

# FALL 2008



## Have you signed up for the STBC discussion group on Yahoo!?

### OFFICERS:

<b>President:</b>	Dennis Uhlig • (607) 563-7822 uhligden@stny.rr.com
<b>Vice President:</b>	Don Gillespie • (607) 748-7635 bikes325@cs.com
<b>Secretary:</b>	Maria Thomas • (607) 798-6898 riajt@hotmail.com
<b>Treasurer:</b>	Regina Losinger • (607) 222-8235 ReginaLosinger@stny.rr.com

### BOARD OF DIRECTORS:

Bob Dannecker Sr. John Gerty Nancy Botting  
Peggy Sniezek Tom Nickerson Don Robertson Joan Hebb

### 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](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 including the extensive ride database.

#### **STBC Group on Yahoo!**

The club has 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.

### **How To Sign Up For The STBC Yahoo! Group**

1. Send a message to [SouthernTierBicycleClub-subscribe@yahoo.com](mailto:SouthernTierBicycleClub-subscribe@yahoo.com) You will get an e-mail back from yahoo with further instructions. OR
2. Go to [www.yahoo.com](http://www.yahoo.com) Click on groups. Enter *Southern 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@yahogroups.com](mailto:SouthernTierBicycleClub@yahogroups.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 1<sup>st</sup>. Send 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**

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 <http://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](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**

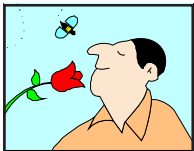


We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast riding varies, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including 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.



**STOP AND SMELL THE FLOWERS RIDES**

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 less than 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. There are just three "flowers" rides left this season, so get your fill of flowers before the snow flies. Check the ride schedules and pick the rides that suit your preferences.



**SHORT RIDES WITH ANNE MARIE**

This fall Anne Marie Ruspantini will be leading four short rides in Binghamton. All rides will be slow paced ("D" or slower) and will utilize two of the bicycle/pedestrian paths in the city, the Riverwalk along the Chenango River from Confluence Park and the path through Otsiningo Park. The rides start at either Recreation Park or Confluence Park. Check out the ride schedule for details and join Anne Marie for an enjoyable city ride.

**WHEELS TO MEALS - MIDWEEK, MIDDAY RIDES**



Recently retired or otherwise free this fall and looking for some midweek bicycling adventures? Then you should know about "Wheels to Meals". This group offers a great selection of midday rides on Tuesdays and Thursdays. We ride to lunch. As you might surmise, our pace is modest, the company is lively, the scenery can be sublime and even hills can't deter, especially as the season progresses.

The particulars of each ride - where and when to meet, destination, distance and difficulty - are announced via e-mail rather than through the club newsletter. If you haven't already signed up at the Yahoo Group Site for STBC please do so. You'll see the details for each ride announced a few days prior to the event.

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

You must be an STBC member for this. Also, send a note to [plainj@ieeee.org](mailto:plainj@ieeee.org) and I'll add you to the "Wheels to Meals" e-mail list which is used for special events and weather cancellations!

Still uncertain? You'll just have to come and try some of our rides. Typical rides are between 15 and 40 miles, with the shorter rides more frequent earlier in the year. Some rides have an alternate starting point to provide shorter rides. Last year the average ride of all riders was just over 28 miles round trip. Most rides are over flat or rolling terrain, with some unavoidable hills. If you still have any questions, contact me at [plainj@ieeee.org](mailto:plainj@ieeee.org) For a great cycling fun - Wheels to Meals. See you on the road!

Jay K.



**MONDAY EVENING RIDE SERIES**

Monday night plans are not resolved at this time, but watch the STBC Yahoo!! list server for Monday night ride announcements.



**FALL WEDNESDAY RIDE SERIES**

Nancy MacNeill and Karen Koscianski have scheduled a set of Wednesday evening rides this fall so you can break up the week with a nice ride. The rides will be a casual C-pace for 20-25 miles and will get in as much as possible before the sun goes down. Check the September and October ride schedules for details on dates, time, and locations. Please call or check the Yahoo! list server if the weather is not cooperating.



