

FALL 2009



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

OFFICERS:

President:	Dennis Uhlig • (607) 563-7822 uhligden@stny.rr.com
Vice President:	Don Gillespie • (607) 748-7635 bikes325@cs.com
Secretary:	Joan Hebb • (607) 729-9352 jinana@earthlink.net
Treasurer:	Regina Losinger • (607) 222-8235 RegLosinger@gmail.com

BOARD OF DIRECTORS:

John Gerty Nancy Botting
Peggy Sniezek Nancy MacNeill Don Robertson

VOLUNTEERS

The STBC runs on volunteers. Make sure you acknowledge your gratitude to the leader of your next STBC ride.

STBC ADDRESS:

STBC, Inc.
PO Box 601 • Binghamton, New York 13902-0601
email: bike@southerntierbicycleclub.org

STBC is on the Internet.

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.

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 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 <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.

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

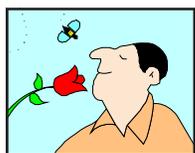


We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast riding varies, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including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

This fall we have several weekend rides that are custom made for riders who want a slow pace and relatively short distances. As usual, check out the rides by Joan Hebb on Sundays. In addition, Joyce Dannecker will be leading an easy ride to Whitney Point for ice cream on September 6 and Debbie Mansfield is doing a couple of rides from Confluence Park in October and November. There will be an easy ride from Hickories Park during the Bob Dannecker



Century Day on September 27. Another ride in this category this fall will be held after the fall highway clean-up on September 26. We hope all of these should provide the positive incentive to get out there and ride.

WEDNESDAY EVENING UNWIND

Nancy MacNeill will be leading four Wednesday evening rides this September. Meet her at the west end of the Vestal Rail Trail to unwind a bit with a short mid-week ride. See the September ride schedule for more details.



BOB DANNECKER • 1933-2009

The role Bob Dannecker played in the activities of STBC, Inc. was huge. Bob will be greatly missed by all privileged to ride with him. We will miss his provocative letters to the PRESS, his quiet, on the mark, sense of humor, his willingness to lead us over roads never before tried. With Bob as a leader riders felt secure in a route well described, excellent food and ever present support. His bicycling experiences were wide, unique and plentiful. The importance of STBC, Inc. in Bob's existence was well documented as Bob was displayed and buried in his newly acquired STBC jersey-with a pair of cycling gloves resting on his chest. His wife Joyce said it best—"Bob never got to wear his new club jersey on a club ride, but he will be wearing it on his last ride....., he'll be at the Pearly Gates welcoming all bicyclists". apm

WHEELS TO MEALS - MIDWEEK, MIDDAY RIDES



The Wheels to Meals group offers a great selection of midday rides on Tuesdays and Thursdays. We ride to lunch. If you are looking for rides with modest pace, lots of variety week to week, lively company and not too many hills, then you should find the Wheels to Meals rides to your liking.

Details for each ride - where and when to meet, destination, distance and difficulty - are announced via e-mail rather than through the club newsletter. So if you haven't already signed up at the Yahoo Group Site for STBC please do so. Choose to receive the list e-mail, and you'll get the details for each ride a few days prior to each event - <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You must be an STBC member for this. You'll recognize the "Wheels to Meals" announcements, as they are headed by our logo "W2M". The upcoming rides are also posted in the calendar at the Yahoo site.

Also, if you send a note to plainj@ieee.org I'll add you to the "Wheels to Meals" e-mail list which is used for special events and weather cancellations.

We welcome newcomers. Come and try out the W2M rides.

-Jay K. for all the leaders of Wheels to Meals rides.

HELP REDUCE CLUB MAILING COSTS

Mailing three issues of the club newsletter costs \$1.32 for postage plus paper and printing. Club dues are \$3.00 per year. That leaves less than \$1.58 for other club expenses such as insurance, the annual banquet, donations to bicycling related causes and events, club rides, internet fees, etc. Help reduce the mailing cost by foregoing the newsletter mailings and printing or referencing the newsletter online. It's easy to view and print the newsletter by going to the club web site: <http://www.southerntierbicycleclub.org/newsletters.html>. Mark it in your "favorites". Each newsletter will be announced via e-mail so you'll know when a new one is available for reference.

The membership form allows you to forego the newsletter mailings when you're renewing. For current members, you can send an e-mail to bike@southerntierbicycleclub.org with your name and request that the newsletter no longer be mailed to you.

