

SPRING 2005



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

OFFICERS:

President: Tom Frisinger
625-4487 • fritom@aol.com

Vice President: Don Gillespie
748-7635 • bikes325@cs.com

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

Treasurer: Regina Losinger
222-8235 • losinger_r@sunybroome.edu

BOARD OF DIRECTORS:

Malcolm Blue • Bob Dannecker Sr. • John Gerty
Gene Malinowski • Kseniya Mierzejewska • Don Robertson

STBC ADDRESS:

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

STBC is on the Internet.

Thanks to Regina's efforts, we have a new home page
www.southern-tierbicycleclub.org
Check it out for the latest club information.

For Jay's extensive Tuesday Ride database, go to:
<http://home.stny.rr.com/jaysweb/tuesbike/tuesbike.html>

To subscribe to the club e-mail list, send a blank message to: stbc-subscribe@topica.com

To write to the list, send a message to: stbc@topica.com.

You can also do these things by visiting the topica web site at: <http://www.topica.com>

Nearby Clubs with Web Pages:

Finger Lakes Cycling Club: <http://www.flcycling.org/>
Tioga Velo Club: <http://www.tiogavelo.com/>
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>
Endless Mountain Bike Club: <http://www.embikeclub.org>

ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: spring, summer, and fall. Items for the summer issue must be submitted by May 1st. Send all submissions to STBC at the postal or email address above.



25th Anniversary!! 2005 Great Finger Lakes Bike Tour Watkins Glen, NY June 10 - 12



- Well mapped routes. Saturday rides to 4 water falls, 2 lakes
 - Catered meals
 - Visit wineries & other scenic sights. Wine pickup at designated vineyards
 - Sat. pm: rising Blues star Jake Lear will entertain
 - Bring your Blues garb for Sat. dinner *Best Dressed Blues Award*
 - Cool lime green GFLBT T-shirts and jerseys available
 - Spacious accommodations: modern dining hall, rest rooms and showers, cabin bunks, tent sites
- See sign-up form inside...

Only \$60. Options:
cabin bunk \$5 extra;
T-shirt \$11.50

CLYDE POWELL MEMORIAL BREAKFAST RIDE EVERY SUNDAY MORNING (E)

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

This is an easy-paced ride that currently proceeds to the Park Diner arriving between 8 and 8:15 for breakfast. The ride often continues after breakfast. Should you be at the fire station at 7:45, and you find yourself alone, proceed to the Park Diner on Conklin Avenue in Binghamton.

Clyde Powell became a cycling enthusiast at the age of 70 and began a daily trek around Binghamton.

MONDAY EVENING RIDE SERIES

Grab your bike and shake off those Monday blues! Twice a month Regina Losinger will lead a 15 to 20 mile, C-pace ride starting at 6PM from the Beethoven Street parking lot in Recreation Park on the West-side of Binghamton.

WANTED: RIDE LEADERS

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

1. Know where you want to go
2. Have an idea of how to get there
3. Know the level of difficulty based on the ride grading so we can provide correct rating
4. Have a starting point and time
5. Get parking permission for your meeting place
6. Find a sub if you cannot lead your scheduled ride
7. Show up on time
8. Get rider signature on waiver of liability form, available on-line at www.southerntierbicycleclub.org/images/Release_and_waiver_of_liability_form_for_club_rides.doc and mail to STBC address.

Many leaders "scout out" a route before the ride, taking care of items 1-6 above. If interested in leading a ride, please contact Don Gillespie at 748-7635 or at bikes235@cs.com.

RECOMMENDED EQUIPMENT:

ID, water bottles, spare tube, patch kit, pump, basic tools, food, spending money, appropriate clothing, sunglasses, and sunscreen. Bike helmet is required.

RIDE CATEGORIES | SPEED & TERRAIN

Speed rating (pace on level ground):

AA: Over 22 mph

A: 19-22 mph Advanced pace with few stops.

B: 16-19 mph Vigorous pace with occasional stops.

C: 13-16 mph Steady pace, rest stops every hour.

D: 10-13 mph Sightseeing pace, semi-frequent stops at key points to wait for riders.

