

SPRING 2006

**Annual Club Dinner is April 15.
Hurry and Sign Up!**



OFFICERS:

President: Craig Thomas
798-6898 • craigrthomas@yahoo.com

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

Secretary: Maria Thomas
798-6898 • riajt@hotmail.com

Treasurer: Regina Losinger
222-8235 • ReginaLosinger@stny.rr.com

BOARD OF DIRECTORS:

Bob Dannecker Sr. • Tom Frisinger • John Gerty •
Gene Malinowski • Don Robertson • Ann Waldmann

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.

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>

ABOUT THIS NEWSLETTER

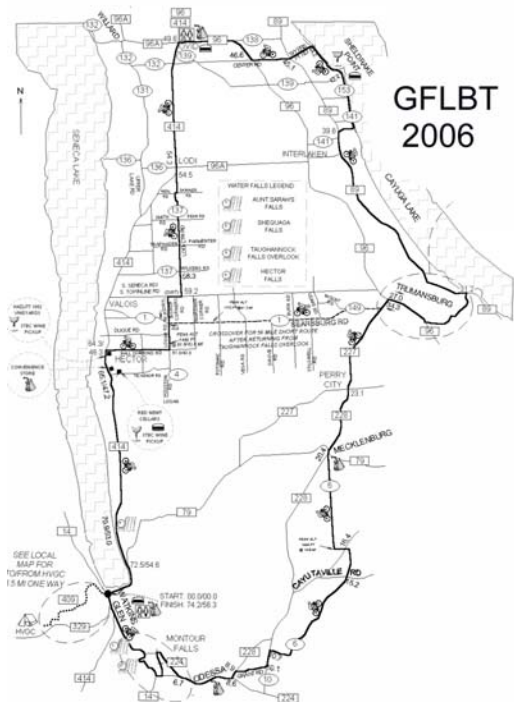
This newsletter is published 3 times a year: spring, summer,
and fall. Items for the summer issue must be submitted by
June 1st. Send all submissions to:

STBC NEWSLETTER • PO BOX 601 • Binghamton, NY
13902-0601, or email: bike@southerntierbicycleclub.org

Track your riding miles at Bikejournal.com

Are you interested in tracking the number of miles you ride this
year? Calories? Speed? Routes? Bikes ridden? You can do it
easily and for free at Bikejournal.com. So far this year 13 STBC
members have joined. The top rider has ridden 665 miles, and
a total of 1,213 miles have been logged. So jump on board, and
let's see how many miles STBC can rack up this year! If you
need assistance, contact ReginaLosinger@stny.rr.com.

26TH ANNUAL GREAT FINGER LAKES BICYCLE TOUR



**GFLBT
2006**

**Mark your calendar! Be in Watkins Glen
June 9-11, 2006 for the
Great Finger Lakes Bicycle Tour**

The Southern Tier Bicycle Club will once again offer multiple
bike rides traversing the beautiful Finger Lakes region with
numerous winery and scenic stops on the Great Finger Lakes
Bicycle Tour. Free wine deliveries from selected wineries back to
the Campground will be available. The price for this annual event
is only \$65 and includes sag wagon support, maps, meals Friday
night through Sunday morning, a campsite at the Watkins Glen
State Park Hidden Valley Campground and entertainment.
Campground cabins and nearby hotels and motels are available
at an additional cost. Commemorative shirts will be available for a
fee.

This is a great weekend for families and friends (old and new) who
share your passion for biking in the beautiful countryside. The
Finger Lakes region also offers great hiking and sightseeing
opportunities for those opting not to bike.

See sign-up form inside.

HOW TO LEAD A RIDE

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 www.southerntierbicycleclub.org/images/Release_and_waiver_of_liability_form_for_club_rides.doc
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).

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! We'll be cleaning up the highway this spring on Saturday, April 15th. See the April 15th ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.



STOP AND SMELL THE FLOWERS RIDES

Twice a month, usually 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 (729-9352) for more information.



CLYDE POWELL MEMORIAL BREAKFAST RIDE EVERY SUNDAY MORNING (E)



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. Generally reasonable - about 20 hill less miles - always fun.