**FALL HIGHWAY CLEAN-UP**

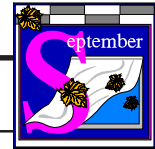


The STBC will be helping to improve our environment this fall when we clean up roadside litter on NY 12 near Chenango forks. With just a few of our club members on Saturday morning, September 20, we'll be able to complete the cleanup quickly and improve the local scenery. So plan to help out and enjoy this Saturday morning activity with your club breakfast, and post activity ride.





## SEPTEMBER RIDE SCHEDULE 2008



Tuesday and Thursday Morning Rides: Wheels to Meals or W2M

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 Sept 3<sup>rd</sup> 5:30 PM** Vestal Rail Trail east end at gazebo Nancy M. & Karen K.  
Casual C Pace 20-25 miles Ride with Nancy and Karen in the evenings in September and Early October. We will get in as much as we can before the sun goes down. Please call or check the list server if the weather is not cooperating. Nancy MacNeill: 748-1026 Karen Koscianski: 786-5619. Start at Vestal Rail Trail gazebo near Michaels and Home Goods Stores.

**SAT Sept 6<sup>th</sup> 9:30 AM** Greene, NY Great American Grocery Joe Wolfer 693-2426  
C/3/46 - Meet 9:30 at Great American parking lot Greene. Ride to Colorscape in Norwich via Chenango Co. Rte. 32. Spend 2 hrs or so at the event (group consensus) and return via NY12 and Co Rte. 32.

**SAT Sept 6<sup>th</sup> 10:00 AM** Rec. or Confluence Park, Bing. Anne Marie Ruspantini 237-7568  
D/4/10 Meet at Rec. Park and ride to Confluence Park to pick up others. Then it's on to ride the trail at Otsiningo Park. Confluence Park to Otsiningo will be via the Riverwalk path.

**SUN Sept 7<sup>th</sup> 10:30 AM** Blues on the Bridge Ride  
BRIDGE TO BLUES w/ SPECIAL START FOR A SHORTER RIDE: Sunday, September 7, 2008 Leaders: Steven Bard 754-4756 and Augie Mueller 722-6005. Meet: 10:30 a.m. at Washington Street Bicycle/Pedestrian Bridge or 11:00 a.m. at the Bevier Street Entrance to Otsiningo Br. County Park.

Dedicate a day to being outside. A super easy scenic River ride of various lengths to end at the BLUES OF THE BRIDGE event. The 4-5 miles ride on the Otsiningo River Trail is without any vehicular traffic. For some, the ride will extend to NY12A and perhaps the River Rd/Kattelville Rd loop and then through some back streets to Chenango Street with a twirl through the Port Dick Park before returning to the Washington Street Bridge on the River Trail to hear some BLUES ON THE BRIDGE, which starts at 12 noon!! All ages, all abilities on this one!! Variable distances, many stops!! Consider bringing locks for your bikes at the concert. Food vendors at concert.

**WED Sept 10<sup>th</sup> 5:30 PM** Maine Endwell High School Nancy M. & Karen K.  
Casual C Pace 20-25 miles Ride with Nancy and Karen in the evenings in September and Early October. We will get in as much as we can before the sun goes down. Please call or check the list server if the weather is not cooperating. Nancy MacNeill: 748-1026 Karen Koscianski: 786-5619. Start at: Maine Endwell High School first parking lot off of Farm to Market Rd, Endwell

**SAT Sept 13<sup>th</sup> 9:45 AM** 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 Covered Bridge 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. Also, if interested in pre-ride breakfast call Bob & Joyce for location and time.

**SAT Sept 13<sup>th</sup> 10:00 AM** Confluence Park, Bing. Anne Marie Ruspantini 237-7568  
D/4/<10 Meet at Confluence Park to ride the trail at Otsiningo Park. Confluence Park to Otsiningo will be via the Riverwalk path.

