

# SUMMER 2004



## CURRENT OFFICERS:

**President:** Malcolm Blue  
798-6843 • mac\_blue@juno.com

**Vice President:** Bob Dannecker Jr.  
687-2511 • bob2helen@juno.com

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

**Treasurer:** Regina Losinger  
222-8235 • losinger\_r@sunybroome.edu

## BOARD OF DIRECTORS:

Bob Dannecker Sr. • Karen Koscianski  
Craig Martindale • Tom Nickerson • Don Rice

## STBC ADDRESS:

STBC, Inc.  
PO Box 0601 • Binghamton, New York 13902-0601

### STBC is on the Internet.

Thanks to Regina's efforts, we have a new home page  
[www.southerntierbicycleclub.org](http://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>

### Nearby Clubs with Web Pages:

Finger Lakes Cycling Club: [www.flcycling.org](http://www.flcycling.org)

Tioga Velo Club: [www.tiogavelo.com](http://www.tiogavelo.com)

Onondaga Cycling Club: [www.onondagacyclingclub.org](http://www.onondagacyclingclub.org)

Endless Mountain Bike Club: [www.newmilfordbike.com/rides.htm](http://www.newmilfordbike.com/rides.htm)

## ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: Spring, Summer, and Fall. Any items for sale by club members, or other listing, must be submitted by August 1<sup>st</sup> for the Fall newsletter. Send all submissions to:

STBC NEWSLETTER

PO Box 0601 • Binghamton, NY 13902-0601

or e-mail: bob2helen@juno.com



## 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](http://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 1-5 above. If interested in leading a ride, please contact Bob Dannecker at 687-2511 or email at bob2helen@juno.com.

## RECOMMENDED EQUIPMENT:

ID, water bottles, spare tube, patch kit, pump, basic tools, food, money, appropriate clothing, sunglasses, and sunscreen. STBC requires the use of a CPSC, ASTM, ANSI, or Snell approved helmet on all club rides.

## 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.



## TUESDAY MORNING RIDE SERIES

Are you bored? Join us every Tuesday. We are flexible to destinations, time and to the abilities of the participants. 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. We are looking for retirees, homemakers, or people who wish to play hooky. TRY IT, YOU'LL LIKE IT! This is a year-round effort. Activities change with the seasons; bike, hike, ski. Check <http://topica.com/lists/stbc/read> for particulars on the Monday before the ride.



## WEDNESDAY EVENING 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.

## NEW RIDE SERIES

**Stop and Smell the Flowers Rides:** This ride series is for new, recovering, and/or occasional riders. The rides will be at least once a month on Sunday afternoons, at a D/E pace, and on generally flat/rolling terrain. If you're a 'gentle' rider for whatever reason, dig out the bike and come on out! Call Joan Hebb (760-3958) for more information. Watch Topica for the latest ride postings.



**Monday Evening Ride:** Grab your bike and shake off those Monday blues! Twice a month Regina will lead a 15 mph pace ride around town starting at 6PM from the Beethoven Street parking lot in Recreation Park.

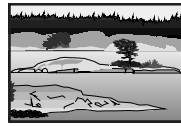
## CLYDE POWELL MEMORIAL BREAKFAST RIDE

EVERY SUNDAY MORNING (E)  
Leaderless 7:45 AM, Floral Ave. Fire Station, Johnson City

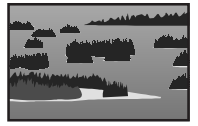
An easy-paced ride that currently proceeds to the Park Diner arriving between 8 and 8:15 for breakfast. The ride often continues after breakfast. Should you be at the fire station at 7:45, and you find yourself alone, proceed to the Park Diner on Conklin Avenue in Binghamton



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



## ANNUAL THOUSAND ISLANDS RIDE



Out Of Bounds Ride - Not an STBC Ride

September 3-6 Friday – Monday

Leaders: Don & Dottie Rice – 607-785-8930  
American Youth Hostel, Cape Vincent, New York

Join us at AYH, on the lighthouse grounds, for three nights and take day trips from there. We'll have the whole hostel to ourselves (18 bunks, two bathrooms and a kitchen.) We'll have full access to all kitchen appliances and cookware for those who wish to bring their own food. You are responsible for your own clean up. Folks can take advantage of the local restaurants as well. Monday morning everyone will have assigned chores so we leave the building in better shape than we found it.