E: Under 10 mph Relaxed pace, frequent stops to wait for everyone.

MBR: Mountain Bike Ride

Terrain

1. Multiple long and/or steep climbs.
2. Multiple and/or large hills.
3. Rolling with some hills.
4. Generally flat or rolling.

Ride Rating Example:

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

ATTENTION

Participation in all STBC activities is at your own risk. The club cannot take any liability for personal injury or loss of property occurring during these activities. Due to the inherent dangers of riding on the highways, STBC requires the use of a CPSC, ASTM, ANSI, or Snell approved helmet and the observance of all traffic laws.

WRITTEN ROUTE INSTRUCTIONS:

If maps and/or cue sheets are provided for all riders, the leader is not obligated to wait for slower riders on AA, A, B, and C rides. Otherwise, ride leaders on all rides are expected to keep track of riders.

WEDNESDAY RIDE SERIES

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

**A NOTE FROM THE PRESIDENT**

Dear STBC Members,

I thought for the sake of those who don't know me I would take a minute and introduce myself. I've been riding with the STBC for over ten years, doing mostly the Saturday rides. My wife Judy and I both agree we have thoroughly enjoyed the riding and the friends we've made. As for those "lone riders" who haven't been participating in any of the many club rides, you're missing out on a lot of fun and some great fellowship with other club riders.

Besides being an active rider with the club I've been highly involved with the Great Finger Lakes Bicycle Tour (GFLBT) every June. In the past I've enjoyed working with Craig Martindale and others from the club making this one of the clubs biggest event each year. Last year Mike Kroft and I, with the help of our wives, organized the event. This year we are still very active in the event but will be turning the responsibility over to Audrey Case and Chuck Wiseman who will be organizing the event for 2006.

One of my goals as club president will be to promote the club and to get those "lone Riders" who are not participating on scheduled rides to ride with us so they can see the fun they're missing. With the help of the officers, the new board and your input we can keep this club strong and healthy for years to come.



Tom Frisinger
STBC President

SPRING HIGHWAY CLEAN-UP

Ever notice how clean and litter-free route 12 is from Kattelville to Chenango Forks? That's thanks to volunteers from the STBC! Paul Natelli organizes a STBC highway clean-up twice a year. This spring, on April 23rd we will once again make our section of NY-12 shine. Volunteers can meet at 7AM at Denny's on Front Street for breakfast on the club, then drive to St. Rita's Church on NY12 (just before downtown Chenango Forks) to begin the clean-up at 8AM. Contact Paul at 754-5251 ahead of time so he has a count for breakfast. There will be a bike ride after the clean-up. Rain date is April 30th.

**TUESDAY MORNING RIDE SERIES**

The open road calls! Join us every Tuesday. We're a group of retirees, homemakers, and people playing hooky. We are flexible to destinations, time and to the abilities of the participants. We never leave anyone behind. Rides are kept to a speed rate of C or D - terrain 3 or 4 - 20 to 40 miles. Lunch or breakfast is usually included in the ride. TRY IT, YOU'LL LIKE IT! This is a year around effort. Activities change with the seasons; bike, hike, ski. Check <http://topica.com/lists/stbc/read> for particulars on the Monday before the ride.

**STOP AND SMELL THE FLOWERS RIDES**

Twice a month, 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 under 12 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! Call Joan (760-3958) for more information.