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



MONDAY EVENING FASTER AND HILLIER RIDE SERIES

Want to improve your endurance, hill climbing ability, and speed? Want to have some fun while you are doing it? Grab your bike, shake off those Monday blues, and join Regina Losinger twice a month for a 15 to 25 mile, C+ to B pace (14 to 19 mph) ride at 6PM from the Beethoven Street parking lot in Recreation Park on the West-side of Binghamton. Early season rides will be at a slower pace than late season rides, and hillier rides will also be at a slower pace. Regina promises a challenging, good time for all, and she plans to "lead this ride from the rear, as usual!" This ride is often topped off with a stop for snacks and refreshments.

TUESDAY MORNING RIDE SERIES

This series is just the ticket for those seeking leisurely rides during the day, midweek. On a typical Tuesday we meet mid-morning and ride to lunch, or a picnic or an event. But always with food and lots of comradery.

If you haven't yet experienced the midweek events, you should know that we have never lost anyone yet - at least not that anyone remembers! (Most of us are retired, but not yet willing to admit to senility.)

Some of the more memorable events last year were the always popular Cannonsville Reservoir ride to Walton; around Lake Owasco followed by a hike; Colliersville to Cooperstown and several rides with hosted picnics.

Tuesday rides will generally be in the 20-40 mile range, at a C-pace.

Tuesday rides will begin as soon as weather permits. So watch Topica and/or your e-mail.



ANNOUNCING - THURSDAY RIDE SERIES

There was a great participation last year in the Tuesday rides. So we are expanding to Thursdays as well to give you more riding opportunities. Join us either Tuesday, Thursday, or both, depending upon your schedule for the week. Thursday rides will follow the same format as the Tuesday rides but will be on average slightly slower and shorter. Other than that, the same great cycling experience awaits you.

Thursday rides will begin April 6th. First ride - Apalachin fishing access to Owego. Other April rides - Port Dickenson around the River Road loop; Conklin to Great Bend and Endicott to Maine. All these rides are under 20 miles so you can ease into the season. These rides will be led with experienced riders from the Tuesday group.

Check <http://topica.com/lists/stbc/read> for particulars early each week. To get more direct notification, sign up for the STBC Topica list and send your e-mail address to plainj@ieee.org with a note - "Add me to the Tuesday/Thursday list."

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.





26th Annual Great Finger Lakes Bicycle Tour June 9 – 11, 2006 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., tent campsite Friday and Saturday nights, catered meals Saturday morning, Saturday evening and Sunday morning, modern dining hall, rest rooms and showers, maps, Sag Wagon support, repair service and parking.

The Fee is \$65 (US funds) until May 13, and \$75 after May 13. 100% refundable prior to June 1st. Current STBC membership is required; membership fee is \$2.00/year (yes, just \$2.00!) or an incredible \$3.00 per family/year. See www.southerntribicycleclub.org for more information on our Club and the GFLBT ride.

Name(s) _____

Address _____ City _____ State or Province _____

Country _____ Zip _____ Phone (____) _____ - _____ E.mail address: _____

	# participating	X	fee	=	Total \$
Event fee until May 13 th	_____	X	\$65	=	_____
Late registration fee after May 13 th	_____	X	\$10	=	_____
# Cabin bunks	_____	X	\$5	=	_____
Wicking T-shirt # small _____ # med _____ # large _____ # x-lg _____		X	\$10	=	_____
# Vegetarian Meals _____					
STBC membership fee (required) if not current member	_____	X	\$2 indiv.	=	_____
	_____	X	\$3 family	=	_____

The STBC newsletter and ride schedule can be viewed online at <http://Southerntribicycleclub.org>.

If you still want a printed copy mailed to you, check here _____.

Include _____ do not include _____ my name on the membership roster to other STBC members.

TOTAL EVENT COST

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Make checks payable (in US funds from a US Bank) to: STBC, P.O. Box 601, Binghamton, NY 13902-0601

For any questions regarding the Great Finger Lakes Bicycle Tour please contact Augie Mueller at (607) 722-6005 or via e-mail at amueller1@stny.rr.com.

You will be asked to sign a waiver of liability upon registration.