**SUN Sept 14<sup>th</sup> 1:30 PM** Harpursville fire station Joan Hebb 729-9352  
D/3/16 Stop and Smell the Flowers from Harpursville to Afton. Exit #6 off Rt. 88, right off the ramp to Rt. 79, follow 79 into Harpursville, fire station is on your left.

**WED Sept 17<sup>th</sup> 5:30 PM** Vestal Rail Trail east end at gazebo Nancy M. & Karen K.  
Casual C Pace 20-25 miles Ride with Nancy and Karen in the evenings in September and Early October. We will get in as much as we can before the sun goes down. Please call or check the list server if the weather is not cooperating. Nancy MacNeill: 748-1026 Karen Koscianski: 786-5619. Start at Vestal Rail Trail gazebo near Michaels and Home Goods Stores.

**SAT Sept 20<sup>th</sup> 9:00 AM** Chenango Forks Fall Highway Cleanup  
Time again for the fall highway cleanup of the STBC section of NY12 south of Chenango Forks. Volunteers can meet Maria Thomas at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street for breakfast on the club, then drive to the 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 after the clean-up (about 11:00).

**SUN Sept 21<sup>st</sup> 1:30 PM** Windsor, NY Catholic Church 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.

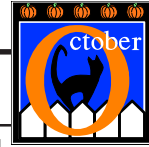
**WED Sept 24<sup>th</sup> 5:00 PM** Maine Endwell High School Nancy M. & Karen K.  
Casual C Pace 20-25 miles Ride with Nancy and Karen in the evenings in September and Early October. We will get in as much as we can before the sun goes down. Please call or check the list server if the weather is not cooperating. Nancy MacNeill: 748-1026 Karen Koscianski: 786-5619. Start at: Maine Endwell High School first parking lot off of Farm to Market Rd, Endwell.

**September 28<sup>th</sup>** STBC Century/Picnic Day  
Watch the STBC web site (<http://www.southerntierbicycleclub.org/>) and Yahoo! list server for details on this year's century ride and picnic. There will be multiple rides, short and long. Regardless of the mileage you would like to ride, there will be an option for you. (Last year we had rides from 13 to 46 miles long that could be combined for longer day totals.) We'll have a sag wagon and there will also be snacks and drinks at the ride start point. Last year we had a great turnout and a great day of riding and socializing. See you there.





