

SUMMER 2005



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:

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

STBC ADDRESS:

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

STBC is on the Internet.

Thanks to Regina's efforts, we have a new home page
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: <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 fall issue must be submitted by August 1st. Send all submissions to:
STBC NEWSLETTER • PO BOX 601 • Binghamton, NY
13902-0601, or email: bike@southerntierbicycleclub.org

LOOKING FOR NEW RIDE LEADERS

STBC is looking for ride leaders for future club rides. If interested in leading a ride, please contact Don Gillespie at 748-7635 or at bikes325@cs.com.

HOW TO LEAD A RIDE

All a ride leader is required to do is:

1. Pick out a route, and scout it out ahead of time
2. Know the level of difficulty based on the ride grading so we can provide correct rating
3. Have a starting point and time
4. Get parking permission for your meeting place
5. Find a sub if you cannot lead your scheduled ride
6. Show up at least 15 minutes ahead of time.
7. Get rider signature on waiver of liability form on-line in the **Rides & Newsletter** section (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 1-6 above.

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, money, appropriate clothing, sunglasses, and sunscreen. STBC requires the use of a 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

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.

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.





TUESDAY MORNING RIDE SERIES

Are you bored? Join us every Tuesday. 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. 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.



STOP AND SMELL THE FLOWERS RIDE

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.

MONDAY EVENING RIDE SERIES

Grab your bike and shake off those Monday blues! The Monday ride series has been expanded. This summer, Regina Losinger will be leading even more Monday evening rides and Bill Bennett will also take a turn or two. The rides are usually 15-25 miles at a fast C pace, noted C+. See the listings that follow for the location, time and leader.



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.

D-PACE RIDE SERIES BEING DEVELOPED - COORDINATOR NEEDED!

Are you ready for something faster and longer than our Flowers rides, but not yet ready for our many C-paced rides? Do you want to see more D-paced rides on our schedule? Are you willing to reach out to potential ride leaders and develop a D-paced ride series for our Fall newsletter? We envision at least two D-paced rides every month, perhaps coordinated with our Flowers and C-paced rides. If this sounds like you, contact Regina Losinger at 222-8235, and she will help you to get this very needed ride series off the ground.

★ ★ FOR SALE ★ ★

Tandem child stoker kit. \$130 Contact Regina at 222-8235.

CLYDE POWELL MEMORIAL BREAKFAST RIDE

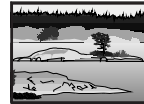


EVERY SUNDAY MORNING (E)

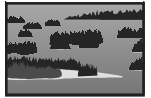
Leaderless 7:45 AM, Floral Ave. Fire Station, Johnson City

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.



ANNUAL THOUSAND ISLANDS RIDE



Out Of Bounds Ride - Not an STBC Ride

September 2-5 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 Fifth 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.)

GRAB RIDE COMING THIS SUMMER

Mark your calendars, Tom Nickerson will once again bring us the **GRAB RIDE**, August 19-21 at Belden Hill Campground in Harpursville, New York. This site is known for its peace and quiet with a picturesque view. Tent camping is \$6 per night per person. Tom will have rides Saturday and Sunday and there will be a camp-wide chicken barbeque and dish-to-pass supper on Saturday evening for those interested. Onsite facilities include a camp store, two Laundromats, rest rooms with hot showers, nature trails, and a pond for fishing. Please see the inside back cover for the registration form.



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

Bicycle Technical Services 824 SR 17C, Waverly 565-9049

Bike Rack 414 College Ave., Ithaca 277-1010

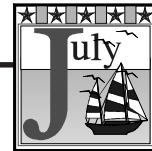
Chenango Point Cycles 45 Washington Street, Binghamton 724-7481

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

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

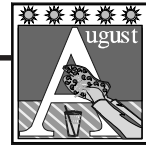
Serious Toyz 274 Floral Avenue, Johnson City 231-7266