PRESIDENTS MESSAGE

Welcome to our Spring, 2006 Newsletter and the beginning of what promises to be a very exciting year for the STBC.

1. **BICYCLING ENJOYMENT.** It is our intention to offer more riding options; including "Stop and Smell the Roses", Tuesday, Thursday, the National "Ride of Silence" (May 17) the GFLBT (June 9-11) and Friday Evening Ice Cream rides. We are adding multi-sport events (Chenango Valley S.P. mini-triathlon, July 29) and rides with other Bike Clubs and Shops ("partner rides"). On April 15th we are holding our Annual Spring Dinner at the Bull's Head. You can learn more about any of these activities on our website, www.southerntribicycleclub.org.

To ensure that all Club rides are SAFE and ENJOYABLE we have incorporated the following guidelines:

- Observe all traffic laws.
- Be courteous to other road users.
- A helmet is required on all STBC rides.
- Choose a "sweep" and, if possible, establish communication with the ride leader, e.g. cellphones, radios.
- Exercise caution, particularly while being overtaken by traffic.
- Stay as far right as practicable.
- Never pass another bicyclist on their right and advise when passing.
- Advise the Leader or Sweep if you are going to leave the group.

2. **NEWCOMERS** These new rides and activities are intended to generate interest in our Club. We will actively promote rides at SUNY Binghamton (BU) and Broome Community College (BCC). Regina Losinger (BCC) and Jim Conroy (BU) have kindly volunteered to assist the Club in promoting Club rides. They will post the Newsletter on the campus and work with each school's Biking/Outdoor Enthusiast Clubs. Also, effective immediately, the membership fee for full-time students will be waived. To simplify membership, effective July 1, 2006, only \$3 is needed "per address". Lifetime memberships are still a value at \$30 for those 50 yrs. and over and \$60 for those under 50.

Most importantly, ask your friends, family, co-workers and neighbors to join us for one, or more, of our rides. On each and every ride we should WELCOME and look after newcomers.

3. **ADVOCACY** The City of Binghamton has started a Bike Trail system with the heart at Confluence Park that will run out to Cheri Lindsey Park (behind the Binghamton Plaza). The current phase is being completed "under" the Court St. Bridge. They also plan to build a trail under the Vestal Parkway to MacArthur Park/Vestal Avenue from the Washington St. Bridge. The Mayor's office has a great vision for an extensive bike trail system.

Eventually, with our support, the "gap" between Cheri Lindsay and Otsiningo Park can be "bridged". They could, however, use our assistance to make this a reality. **Quite frankly, if bikers aren't supporting Bike Trails why should anyone else?** Here are some action steps we can take to move these efforts forward:

- Enjoy yourself (common theme here) and get out and use the new Confluence Park and Riverfront Bike/Hike Trail. Frequent use will show the community that this trail is being utilized.
- Send a Letter to the Editor at the Press-Sun Bulletin in support of an extensive Bike Trail system.
- For City residents, send an e-mail or letter to your Councilman supporting a trail system and the economic benefits it will bring to the Community.
- Attend a Binghamton City Council meeting and offer positive words of support during the "Public Comment" session (every 1st and 3rd Monday at 6:30 P.M. in the Council Chambers).
- Attend a Neighborhood Assembly (6:30 - 8:00 P.M.) and provide support. The next meetings are at the Columbus School on April 6th and Broome-Tioga BOCES on April 20th.
- If you live outside of Binghamton, lobby your local Officials to join Binghamton's Trail system, e.g. extending the Vestal Rail Trail towards Binghamton or continuation well past Northgate Plaza to Chenango Bridge.
- Share these actions with your family, friends, co-workers and neighbors to start a real grassroots effort.

4. **MARKETING** We will actively promote our Club and activities via E-Mail, Newsletters, the website and a booth at the Chris Thater races. We are also working closely with other Bicycle Clubs and Shops to promote additional rides and activities. We will upgrade the resolution of the new Club logo, as seen on the website, so it can be used on all promotional materials. The best promotional tool continues to be "word-of-mouth". Please help us in getting people out on our rides.

