

FALL 2010



**Return form on page 6 to continue
receiving newsletters by mail.**

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:	Samuel Russo • (607) 729-7687 samuelrusso@yahoo.com

BOARD OF DIRECTORS:

John Gerty • Nancy Botting • Nancy MacNeill
Don Robertson • Regina Losinger • Dick Porterfield

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:

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

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

Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

Finger Lakes mountain Bike Club:

<http://www.fingerlakesmountainbikeclub.com>

ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: spring, summer, and fall. Items for the spring 2011 issue must be submitted by March 1st. Send 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:

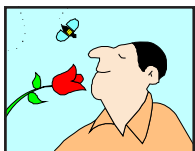
"D/4/30" 10-13 mph over flat terrain, 30 miles.

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

Joan Hebb has three rides scheduled this fall. Her rides are 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. Check the ride listings for the usual "smell the flowers" rides, and the "Smell the Pumpkins" ride on October 31. If you're a "gentle" rider for whatever reason, dig out the bike and come on out!

BOB DANNECKER FALL PICNIC/CENTURY RIDE

Mark your calendar for this year's Bob Dannecker fall picnic and century ride. We've got pavilion # 3 in Hickories Park (Owego) on Sunday, September 26th reserved for the whole 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. We'll have a sag wagon and there will also be food and drinks at the ride start point for all. This should be a great day of riding and socializing. See you there



WHEELS TO MEALS - RIDE OPPORTUNITIES MIDWEEK, MIDDAY

The Wheels to Meals group offers a wide variety of midday rides. Every Tuesday and Thursday, weather permitting, we ride to lunch. If you are looking for rides with modest pace, lots of variety week to week, friendly company and not too many hills, then you should find the Wheels to Meals rides to your liking. This year has been an active season, but there is always room for one more - think yourself - rider.

Details for each ride - where and when to meet, destination, distance and difficulty - are announced via the club list server but not through the club newsletter. You'll need to sign up at the Yahoo Group Site for STBC. See details on how to do this elsewhere in this newsletter. Choose to receive the list e-mail, and you'll get the details for each ride in your inbox a few days prior to each event. The group's logo W2M will always be in the subject line.



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

- Jay K. for all the W2M ride leaders.

BROWSING THE STBC GROUP MESSAGES

Even if you haven't signed up for a Yahoo! user ID and registered for the STBC group list server, you can use your browser to check out the club messages. Direct your browser to the following address and you can use the on-screen controls to scroll through and browse the club posts from the most current to the oldest. <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

FALL NOTES FROM THE EDITOR

2011 ANNUAL MEETING: The annual STBC club meeting has been scheduled for 2011. The meeting will be held on January 30, 2011 at 1:00 PM at the Endwell Fire Station. As usual, the agenda items will include a recap of the financial status of the club, election of 2011 officers, discussion of 2011 plans. Put this meeting on your calendar and plan to attend. If you have an item you'd like to address at the meeting, or you'd like to run or nominate someone for club officer, contact the current officers to make sure to get on the agenda.

RECEIVING PRINTED NEWSLETTERS: If you'd like to continue to receive printed newsletter in the mail, you must return the mail-in form from this newsletter by February 1, 2011. The newsletter is not going away. You can always find current and past newsletters for display or printing at the club web site: <http://www.southerntierbicycleclub.org/>.



SEPTEMBER RIDE SCHEDULE 2010



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 Sept 11 9:30 AM Greene Great American Grocery Joe Wolfer 693-2426
C/3/46 - Meet 9:30 at the Great American parking lot in Greene. Ride to Colorscape in Norwich via Chenango Co. Rte. 32. Spend 2-3 hrs. at the event (group consensus) and return via NY12 and Co Rte. 32. If you are interested in a shorter ride, you can call Joe and arrange to meet at either Brisben (6 mi. from Greene) or Oxford (15 mi. from Greene) on Co. Rte. 32.

SUN Sep 12 11:00 AM 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 pavilion in the state forest is planned. Meet at the flag pole in "downtown" Cincinnatus.

SUN Sept 12 1:30 PM Apalachin Fishing Access Joe Scordino 625-2196
C-D/4/20 Ride the neighborhoods from the Apalachin fishing access to Crestview Heights, Gendale, West Corners, Endicott, Vestal, and back to Apalachin. Afterwards you can get Chicken BBQ or ice cream at the Big Dipper. Route map at: <http://www.mapmyride.com/route/US/NY/apalachin/797127163241498014>

SAT Sept 18 9:00 AM Owego Town Square Bob Dannecker 687-2511
C/1/55: The Ride to Rome is back! Ride out to Nichols, then we'll have a killer climb that will test your end of season muscles. After checking out the view from the top, we'll head down to Rome for a stop at the Antler Ridge winery. Another (not quite as bad) hill on the way back. Pack a lunch; there are no restaurants in Rome. Note: For those that want to cut about 20 miles, meet us at the Nichols (not Lounsberry) truck stop at 10AM.