## OCTOBER RIDE SCHEDULE 2008



Tuesday and Thursday Morning Rides: Wheels to Meals or W2M

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 1st 5:00 PM	Vestal Rail Trail east end at gazebo	Nancy M. & Karen K.
Casual C Pace 20-25 miles Ride with Nancy and Karen in the evenings in September and Early October. We will get in as much as we can before the sun goes down. Please call or check the list server if the weather is not cooperating. Nancy MacNeill: 748-1026 Karen Koscianski: 786-5619. Start at Vestal Rail Trail gazebo near Michaels and Home Goods Stores.		
FRI Oct 3 <sup>rd</sup> - 5 <sup>th</sup>	Cooperstown-Cherry Valley Turnpike Outing	Rick Kugler 217-5775
See the Out of Bounds section of this newsletter for details about this non-club event.		
SAT Oct 4 <sup>th</sup> 10:00 AM	Rec. or Confluence Park, Bing.	Anne Marie Ruspantini 237-7568
D/4/10 Meet at Rec. Park and ride to Confluence Park to pick up an others. Then it's on to ride the trail at Otsiningo Park. Confluence Park to Otsiningo will be via the Riverwalk path.		
SAT Oct 4 <sup>th</sup> 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 5 <sup>th</sup> 8:00 AM	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR - Sunday, October 5 we will meet at the New Milford Bike at 8:00 A.M. (if planning to carpool) and bring our wheels to the Bloomsburg, PA. area. We can begin our voyage to the Covered Bridges of Columbia County, PA by way of dirt roads across the hills to each bridge and be home by nightfall. Ride should be good for 40 miles of hilly terrain at a steady touring pace on mountain bikes. More details <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
SUN Oct 5 <sup>th</sup> 1:00 PM	Binghamton Plaza	Bill Bennett 775-3356
C/3/30 Meet Bill for a ride out Conklin Avenue to Great Bend and return. Check out the fall weather and foliage along the Susquehanna River.		
WED Oct 8 <sup>th</sup> 5:00 PM	Maine Endwell High School	Nancy M. & Karen K.
Casual C Pace 20-25 miles Ride with Nancy and Karen in the evenings in September and Early October. We will get in as much as we can before the sun goes down. Please call or check the list server if the weather is not cooperating. Nancy MacNeill: 748-1026 Karen Koscianski: 786-5619. Start at: Maine Endwell High School first parking lot off of Farm to Market Rd, Endwell.		
SAT Oct 11 <sup>th</sup> 10:00 AM	Mt. Upton	Erica LaBuz 432-7511
D/2/27 Enjoy the fall foliage in the beautiful Butternut Valley on a ride from Mt Upton through Gilbertsville to Morris. A new country road has been added to this route so there will be more uphill but there will be a spectacular view at the top of one of the hills. Meet at the Mt Upton Park (new meeting place). Take I88 to Exit 9 - Sidney. Drive north on Route 8 for about 8 miles. The park (old elementary school grounds) is on the left just before the blinking light at the Route 8/51 intersection. Lunch will be at the Country Store in Gilbertsville.		
SUN Oct 12 <sup>th</sup> 1:00 PM	Confluence Park, Bing.	Anne Marie Ruspantini 237-7568
D/4/10 Meet at Confluence Park to ride the trail at Otsiningo Park. Confluence Park to Otsiningo will be via the Riverwalk path.		
SAT Oct 18 <sup>th</sup> 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.		
SUN Oct 19 <sup>th</sup> 7:30 AM	J.C. Fire Dept., Floral Ave.	John Ruth 651-9939
Meet John Ruth for a breakfast ride. The owners of Pickel hill B&B will host a breakfast midway through a relatively short and flat ride. Meet at JC Fire Dept., Floral Avenue, (like the good old days) at 7:30AM. Ride the west side of Binghamton to Confluence Park. Take the bike trail north to Pickel Hill B&B for a home cooked breakfast (\$). After eats: to Otsiningo Park, back and forth working our way to the fire house.		
SUN Oct 19 <sup>th</sup> 12 noon	Confluence Park	Debbie Mansfield 669-4394
D/4/10- Meet at Confluence Park and ride to Otsiningo Park-North using the Otsiningo Park Trail.		
SAT Oct 25 <sup>th</sup> 10:00 AM	Berkshire (closed gas station Main and Depot St.)	Augie Mueller 722-6005
C/3/36 Ride to the Dryden Hotel for lunch. Familiar destination, new route: Glen Rd., West Owego Creek Rds, NY79, Harford/Slaterville Rds, NY38. Back via Dryden Golf course, Cornell Horse Farm and NY38. You will love the route. Hills very moderate. (So aging Mueller says....) Add 12 miles w/ a 9:30 Newark Valley Band Stand start. Augie Mueller <a href="mailto:amueller1@stny.rr.com">amueller1@stny.rr.com</a>		
SUN Oct 26 <sup>th</sup> 1:30 PM	Rite Aid Drug, Owego	Joan Hebb 729-9352
D/4/18-22 Halloween ride to Iron Kettle Farm. From Binghamton, take NY17W to 2nd Owego exit. Over bridge into town, Straight around the courthouse at light, left at next light, Rite Aid is ahead on the right. Park towards rear of lot.		
SUN Nov 2 <sup>nd</sup> 6:00 AM	New Milford Bike	Steve Bruno 570-465-2169
Philly in Fall: Sunday November 2, will meet at the New Milford Bike at 6:00 A.M. and shuttle our wheels to Valley Forge, PA. which is a 3 hour drive with a stop along the way for some eats. We will meet at 10 AM at the Visitors Center at Valley Forge National Historic Park and we can begin our voyage to the Art Museum in Philadelphia by way of the Valley Forge - Philadelphia Trail, (closed to motor vehicles) which is a flat paved ride along the West Schuylkill River and return via East River Drive for a 48 mile round trip to explore the foliage of Philadelphia and be home by nightfall. See <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a> for more details.		
SUN Nov 2 <sup>nd</sup> 12 noon	Confluence Park, Bing.	Debbie Mansfield 669-4394
D/4/10 Meet at Confluence Park and enjoy a late season ride to Port Dickinson Park.		
THUR Nov 27 <sup>th</sup> 9:00 AM	Halstead Sunoco, Halstead, PA	Steve Bruno 570-465-2169
Cranksgiving Ride: Join us as we ride into Broome County via Route 7 North to Jane's Diner in Conklin, NY for breakfast and return to Hallstead by way of Route 11 South. Ride the bike of your choice and enjoy a 20 mile pavement ride with very little incline. The Ride is rated X4D20, suitable for any bike, flat terrain, at a relaxed pace for 20 miles. Please respond to the board or e-mail if interested or plan to attend. More details <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		