5. **MOUNTAIN BIKING (MTB)** We have some of the best MTB trails in our backyard. I am working closely with local and regional MTB clubs and Bicycle shops to increase the number of local MTB rides for Club members, including reciprocal club memberships. We could use some volunteers to lead more MTB rides and, if interested, contact Don Gillespie at bikes325@cs.com.

As you can see, we have a lot going on. With such an active Club, no one can ever say "there's nothing to do around here"!

See you out there,

Craig





STBC MEMBERSHIP



(Not required if completing GFLBT registration form.)

- New Renew Individual (\$2) Family (\$3) x ____ year = \$ _____
 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 would like a copy of the STBC 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

(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: _____



STBC 2006 Annual Dinner: Saturday, April 15, 2006 6 to 9 pm

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

\$10 per person - 40% of the cost of this event is subsidized by STBC - 2006 STBC membership is required to attend dinner

To register, complete this form and mail with check payable to STBC to PO Box 601, Binghamton, NY 13902 by April 1, 2006

Number attending ____ x \$10 = \$ _____ Total enclosed

Name _____ Phone # _____ e-mail _____



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 onto NY 329. 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 end of NY 329. Turn right at the end of NY 329 onto Whites Hollow Road. Cross the stone bridge and turn left into the Hidden Valley camp ground.

SEND YOUR E-MAIL ADDRESS

In order to be able to contact club members on a more timely basis, the STBC officers and Nancy Botting, our membership coordinator, are asking you to help complete our e-mail address book. Anyone who wishes to receive club information via e-mail, please send an e-mail message to bike@southerntierbicycleclub.org. If you have already received e-mail from that address, then you're set and don't need to send the message. Note that this will not affect whether you receive your newsletters via post office mail or e-mail.



APRIL RIDE SCHEDULE 2006

Tuesday and Thursday Morning Rides

See articles in this newsletter for more detail. For ride announcements see <http://topica.com/lists/stbc/read>.