SAT Sept 18 9:30 AM Windsor High School Joe Wolfer 693-2426
D/3/25 - Meet Joe Wolfer at the Windsor High School parking lot for a fall cruise to Susquehanna, Lanesboro, Damascus, and back to Windsor. There will be a chance to pick up a snack or drink in Susquehanna before the return trip to Windsor for lunch. Windsor that day will be the site of the third annual Window on the Arts Festival with 50+ juried artists, entertainment, and food. Directions: From Binghamton, East on NY17/186 to exit 79. Right at bottom of ramp onto NY79 (Main St.). The school is on the right.

SUN Sept 19 1:30 PM Stop and Smell the Flowers Joan Hebb 729-9352
D/4-3 Meeting place and destination to be posted on the list server by the preceding Thursday.

SAT Sept 25 8:30 AM Fall Roadside Cleanup Mona Wysocki 624-0123
This fall, on Sept. 25, we will once again make our section of NY 12 cleaner and brighter. Volunteers can meet at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street for breakfast on the club, and then drive to Chenango Forks Fishing Access on NY 12 (Right after the railroad track, but before the bridge as you drive north on NY12 just before downtown Chenango Forks) to begin the clean up between 8:30-9:00 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 AM after the clean up from the fishing access to Whitney Point (see next listing).

SAT Sept 25 10:30 AM Chenango Forks Fishing Access Mona Wysocki 624-0123
C/4/20 After the clean-up, an EASY ride along Rt. 79 to Whitney Point and back. Lunch in Whitney Point as decided by the group. STOP AND SMELL THE FLOWERS riders/new or beginning riders welcome—we WILL stop/wait for everyone! Directions: Right after the railroad track, but before the bridge as you drive north on NY12 just before downtown Chenango Forks.

SUN Sept 26 - Annual Bob Dannecker Fall Picnic and Century Ride
Rides and 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. Location: Hickories Park, Pavilion 3, 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. We'll have a sag wagon and there will also be food and drinks at the ride start point. This should again be a great day of riding and socializing. See you there.

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

Bicycle Technical Services 824 SR17C, Waverly • 565-9049

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

www.thebikerackonline.com



Chenango Point Cycles 125 Park Ave., (new location), 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/>



