



WORD FROM OUR PRESIDENT

Time flies when you are having fun! As I write this, it is already August and we are preparing the fall newsletter. Thanks to all who led rides throughout the summer, and to those that have stepped forward to lead rides in the fall. It's still not too late to get a ride on the online schedule or listserv! If you have a favorite ride, or are new to leading a ride, contact any of our board members and we will be happy to help you to do this!

Having just finished a wonderful bike tour along Lake Ontario, it got me to thinking that there are probably many of our members who have also participated in bike tours or interesting rides this summer. If you would be willing to share your experience, write it down and send it to us at bike@southerntierbicycleclub.org. We'll find a spot to compile these adventures, either on our main website, or on our Yahoo Group site, or in our newsletter.

Don't forget our annual Bob Dannaker Memorial Picnic/Rides, and come on out for breakfast before our fall highway cleanup and ride. Fall is a wonderful time of the year to ride!

Hope to see you out on the roads!

Denny Uhlig
STBC President



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 rider: you.

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.

This year Don Gillespie (bikes325@cs.com) is coordinating the Tuesday rides and Pat and Carolyn Gilligan (cgilligan@stny.rr.com) are coordinating the Thursday rides. Contact us if you have questions.

OFFICERS:

President: Dennis Uhlig • (607) 563-7822
uhligden@stny.rr.com
Vice President: Steve Bruno • (570) 465-2169
bike195@epix.net
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
Dick Porterfield • Mona Wysocki

VOLUNTEERS

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

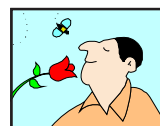
STBC ADDRESS: STBC, Inc.

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



BOB DANNECKER FALL PICNIC/CENTURY RIDE

On September 25, STBC will stage its Annual Bob Dannecker Fall Picnic & Century Ride at Hickories Park, Pavilion #3, Owego, NY. The century ride will begin at 7:00 AM and the metric century will begin at 10:00 AM. There will be multiple routes, short and long, which all return back to Pavilion #3, so there are other shorter rides happening all day long. Regardless of the mileage you would like to ride, there will be an option for you, with a fully supported sag wagon. There will be plenty of great food and drinks under Pavilion #3 so this should, again, be a great day of riding and socializing. Hope to see you there! Watch the STBC web site (<http://www.southerntierbicycleclub.org/>) and Yahoo! listserv for more details and updates on this year's century ride and picnic.



STOP AND SMELL THE FLOWERS RIDES



Joan Hebb and Anne Marie Ruspantini each have two rides scheduled this fall! Their 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 from 10-20 miles. Check the ride listings for the usual "smell the flowers" rides, and the "Smell the Pumpkins" ride on October 23. If you are a "gentle" rider for whatever reason, dig out the bike and come on out!

WEDNESDAY NIGHT HILL RIDES



How about something a little different? Join Doug Williams for some hill riding training, we will go up and we will come down, again and again. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather, every Wednesday night in September.

FALL NOTES FROM THE EDITOR



2012 ANNUAL MEETING: The annual STBC club meeting has been scheduled for 2012. The meeting will be held on January 29, 2012 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 2012 officers, discussion of 2012 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.

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.



STBC is on the Internet:

Thanks to John Gerty for his 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 listserv 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 contribute to the conversation or just listen in.

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

Even if you haven't signed up for a Yahoo! user ID and registered for the STBC group listserv, 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>

Members may post messages on the discussion group via an e-mail to this address: SouthernTierBicycleClub@yahoogroups.com.

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.

ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: spring, summer, and fall. Items for the spring 2012 issue must be submitted by March 1st. Send submissions to: STBC NEWSLETTER • PO BOX 601 • Binghamton, NY 13902-0601, or email: MonaWysocki@girllovesbikes@gmail.com.

LOOKING FOR NEW RIDE LEADERS

If interested in leading a ride, please contact Steve Bruno at (570) 465-2169 or at rides@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.

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).



SEPTEMBER RIDE SCHEDULE 2011



Tuesday and Thursday Morning Rides: Wheels to Meals or W2M

See page 1 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 3, 10:00 AM Farmer's Market Anne Marie Ruspantini 607-237-7568
D/4/10 - Get the weekend started by meeting Anne Marie at Confluence park (located on the downtown side of South Washington Street bridge) and go through Otsiningo Park and stop at the Farmer's Market before leaving the park. Please call ahead if you plan to join.

WED SEPT 7, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
B/1-2/18-25 - Join Doug Williams for some hill riding training. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather, check the STBC listserv if weather is questionable, or contact Doug.