Tuesday: April 4, 11, 18, & 25

Thursday: April 6, 13, 20, & 27

SAT, April 1st, 11:00 AM	Whitney Point	Bob & Joyce Dannecker 648-9467
D/4/18-38 Meet at the Whitney Point, McDonald's (park in left rear corner of lot) – Join Bob and Joyce in this early season ride to Marathon for the Maple Syrup Festival. The terrain is mostly flat, but there are hilly return options, if needed, to work off the pancakes. For a longer ride, meet at St. Rita's at 10:15 AM, 1/2 mile south of Chenango Forks on US 11.		
SUN, April 2nd, 9:11 AM	S. Washington St. Bridge	Augie Mueller 722-6005
C/4/20-25: 20-25 mile loop to the Broome Industrial Park with varied return routes. Potential visit to Jimays flea market on NY7A in Corbettville. Meet at the South Washington Street pedestrian/bicycle bridge over the Susquehanna River in Binghamton. Early risers can meet at the Park Diner for breakfast at 8 AM.		
SUN, April 2nd, 1 PM	Kirkwood Park & Ride	Bill Bennett, 775-3356
C-D/3/20 - Meet at the Kirkwood Park and Ride lot and take a leisurely paced ride to Great Bend for a meal or a snack. There's one hill on NY7, but the ride is generally rolling. Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
WED, April 5th, 5:30 PM	Rices' House, 420 Firth St., Endicott	Don Rice, 785-8930
FRI, April 7th, 5:30 PM	Ice cream, Eckerd's, Owego	Craig Thomas, 798-6898
Meet at Eckerd Drugs, Owego for the first ice cream ride of the season, 14-17 miles.		
SAT, April 8th, 10 AM	Owego Price Chopper Plaza	Bob Dannecker, Jr., 687-2511
C/2/35: Meet at the Fairgrounds (Price Chopper) 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 9th, 1 PM	Recreation Park, Binghamton	Joan Hebb 729-9352
D/4/5-7 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 9th, 1:25 PM	CFJ Blvd., Johnson City	Jim Conroy, 772-3350
C/2/30 – Meet on CFJ Blvd. in Johnson City next to the carousel at 1:25 for Jim's "It's never too early for hills." ride. The ride will be up Airport Road and Dunham Hill to NY11.		
WED, April 12th, 5:30 PM	Rices' House, 420 Firth St., Endicott	Don Rice, 785-8930
FRI, April 14th, 5:30 PM	Ice cream, Otsiningo Park	Craig Thomas 798-6898
Meet on the river side of park and then ride north, route determined by the group. Ice cream stop on Chenango Street on the way back.		
SAT, April 15th, 8:30 AM	Spring Roadside Cleanup	Craig Thomas, 798-6898
This spring, on April 15 th , we will once again make our section of NY12 shine. Volunteers can meet at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street (across from M&T bank) for breakfast on the club, and then drive to St. Rita's Church on NY12 (just before downtown Chenango Forks) to begin the clean up at 8:30 AM. Contact Craig at 798-6898 ahead of time so he has a count for breakfast. Weather permitting; there will be a nice slow paced bike ride after the clean up from St. Rita's to Marathon and back. (D/3/38) Rain date is April 22.		
SAT, April 15th, 6 PM	Bull's Head Restaurant, Binghamton	
STBC Annual Spring Dinner, Sign up using the form in this newsletter.		
MON, April 17th, 6 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
Monday evening "faster and hillier" ride. Rides range from C/4/15 – B/2/20 Meet at the Beethoven St. parking lot, West side of Binghamton.		
WED, April 19th, 5:30 PM	Rices' House, 420 Firth St., Endicott	Don Rice, 785-8930
SAT, April 22nd, 10:30 AM	Conklin, NY	Tom Nickerson, 775-4826
C/2/approx. 30 – Meet at Tom Nickerson's house, 1535 Conklin Road at 10 AM for a mystery ride. Lunch afterward in Conklin area.		
SUN, April 23rd, 9 AM	New Milford	Steve Bruno (570)465-2169
C/4/20: Join STBC and EMBC Earth Day Ride: We will meet at the New Milford Bike Shop and will ride, for a tribute to Earth Day 2006, as we will bring back souvenirs collected from our roadsides. Prizes, voted on 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. http://www.newmilfordbike.com/		
SUN, April 23rd, 1 PM	MacArthur School, Binghamton	Joan Hebb, 729-9352
D/3/5-7 or 10-12 Meet at the MacArthur School parking lot on Vestal Ave. 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.		
WED, April 26th, 5:30 PM	Rices' House, 420 Firth St., Endicott	Don Rice, 785-8930
SAT, April 29th, 10:30 AM	Eckerd Drugs Owego	Don Rice, 785-8930
C/2/34 miles – Meet at Eckerd Drugs in Owego for this Tioga Adventure. Ride the 'Tioga Slot' with lunch in Candor. There will be one "Mueller" hill followed by 15 miles of downhill. Best vista in the county.		
SAT, April 30th, 1 PM	MacArthur School, Binghamton	Ruth Blizard, 722-1733
D/2/20 - Meet at MacArthur School, Vestal Ave. Over the hills to Vestal Center. Moderate pace, stops as needed. A smooth downhill from the top of Powderhouse all the way back. Call Ruth, 722-1733 for details.		



MAY RIDE SCHEDULE 2006



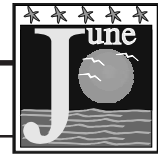
Tuesday and Thursday Morning Rides

See articles in this newsletter for more detail. For ride announcements see <http://topica.com/lists/stbc/read>.