OCTOBER/NOVEMBER RIDE SCHEDULE 2010



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 2 10:00 AM	Little Meadows, PA	Bob/Helen Dannecker 687-2511
C/1-3/45: A ride through scenic rural back roads in PA. Meet at the Little Meadows Methodist Church. The first half of this ride is relatively flat (terrain 3), but the return has plenty of hills (terrain 1). We'll stop at the Red House Bakery in Stevensville for lunch.		
SUN Oct 3 1:30 PM	Stop and Smell the Flowers	Joan Hebb 729-9352
D/4-3 Meeting place and destination to be posted on the list serve by the preceding Thursday.		
SUN Oct 10 7:00 AM	Covered Bridges Tour	Steve Bruno 570-465-2169
MBR C/2/40 - Meet at the Hallstead Sunoco, Hallstead, PA at 7:00 A.M. or at New Milford Bike, New Milford, PA at 7:15 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. You need to be self-contained. (water & food) M2C40. Please respond to the board or e-mail if interested or plan to attend (bike195@epix.net). - Steve		
SAT Oct 9 10:00 AM	Mt. Upton	Dennis Uhlig 563-7822 home or 591-0646 cell
D/3/27 Enjoy fall in the Butternut Valley on a ride from Mt. Upton through Gilbertsville to Morris. Meet at the Mt Upton park. 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. For a longer ride, meet Denny at the Sidney McDonalds at 9am, we will ride to Mt Upton to meet up with anyone starting there. This will add about 20 miles to the total, making it a 47 mile ride. Lunch will be in Morris.		
SAT Oct 16 10:00 AM	Three Courses Ride	Gary Wilde 754-9524
C/2-3/41 Start at Apalachin Fishing Access Site. We'll ride by three golf courses (sorry, not a 3 course dinner): Hiawatha, Pheasant Hill and Apalachin. We'll return climbing up Chestnut Ridge to Montrose Turnpike. Possible stop in Owego on the way back for lunch. For a shorter ride, you can bail out on Pennsylvania Avenue when we head up Chestnut Ridge. You'll miss one large hill and shorten the ride to about 25 miles. The route can be viewed at MapMyRide at: : http://www.mapmyride.com/ride/united-states/ny/owego/869128147939739111		
SUN Oct 17 10 AM	"In search of eagles at the Cannonsville Reservoir"	Regina Losinger 222-8235
37/C/3 Meet at the Trout Creek Fishing access on NY route 10 just past the bridge that crosses the reservoir. We hope to spot some of the twelve plus pairs of eagles that nest along the reservoir as we head to Walton for lunch at Papa's Diner, then climb up Route 206 and head back to Trout Creek along swooping, generally downhill roads. A relaxing pace is planned, and will wait at the top of the hill on Route 206 for riders to ascend. Directions: From Binghamton take NY 17 east to exit 84. At bottom of ramp, turn left on NY 10/NY 8. In 2.3 miles turn right on NY 10 and follow it 6.9 miles to the fishing access on left just over bridge. (NYC Rd. intersection)		
SAT Oct 23 10:00 AM	CFJ Park, Johnson City	Jim Conroy 759-3325
C/2/50 Meet at CFJ park in Johnson City. Join in for ride past the Broome county airport through Whitney Point with a return through Chenango Bridge along both familiar and unique routes. Snack stop in Whitney Point		
SUN Oct 31 6:30 AM	Philly in the Fall	Steve Bruno 570-465-2169
Sunday October 31 we will meet at the New Milford Bike at 6:30 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 10:00 AM at the Visitors Center at Valley Forge National Historic Park to begin our voyage to the Art Museum in Philadelphia by way of the Valley Forge - Philadelphia Trail, (closed to motor vehicles). The trail is a flat paved ride along the West Schulykill River and return via East River Drive for a 50 mile round trip. To explore the foliage of Philadelphia and some city sights. More details are available at http://www.newmilfordbike.com/ . Please respond to the board or e-mail if interested or plan to attend - Steve		
SUN Oct. 31 1:30 PM	Rite-Aid Drug Store, Owego	Joan Hebb 729-9352
D/4/22 The annual Halloween ride to Iron Kettle Farm. ("Stop and Smell the Pumpkins?") Ice cream (or hot chocolate!), pumpkins, goats, fall fun! Costumes, anyone?		
THURSDAY Nov 25 8:00 AM	Jane's Diner, Conklin	Steve Bruno 570-465-2169
Join us as we ride into Pennsylvania via Route 7 South to Hallstead, PA and then back to Jane's Diner, (591 Conklin Ave. Binghamton) in Conklin, NY for breakfast. 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 (bike195@epix.net). - Steve		



OUT OF BOUNDS



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

MHCC Century 2000 — September 11 and 12, Mohawk Hudson Cycling Club, Saratoga Springs, NY, 25, 50, 62, and 100 mile rides on both Saturday and Sunday. <http://webmhcc.org>

Southern Tier AIDS Program (STAP) AIDS Ride for Life, September 12th, www.aidsrideforlife.org, or call STAP's Ithaca Office at (888) 206-2870

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

Bike MS 150 City to Shore Bike Tour, September 25 & 26 Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 day, <http://www.ms150biketour.org/>

Countryside Conservancy Go Green Bike Tour, October 2nd, the tour is for both road and mountain bikes featuring 7 tours. it begins and ends in the Lackawanna State park right off of Interstate 81 about 35 minutes south of Binghamton. <http://www.countrysideconservancy.org/biketour.htm>

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

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>

How many people in your household will be participating in STBC rides? (Insurance purposes) _____

(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: _____

Participant's Signature: _____ Date: _____

Participant's Signature: _____ Date: _____

Participant's Signature: _____ Date: _____



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



Fall
 2010

ATTENTION: Response required to keep getting mailed newsletters!

Increases in postage and printing costs have made the mailing of printed copies of the club newsletter much more expensive than in the past. In addition, access to the internet has become commonplace, making club information on the web site and list server easier to access and more topical. To access the club newsletter and other club information: <http://www.southerntierbicycleclub.org/>

If you want to continue to receive a mailed hardcopy of the newsletter, then you **must** fill out the following form and return it to the club by February 1, 2011.

(Please print)

Name: _____

Address: _____ New Address? Phone (____)____-_____

City: _____ State: _____ Zip: _____

E-mail: _____

Include / Do not include my name on the membership roster to other STBC members.

Number of people in your household riding in STBC events: _____

 Return to: STBC, Inc.
 P.O. Box 601
 Binghamton, NY 13902-0601