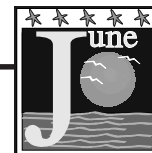
APRIL RIDE SCHEDULE 2005

SAT April 2nd 11:00AM	Whitney Point	Bob & Joyce Dannecker 648-9467
D/4/18 Whitney Point, McDonald's (park in left rear corner of lot) — Ride to Marathon for the Maple Syrup Festival. Mostly flat, but there are hilly return options, if needed, to work off the pancakes.		
SUN, April 3rd, 9:30AM	Confluence Park, Binghamton	Augie Mueller 722-6005
C/4/22: Meet at Confluence park near the Washington St. Bridge. Ride the Broome Corporate Park Loop with Augie.		
TUE, April 5th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, April 6th, 5:30 PM	Rices' House, 420 Firth St. Endicott	Don Rice, 785-8930
SAT, April 9th 9AM	Chenango Valley State Park	Malcolm Blue 798-6843
C/3/24 Lets take a casual ride to Greene for a sweet treat at The Old Mill Bakery in Greene and return to CVSP before John's ride starts. I am designing this so you can do both rides if you wish. We'll do the club favorite Richards Road and Steed to blow our hair back, "under the helmet of course".		
SAT, April 9th, 1PM	CVSP, Mountain bike ride	John Ruth, 651-9939
Meet at the Chenango Valley State Park swim area for a mountain bike ride; two hour duration.		
SUN, April 10, 1PM	Recreation Park, Binghamton	Joan Hebb 729-9352
D/4/5 Kick off the season with a Stop and Smell the Flowers ride around the West Side of Binghamton to Johnson City and back.		
SUN, April 10, 12 PM	Geo-bike ride!, Rec. Park	Regina Losinger 222-8235
C/3/30 Meet at Recreation Park, Beethoven Street parking lot, Binghamton. Join Regina for a "geo-bike ride" to find a hidden geocache. Geocaching is modern day treasure hunting with a GPS. Regina will select a geocache site to ride to that is within 20 miles of Recreation Park, and the group will figure out where it is located and decide which route(s) to take to it. Bring your GPS, or just come on along for the fun! See geocaching.com for more information.		
MON, April 11, 6PM	Rec. Park, Binghamton	Regina Losinger 222-8235
C/3-4/15-20 Recreation Park, Beethoven Street Parking Lot, West-side Binghamton		
TUE, April 12th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, April 13th, 5:30 PM	Rices' House, 420 Firth St. Endicott	Don Rice, 785-8930
SAT, April 16th, 10AM	Tops Plaza, Owego	Bob Dannecker Jr., 687-2511
C/2/35: Meet at the Fairgrounds (Tops) Plaza, 17C, Owego. Ride to Hamley's Maple Farm Open House for lunch of pancakes and maple syrup. Includes a big climb just before lunch to work up your appetite.		
SUN April 17th 1PM	Binghamton Plaza	Jim Conroy 772-3350
C/2/40 Meet at the bank in Binghamton Plaza (Chenango St.). Ride to Whiney Point Via Chenango Bridge, NY 12 over Kattelville Hill to NY 79. Return via US 11 and Chenango Bridge. Planned stop at the Hess Express in Whitney Point for snacks and drinks.		
TUE, April 19th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, April 20th, 5:30 PM	Rices' House, 420 Firth St. Endicott	Don Rice, 785-8930