### STBC MEMBERSHIP

Household Membership: New Renew (\$3) X \_\_\_\_ year = \$ \_\_\_\_\_  
Lifetime under age 50 (\$60) Lifetime age 50 and older (\$30) = \$ \_\_\_\_\_  
Full-time student membership (free) = \$ 0

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



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  
2008



## OUT OF BOUNDS



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

**MHCC Century 2008 — September 6 and 7**, Mohawk Hudson Cycling Club, Saratoga Spa State Park, 25, 50, 62, and 100 mile rides. <http://webmhcc.org>

**NYC Century Bike Tour**, September 7, 6,000 Cyclists, 5 route options, the #1 best way to see New York City. 100, 75, 55, 35 and 15 mile routes. <http://www.nyccentury.org/>

**Southern Tier AIDS Program (STAP) AIDS Ride for Life**, September 13<sup>th</sup>. 100, 85, or 50-mile ride around Cayuga Lake, [www.aidsrideforlife.org](http://www.aidsrideforlife.org), or call STAP's Ithaca Office at (607) 272-4098

**Cape Cod with John Ruth.** I'm spending the last 2 weeks in Sept. working on the outside of a large house in Cape Cod. Bedrooms are available (sleeps 9). If anyone wants to spend a few days or a week there let me know. \$125pp wk. If anyone would care to work on some exterior painting let me know. John Ruth. 651-9939. [johntruth@aol.com](mailto:johntruth@aol.com)

**MS 150 City to Shore Bike Tour**, September 27 & 28 Cherry Hill, NJ, Various mileage options; 1 or 2 day, <http://www.ms150biketour.org/>

**The Cooperstown-Cherry Valley Turnpike Fall Outing**, October 3-5 This trip includes three nights stay at a guesthouse located between Otsego and Canadarago Lakes, 8 minutes from Cooperstown and 6 minutes from the historic Cherry Valley Turnpike. There is a variety of gentle rolling hills to some steep climbs. Lots of historic villages and quaint baseball towns along the way. Also this year a special downhill ride to an amazing gorge. Space is limited. \$45 per person for the guesthouse. To check out the accommodations, go to the link: <http://ithacacooperstown.com/>. Contact Rick Kugler, (607)-217-5775 to sign up.

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

## 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 • 785-3772

**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

(<http://www.chenangopoint.com/>)

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

**Main Street Bike Shop** 3809 Main St., Burdett, NY 14818 • (607) 342-6098

**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>)