RIDE SCHEDULE SUMMER 2005 - JULY

SAT, July 2nd 10:00 AM	Copes Corners (Mount Upton)	Erica LaBuz, 432-7511
C-D/25/3 Ride through the beautiful Butternut Valley in Otsego County through the historic villages of Gilbertsville and Morris. Meet at the parking area on Route 51 in Copes Corners. Directions: Take I-88 to the Sidney exit. Take Route 8 north about nine miles to Mt. Upton. Turn right on Route 51. The parking area is on the right about a mile from the corner. The ride takes route 51 to Gilbertsville and Morris, then the south side of the Butternut Creek. Lunch at the pizza place in Morris or the County Store in Gilbertsville (I do not know what they serve. We can check it out on the way through.) Those who want a longer ride can park at the fishing access in Sidney to the left of the Route 8 and 7 intersection. You would then have a 10 mile ride to the parking area.		
MON, July 4th 7:30 AM	U.E. High School, Endicott	Don Gillespie, 748-7635
D/4/9-25 Ride Main Street to the German Club breakfast. The ride is flat except for the climb up Loughlin Road to the German club. Breakfast in the woods is \$5 and the German band plays between 9:00 and 11:00. Pick up points and times are: U.E. High School at 7:30; Home Depot, Johnson City at 8:00; Broome Court House at 8:30. Return ride will be at the group's option.		
TUE, July 5th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, July 6th 6:00 PM	Eckerd's Drugs, Owego	Judy Frisinger, 625-4487
C/2/approx. 20		
FRI, July 8th 6:00 PM	Ice Cream Ride, 420 Firth St. Endicott	Don Rice, 785-8930
SAT, July 9th 10:00 AM	Trout Creek Parking area	Don Rice, 785-8930
C/2/62 - Meet at the Trout Creek parking area, just past the first bridge across the Cannonsville reservoir on NY 10 east of Deposit. This is a repeat of last year's ride by popular demand. Ride to Downsville for lunch at the Schoolhouse Restaurant. Proceed down the East Branch of the Delaware (all downhill) to Hancock and back to the reservoir and return home. This is a great challenging ride with great scenery. There is one small section of dirt which gives this ride it's "2" terrain category and can be walked. Don't miss the opportunity for some of the best scenery in the Catskills.		
SUN, July 10th 1:00 PM	4 Whiting Way, Conklin	Bill Bennett, 775-3356
C/1/40 or C/2/45: Meet at Bill Bennet's house, 4 Whiting Way, Conklin for a ride to Quaker Lake and then to Great Bend. The group will choose the route before the ride. (climb versus distance) Directions: From the corner of Tompkins Street and Conklin Avenue in Binghamton, 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.		
SUN, July 10th 1:00 PM	MacArthur Park	Joan Hebb, 729-9352
D/3/10-12 A Stop and Smell the Flowers ride: Meet at MacArthur Park, Vestal, Ave., Binghamton's south side. Ride into the hills to Binghamton University and visit the nature preserve.		
MON, July 11th 6:00 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
C+/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton.		
TUE, July 12th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, July 13th 6:00 PM	Giant Market, NY 26, Endicott	Judy Frisinger, 625-4487
C/2/approx 20		
FRI, July 15th 6:00 PM	Rec. Park, Binghamton	Regina Losinger, & Ashlyn Kelley, 222-8235
D/4/12 Join Regina and Ashlyn for an ice cream ride. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton.		
SAT, July 16th 9:00 AM	Beldon Hill Campground	Tom Nickerson 775-4826
C/4 with one hill/40 Meet Tom at the campground at Beldon Hill to ride to Sidney for lunch. The terrain is generally flat except for the final climb to the campground. Directions: From Binghamton, follow I-88 east to Martin Hill exit. Take a left on Martin Hill Road, then right on NY 7. Belden Hill Campground is ¼ mile on the left.		
SUN, July 17th Noon	West Endicott Park, Endicott	Lonnie Gillespie 748-7635
D/3/27 Tour and ride the six carousels in the Triple Cities. Start at (1) West Endicott Park, Page Avenue, Endicott at noon. Then proceed to (2) George W. Johnson Park, Oak Hill Avenue, Endicott; (3) Highland Park, Hooper Road, Endwell; (4) C. Fred Johnson Park, Johnson City; (5) Recreation Park, Binghamton; (6) Ross Park, Binghamton. Return to the starting point to finish the loop. Directions: From Endicott take Main Street (NY 17C) west past the UE High School. Continue west on NY 17C to Page Avenue (a few blocks past the corner where NY 26 turns northward). Turn right on Page Avenue and follow it north. The park is on the left a block after crossing the railroad tracks.		
MON, July 18th 6:00 PM	CVS parking lot, Vestal 4 corners	Regina Losinger 222-8235
C+/3/20-25 Monday evening ride series. Meet at CVS parking lot at Vestal 4 corners (route 434 and Main Street).		
TUE, July 19th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, July 20th 6:00 PM	Binghamton Plaza Binghamton	Judy Frisinger, 625-4487
C/2/approx 20 Meet Judy by the Bank in the Binghamton Plaza, W. State Street.		
SAT, July 23rd 8AM	Eckard's, Owego	Don Rice, 785-8930
C/3/42 Swimming hole ride: Meet in Owego and ride to Candor for lunch, then ride to Brooktondale for a great swim under the waterfalls.		
SUN, July 24th 1:00 PM	Harpersville Fire Station	Joan Hebb, 729-9352
D/3/16 - Harpursville Fire Station (Exit 6 off I-88, right at ramp onto NY 79, on left in town). Stop and Smell the Flowers as we cruise into Afton for snacks.		
MON, July 25th 6:00 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
C+/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton.		
TUE, July 26th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, July 27th 6:00 PM	2 Perry Drive, Apalachin	Judy Frisinger, 625-4487
C/2/approx 20: Meet at Frisinger's house, then have pizza after ride. Directions: NY 17 west to Apalachin exit 66. Left at first light (over NY 17), then left at second light onto 434 east. Turn right at the Mobile Station/McDonalds (Cross Street), then left onto East Main Street. Then take first right onto Laine Court. Meet at the yellow house at end of the road, 2 Perry Drive.		
FRI, July 29th 6:00 PM	Ice Cream Ride, 420 Firth St. Endicott	Don Rice, 785-8930
SAT, July 30th 10:30AM	Great American, Greene	John Gerty, 656-4339
C/3/32 - Ride from Greene to lunch in Oxford.		
SUN, July 31st 9:30 AM	Deposit Front Street lot	Bob and 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		