SAT, April 23rd, 8AM	St. Rita's Church, Chenango Forks	Paul Natelli, 754-5251
Come help Paul with the cleanup of the STBC section of NY route 12 south of Chenango Forks. Participants have the option of meeting at Denny's on Front Street at 7AM before the cleanup for breakfast on STBC. Please call ahead so Paul has a count for breakfast. After breakfast, drive to St. Rita's church on NY-12 to begin cleanup at 8AM. There will be a short safety talk and participants must sign a waiver from DOT. After the cleanup, Paul will lead a ride (weather permitting with distance and destination yet to be determined). The rain date for the cleanup is April 30.		
SUN, April 24th, 9AM	New Milford	Steve Bruno (570)465-2169
C/4/20: Earth Day Ride: We will meet at the New Milford Bike Shop and will ride, for a tribute to Earth Day 2005, as we will bring back souvenirs collected from our roadsides. Prizes, voted in by us the Riders, will be awarded to some of the coolest items found along the route. A Chicken BBQ is also being offer at the Parkveiw Hotel afterwards for \$6 each. We will ride the flatland of Route 11 North to the NY boarder and back. Easy pace and a festive atmosphere will make this a fun outing while thanking PenDOT and our community for our new paved shoulders, and that we the Riders of the Endless Mountains respect and care about our nature.		
SUN, April 24th 1PM	MacArthur School, Binghamton	Joan Hebb, 729-9352
D/3/5-7 or 10-12 Meet at the MacArthur School parking lot. Stop and Smell the Flowers on a tour of the South Side of Binghamton. Back roads and hills to BU are a possibility if the group is willing.		
SUN, April 24th 9:30AM	Greene	Bob & Joyce Dannecker 648-9457
C/2/36 Meet in Greene at the Great American, S. Chenango St. We'll ride east on NY 206 to Coventryville, then north on CR 27 and 35 to Oxford for lunch. After lunch, it's an easy flat ride down CR 32 (River Road) back to Greene.		
MON, April 25th 6PM	Rec. Park, Binghamton	Regina Losinger 222-8235
Terrain 4, mileage 15-20, Recreation Park, Beethoven Street Parking Lot, West-side Binghamton		
TUE, April 26th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, April 27th 5:30PM	Rices' House, 420 Firth St. Endicott	Don Rice, 785-8930
THR, April 28, 10:58AM	Chenango Forks	Augie Mueller 722-6005
C/3/21 Meet at the NY 12 fishing access, south of Chenango Forks bridge and travel to Greene for the lunch buffet at Baron's Inn. It's 13 miles to lunch and there will be a stop at the Black Bear Winery on the return.		
SAT, April 30th 10:30AM	Eckerd Drugs Owego	Don Rice, 785-8930
C/D/3 34 miles – Meet at Eckerd Drugs in Owego for this Tioga Adventure. Lunch in Candor. This is a great ride, don't miss. You'll enjoy the 15 mile downhill that will leave you exhilarated. Maps and rations provided.		
SAT, April 30th 6PM	Bull's Head Restaurant, Binghamton	STBC Annual Spring Dinner, Sign up using the form in this newsletter.



