

# SUMMER 2006



<http://www.southerntierbicycleclub.org>

## OFFICERS:

**President:** Craig Thomas  
798-6898 • [craigrthomas@yahoo.com](mailto:craigrthomas@yahoo.com)

**Vice President:** Don Gillespie  
748-7635 • [bikes325@cs.com](mailto:bikes325@cs.com)

**Secretary:** Maria Thomas  
798-6898 • [riajt@hotmail.com](mailto:riajt@hotmail.com)

**Treasurer:** Regina Losinger  
222-8235 • [ReginaLosinger@stny.rr.com](mailto: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](mailto: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](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](mailto:stbc-subscribe@topica.com)

To write to the list, send a message to: [stbc@topica.com](mailto:stbc@topica.com).

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

## Nearby clubs with home pages:

CNY D.I.R.T.: <http://bikeloft.com/page.cfm?PageID=34>

Finger Lakes Cycling club: <http://www.flcycling.org/>

Tioga Velo Club: <http://tiogavelo.com/>

Onondaga Cycling Club: <http://www.onondagacyclingclub.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  
1<sup>st</sup>. Send all submissions to:

**STBC NEWSLETTER • PO BOX 601 • Binghamton, NY  
13902-0601, or email: [bike@southerntierbicycleclub.org](mailto:bike@southerntierbicycleclub.org)**

## HOW TO LEAD A RIDE

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

1. Pick out a route, and scout it out ahead of time
2. Know the level of difficulty based on the ride grading so we can provide  
correct rating
3. Have a starting point and time
4. Get parking permission for your meeting place
5. Find a sub if you cannot lead your scheduled ride
6. Show up at least 15 minutes ahead of time.
7. Get rider signatures on waiver of liability form, and review the safety  
checklist with all riders. The form is available on-line at  
[www.southerntierbicycleclub.org/  
imagesRelease\\_and\\_waiver\\_of\\_liability\\_form\\_for\\_club\\_rides.doc](http://www.southerntierbicycleclub.org/imagesRelease_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](mailto: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).



## EVERY SUNDAY MORNING BREAKFAST RIDE

We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam; Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast riding varies, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including but not limited to NY 7, NY11 or the route taken out. On occasion we might do the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.



## TUESDAY & THURSDAY MORNING RIDE SERIES

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

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 occur all summer long. 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.

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](mailto:plainj@ieee.org) with a note - "Add me to the Tuesday/Thursday list."

## 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.



## 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.

And this summer on Mondays when Regina is not leading the Monday ride, join Bill Bennett at the Kirkwood Park and Ride for your Monday biking "fix".



## WEDNESDAY RIDE

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.



## 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](mailto:bike@southerntierbicycleclub.org). If you have already received e-mail from that address, then you're set and don't need to send the messages. Note that this will not affect whether you receive your newsletters via post office mail or e-mail.



## STBC COORDINATORS NAMED

To focus on specific areas and more effectively manage our club activities in an equitable manner, a number of volunteers have kindly stepped forward to help us out. Nancy Botting, Membership Coordinator, will manage all membership issues, including the update of all E-mail addresses. This is no small task and Nancy is doing a great job. In an effort to attract more college students into Club activities, Jim Conroy and Regina Losinger have volunteered to serve as the Binghamton University (BU) and Broome Community College (BCC) Coordinators respectively. They will post the Newsletter and specific ride (GFLBT) information around BU and BCC. Jim and Regina both work full-time and serve in other capacities for the Club so this additional workload is really appreciated. Also, same as last year, Gene Malinowski is coordinating our presence at the Chris Thater races and will be looking for help at the STBC table this year. We are also seeking an Education/Safety Coordinator to provide Safety information and training to the Club. If you are interested in volunteering to "spread the work" please let us know. Please thank Nancy, Gene, Jim and Regina for stepping up to help make our Club better for all of us.



## RIDE SCHEDULE SUMMER 2006 - JULY



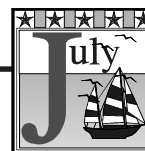
### Tuesday and Thursday Morning Rides

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.  
For ride announcements see <http://topica.com/lists/stbc/read>.