Thanks for your help



SEPTEMBER RIDE SCHEDULE 2009



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>

SUN Sept 6 th 1:30 PM	Chenango Forks, St. Rita's Church	Joyce Dannecker 648-9467
D/4/20 Join Joyce for this easy Sunday afternoon ride from Chenango Forks to Whitney Point. the group can take their choice of two ice cream shops before returning to the start.		
WED Sept 9 th 5:30 PM	Vestal Rail Trail, West End	Nancy MacNeill 748-1026
C/4/20 Join Nancy for an evening ride from the west end of the rail trail. She'll do 20-22 miles heading west using 434, back roads, Marshland Rd and perhaps 17C. "C" pace, mostly flat.		
SAT Sept 12 th 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.		
SUN Sept 13 th 10:00 AM	Blues on the Bridge Ride, Binghamton	Steven Bard 754-4756, Augie Mueller 722-6005
D/4/20 Meet 10:00 a.m. at Washington Street Bicycle/Pedestrian Bridge. Scenic River ride to end at the BLUES on the BRIDGE. Chenango St. to Otsiningo Park to NY 12A with a twirl through the Port Dick Park.		
WED Sept 16 th 5:30 PM	Vestal Rail Trail, West End	Nancy MacNeill 748-1026
C/4/20 Join Nancy for an evening ride from the west end of the rail trail. She'll do 20-22 miles heading west using 434, back roads, Marshland Rd and perhaps 17C. "C" pace, mostly flat.		
SAT Sept 19 th 9:30 AM	Homer, NY, Intermediate H.S.	Sam Russo 729-7687
D-C/3-2/53 We will ride up the east side of Skaneateles Lake on Rt.41 about 25 miles to Village of Skaneateles. Many choices for lunch, and a nice park at the top of the lake for a picnic. Return on Rt.41A on the west side. Each side of the lake offers a long, gradual climb, followed by equally long down-hills. I plan to ride this at a relaxed pace and stop every hour.		
Meet at Homer, NY Intermediate School. Directions: Interstate 81 to Exit 12, Take first exit off ramp (Homer, Cortland, Rt.11&Rt.41). At bottom of ramp turn left, follow signs for Rt.41 through Homer. Intermediate School is on right just before intersection with Rt.281.		
SUN Sept 20 th 9:00 AM	Binghamton, Washington St. Bridge	Steven Bard 754-4756, Augie Mueller 722-6005
C/4/22 Ride out to explore the Jimmays Flea Market, Corbettsville Meet: Washington Street Bicycle/Pedestrian Bridge.		
SUN Sep 20 th 11 AM	Cincinnatus, Taylor Valley loop	Regina Losinger 222-8235
C/2-3/38 Join Regina as she rides from Cincinnatus through Taylor Valley State Forest and along East River Road into Cortland, returning along Route 41 and Telephone Road. This is one of the club's favorite rides - it has it all: quiet roads through the forest and along the river, beautiful vistas, and swooping down hills. There is at least one good uphill, and we will wait for everyone at the top. Be sure to bring plenty of water and a snack as the first store is 22 miles into the ride. A snack stop at a pavillion in the state forest is planned. Meet at the flag pole in "downtown" Cincinnatus.		
SUN Sept 20, 1:30 PM	Conklin, Sandy Beach (call for directions)	Joan Hebb 729-9352
D/4/25 Ride out NY 7 to Great Bend, PA returning on US 11 and various back roads. These are FLAT miles (mostly)! We'll find ice cream and flowers along the way. Call for a shorter option from Schnurbush Park on Conklin Ave.		
WED Sept 23 th 5:30 PM	Vestal Rail Trail, West End	Nancy MacNeill 748-1026
C/4/20 Join Nancy for an evening ride from the west end of the rail trail. She'll do 20-22 miles heading west using 434, back roads, Marshland Rd and perhaps 17C. "C" pace, mostly flat.		
SAT Sept 26 th 9:00 AM	Fall Roadside Cleanup	Dan and Mona Wysocki 624-0123
This Fall, on Sept. 26, 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, and then drive to St. Rita's Church on NY 12 (just before downtown Chenango Forks) to begin the clean up at 9:00 AM. Contact Mona at gertiemae_1@yahoo.com or 624-0123 ahead of time so she has a count for breakfast. Weather permitting; there will be an easy ride starting about 10:30-11:00 AM after the clean up from St Rita's to Whitney Point (see next listing).		
SAT Sept 26 th 10:30 AM	St. Rita's Church, Chenango Forks	Dan and Mona Wysocki 624-0123
C/4/20 After the clean-up, an EASY ride along Rt. 79 to Whitney Point and back. Ice cream or lunch to be determined by the group. STOP AND SMELL THE FLOWERS riders welcome—we WILL stop/wait for everyone!		
SUN Sept 27 th	Bob Dannecker Century/Picnic Day	
Watch the STBC web site (http://www.southern-tier-bicycle-club.org/) and Yahoo! list server for details on this year's century ride and picnic. Location: Hickories Park, Owego. 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. This should be a great day of riding and socializing. See you there.		
WED Sept 30 th 5:30 PM	Vestal Rail Trail, West End	Nancy MacNeill 748-1026
C/4/20 Join Nancy for an evening ride from the west end of the rail trail. She'll do 20-22 miles heading west using 434, back roads, Marshland Rd and perhaps 17C. "C" pace, mostly flat.		