MAY RIDE SCHEDULE 2005

SUN, May 1st, 12:30PM	Recreation Park, Binghamton	John Ruth, 651-9939
C/4/35 Meet at Rec. Park for a ride to Hallstead, PA and return. There will be an opportunity for a snack in Hallstead.		
TUE, May 3rd	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, May 4th 5:30PM	Giant Market, Endicott NY 26	Karen Koscianski, 786-5619
C pace, 25 miles, Ride then go to supper.		
FRI, May 6th 6PM	-Ice cream ride 420 Firth St., Endicott	Don Rice, 785-8930
SAT May 7th 10:30AM	Otsiningo Park, Binghamton	Bob & Joyce Dannecker 648-9467
C/2/18 Meet at Otsiningo Park. Ride the park trail to Northgate Plaza, US 11 to Glen Castle, and up W. Chenango Rd. to lunch at Greene Bros. on Brooks Rd. Return via Brooks Rd. to Castle Creek and back on US 11 and the trail. There are options for extending this one a few miles, depending on weather and group consensus.		
SUN, May 8th 1PM	Port Crane Fishing Access	Joan Hebb, 729-9352
D/4/10 Stop and Smell the Flowers on Rt. 369 out to and through Chenango Valley State Park.		
SUN, May 8th 1PM	Stair Tract, Vestal	Ruth Blizard, 722-1733
D/2/20 Stair Tract to Vestal Center loop. Meet at Stair Park on Murray Hill Rd. in Vestal. Ride Fuller Hollow and Bunn Hill roads to Vestal Center, return via Powderhouse Rd. (long, gentle uphill and a great downhill on the way back.)		
MON, May 9th 6PM	Rec. Park, Binghamton	Regina Losinger 222-8235
C/3-4/15-20 Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton.		
TUE, May 10th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, May 11th 5:30PM	Court House Square, Owego	Bob Dannecker Jr., 687-2511
SAT, May 14th 10:30AM	Great American, Greene	Amy Tuthill, 724-5364
C/3/45 Meet at the Great American lot in Greene. Ride NY 41 to Willet and NY 26 to Whitney Point for lunch. Return on NY 79 to Chenango Forks and US 12 to Greene.		
SAT, May 14th	Terry Cycling Sale and Ride excursion, Macedon, NY.	
If your interested in going to the Annual Terry Cycling sale and ride, contact Dottie Rice, 785-8930.		
SUN, May 15th 1:00 PM	Giant Market, Endicott	Don Gillespie, 748-7635
C/2/34 Meet at the Giant Parking lot, NY 26, Endicott. Ride some of the back roads from West Corners to Newark Valley. Grab a snack in Newark Valley before returning via a different route.		
TUE, May 17th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, May 18th 5:30,	Giant Market, Endicott NY 26	Karen Koscianski, 786-5619
C pace, 25 miles, Ride then go to supper.		
FRI, May 20th 6PM	-Ice cream ride 420 Firth St., Endicott	Don Rice, 785-8930
SAT, May 21st 10AM	Great American, Greene	Don Rice, 785-8930
C-D/2/30 Meet at Great American in Greene. Ride to General Store in McDonough for lunch. "Cop a squat with subs, chips, and pop." Enjoy this piece of America nestled in the heart of Chenango Co.		
SUN, May 22nd 1PM	Chenango Bridge Park and Ride	Joan Hebb, 729-9352
D/3/7 Stop and Smell the Flowers on the River Road Loop.		
SUN, May 22rd 10AM	Moravia Central School, NY-38	Karen Koscianski, 786-5619
C/3/40: Start at Moravia Central School on NY-38, just north of Fillmore Glenn State Park. Ride 38A north to routes 359 & 41A into Skaneateles for lunch. Tour Skaneateles before returning on a route that seems to be all downhill.		
MON, May 23rd 6PM	Rec. Park, Binghamton	Regina Losinger 222-8235
C/3-4/15-20 Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. Monday Evening ride series		
TUE, May 24th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
THR, May 26th 9:31 AM	Hallstead, PA mall	Augie Mueller, 722-6005
C/4/24-70 depending on where you join in. Meet at 9:31 at the Hallstead mall or 10:06 New Milford, PA square, or ride from home and make it a day. Lunch planned at Thomas's in Kingsley, PA, 12 miles from New Milford, 18 from Halstead, 30 from Binghamton.		
SAT May 28th, 9:30AM	Whitney Point High School	Paul Natelli, 754-5251
C/2/50 Whitney Point HS. to Virgil and then Dryden. Lunch in Dryden. Then the rolling hills of NY 220 on the way back to Whitney point.		
TUE, May 31st	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read