Tuesday: May 2, 9, 16, 23, & 30

Thursday: 4, 11, 18, & 25

WED, May 3rd, 6 PM From Binghamton, take Conklin Ave. (NY7) east.	Sandy Beach Park Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.	Don Robertson, 725-9481
SAT, May 6th, 10 AM D-C/3/20 – Meet Tom at St. Rita's Church in Chenango Forks for a ride to Whitney Point for lunch	Chenango Forks	Tom Nickerson, 775-4826
SUN, May 7th, 9:11 AM C/4/20-25: 20-25 mile loop to the Broome Industrial Park with varied return routes. Potential visit to Jimays flea market on NY7A in Corbettsville. Meet at the South Washington Street pedestrian/bicycle bridge over the Susquehanna River in Binghamton. Early risers can meet at the Park Diner for breakfast at 8 AM.	S. Washington St. Bridge	Augie Mueller 722-6005
SUN, May 7th, 1 PM D/4/10 - Stop and Smell the Flowers on Rt. 369 out to and through Chenango Valley State Park.	Port Crane Fishing Access	Joan Hebb, 729-9352
MON, May 8th, 6 PM Monday evening "faster and hillier" ride. Rides range from C/4/15 – B/2/20 Meet at the Beethoven St. parking lot, West side of Binghamton.	Rec. Park, Binghamton	Regina Losinger 222-8235
WED, May 10th, 6 PM Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.	Kirkwood Park and Ride	Tom Nickerson 775-4826
FRI, May 12th, 6 PM	Ice cream ride - 420 Firth St., Endicott	Don Rice, 785-8930
SAT, May 13th, 1:30 PM MBR C/2/27 - Meet at the Trout Creek parking area at the north end of the NY 10 bridge over the Cannonsville reservoir. We'll ride mountain bikes over some scenic paved and unpaved roads between there and Masonville. The spring scenery should be great, mostly wooded back roads. About 12 miles will be on pavement, the rest on dirt roads. Leisurely pace, moderately hilly; suitable for hybrids too. Note: No facilities except for a convenience store in Masonville. Bring snacks and water.	Trout Creek parking area	Bob & Joyce Dannecker 648-9467
SUN, May 14th, 1 PM B-C/1/30 - Ride the HILLS of Conklin to Vestal Center and return. Bring plenty of water and plan for refills in Vestal Center. Meet in Conklin at Bill's house. Directions: From the corner of Tompkins Street and Conklin Avenue in Binghamton (NY 7), take Conklin Avenue (NY 7) south 4.8 miles to Suncrest Drive. Turn left on Suncrest Drive and follow for 0.1 mile to Whiting Way. Turn right on Whiting Way to number 4.	Conklin	Bill Bennett, 775-3356
WED, May 17th, 6 PM Ride of Silence: Join cyclists nationwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on America's public roadways; To HONOR those who have been injured or killed; To RAISE AWARENESS that we are here; To ask that we all SHARE THE ROAD . The ride, which is being held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. Meet at the Beethoven St. parking lot, West side of Binghamton for a 10 mile (or less ride).	Rec. Park, Binghamton	Regina Losinger 222-8235
SAT, May 20th, 11 AM C/3/40 – Meet at S. Broad St. Park in Norwich (south edge of town across from McDonalds). We'll ride north on NY 12 stopping at Ossie's for lunch, and then continue through North Norwich to Smyrna. From there we'll head west on NY80 to Otselic and return to Norwich via CR16 and NY23.	Norwich	Bob & Joyce Dannecker 648-9467
SUN, May 21st, 8 AM MBR - Meet at New Milford Bike at 8:00 AM and take the Highland Road up into the Game Lands; then head South via the \$1,000,000 Highway to the Susquehanna River. Then take Harmony Road to Hallstead and over to the Rod & Gun Club for the best Flapjacks in Town. We will continue after Breakfast, North along Dubois Creek to Ray Cobb's and then the schoolhouse Road back Home. We are looking at M1C25 rating (ie: Mountain Bikes, Steep Climbs, At a Steady Pace, For 25 pictured Miles)	New Milford	Steve Bruno, 570-465-2169
SUN, May 21st, 1 PM D/3/7 Stop and Smell the Flowers on the River Road Loop.	Chenango Bridge Park and Ride, NY12A	Joan Hebb, 729-9352
SUN, May 21st, 1 PM 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.	Binghamton Plaza	Jim Conroy 772-3350
MON, May 22nd, 6 PM Monday evening "faster and hillier" ride. Rides range from C/4/15 – B/2/20 Meet at the Beethoven St. parking lot, West side of Binghamton.	Rec. Park, Binghamton	Regina Losinger 222-8235
WED, May 24th, 6 PM Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.	Kirkwood Park and Ride	Tom Nickerson 775-4826
FRI, May 26th, 6 PM	Ice cream ride - 420 Firth St., Endicott	Don Rice, 785-8930
SAT, May 27th, 10 AM D/3/26 This ride was rained out last fall, so come and enjoy the beautiful Butternut Valley. Ride from Mt. Upton fishing access to Gilbertsville and Morris. Lunch at the Country Store in Gilbertsville. Meet at the fishing access on NY 8. Take I88 to the Sidney exit. Take NY 8 north. The fishing access is on the right about 6 miles north of the NY 7 and NY 8 intersection. It is a straight road that ends because they took out a bridge so it does not look like a parking lot. (Across from one of those places that sells Amish barns)	Mt. Upton	Erica LaBuz, 432-7511
WED, May 31st, 6 PM From Binghamton, take Conklin Ave. (NY7) east.	Sandy Beach Park Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.	Don Robertson, 725-9481