The cost is usually about \$40-\$50/person which includes a bunk for three nights.

Send a \$25 NON REFUNDABLE deposit to Don Rice, 420 Firth Street, Endicott, NY, 13760 to reserve your bunk. (This trip usually fills up early. Contact Don before you send your deposit. He'll confirm availability and hold your bunk for a reasonable time until your check arrives, then discuss itinerary.)

## COMING THIS SUMMER

Mark your calendars, Tom Nickerson will once again bring us the **GRAB RIDE**, August 13-15 at Belden Hill Campground in Harpursville, New York. This site is known for its peace and quiet with a picturesque view. A \$30.00 per person fee includes rides/camping & dinner; a \$10.00 per person fee includes only rides & dinner. Onsite facilities include a camp store, two Laundromats, rest rooms with hot showers, nature trails, and a pond for fishing. You may register early by sending a check made payable to STBC Inc., PO Box 0601 Binghamton, New York 13902-0601 and indicate GRAB in the purpose line or use the form published in the next newsletter.



## 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 223 Main Street Binghamton 777-1223  
Babcock Bicycles 501 W. Main Street, Endicott 754-0886  
BC Bicycles 215 Vestal Pkwy. East, Vestal 785-3772  
Bike Rack 414 College Ave., Ithaca 277-1010  
Chenango Point Cycles 45 Washington Street, Binghamton 724-7481  
Cycle Sport 223 Main Street, Binghamton 729-9931  
Dave's Bike Barn 35 Cartwright Avenue, Sidney 563-8544  
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  
Ted's Bicycle Shop 110 W. Main Street, Endicott 785-8163  
Velodynamics Bicycle Shop 80 North Avenue, Owego 687-3915