JUNE RIDE SCHEDULE 2005

WED, June 1st 6:00 PM	Sandy Beach on Conklin Ave. From Binghamton, take Conklin Ave. (NY 7) east. Sandy Beach park is on the left just across the railroad bridge and before the Binghamton City line.	Tom Nickerson, 775-4826
FRI, June 3rd 6:00 PM	Ice Cream MacArthur Park, Binghamton	Don Robertson, 725-9481
SAT, June 4th 10:30 AM	Norwich shopping plaza C-D/3/20-25 Meet at the Norwich Shopping Plaza at the corner of Route 12 and 320. Directions: take Route 12 through Norwich. The shopping plaza on the right, about 2 miles north of Route 12-Main Street intersection. Meet near the Stratton Center/bank end of the parking lot. Ride County Route 32 and Route 12 into Sherburne. "Parade of Bands" begins at 1:00 PM. The Rogers Environmental Center is 1 mile west of Sherburne on Route 80 so that is an option for those who are interested. Lunch at the pizza place in Sherburne or from food vendors. Return to Norwich via County Route 32 and Route 12.	Erica LaBuz, 432-7511
SUN, June 5th 11:00 AM	Geobike ride!, Rec. Park C/3/40 Meet at Recreation Park, Beethoven Street parking lot, Binghamton. Join Regina for a "geobike ride" to find a hidden geocache. Geocaching is modern day treasure hunting with a GPS. Regina will select a geocache site to ride to that is within 20 miles of Recreation Park, and the group will figure out where it is located and decide which route(s) to take to it. Bring your GPS, or just come on along for the fun! See geocaching.com for more information.	Regina Losinger 222-8235
MON, June 6th 6:00 PM	Rec. Park, Binghamton C/3-4/15-20 Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. Monday Evening ride series	Regina Losinger 222-8235
TUE, June 7th	Tuesday Morning Ride details: http://topica.com/lists/stbc/read	
WED, June 8th 6:00 PM	Sandy Beach on Conklin Ave. From Binghamton, take Conklin Ave. (NY 7) east. Sandy Beach park is on the left just across the railroad bridge and before the Binghamton City line.	Tom Nickerson, 775-4826
FRI – SUN June 10th-12th	Great Finger Lakes Bike Ride, Two days of touring from the Watkins Glen State Park Hidden Valley Group Camp, Watkins Glen, NY. See the registration form in this issue. Directions: 3 miles west of Watkins Glen, NY—at the end of NY 329—off NY 14, at light, near Burger King. Arrive after 4 PM. Friday.	
SUN, June 12th 1:00 PM	Apalachin Fishing Access D/4/12 Stop and Smell the Flowers on Rt. 17C to Owego and back.	Joan Hebb, 729-9352
TUE, June 14th	Tuesday Morning Ride details: http://topica.com/lists/stbc/read	
WED, June 15th 6:00 PM	Sandy Beach on Conklin Ave. From Binghamton, take Conklin Ave. (NY 7) east. Sandy Beach park is on the left just across the railroad bridge and before the Binghamton City line.	Tom Nickerson, 775-4826
FRI, June 17th 6:00 PM	Ice Cream MacArthur Park, Binghamton	Don Robertson, 725-9481
SAT June 18th, 1:00 PM	Nichols Dandy mini-mart C/4/33 Ride the loop from the Dandy mini-market in Nichols, NY out to Chemung along the river road to Sayre and on to Chemung. Return via NY 17C. The ride is mostly flat with one climb.	Denny Voorhees, (570) 888-1426
SUN, June 19th 10:00 AM	Moravia Elementary School, NY38 C/3/45 Lake view ride: Start at Moravia, NY-38, just North of Fillmore Glen State Park, (1 mile) to Rockefeller Rd. to 38A through Hamlet of Owasco, crossing over to west side of Skaneateles Lake for lunch at Blue Water Grill. After a relaxing lunch, breaking bread with good friends we will return to Moravia via NY41A to 38A. After the ride, for those who wish, we will have a wine tasting at Chateau Dusseau, hosted by Robert and Karen.	Karen Sambursky, 797-0626
MON, June 20th, 6:00 PM	Rec. Park, Binghamton C/3-4/15-20 Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton. Monday Evening ride series	Regina Losinger 222-8235
TUE, June 21st	Tuesday Morning Ride details: http://topica.com/lists/stbc/read	
WED, June 22nd 6:00 PM	Sandy Beach on Conklin Ave. From Binghamton, take Conklin Ave. (NY 7) east. Sandy Beach park is on the left just across the railroad bridge and before the Binghamton City line.	Tom Nickerson, 775-4826
SAT, June 25th 9:30 AM	Speedsville Town Square C/D/3 37 miles – Meet in Speedsville town square off West Creek Rd. Saddle up for the Speedsville adventure and take one of the great rides for this summer. Lunch in Dryden.	Don Rice, 785-8930
SUN, June 26th 9:00 AM	New Milford MBR C\3\25 Meet at the New Milford Bike Shop at 9:00 AM and do the Bridgewater / Three Lake Loop. Mountain Bike Ride starting in New Milford, then up the Schoolhouse Road to Johnson Pond. Then over to the Bridgewater Trail to Alford. Will cross Route 11 and head up the Three Lakes Road to head Home by way of Summit Hill. Good Mix Ride with steady Climbs. The ride will be a steady pace with 5-mile sweeps.	Steve Bruno, (570)465-2169
SUN, June 26th 1:00 PM	Whitney Point D/4/16 Meet at the Whitney Point MacDonald's. Stop and Smell the Flowers as we ride to Marathon and back.	Joan Hebb, 729-9352
TUE, June 28th	Tuesday Morning Ride details: http://topica.com/lists/stbc/read From Binghamton, take Conklin Ave. (NY 7) east. Sandy Beach park is on the left just across the railroad bridge and before the Binghamton City line.	
WED, June 29th 6:00 PM	Sandy Beach on Conklin Ave.	Tom Nickerson, 775-4826

Directions to Watkins Glen State Park group campground.