RIDE SCHEDULE SUMMER 2005 - AUGUST

MON, August 1st 6:00 PM	CVS parking lot, Vestal 4 corners C+/3/20-25 Monday evening ride series. Meet at CVS parking lot at Vestal 4 corners (route 434 and Main Street).	Regina Losinger 222-8235
TUE, August 2nd	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, August 3rd 6:00 PM	Lowe's, Upper Front Street, Binghamton	Bob and Joyce Dannecker 648-9467
FRI, August 5th 6:00 PM	Apalachin Ice Cream Ride: Meet at the machinery dealer across from the Big Dipper ice cream shop on NY 434 in Apalachin.	Tom Frisinger 625-4487
SAT, August 6th 10:00 AM	P & C grocery, Owego C/2/35 Wear an ELECT DAN button as you head east on NY 17C, then climb the hills at the Tioga/Broome border towards Oakley Corners. Return on Lisle Road with a stop at the Sniezek house for a barbecue lunch. Bob and Joyce Dannecker (648-9467) will be co-leaders for this ride. Directions: P & C grocery store off NY 17 (I-86), exit 65, Owego, NY	Dan Sniezek 687-3270
SUN, August 7th 11:00 AM	Geobike ride!, Recreation Park C/3/50 Meet at Recreation Park, Beethoven Street parking lot, Binghamton. Join Regina for a "geobike ride" to find hidden geocaches. Geocaching is modern day treasure hunting with a GPS. Regina will select geocache sites to ride to that are within 25 miles of Recreation Park, and the group will figure out where they are located and decide which route(s) to take to them. Our May geo-bike ride took us to Hallstead and back again, and we found 6 hidden caches and receding flood waters along the way - let's see if we can top that adventure! Bring your GPS, or just come on along for the fun! See geocaching.com for more information.	Regina Losinger 222-8235
MON, August 8th 6:00 PM	Rec. Park, Binghamton C+/3/20-25 Monday evening ride series. Meet at Recreation Park, Beethoven Street Parking Lot, West-side Binghamton.	Regina Losinger 222-8235
TUE, August 9th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, August 10th 6:00 PM	Kirkwood Park and Ride Directions: Take exit 2 off of I-81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.	Tom Nickerson 775-4826
FRI, August 12th 6:00 PM	Port Crane fishing access Ice Cream ride. Directions: From Binghamton, take I-88 East to Exit #3 (Port Crane and NY369), then left at bottom of ramp to pass under I-88. Then just past the on-ramp make a left into the parking area.	Tom Nickerson 775-4826
SAT & SUN, August 13th & 14th	Bike Tioga, Draper Park, Owego Rides from 15-100 miles. Chicken barbeque on Saturday after the ride. Pizza and drinks after the rides on Sunday. See http://www.biketTioga.com/ for details on the event, registration, and directions. This event sponsored by Tioga County Tourism, 188 Front Street, Owego, NY 13827, 607-687-7440 or 1-800-671-7772.	
SUN, August 14th	Chenango Forks D/3/20 - St. Rita's Church, Chenango Forks (NY 12, on right as you head into the Forks from Binghamton). Ride to Whitney Point for ice cream. Stop and Smell the Flowers on the way!	Joan Hebb 729-9352
MON, August 15th 6:00 PM	Kirkwood Park and Ride Directions: Take exit 2 off of I-81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.	Bill Bennett, 775-3356
TUE, August 16th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, August 17th 6:00 PM	Kirkwood Park and Ride Directions: Take exit 2 off of I-81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.	Tom Nickerson 775-4826
FRI, August 19th 6:00 PM	Eckerd's, Owego Ice Cream Ride: Meet at Eckerd's in Owego behind the court house.	Tom Frisinger 625-4487
SAT, August 20th 10:00 AM	Belden Hill Campground	Tom Nickerson 775-4826
GRAB ride part 1:	See registration form in this newsletter for details.	
SUN, August 21st 10:00 AM	Belden Hill Campground	Tom Nickerson 775-4826
GRAB ride part 2:	See registration form in this newsletter for details.	
MON, August 22nd 6:00 PM	Kirkwood Park and Ride Directions: Take exit 2 off of I-81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.	Bill Bennett, 775-3356
TUE, August 23rd	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, August 24th 6:00 PM	Lowe's, Upper Front Street, Binghamton	Bob and Joyce Dannecker 648-9467
SAT, August 27th 9:00 AM	Stewart Park, Ithaca C/3/86 Meet at Stewart Park in Ithaca for the "Great Cayuga Adventure" lake ride. This is a relatively easy, but long ride in the heart of the Finger Lakes. If you're looking for good shoulders to ride on and some of the best NY riding, this is it. You won't be disappointed. Lunch is in Union Springs and we have all day to enjoy the ride.	Don Rice, 785-8930
SUN, August 28th Noon	Conklin or Binghamton C/2/75 or 89 - There are two locations for starting this ride. At 12:00 noon meet at Bill Bennett's house which will net an 89 mile ride. (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) At 1:00 PM, join the ride at the Binghamton Plaza, West State Street, in Binghamton to net a 75 mile ride. Travel out Chenango Street and Kattellville Road to NY 79 for lunch in Whitney Point. Then on to Richford to return to Owego via NY 38 and Binghamton via 17C.	Bill Bennet, 775-3356
SUN, August 28th 1:00 PM	Afton, NY D/4/14 or 27miles -Directions to Afton Municipal Parking Lot: take Exit 7 off I88, 3 lefts into town, follow signs). Shorter ride from Afton to Bainbridge along the river, return by the same route OR ride on to Sidney and then return. As always - Stop and Smell the Flowers!	Joan Hebb, 729-9352
MON, August 29th 6:00 PM	CVS parking lot, Vestal 4 corners C+/3/20-25 Monday evening ride series. Meet at CVS parking lot at Vestal 4 corners (route 434 and Main Street).	Regina Losinger 222-8235
TUE, August 30th	Tuesday Morning Ride	details: http://topica.com/lists/stbc/read
WED, August 31st 6:00 PM	Lowe's, Upper Front Street, Binghamton	Bob and Joyce Dannecker 648-9467