## RIDE SCHEDULE SUMMER 2004 - JULY

<b>FRI, July 2<sup>nd</sup>, 5:30PM</b>	The Plantation House Restaurant	Karen Koscianski, 786-5619
C/3/24 Friday Evening Dinner/Dance Ride. Meet at The Plantation House Restaurant, 2 Pumphouse RD Vestal. Park cars in the far back of lot. We will ride approximately 24 miles through the rolling hills of Vestal. Return for: an outdoor happy hour, unique sandwich and specialty menu, and dancing to the band.		
<b>SAT, July 3<sup>rd</sup>, 9:30AM</b>	Deposit, Front Street lot	Bob/Joyce Dannecker, 648-9467
C/2/42 Meet in public parking lot across from State Theater on Front Street in Deposit. We'll ride south to explore some Pennsylvania hills, then coast down into Hancock for lunch. After that, it's a long easy climb to the Cannonsville reservoir, then NY 10 along the reservoir back to Deposit.		
<b>SUN, July 4<sup>th</sup>, 10:30AM</b>	Trout Creek Bridge, Cannonsville Reservoir	Don Rice 785-8930
C-D/2/61 Ride to Downsville for lunch at the School House Inn. Don says there's just one short steep hill. Hmmm.		
<b>TUE, July 6<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, July 7<sup>th</sup>, 6PM</b>	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
<b>FRI, July 9<sup>th</sup>, 6PM, Ice Cream</b>	Courthouse Square, Owego	Bob/Helen Dannecker, 687-2511
<b>SAT, July 10<sup>th</sup>, 10AM</b>	Starrucca Viaduct park	Bob/Helen Dannecker, 687-2511
D/3/25 MBR. Pack a lunch and meet at the park below the Starrucca Viaduct, 1 mile north of SR171 at Lanesboro, PA. Ride the D&H rail-trail to Starrucca, returning on roads. Possible additional mileage for those interested. Note: The rail-trail is unpaved, has loose stones and is not suitable for touring bikes. Look for a ride on the next section of this rail-trail in the Fall schedule.		
<b>SUN, July 11<sup>th</sup></b>	Open Ride –check Topica at <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>MON, July 12<sup>th</sup>, 6PM</b>	Rec. Park, Beethoven Street Parking Lot	Regina Losinger, 222-8235
C/3/15-20: Monday Evening ride series, a 15mph ride around town, ending up at Joey's Italian Ice		
<b>TUE, July 13<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, July 14<sup>th</sup>, 6PM</b>	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
<b>SAT, July 17<sup>th</sup>, 10AM</b>	Eckerd Drug in Owego	Don Rice, 785-8930
C-D/3/20 Ride to the Blueberry Fest in Nichols		
<b>SUN, July 18<sup>th</sup>, 10AM</b>	Tioga Center High School	Denny Voorhees, 570-888-1426
C/3/45: Ride west to Waverly, then up Dean Creek Road to Spencer for a snack or lunch. Returning on Halsey Valley Road.		
<b>SUN, July 18<sup>th</sup></b>	Port Dickinson Park	Joan Hebb 760-3958
D/3-4/13 A Stop and Smell the Flowers Ride (call for time - morning or afternoon TBD). Port Dickinson Park to the River Road Loop. A shorter option (7 mi): - meet at Route 12A Park & Ride in Chenango Bridge.		
<b>TUE, July 20<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, July 21<sup>st</sup>, 6PM</b>	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
<b>FRI, July 23<sup>rd</sup>, 6PM, Ice Cream</b>	Courthouse Square, Owego	Bob/Helen Dannecker, 687-2511
<b>SAT, July 24<sup>th</sup>, 10:30AM</b>	Endicott Plaza	Warren Wetzelberg, 754-4477
C/2/50: Ride to Whitney Point, then down to Chenango Forks and back through Binghamton.		
<b>SUN, July 25<sup>th</sup>, 8AM</b>	Fairgrounds (Tops) Plaza, Owego	Bob/Helen Dannecker, 687-2511
C/2-3/75: Ride to Ithaca Farmer's Market for lunch. Returning through Spencer and Halsey Valley.		
<b>MON, July 26<sup>th</sup>, 6PM</b>	Rec. Park, Beethoven Street Parking Lot	Regina Losinger, 222-8235
C/3/15-20: Monday Evening ride series, a 15mph ride around town, ending up at Joey's Italian Ice		
<b>TUE, July 27<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, July 28<sup>th</sup>, 6PM</b>	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
<b>SAT, July 31<sup>st</sup>, 10AM</b>	Courthouse Square, Owego	Tom Frisinger, 625-4487
D/3/40: Pack a lunch and ride to Spencer. Return on Halsey Valley Road.		