The Watkins Glen State Park group campground is located 3 miles west of Watkins Glen, NY at the end of NY 329.

From the north, drive south through the village on NY 14 and turn right at the traffic light just past the Watkins Glen State Park (lower park) entrance. Follow NY 329 three miles to the entrance of the park and the end of NY 329. Turn right into the Hidden Valley camp ground.

From the south, follow route 14 north to the first light past Burger King and turn left on NY 329. Follow NY 329 three miles to the entrance of the park and the end of NY 329. Turn right into the Hidden Valley camp ground.



**25th Anniversary Great Finger Lakes Bicycle Tour
June 10 – 12, 2005 Watkins Glen, NY**



Registration Form

Registration starts at 3:00 PM Fri. Facilities open until 4:00 pm Sunday.

FEE: includes Friday 8 - 10 social w/ veggies/pizza/etc., tenting Fri and Sat nights, Sat wakeup coffee/juice/fruit/rolls, Saturday catered dinner followed by Blues music by Jake Lear; bring your best blues outfit for the Sat. evening *Best Dressed Blues Award*, Sunday catered breakfast, maps, sag, repair service, water bottle, parking.

Fee is \$60 (US funds) until May 13, and \$70 after May 13. 100% refundable prior to June 1st. Current STBC membership is required; membership fee is \$2.00/year (yes, just \$2.00!)

Name(s) _____

Address _____

City _____ State or Province _____

Country _____ Zip _____

Phone (_____) _____ - _____ E.mail address: _____

	# participating	X	fee	=	Total \$
Event fee until May 13 th	_____	X	\$60	=	_____
Late registration fee after May 13 th	_____	X	\$10	=	_____
STBC membership fee (required) if not current member	_____	X	\$2 ind	=	_____
	_____	X	\$3 fam	=	_____
# Cabin bunks	_____	X	\$5	=	_____
T-shirt # small _____ # med _____ # large _____ # x-lg _____		X	\$11.50	=	_____
Commemorative 25th anniversary jersey (see details below)					
small _____ # med _____ # large _____ # X-lg _____ # XX-lg _____ # 3XL _____		X	\$40	=	_____
# Vegetarian Meals _____					
Total event cost :					=====

Jersey Details: NOTE: we must receive your registration form and check by May 1 in order for the jersey to be ready for you to pick up at the event. Performance Bicycle jersey, product # 10-5414, 2 tone color: gold/white. This hydrophobic fabric is specially designed for screen-printing and to keep you cool and dry in the heat of competition. Side panels, elasticized waist and sleeves, three rear pockets, long hidden zipper. Designed with white panels for lots of logos! Sizes: S(34-36), M(38-40), L(42-44), XL(46-48), XXL(50-52), 3XL(54-56). USA.

Make checks payable (in US funds) to: STBC, PO Box 601, Binghamton, NY 13902

Read and sign, and return the release and waiver of liability form that follows. Mail back with this registration form.

More Info is available at: Southerntierbicycleclub.org

Release and Waiver of Liability for Bicycling

(Sign and return with registration/membership)

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

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

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

Participant's Signature: _____ Date: _____



STBC MEMBERSHIP



STBC MEMBERSHIP: New/ Renew, Individual(\$2) / Family(\$3) x _____ years = \$ _____
 Lifetime under age 50 (\$40) Lifetime age 50 and older (\$20) = \$ _____

Name: _____ Total Enclosed: \$ _____

Address: _____ New Address? Phone: _____

City: _____ State: _____ Zip: _____ E-mail: _____

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

-Check here if you do NOT want a printed copy of the newsletter sent to you next year.