<b>SAT July 1<sup>st</sup>, 10:00 AM</b>	Unadilla Great American	Erica LaBuz 432-7511
D/3/31 Take a scenic ride through scenic Delaware County and historic Franklin. Ride State Route 357 from Unadilla to North Franklin. Lunch at the Ouleout Golf Course. Meet at the Great American parking lot in Unadilla. Take I-88 to Exit 10. Turn right on Route 7. Great American will be on the left in the village.		
<b>SUN, July 2<sup>nd</sup>, 1 PM</b>	Windsor, NY	Craig Thomas 798-6898
C/3/23 – Meet at the Catholic Church parking lot for a nice country ride to Susquehanna.		
<b>SUN, July 2<sup>nd</sup>, 1 PM</b>	MacArthur School, Binghamton	Joan Hebb 729-9352
D/3/10-12 Meet at the MacArthur School parking lot on Vestal Ave. Stop and Smell the Flowers on a tour of the Southside of Binghamton. Back roads and hills to the University are included. Meet at Recreation Park, Beethoven St. at 12:30 for a slightly longer ride.		
<b>MON, July 3<sup>rd</sup>, 6 PM</b>	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.		
<b>TUE, July 4<sup>th</sup>, 9 AM</b>	Court House Square, Binghamton.	Tom Nickerson 775-4826
D/4/9 - Meet Tom for the short ride to the German Club breakfast. The ride is fairly flat except for the climb up Loughlin road to the German Club. Breakfast is reasonably priced and the German band plays for your listening (or dancing) enjoyment.		
<b>WED, July 5<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>FRI, July 7<sup>th</sup>, 6 PM</b>	Otsiningo Park	Craig Thomas, 798-6898
Meet at the parking lot near the first set of rest rooms for a ride around the River Road loop with a stop for ice cream at Susie Q's on Chenango Street.		
<b>SAT, July 8<sup>th</sup>, 9:45 AM</b>	Covered Bridge Park, Downsville, NY	Bob & Joyce Dannecker 648-9467
C/3/54 We'll ride the length of the Pepacton Reservoir to lunch in Margarettsville at the east end. If you're still feeling energetic on the return, there's a hilly option with great views. Bring snacks and water; there are no facilities between towns. Directions to the start: from Binghamton, take NY 17 east about 57 miles to exit 90 (East Branch / NY 30), then NY 30 north about 15 miles to Downsville. The park is on the right near the east end of town (watch for the "Covered Bridge" sign). NOTE: If the weather looks "iffy", please call Friday evening to verify plans.		
<b>SAT, July 8<sup>th</sup>, 10 AM</b>	Port Crane fishing access	Tom Nickerson 775-4826
C/2/30 – Meet Tom at the Port Crane fishing access parking lot (just off the Port Crane I88 exit) to ride to Greene for lunch.		
<b>SUN, July 9<sup>th</sup></b>	S. Washington St. Bridge, Binghamton	Steven Bard & Augie Mueller
D/2/4 - Beautiful Binghamton Historic Bridge Pedal will take place Sunday morning July 9. Signing the waiver starts around 9:00 AM at South Washington Street Bridge. Join celebrity riders and police escort on a leisurely ride weaving through Binghamton crossing four historic bridges, cover some four miles ending back at the South Washington Street Bridge. Accommodations for cars and bike set up at MacArthur Park. At the end of the tour more active riders may want to form smaller groups to strike out on their own to other points. Contact Steven Bard for more information at 754-4756 (before 9:00 PM) or e-mail sbard@juno.com (text only) (Note: This event is being arranged through the Binghamton Metropolitan Transportation Study, not STBC.) STBC members, contact Steven if you can come and help with ride organization and to help shepherd the less experienced riders. This should be a great way to introduce new riders to biking and to the fun of exploring the area where you live.		
<b>MON, July 10<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Bill Bennett, 775-3356
Join Bill for a fast C-paced ride. The terrain will include some hills (2 rating) and the ride will last a couple of hours. -Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>MON, July 10<sup>th</sup>, 7 PM</b>	New Milford	Steve Bruno, 570-465-2169
MBR - D/4/10- Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>WED, July 12<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>SAT, July 15<sup>th</sup>, 9 AM</b>	Giant Mkt., Binghamton	Don Rice, 785-8930
C/1/57 Meet at Giant Market, Penna. Ave., Bing. 9:00 a.m. Lunch in Montrose at Stables Restaurant. Don't let the ride rating deter you from this ride. Join Dottie and me as we climb 600 ft. (gradually, of course) to Woodbourn Forest. Check out Rick Marsi's column of 5/5 for more detail. But, in case you don't, here's a small preview. "Experience a walk beneath giant hemlocks and hardwood virgin trees six feet in diameter with crowns pushing 100 feet." Bring walking shoes for the forest exploration. Return trip is rolling, down hill on Rt. 29 back to NY. Dinner option in Binghamton.		
<b>SUN, July 16<sup>th</sup>, 1 PM</b>	Harpursville Fire Station	Joan Hebb 729-9352
D/3/16 Stop and Smell the Flowers from Harpursville to Afton. Exit #6 off Rt. 88, right off the ramp to Rt. 79, follow 79 into Harpursville, fire station is on your left.		
<b>MON, July 17<sup>th</sup>, 6 PM</b>	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.		
<b>WED, July 19<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>SAT July 22<sup>nd</sup>, 9:30 AM</b>	Bainbridge	Bob & Joyce Dannecker 648-9467
C/2/33 Bring a picnic lunch. Meet in the municipal parking lot behind the Jericho Inn. We'll ride some hilly (but quiet and scenic) country roads north to Guilford, then east to a pretty little town park on Martin Brook road just north of Unadilla, where we'll enjoy our picnic lunches. Afterward, the return to Bainbridge is an easy (mostly flat) ride along the Susquehanna on either NY 7 or River Road / CR 39		