JUNE RIDE SCHEDULE 2006

Tuesday and Thursday Morning Rides

See articles in this newsletter for more detail. For ride announcements see <http://topica.com/lists/stbc/read>.

Tuesday: June 6, 13, 20, & 27

Thursday: June 1, 8, 15, 22, & 29

SAT, June 3rd, 10 AM	Windsor, NY	Sharon & Tom Nickerson, 775-4826
C-D/ 3/25 – Meet at the old high school bus parking lot to ride to Afton for lunch.		
SUN, June 4th, 9 AM	Deposit, NY	Paul Natelli, 754-5251
C/3/54 - Meet at Deposit, NY (Wendy's restaurant parking lot), exit 84 from NY 17. Ride the big loop around the Cannonsville reservoir; lunch at Papa's in Walton. Very scenic and plenty of wildlife. There is one big hill, otherwise the rest is rolling terrain.		
SUN, June 4th, 1 PM	Apalachin Fishing Access	Joan Hebb, 729-9352
D/4/12 Stop and Smell the Flowers on Rt. 17C to Owego and back. Meet at the Apalachin fishing access near the bridge that connects NY434 and NY17C.		
MON, June 5th, 6 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
Monday evening "faster and hillier" ride. Rides range from C/4/15 – B/2/20 Meet at the Beethoven St. parking lot, west side of Binghamton.		
WED, June 7th, 6 PM	Port Crane fishing access	Bob and Joyce Dannecker, 648-9467
Port Crane Fishing access just off I88 in Port Crane.		
FRI – SUN, June 9th-11th	26 th Annual Great Finger Lakes Bicycle Tour	
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 3 p.m. Friday.		
MON, JUNE 12th, 6 PM	MacArthur School, Binghamton	Bill Bennett, 775-3356
Meet Bill at MacArthur School on Vestal Avenue in Binghamton for a Monday evening ride.		
MON, JUNE 12th, 7 PM	New Milford Bike Shop	Steve Bruno, 570-465-2169
MBR – Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. http://www.newmilfordbike.com/		
WED, June 14th, 6 PM	Port Crane fishing access	Bob & Joyce Dannecker, 648-9467
Port Crane Fishing access just off I88 in Port Crane.		
SAT, June 17th, 10 AM	Windsor, NY	Tom Nickerson, 775-4826
C/1/35 – Ride from Windsor, NY to Susquehanna, PA by way of Cascade Valley. Start point is the old high school in Windsor. Lunch will be in Susquehanna.		
SUN, June 18th, 1 PM	Whitney Point MacDonald's	Joan Hebb 729-9352
D/4/16 Meet in the parking lot behind MacDonald's. Stop and Smell the Flowers as we ride to Marathon and back.		
MON, June 19th, 6 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
Monday evening "faster and hillier" ride. Rides range from C/4/15 – B/2/20 Meet at the Beethoven St. parking lot, west side of Binghamton.		
WED, June 21st, 6 PM	Chenango Bridge Park and Ride	Bob & Joyce Dannecker, 648-9467
Meet at the Chenango Bridge Park and Ride lot on NY12A just off I88.		
FRI, June 23rd, 6 PM	Ice Cream Ride – Port Crane	Bob and Joyce Dannecker 648-9467
Meet at the Port Crane fishing access just off I88 in Port Crane.		
SAT, June 24th, 10 AM	Whitney Point	Don Rice, 785-8930
C/2/30 - Meet at the old Whitney Point H.S. by fairgrounds by 10:00 AM. Ride the 'Penelope Passage'. Lunch in Smithville Flats.		
SUN, June 25th, 9:11 AM	S. Washington St. Bridge	Augie Mueller 722-6005
C/4/20-25: 20-25 mile loop to the Broome Industrial Park with varied return routes. Potential visit to Jimays flea market on NY7A in Corbettsville. Meet at the South Washington Street pedestrian/bicycle bridge over the Susquehanna River in Binghamton. Early risers can meet at the Park Diner for breakfast at 8 AM.		
SUN, June 25th, 1 PM	Grippen Park, Endicott	Don & Lonnie Gillespie, 748-7635
C/3/37 - Meet at Grippen Park in Endicott to ride to Greenwood park (north of Maine). The ride to the park is generally level to rolling with a gradual elevation rise. There is one challenging hill just prior to the park entrance, but it is relatively short. We'll stop for a while to enjoy the park facilities before starting back to Endicott.		
MON, JUNE 26th, 6 PM	MacArthur School, Binghamton	Bill Bennett, 775-3356
Meet Bill at MacArthur School on Vestal Avenue in Binghamton for a Monday evening ride.		
MON, JUNE 26th, 7 PM	New Milford Bike Shop	Steve Bruno, 570-465-2169
MBR – Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. http://www.newmilfordbike.com/		
WED, June 28th, 6 PM	Port Crane fishing access	Bob & Joyce Dannecker, 648-9467
Port Crane Fishing access just off I88 in Port Crane.		