## RIDE SCHEDULE SUMMER 2004 - AUGUST

<b>SUN, August 1<sup>st</sup>, 10AM</b>	Denny's Restaurant, Cortland	Karen Koscianski, 786-5619
C/3/65 or 44 mile option. This is a premier ride for EVERYBODY especially designed and pre-tested as a club favorite. We will all meet at Denny's Restaurant in Cortland, N.Y. where the 65-mile riders begin. The 44-mile riders will drive cars to start at the Fishing access on RT 13 (10 -12 miles from Denny's) parking area. We will cycle to beautiful Cazenovia Lake where we will meet at the public beach area for a swim before lunch at The Lincklaen House in town.		
<b>TUE, August 3<sup>rd</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, August 4<sup>th</sup>, 6PM</b>	5 Mile Pt. Park & Ride	Tom Nickerson, 775-4826
<b>SAT, August 7<sup>th</sup>, 10AM</b>	Grippen Park, Endicott	Lonnie & Don Gillespie 748-7635
C/3/37: Ride to Greenwood Park. Please bring snacks for a mini picnic in case the snack bar isn't open. This ride is one of the Tuesday rides featured on Jay's website.		
<b>SUN, August 8<sup>th</sup>, 9AM</b>	Port Crane Fishing Access, I-88 Exit 3	Malcolm Blue, 798-6843
C/3/50: We'll be heading to Oxford for lunch. There may be some Mueller Miles involved in my estimate.		
<b>MON, August 9<sup>th</sup>, 6PM</b>	Rec Park, Beethoven Street Parking Lot	Regina Losinger, 222-8235
C/3/15-20: Monday Evening ride series, a 15mph ride around town, ending up at Joey's Italian Ice		
<b>TUE, August 10<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, August 11<sup>th</sup>, 6PM</b>	5 Mile Pt. Park & Ride	Tom Nickerson, 775-4826
<b>August 13<sup>th</sup>-15<sup>th</sup> -GRAB Weekend</b> See details and registration elsewhere in this newsletter.		
<b>SUN, August 15<sup>th</sup>, 10:30AM</b>	Chenango Valley High School Parking Lot	Regina Losinger, 222-8235
D/3/9: This is part of the Stop & Smell the Flowers Ride though some of my classmates may still smell like beer from the prior evening's CVHS 30 <sup>th</sup> Reunion Party. We'll be taking the river road loop.		
<b>TUE, August 17<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, August 18<sup>th</sup>, 6PM</b>	5 Mile Pt. Park & Ride	Tom Nickerson, 775-4826
<b>SAT, August 21<sup>st</sup>, 9:30AM</b>	Creamery, Nichols	Bob/Joyce Dannecker 648-9467
C/2/49: From Nichols ("The Creamery" is a large green building on the north side of River Street in town.) , we'll ride to Towanda for lunch via Union Valley Road and Pa. 187 to Wysox, then a few miles of US 6. Return via Sheshequin Road / River Road along the Susquehanna past Sayre and back to Nichols. New ride! Sweeping vistas! Thrilling downhills! (Well, OK, some climbing, too)		
<b>SUN, August 22<sup>nd</sup>, Noon</b>	Rec Park, Beethoven Street Lot	John Ruth, 651-9939
C/3/25: This ride will travel to Chenango State Park to see the dog show and move on to the golf course clubhouse for Scoobie Snacks.		
<b>SUN, August 22<sup>nd</sup></b>	Stop & Smell the Flowers ride -call Joan Hebb (760-3958) for time/location.	
<b>MON, August 23<sup>rd</sup>, 6PM</b>	Rec Park, Beethoven Street Parking Lot	Regina 222-8235
C/3/15-20: Monday Evening ride series, a 15mph ride around town, ending up at Joey's Italian Ice		
<b>TUE, August 24<sup>th</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	
<b>WED, August 25<sup>th</sup>, 6PM</b>	5 Mile Pt. Park & Ride	Tom Nickerson, 775-4826
<b>SAT, AUGUST 28<sup>th</sup>, 10AM</b>	Hickories Park Owego, Soccer Field	Gene Malinowski 754-8951
C/3/42: Ride to Waverly via NY-17C. Gene has found this to really be a nice ride that he'd like to share. It's not terribly challenging with a good shoulder/road surface. Bring light snacks, or purchase along the way.		
<b>SUN, AUGUST 29<sup>th</sup></b>	Owego Eckerd's Drugstore Parking Lot	
9 AM, D/4/10, Regina Losinger 222-8235 AND/OR 10AM, C/3/62, Malcolm Blue 798-6843		
Our first 10 miles will be a Stop & Smell the Flowers Ride touring Owego's beautiful historical homes and fragrant gardens. Bring a slice of bread for the ducks. After we've seen the homes, smelled the flowers, and fed the ducks now it's off to Ithaca for lunch at the Ithaca Bakery. Don't eat too much - it's a 9% grade out of town, or it could turn into a Stop & Barf the Lunch Ride!		
<b>SUN, August 29<sup>th</sup>, 9AM</b>	Confluence Park, Binghamton	Augie Mueller, 722-6005
C/4/22: Starting at the Washington Street bridge, ride the Broome Corporate Park loop with CEO Mueller as your glorious leader.		
<b>TUE, August 31<sup>st</sup></b>	Tuesday Morning Ride – details: <a href="http://topica.com/lists/stbc/read">http://topica.com/lists/stbc/read</a>	

# Great Ride Around Broome (GRAB) - August 13-15

Two nights of camping & two days of touring based at Belden Hill Campground in Broome County. Arrive Friday between 4-8PM. Maps will be provided for various rides Saturday & Sunday. Saturday dinner will be provided at the campground. Campground checkout is noon on Sunday.