## RIDE SCHEDULE SUMMER 2006 - JULY



CONTINUED

<b>SUN, July 23<sup>rd</sup>, 10 AM</b>	Hammondsport Town Square	Steve Bruno, 570-465-2169
"Keuka Lake" ride sponsored by the New Milford Bike shop. Meet at the Hammondsport Town Square. Ride from Hammondsport up the West Side of Keuka Lake, and cross at Banchport over to Keuka Lake State Park, down to the tip of Bluff Point, and back up over to Penn Yan. Then South on the East Bank back to Hammondsport. 56 miles at a steady pace, with R&R at key rest Stops. Carpooling will be available with hook-ups in Hallstead at the Sunoco on Route 11 at 7:30 AM and at the McDonald's on Route 17 in Apalachin, NY at 8:00 AM Please check <a href="http://www.newmilfordbike.com/rides.htm">http://www.newmilfordbike.com/rides.htm</a> click on the "Ride Location" for more info and reply back on either New Milford Bike or STBC (topica) so we can organize Car pooling.		
<b>SUN, July 23<sup>rd</sup>, 1 PM</b>	Chenango Valley State Park	Craig Thomas, 798-6898, Don Gillespie, 748-7635
We will have a common start for a Sunday mountain bike or road bike ride. Meet at the swimming area parking lot for both rides. (There is an access charge for auto parking, so if you'd like to trade the fee for a couple of biking miles, park at the public fishing access lot, I88 Port Crane exit and ride into the park.) MBR – Craig will lead a mountain bike ride around the CVSP trails to see what nature has to offer. C/3/25 – Don will lead a road ride from the park to Greene via Page Brook Road. The ride will pause in Greene for a snack or ice cream and return via Stillwater Road.		
<b>MON, July 24<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Bill Bennett, 775-3356
Join Bill for a fast C-paced ride. The terrain will include some hills (2 rating) and the ride will last a couple of hours. -Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>MON, July 24<sup>th</sup>, 7 PM</b>	New Milford	Steve Bruno, 570-465-2169
MBR – D/4/10 - Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com">http://www.newmilfordbike.com</a>		
<b>WED, July 26<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>SAT, July 29<sup>th</sup>, 10:00 AM</b>	Port Crane fishing access	Craig Thomas, 798-6898
Mini-triathlon: The first STBC mini-triathlon will be held on Saturday, July 29, 2006. The bike ride will commence at the Port Crane Fishing Access Parking Lot. Bikers will travel a relatively flat 16 mile circuit to Chenango Valley State Park (CVSP). Bikes will be parked near the designated Picnic Area and monitored while participants walk 1 mile around CV Lake. After the walk, participants can then change into Bathing Suits in the Locker Rooms for a swim in the CVSP Pool. A free hot dog, hamburger and veggie burger barbecue will take place after this event. Bikers will then bike back to the Port Crane Fishing Access. For those opting for a shorter ride, they can park at the CVSP parking lot near the Lake, although an entry fee is required for each car.		
<b>SUN, July 30<sup>th</sup>, 1 PM</b>	Binghamton Plaza	Bill Bennett, 775-3356
C/3/30 – Meet at the Binghamton Plaza to ride to Great Bend for lunch.		
<b>MON, July 31<sup>st</sup>, 6 PM</b>	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.		