OCTOBER/NOVEMBER RIDE SCHEDULE 2009



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>

SAT Oct 3 rd 10:30 AM	The Falls restaurant ,Trumansburg	Karen Koscianski 786-5619
C/3/32 - Ride from Trumansburg around Cayuta Lake. Leaders: Karen Koscianski 786-5619 and Jack VanDerzee. For those who want Breakfast before the ride, breakfast at The Falls Restaurant, Main St., Trumansburg 9:00 AM. Ride starts at 10:30 at the Falls Restaurant. You can park at the fairgrounds next to (east side) restaurant. Directions to Ride location: From Ithaca, Take 96 North to Trumansburg Fairgrounds, just past Rite Aid Drug Store (10 miles from Ithaca) Ride Description: Trumansburg around Cayuta Lake approx 32 miles. C ride gentle rolling hills through Schuyler County and around Cayuta Lake. Bring snacks because we will not be stopping at a restaurant during the ride.		
SUN Oct 4 th 7:00 AM	Hallstead, PA Sunoco	Steve Bruno 570-465-2169
MBR - Sunday, October 4 we will meet at the Hallstead, PA Sunoco at 7:00 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 30 miles of hilly terrain at a steady touring pace on mountain bikes. For Bloomsburg area starting point directions and more details about the ride see: http://www.newmilfordbike.com/		
SUN Oct 4 th 1:30 PM	Windsor, NY High School	Joan Hebb 729-9352
D/3/20 Ride to Center Village, returning on East Windsor Road. View the fall leaves along the river. Ride extension possible on returning to the start. Directions: Exit 79 off Rt. 17E, right at bottom of ramp, up hill on right.		
SAT Oct 10 th 10:00 AM	Mt. Upton	Dennis Uhlig 432-7511
D/2/27 Enjoy fall in the Butternut Valley on a ride from Mt Upton through Gilbertsville to Morris. Meet at the Mt Upton park. Take 188 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 11 th 11 AM	Norwich - Sherburne - Otselic loop	Jim Conroy 759-3325
C/3/48 Join Jim for a 48 mile scenic ride through the Norwich - Sherburne - Smyrna - Otselic countryside. The Dannecker's introduced him to this ride a few summers ago, and it is beautiful... much of it is rural, over flat and gently rolling roads with good shoulders. Our route will take us from Norwich, Jim's hometown, to Sherburne on county route 32. After a stop for lunch, we will head out route 80 to Smyrna and Otselic, returning to Norwich via Routes 26, 16, and 23. The views will be spectacular and hopefully colorful. The ride will start at 11 am sharp from South Broad Street Park on the south edge of Norwich on route 12 across from McDonalds. Bring plenty of water and a snack, as the last store on the route is at mile 13.		
SUN Oct 11 th 12 noon	Binghamton, 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 17 th 10:00 AM	Willseyville, NY	Augie Mueller 722-6005
D/3/33 Park at closed Willseyville Store on 96B 5 mi N of Candor. Portion on hard packed bike trail suitable for any road bike. One major climb in Ithaca, the rest is gentle rolling. Lunch on the Commons. Several paved bike paths, fall colors. Cue sheet provided.		
SUN Oct 18 th 9:30 AM	Chenango Bridge	Mona Wysocki 624-0123
C/2-3/50 plus (closer to 60) Meet at Chenango Bridge Park n' Ride (ready to ride at 9:30 am). Park n' Ride is at corner of NY 12A and Kattelville Rd. 50 miles for 50 years old! This is a very scenic loop (with the terrain sort of mirroring the years of Mona's life) to Harpursville and then into Windsor for a lunch stop, and back through Binghamton.		
SUN Oct 18 th 1:30 PM	Chenango Forks, St. Rita's Church	Joan Hebb 729-9352
D/3/20 St Rita's Church in Chenango Forks to Whitney Point via Route NY 79.		
SAT Oct 24 th 10:00 AM	Berkshire	Augie Mueller 722-6005
C/3/36 Ride to the Dryden Hotel for lunch. Familiar destination, new route: Glen Rd., West Owego Creek Rd., NY 79, Harford/Slaterville Rds, NY 38. Back via Dryden Golf course, Cornell Horse Farm and NY 38. Hills moderate. Start in Berkshire at the closed gas station Main/Depot St. Add 12 miles w/ a 9:30 Newark Valley Band Stand start. amueller1@stny.rr.com		
SUN Oct 25 th 6:00 AM	New Milford Bike Shop	Steve Bruno 570-465-2169
Philly in Fall: Sunday October 25, 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 9:30 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 http://www.newmilfordbike.com/ for more details.		
SUN Oct 25 th 1:30 PM	Rite-Aid Drug Store, Owego	Joan Hebb 729-9352
D/4/22 Stop and smell the pumpkins on a Halloween ride to Iron Kettle Farm. Ice cream (or hot chocolate!), pumpkins, goats, fall fun! Costumes optional, subtleties noted!		
SAT Oct 31 st 10:00 AM	Owego Price Chopper	Nancy MacNeill 748-1026
C/3/55 Meet Nancy in Owego to ride out 17c to Halsey Valley Rd, to Rt 96 to Spencer to Rt 34 to Waverly and back to Owego on 17c. It's about 55 miles, "C" pace, some rolling hills, no tough climbs. Food stop at the convenience store in Van Etten.		
SUN Nov 8 th 1:30 PM	Whitney Pt to Willet	Augie Mueller 722-6005
C/3/25 or D/4/16 Meet WPHS at 1:30 PM or Upper Lisle Fishing Access (26/Upper Lisle Rd) at 2 PM. Very scenic, low traffic. 2 PM start avoids the one hill on NY 26. amueller1@stny.rr.com		
SUN Nov 8 th 12 noon	Confluence Park, Binghamton	Debbie Mansfield 669-4394
D/4/10 Meet at Confluence Park and enjoy a late season ride to Port Dickinson Park.		
SAT Nov 21 st	Vestal/Apalachin/Catatonk	Augie Mueller 722-6005
Multi-distance flat ride with start time and distance options: 8:45 AM D/4/55 East End at Vestal rail trail • 9:00 AM D/4/49 Round Bank, Vestal 4-corners • 9:30 AM D/4/35 Apalachin Fishing Access site • 10:00 AM D/4/24 Hickories Park Route: NY Bicycle 1, Marvin Park Trail, Elm, McMaster, Talcott, Glen Mary, NY 96, NY 38, Park Settlement, NY 38. Lunch at Tioga Trails. at 12:30. amueller1@stny.rr.com		
THUR Nov 26 th 8:00 AM	Hallstead, PA Sunoco	Steve Bruno 570-465-2169
D/4/20 Join us as we ride into Broome County via Route 7 north to Jane's Diner in Conklin, NY for Thanksgiving Day 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 http://www.newmilfordbike.com/		