STBC 2005 Spring Dinner: Saturday, April 30, 2005 6 to 9 pm

Bull's Head Restaurant, Northgate Plaza, Front Street, Binghamton New York

Menu

Pork tenders • Chicken cordon bleu • Alaskan scrod with lemon pepper butter sauce

Ziti with peppers and onions • Sweet sausage with roasted peppers and onions

Garden salad, potato salad, green beans, corn, onions

Mashed potatoes, rice pilaf, pasta, zucchini with sirloin and tomatoes

Cheesecake, coffee, and hot tea for dessert

Cash Bar

To register, complete this form and mail with check payable to STBC by April 21, 2005 to:

STBC
PO Box 601
Binghamton New York 13902-0601

Number attending _____ x \$10 = \$ _____ Total enclosed
42% (\$7.36 per meal) of the cost of this event is subsidized by STBC
2005 membership is required to attend annual dinner.

Name _____ Phone # _____



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



OUT OF BOUNDS

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

Earth Day Ride, April 24th, 9AM, meet at New Milford Bike Shop, 20mi, flat easy pace, prizes for coolest pieces of trash found. www.newmilfordbike.com/rides.htm

Great Five Boro Bike Tour of NYC, Sunday May 1st, www.bikenewyork.org/BNY-TOUR.htm, or 212-932-2453 extension 111

Capital (Albany, NY) Bike Month, May, Tri-County River Ride, 10/25/45/60 mile options on May 7th, Harlem Valley Rail Ride, 14/45 miles, May 14th, and more all month. www.nybc.net or call (518)436-0889.

Terry shop and ride, May 14, Shop for Terry equipment on sale, then ride with Dottie Rice. Call Dottie if you're interested in carpooling to this event, 785-8930.

Earth Day on Wheels, April 30th, Noon-4PM, Midtown Park, New Milford. A focus on ecology, wrapped in a bicycle theme for today's youth. Entertainment, bike stunts and contest, win a new bike, all free events, www.newmilfordbike.com, (570) 465-2169

LAB Bike to Work Week: May 16th -20nd, **Bike to Work Day**: Friday, May 20th <http://www.bikemonth.com/>

River Ride for Hunger and Homelessness (Opportunities for Otsego): June 4, Rides of 11 to 46 miles. Details on registration and fee at: <http://www.ofoinc.org/>

Autism Charity Bike Tour: June 11th, Brookdale Com. College, Lincroft, NJ <http://www.ride4autism.org>

Erie Canal Tour, July 10th-17th, 400mi, Buffalo to Albany, www.nypca.org/canaltour/index.shtml

The Great Big FANY Ride: July 24th-30th, Five Hundred Miles Across New York, <http://www.fanyride.com/>.

Endless Encounter xc V Race (mtn bike), September 10, Camp at East Lake, New Milford, PA, (Race #11 Mid Atlantic Super Series) www.newmilfordbike.com/endless_encounter.htm

OUT OF BOUNDS Continued

Bike Tioga, August 13 and 14 sponsored by the Tioga County Tourism and Rotary Club International. Rides of approximately 15, 35, and 62 miles will be available each day, with a century option included on Saturday. There will be a chicken BBQ on Saturday and late lunch on Sunday. For more information see www.biketoga.com or call Tioga County Tourism at 687-7440.

Empire State Aids Ride: August 14th-20st, 560mi, Niagara Falls to NYC, www.empirestateaidsride.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

All American Sports Shop 27 N. Broad Street Norwich • 334-5277

American Cycle Express (WWW sales - <http://www.americancycle.com>)
215 Vestal Pkwy. East, Vestal • 785-2477

Babcock Bicycles 501 W. Main Street, Endicott • 754-0886

BC Bicycles 215 Vestal Pkwy. East, Vestal • 785-3772

Bicycle Technical Services 824 SR 17C, Wavrely 565-9094

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

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

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

New Milford Bike Shop 195 Main Street, New Milford • 570-465-2169

Serious Toyz 274 Floral Avenue, Johnson City • 231-7266

FOR SALE

Keys Fitness Products stationary bicycle trainer (Cadenza model) with a fixed gear for spinning (no coasting). Fully adjustable, brand new last year at \$650. Will deliver (within reasonable distance) for \$450. Bernd Krause, 607-748-8321.