Great Ride Around Broome (GRAB) - August 19-21

Two nights of camping & two days of touring based at Belden Hill Campground in Broome County. You can camp one night or two or just come for the rides. Tent camping is \$6 per person per night. For camping, arrive Friday between 1-8 PM. Maps will be provided for various rides Saturday and Sunday. There will be a chicken barbeque/dish-to-pass dinner for the campground on Saturday evening. Campground checkout is noon on Sunday.

Directions: From Binghamton, follow I-88 east 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

Registration and Payment: Send registration form no later than August 10th to Tom Nickerson, 1535 Conklin Rd., Conklin, New York 13748. Pay for camping at the camp office when you arrive and sign up then for the Saturday chicken barbeque. Current STBC membership required.

GRAB REGISTRATION

Friday camping: Number of campers: _____ Saturday camping: Number of campers: _____

Name: _____

Address: _____ New Address? Phone: _____

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

STBC MEMBERSHIP

STBC MEMBERSHIP: 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 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

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 601
BINGHAMTON, NY 13902-0601



OUT OF BOUNDS



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

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

B.C. Bicycle Race For Sight, July 16th, Windsor, NY. A 26-mile citizen road race. Website: www.avreus.org and click on "Bike Race."

PA Greenway Sojourn: July 16th-22nd, Erie to Pittsburgh following rail trails in western PA, avg. 35 mi/day, www.railtrails.org/

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.

The 4th Annual Great Big FANY Ride: July 24th-30th, Back roads tour across upstate NY. Benefits: The Firemen's Home, Hudson, NY: www.FANYride.com, 518 461-9663

BonTon Roulet: July 24th-30th, Finger Lakes tour, www.bontonroulet.com, 315 253-5304

Village to Village Bicycle Party: August 6th, Cherry Valley (east of Cooperstown), "Flatlander" & "Mountaineer" rides of various lengths, www.magicalhistorytour.org

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

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

2005 North Country MS Bike Tour, July 9 & 10th, Morequ Lake State Park, Gansevoort, NY, 1-800-FIGHTMS, http://www.nationalmssociety.org/NYR/event/event_page.asp?p=21036&e=9481,

Chris Thater Memorial Criterium: August 27th-28th, Rec. Park in Binghamton. Benefits BC Stop DWI, www.bcstopdwi.com, 607 778-2056

Annual Thousand Islands Ride, September 3-6, see details in this newsletter

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