SAT SEPT 10, 10:00 AM Reservoir Weekend Johanna Lovell 607-372-3653
D/2/55-We will meet in the parking lot of the Downsville School, on Route 30, in Downsville, NY at 10:00 AM and ride from Downsville over the mountain to Delhi then cross over to Andes down to the back side of the Pepacton Reservoir, and back to Downsville. Lunch will be in Delhi, many options here for different tastes. This is a really beautiful part of NYS. Mother Nature has provided some awesome views to enjoy on our ride. After the ride there are spots in Downsville to access the East Branch River to cool off. Make a weekend of it, camp in the area and then head over to the Walton ride on Sun, Sept, 11. Some camping spots are Terry's Camp Site and Peaceful Valley which both have tent camping and there is also Buckhorn Cabins which are all on Route 30 which takes you into Downsville from Route 17. The Full Moon is on the 12th so the sky will be providing night time entertainment, so star gazers will not want to miss this. Feel free to call me with any questions. Hope to see you there! Johanna.

SUN SEPT 11, 10:00 AM Cannonsville Reservoir to Walton Nancy McNeil 607-725-6128
C/3/54-Meet at parking lot next to Wendy's in Deposit - 54 miles with a alternate start at Trout Creek at 11:00 AM for a 36 mile ride. (Proceed through Deposit on NY 8 and NY 10 then Right following NY10. Just after NY 10 crosses the reservoir, turn Left on Trout Creek road. The fishing access parking will be on your Left.) Lunch stop will be in Walton; one good climb out of Walton after lunch.

WED SEPT 14, 6 pm sharp Hill Riding Training Doug Williams 607-760-2406
B/1-2/18-25 - Join Doug Williams for some hill riding training. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather, check the STBC listserv if weather is questionable, or contact Doug.

SAT SEPT 17, 10:00 AM Three Park Ride Anne Marie Ruspantini 607-237-7568
D/4/10 - Three park ride. Meet at Rec. Park, ride to Confluence park and continue via the bike/pedestrian trail on through Otsiningo Park. Stop at the Farmer's Market before leaving the park. Please call ahead if you plan to join.

SUN SEPT 18, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb 607-729-9352
D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.

WED SEPT 21, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
B/1-2/18-25 - Join Doug Williams for some hill riding training. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather, check the STBC listserv if weather is questionable, or contact Doug.

SAT SEPT 24, 10:30 AM Vestal Gazebo Main & Front Street. Joe Scordino 607-625-2196
D/3/20 - Main, Glenwood, Route 26, PA Route 267, 2850 Hawleyton Rd., Russell Farm apple picking.

WED SEPT 28, 6 pm sharp Hill Riding Training Doug Williams 607-760-2406
B/1-2/18-25 - Join Doug Williams for some hill riding training. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather, check the STBC listserv if weather is questionable, or contact Doug.

SUN SEPT 25, all day Annual Bob Dannecker Fall Picnic/Century Ride Nancy Botting 607-237-6952
Various Routes- STBC will stage its Annual Bob Dannecker Fall Picnic & Century Ride at Hickories Park, Pavilion #3, Owego, NY. The century ride will begin at 7:00 AM and the metric century will begin at 10:00 AM. There will be multiple routes, short and long, which all return back to Pavilion #3, so there are other shorter rides happening all day long. Regardless of the mileage you would like to ride, there will be an option for you, with a fully supported sag wagon. There will be plenty of great food and drinks under Pavilion #3 so this should, again, be a great day of riding and socializing. Hope to see you there! Watch the STBC web site (<http://www.southerntierbicycleclub.org/>) and Yahoo! listserv for more details and updates on this year's century ride and picnic.



OCTOBER/NOVEMBER RIDE SCHEDULE 2011



Tuesday and Thursday Morning Rides: Wheels to Meals or W2M

See page 1 in this newsletter for details about the Tuesday and Thursday morning rides.

