with CEO Mueller as your glorious leader.
- 
- SUN, Oct 10<sup>th</sup>, 1PM** Binghamton Plaza Bill Bennett, 775-3356  
C/3/30: Ride to Great Bend for lunch
- 
- MON, Oct 11<sup>th</sup>, 10:30AM** Catholic Church in Windsor Joan Hebb 729-9352  
D/25/3 A Stop and Smell the Flowers Ride. Windsor to Susquehanna. Snack/lunch in Susquehanna. Return has one steep hill.
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- TUE, Oct 12<sup>th</sup>** Tuesday Morning Ride details: <http://topica.com/lists/stbc/read>
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- SAT, Oct 16<sup>th</sup>, 10AM** Moravia Central School, NY-38 Karen Koscianski, 786-5619  
C/3/40: Start at Moravia Central School on NY-38, just north of Fillmore Glenn State Park. Ride 38A north to routes 359 & 41A into Skaneateles for lunch. Tour Skaneateles before returning on a route that seems to be all downhill.
- 
- SUN, Oct 17<sup>th</sup>, 9AM** Rails to Trail @ African Road Plaza Malcolm Blue 798-6843  
C/3/62: Come along for a casual metric century. This ride will follow 26 to Whitney Point to stop for a snack and then its over the hills of 206 to Greene for Lunch. We will return on route 32, 79, and 12 into Binghamton with a right hand turn onto 17C heading toward Endicott. Sunset 6:19pm
- 
- TUE, Oct 19<sup>th</sup>** Tuesday Morning Ride – details: <http://topica.com/lists/stbc/read>
- 
- SAT, Oct 23<sup>rd</sup>, 10AM** Nineveh Lil & Don Robertson, 725-9480  
C-D/4: Start at Fishing access at south end of Nineveh bridge. Distance & lunch location dependent on weather and group preference. Nineveh-Bainbridge 23 miles / Sidney 32 miles / Unadilla 42 miles / Wells Bridge 52 miles.
- 
- SUN Oct 24<sup>th</sup>, 1PM** Eckerd Drugs in Owego John/Carolyn Norris 785-1166  
C/3/25: Pedal a lazy afternoon ride on Glen Mary & route 96 to Iron Kettle Farm. Longer ride options may be considered.
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- TUE, Oct 26<sup>th</sup>** Tuesday Morning Ride – details: <http://topica.com/lists/stbc/read>
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- THR, Oct 28<sup>th</sup>, 10:33AM** NY12 Fishing Access, S of CF Bridge Augie Mueller, 722-6005  
C/21: Thursday Lunch Buffet at Baron's Inn, Greene. Thirteen miles to lunch, more after, winery stop, fall colors.
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- SAT, Oct 30<sup>th</sup>, 10AM** BCC Ice Center Malcolm Blue 798-6843  
C/3/37: Ride to Whitney Point for lunch via rt11 and loop back over 26, cr32, cr72, and cr529. The return leg of our trip is flexible to rider's choice.
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- SUN Oct 31<sup>st</sup>, 1PM** South Owego Cemetery Bob/Helen Dannecker 687-2511  
E/1/9-18 MBR: Join Bob & Helen, if you dare, for a haunted Halloween mountain bike ride on Gould Road. To get to the start, follow NY434 west to Owego, just past NY96 (new bridge) turn left on Montrose Turnpike and follow it for six scary miles to the metropolis of South Owego. Long option (18 mile) available if weather cooperates.
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## RIDE SCHEDULE FALL 2004 - NOVEMBER

**TUE, Nov 2<sup>nd</sup>**

Tuesday Morning Ride – details: <http://topica.com/lists/stbc/read>

Election Day - bike to vote!

**THR, Nov 4<sup>th</sup>, 9:31AM**

Hallstead Mall

Augie Mueller, 722-6005

Alternate starting Points: 10:06AM at New Milford Town Square, or ride from home and make it a day.

C/24 to 70 (depending on starting point): Lunch is 12 miles from New Milford, 18 from Hallstead.

**TUE, Nov 9<sup>th</sup>**

Tuesday Morning Ride – details: <http://topica.com/lists/stbc/read>

**SAT, Nov 13<sup>th</sup>, 10:30AM**

Afton Great American

Karen Koscianski, 786-5619

C/4/30: Meet in the Great American parking lot, behind Vincents Italian Restaurant. Ride to Unadilla for Art Fest. The artists display paintings inside Victorian homes of Unidilla. A wonderful chance to explore the history & homes of Unadilla. Lunch at Unadilla House.



## STBC MEMBERSHIP



STBC MEMBERSHIP:  New/  Renew,  Individual(\$2) /  Family(\$3) x \_\_\_\_\_ years = \$\_\_\_\_\_

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 do NOT want a printed copy of the newsletter sent to you next year.

### **Release and Waiver of Liability for Bicycling**

(Sign and return with registration/membership)

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 0601  
 BINGHAMTON, NY 13902-0601



Printed on  
 recycled paper  
 with soy based ink.



*Fall*  
 2004



## LOCAL BICYCLE SHOPS



<b>Aeros Cyclery &amp; Ski Center</b> ....	<b>640 Conklin Road, Binghamton</b> .....	<b>724-7313</b>
<b>All American Sports Shop</b> .....	<b>27 N. Broad Street Norwich</b> .....	<b>334-5277</b>
<b>American Cycle Express</b> .....	<b>223 Main Street Binghamton</b> .....	<b>777-1223</b>
<b>Babcock Bicycles</b> .....	<b>501 W. Main Street, Endicott</b> .....	<b>754-0886</b>
<b>BC Bicycles</b> .....	<b>215 Vestal Pkwy. East, Vestal</b> .....	<b>785-3772</b>
<b>Bicycle Technical Services</b> .....	<b>824 Rt. 17C, Waverly</b> .....	<b>565-9049</b>
<b>Bike Rack</b> .....	<b>414 College Ave., Ithaca</b> .....	<b>277-1010</b>
<b>Chenango Point Cycles</b> .....	<b>45 Washington Street, Binghamton</b>	<b>724-7481</b>
<b>Cycle Sport</b> .....	<b>223 Main Street, Binghamton</b> .....	<b>729-9931</b>
<b>Dave's Bike Barn</b> .....	<b>35 Cartwright Avenue, Sidney</b> .....	<b>563-8544</b>
<b>Gear-To-Go Tandems</b> .....	<b>850 W Clinton St, Elmira</b> .....	<b>732-4859</b>
<b>New Milford Bike Shop</b> .....	<b>195 Main Street, New Milford</b> ...	<b>570-465-2169</b>
<b>Serious Toyz</b> .....	<b>274 Floral Avenue, Johnson City</b> ..	<b>231-7266</b>
<b>Ted's Bicycle Shop</b> .....	<b>110 W. Main Street, Endicott</b> .....	<b>785-8163</b>