**Directions:** From Binghamton, follow I-88 north to the Martin Hill exit. Take a left on Martin Hill Road, then right on NY-7. In ¼ mile look for Belden Hill Campground on the left. Register at office even if you are not camping. A maximum speed limit of **5 MPH** is strictly enforced within the campground.

**Accommodations:** Swimming, fishing, showers, laundromat, store w/ice cream.



**Info Contact:** Tom Nickerson, 775-4826, or [tnickerson@stny.rr.com](mailto:tnickerson@stny.rr.com)

Send registration with payment no later than August 1<sup>st</sup>. Make checks payable to **STBC**, P.O. Box 601, Binghamton, NY 13902-0601. Current STBC membership required

## GRAB REGISTRATION / STBC MEMBERSHIP



GRAB Friday/Saturday camping & Saturday Dinner: quantity: \_\_\_\_\_ x \$30 = \$ \_\_\_\_\_

GRAB Saturday Dinner Only: quantity: \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_

STBC MEMBERSHIP:  New/  Renew,  Individual(\$2) /  Family(\$3) x \_\_\_\_\_ years = \$ \_\_\_\_\_

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.

————— **Do not separate. Include signed Release and Waiver with Registration Form** —————

### **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, INC.  
P.O. BOX 0601  
BINGHAMTON, NY 13902-0601



Printed on  
recycled paper  
with soy based ink.



*Summer*  
2004



## OUT OF BOUNDS



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

**Erie Canal Tour**, July 11<sup>th</sup>-18<sup>th</sup>, 400mi, Buffalo to Albany, [www.nypca.org/canaltour/index.shtml](http://www.nypca.org/canaltour/index.shtml)

**B.C. Bicycle Race For Sight**, July 17<sup>th</sup>, Windsor, NY. A 26-mile citizen road race. Website: [www.avreus.org](http://www.avreus.org) and click on "Bike Race."

**PA Greenway Sojourn**: July 24<sup>th</sup>-30<sup>th</sup>, Erie to Pittsburgh following rail trails in western PA, avg. 30 mi/day, \$350, [www.railtrails.org/field/pennsylvania/active\\_pages/sojourn/main04.asp](http://www.railtrails.org/field/pennsylvania/active_pages/sojourn/main04.asp)

**The 4th Annual Great Big FANY Ride**: July 25<sup>th</sup>-31<sup>st</sup>, Back roads tour across upstate NY. Benefits: The Firemen's Home, Hudson, NY [www.FANYride.com](http://www.FANYride.com), 518 461-9663

**BonTon Roulet**: July 25<sup>th</sup>-31<sup>st</sup>, Finger Lakes tour, \$450 [www.bontonroulet.com](http://www.bontonroulet.com), 315 253-5304

**Village to Village Bicycle Party**: August 7<sup>th</sup>, Cherry Valley (east of Cooperstown), "Flatlander" & "Mountaineer" rides of various lengths, [www.magicalhistorytour.org](http://www.magicalhistorytour.org)

**Endless Encounter xc V Race (mtn bike)**, August 8th, Camp at East Lake, New Milford, PA, (Race # 8 Mid Atlantic Super Series) [www.newmilfordbike.com/endless\\_encounter.htm](http://www.newmilfordbike.com/endless_encounter.htm)

**Empire State Aids Ride**: August 15<sup>th</sup>-23<sup>rd</sup>, 560mi, Niagara Falls to NYC, [www.empirestateaidsride.org](http://www.empirestateaidsride.org)

**MS150 Finger Lakes Bike Tour**: August 21<sup>st</sup>-22<sup>nd</sup>, [www.msuptateny.org](http://www.msuptateny.org), 877 869-6677

**Chris Thater Memorial Criterium**: August 28<sup>th</sup>-29<sup>th</sup>, Rec. Park in Binghamton. Benefits BC Stop DWI, [www.bcstopdwi.com](http://www.bcstopdwi.com), 607 778-2056

**Annual Thousand Islands Ride**, September 3-6, see details below

**Endless Ride for the Children**: October 2<sup>nd</sup>, Montrose to Great Bend, 17 mi., Benefits Susquehanna Cnty Interfaith, <http://www.newmilfordbike.com/EndlessRide.htm>