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

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- SAT OCT 1, 8:30 AM** Fall Roadside Cleanup Mona Wysocki 607-624-0123
 This fall, on October 1, 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 NY 12 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).
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- SAT OCT 1, 10:30 AM** Chenango Forks Fishing Access Joan Hebb 607-729-9352
 C/4/20 After the clean-up, an EASY ride along Rt. 79 to Whitney Point and back. Lunch will be 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 NY 12 just before downtown Chenango Forks.
-
- SUN OCT 2, 9:00 AM** Jimay Flea Market Ride Augie Mueller 607-722-6005
 C/4/24 Meet: Park Diner, 119 Conklin Avenue, Binghamton 8 AM for breakfast, 9 AM for ride
-
- SAT OCT 8, 10:00 AM** Windsor to Afton Loop Sam Russo 607-372-6688
 D-C/2/44- Meet at 10:00 AM at the Windsor Town Square, intersection of Main St. and Rt 79. Find parking along the street. We will ride east on 17 over Tuscarora Mtn. to Rt 41 at McClure, then North on 41 to Afton for lunch. Main Street Deli is open, or a couple of Stop and Shops are available. Return on Rt 7 and Rt 79 to Windsor. One long hill with great downhill, then mostly rolling roads. Windsor is at exit 79 off of Rt 17.
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- SUN OCT 9, 10:00 AM** The Covered Bridges Steve Bruno 570-465-2169
 MTB C/2/35- will meet at the Hallstead Sunoco at 7:00 AM and at New Milford Bike at 7:15 A.M. (if planning to Carpool) and bring our wheels to the Bloomsburg, PA area. We begin the voyage to the Covered Bridges of Columbia County, PA by way of Dirt Roads across the Hills to each of the Bridges that cross the creeks in the hollows below. Need to be self-contained. (Water & Food) All for Free... <http://www.newmilfordbike.com/Coveredbridges.htm> Need more info email Steve. bike195@epix.net
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- SAT OCT 15, 10:00 AM** Glen Haven Park Sam Russo 607-729-7687, cell 607-372-6688
 D-C/2/42- Meet at 10:00 AM at Glen Haven Park on Southern Tip of Skaneateles Lake for a ride around the lake. We did this ride this spring and thought it would be nice to see it in the fall. We will ride north on NY#41, east side of the lake, to the village of Skaneateles for lunch. Buy it or pack one and picnic at the park on the lake. Return on NY#41A, west side of lake to New Hope Mills, interesting old mill and falls. Then we will take Glen Haven Drive along lake shore back to the park. Directions to Glen Haven Park - Route #81 to exit #12, continue to intersection with #281. Turn right onto #281 north, go 2 intersections, to junction of #281 and #41. Take #41 north 6.75 miles, turn left onto Glen Haven Drive (county route 101). Follow Glen Haven Drive 3 miles to park on right.
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- SUN OCT 16, 10:00 AM** Butternut Valley Denny Uhlig 607-591-0646
 D/3/47- Enjoy fall in the Butternut Valley on a ride from Sidney thru Gilbertsville to Morris. Meet at the Sidney McDonalds at 10:00 AM. For a shorter ride, park at the Mt. Upton Park by 11:00 AM, we will pick up anyone starting there as we ride thru Mt. Upton. Directions to start: take exit 9 (Sidney exit) off I-88, turn left off the exit onto Rt 8 North. At the bottom of the hill, turn left at the light onto Delaware Ave. McDonalds is on the left, about 1/2 mile from the light. To start in Mt Upton, take exit 9 off I-88, turn left onto Rt 8 North. Continue on Rt 8 for about 8 miles. Mt Upton Park is on the left just before the blinking light at the intersection of Rt 8 and Rt 51.
-
- SUN Oct 23, 1:30 PM** Stop and Smell the Pumpkins Joan Hebb 607-729-9352
 D/4/22- we will meet at Rite-Aid Drug Store, Owego, NY at 1:30 PM for the annual Halloween ride, a week early! Ride out to Iron Kettle Farm for ice cream (or hot chocolate!), goats, pumpkins and fall fun. Costumes optional, subtleties noted!
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- SUN Oct 30, 10:00 AM** Philadelphia in the Fall Steve Bruno 570-465-2169
 C/4/50- will meet at Valley Forge National Historic Park at 10:00 AM and begin our voyage to the Art Museum in Philadelphia by way of the Valley Forge - Philadelphia Trail, a flat Paved Ride along the West Side of the Schulykill River and return via East River Drive for a 50 mile round trip to explore the City Sights of Philadelphia. <http://www.newmilfordbike.com/Philadelphia.htm>
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- SUN NOV 6, 1:30 PM** Whitney Point to Willet Augie Mueller 607-722-6005
 C/3/25- Meet at Whitney Point High School. Scenic with low traffic.
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- SUN Nov 13, 10:00 AM** A Toast to Biking Mona Wysocki & Steve Bruno 570-465-2169
 C/3/28- Will meet at Otsiningo Park pavilion at 10:00 AM, ready to ride and head out the north end of the park along the Chenango River to Otsiningo North Park, Broad Acres Park, Hider Park, Wolf Park, Kathleen Manor Park, Chenango Valley State Park, Jeanne and John D Wilfley Park and Cheri Lindsey Memorial Park. Then it is a quick return to Otsiningo Park for Cheers and Refreshments as we celebrate and Toast, with our biking friends.
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- THUR NOV 24, 8:00 AM** Cranksgiven, the 11th Annual Steve Bruno 570-465-2169
 D/4/20- Meet at Jane's Diner, 591 Conklin Ave, Conklin, NY to join in a Ride to Pennsylvania via Route 7 South to Hallstead, PA and then back on Route 11, to Jane's Diner for breakfast. Ride the bike of your choice and enjoy a pavement ride with very little incline. <http://newmilfordbike.com/Cranksgiven.htm>
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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