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



Spring
2006

OUT OF BOUNDS/AFFILIATED CLUB RIDES

These rides are organized by clubs and organizations other than STBC or in association with the STBC.

April 8th (Chenango Valley State Park) and May 28th (Shendagin Hollow) Dedicated Individuals for Responsible Trail-Use (DIRT) Mountain Bike Club, Syracuse. See the DIRT pages at this web site for details: www.bikeloft.com

Earth Day Ride, April 23rd, 9AM, meet at New Milford Bike Shop, 20mi, flat easy pace, prizes for coolest pieces of trash found. www.newmilfordbike.com/rides.htm

Five Boro Bike Tour of NYC, Sunday May 7th, <http://www.bikenewyork.org/BNY-TOUR.htm>, or 212-932-2453 extension 111

Capital (Albany, NY) Bike Week, May 20th - 26th including Tri-County River Ride, May 20th www.nybc.net or call (518) 436-0889.

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 3, Starts at Neawah Park in Oneonta, NY. Rides of 11 to 46 miles. Details on registration and fee at: <http://www.ofoinc.org/>

Autism Chaity Bike Tour, June 10th, Brookdale Com. College, Lincroft, NJ, <http://www.ride4autism.org>

Erie Canal Tour, July 9th-16th, 400mi, Buffalo to Albany, www.nypca.org/canaltour/index.shtml

OUT OF BOUNDS Continued

PA Greenway Soujourn: July 22nd - 28th, Begins at White Haven in the Poconos and treks 200 miles south to Philadelphia <http://www.railtrails.org/field/northeast/sojourn/default.asp>

Endless Encounter xc VII Race (mtn bike), September 16 - 17, Camp at East Lake, New Milford, PA, (Race #11 Mid Atlantic Super Series) www.newmilfordbike.com/endless_encounter.htm

Bike Tioga, August 12 and 13 sponsored by the Tioga County Tourism. Rides of 15/35/62; century on Sat.; bmx & mtb events. For more information see www.visittioga.com/biketioga or call Tioga County Tourism at 607-687-7440.

Empire State Aids Ride: August 13th-19th, 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

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

Babcock Bicycles 110 W. Main Street, Endicott • 754-0886

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

Bicycle Technical Services 824 SR17C, Waverly 565-9049

Bike Rack 414 College Avenue, Ithaca • 277-1010

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

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

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

Sport Tech 166 Main Street, Oneonta, NY • 432-173

(<http://www.sporttechonline.com/index.html>)