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
2009



OUT OF BOUNDS



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

MHCC Century 2009 — September 12 and 13, Mohawk Hudson Cycling Club, Saratoga Springs, NY, 25, 50, 62, and 100 mile rides. <http://webmhcc.org>

NYC Century Bike Tour, September 13, 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 12th, 100, 85, or 50-mile ride around Cayuga Lake, www.aidsrideforlife.org, or call STAP's Ithaca Office at (888) 206-2870

Rotary River Ride, September 26th. 25, 50 and 100 mile rides in Susquehanna and Unadilla River valleys. Details <http://www.geocities.com/rotaryriverride/>. All funds raised helps to support Bainbridge Rotary projects.

Race With the Wind, September 13. 12 and 50 Mile mountain bike race through the largest wind farm east of the Mississippi. <http://www.lewiscountyrecreation.com/biking.shtml>.

MS 150 City to Shore Bike Tour, October 3 & 4 Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 day, <http://www.ms150biketour.org/>

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 • 1-607-748-4800

Babcock Bicycles 110 W. Main Street, Endicott • 754-0886 • www.babcockbikes.com/

BC Bicycles 215 Vestal Pkwy. East, Vestal • 1-607-748-4800-3772

Bicycle Technical Services 824 SR17C, Waverly • 565-9049

Bike Rack 414 College Ave., Ithaca • 607-277-1010, www.thebikerackonline.com

Chenango Point Cycles 45 Washington Street, Binghamton • 724-7481

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

Gear-To-Go Tandems 1 Dihinda Rd. Saranac Lake, NY • 12983, 518-891-1869,

<http://www.gtgtandems.com/>

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

<http://www.mainstreetbikeshop.com/>

New Milford Bike Shop 195 Main Street, New Milford • 570-465-2169, <http://www.newmilfordbike.com/>