(Not required if completing GFLBT registration form)



I will be participating in Southern Tier Bicycle Club activities, and:

1. I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. I fully understand that a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("risks"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.
3. I hereby release, discharge, and covenant not to sue the Southern Tier Bicycle Club, Inc, officers, directors, members, or volunteers from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, I or anyone on my behalf, makes a claim against any of the "releasees", I will indemnify, save, and hold harmless each of these "releasees" from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Participant's Signature: _____ Date: _____

Participant's Signature: _____ Date: _____

Participant's Signature: _____ Date: _____

Participant's Signature: _____ Date: _____



Local Bicycle Shops



- Aeros Cyclery & Ski Center** - 640 Conklin Road, Binghamton, NY • 607-724-7313
- Babcock Bicycles** - 110 W. Main Street, Endicott, NY • 607-754-0886 • www.babcockbikes.com
- BC Bicycles** - 215 Vestal Parkway East, Vestal, NY • 607-785-3772
- Bike Rack** - 409 College Avenue, Ithaca, NY • 607-272-1010 • www.thebikerackonline.com
- Chenango Point Cycles** - 125 Park Avenue, Binghamton, NY • 607-724-7481 • www.chenangopoint.com
- Gear-To-Go Tandems** - Saranac Lake, NY • 518-891-1869 • www.gtgtandems.com
- Main Street Bike Shop** - 3809 Main St., Burdett, NY • 607-342-6098 • www.mainstreetbikeshop.com
- New Milford Bike** - 910 Main Street, New Milford, PA • 570-465-2169 • www.newmilfordbike.com
- Sport Tech** - 166 Main Street, Oneonta, NY • 607-432-1731 • www.sporttechonline.com
- Swan Cycles** - 226 Mount Pleasant Road, Freeville, NY • 607-277-0495 • gs37@cornell.edu



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



Fall
2011



OUT OF BOUNDS



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

12th Annual Highlander Cycle Tour – Bristol Mountain Ski Resort, September 9 and 10, a family of 7 rides held over two days in the breathtaking Finger Lakes Wine Country in Upstate New York. See www.highlandercycletour.com

MHCC Century 2000 — September 10 and 11, Mohawk Hudson Cycling Club, Saratoga Springs, NY, 25, 50, 62, and 100 mile rides on both Saturday and Sunday. See www.webmhcc.org

Southern Tier AIDS Program (STAP) AIDS Ride for Life – September 10, Cyclists raise funds for the Southern Tier AIDS Program so it can continue to provide supportive services to HIV+ persons and state of the art prevention education. See www.aidsrideforlife.org, or call STAP's Ithaca Office at (888) 206-2870

Rotary River Ride – September 10. 25, 50 and 100 mile rides in Susquehanna and Unadilla River valleys. All funds raised helps to support Bainbridge Rotary projects. See www.rotaryriverrides.weebly.com/

BIKE Philly — September 11, One Morning. Zero Cars. 8,000 wheels—car free 10 or 20 mile loop and challenging 35 loop on shared loop for experienced riders. Benefits Schuylkill River Trail Campaign and educational programs of Bicycle Coalition of Greater Philadelphia. See www.bikephilly.org

The 13th Annual Tour De Shunk Century Ride – September 18, 100 mile fully supported ride through the endless mountains of Pennsylvania (25 & 50 mile options also) – Proceeds will benefit the Lance Armstrong foundation. See www.rockysbikeshop.com/tourdeshunk.html

The 22nd Annual NYC Century Bike Tour – September 18, the nation's only all-urban 100-mile bike tour. Choose between 15-, 35-, 55-, 75- and 100-mile route options, with fully stocked rest stops and safety marshals throughout the course. Supports Transportation Alternatives' work for better biking in New York City. See www.nyccentury.org/

4th Annual Tour de Farms – September 18, Shoreham, Vermont. Choose from routes of 10, 25 and 30 miles, all of which will pass a variety of family farms offering riders samples of their finest food and drink. See www.ruralvermont.org/events/tdf/

Bike MS 150 City to Shore Bike Tour – September 24 & 25, Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 days. Enjoy flat terrain as you ride through the blueberry fields of Hammonton and South Jersey pine barrens to the Ocean City Boardwalk. See www.ms150biketour.org