### BELDON HILL CAMP AND RIDE AUGUST 18-20

You can enjoy two nights of camping and 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. For camping Friday evening, arrive Friday between 1 and 8 PM. Maps will be provided for various rides Saturday & Sunday. A chicken barbecue dinner will be available at 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.

**Registration and payment:** For tent camping, register at the campground office when you arrive. For full campsite information call the camp office at 607-693-1645. For the Saturday evening meal, contact Tom Nickerson no later than August 10 for reservations and the cost of the meal. Current STBC membership required.

**Info Contact:** Tom Nickerson, 607-775-4826, or [tnickerson@stny.rr.com](mailto:tnickerson@stny.rr.com)



### OTHER BICYCLE CLUBS

From time to time, we may include information on other organizations in our general area that may interest our members. This issue, we'll tell you about CNY D.I.R.T. (Dedicated Individuals for Responsible Trail-Use) Also check the "Out-of-Bounds" section for some of the D.I.R.T. rides near our area.

CNY D.I.R.T. is a group dedicated to protection of greater Syracuse area mountain bike trails. We come from all areas of Central New York, all walks of life and are connected by our common love of mountain biking and the land. In order to strengthen this bond with the land, our mountain bike club follows six basic rules of the trail borrowed from IMBA, the International Mountain Biking Association, and we strongly encourage you to do the same. Following these simple rules will be a large step forward in protecting our land use privileges.

1. Ride on open trails only
2. Leave no trace
3. Control your bicycle
4. Always yield trail
5. Never spook animals
6. Plan ahead.

Also check the "Out-of-Bounds" section for some of the D.I.R.T. ride near our area, including Chenango Valley State Park, Oakley Corners State Forest, and Jenksville State Forest.





## RIDE SCHEDULE SUMMER 2006 - AUGUST

### Tuesday and Thursday Morning Rides

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.

For ride announcements see <http://topica.com/lists/stbc/read>.

<b>WED, August 2<sup>nd</sup>, 6 PM</b>	Port Crane fishing Access	Nancy Botting, 237-6952
C/3/25-28 - Meet at the Port Crane fishing access for an evening ride. Directions: From Binghamton, East on I88 to exit #3 (Port Crane and NY 369). Left at bottom of ramp onto NY 369. Pass under I88, then just past the on-ramp turn left into the parking area.		
<b>SAT, August 5<sup>th</sup>, 9 AM</b>	Eckerd's in Owego	Don Rice, 785-8930
C/2/62 Ride to Ithaca via Coddington Road. Return through Slaterville Springs to Caroline Center, Speedsville and on to West Creek Rd. back to Owego.		
<b>SUN August 6<sup>th</sup>, 9 AM</b>	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 the 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.		
<b>MON, August 7<sup>th</sup>, 6 PM</b>	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.		
<b>MON, August 7<sup>th</sup>, 7 PM</b>	New Milford	Steve Bruno, 570-465-2169
MBR - D/4/10- Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>WED, August 9<sup>th</sup>, 6 PM</b>	Glendale Park	Craig Thomas, 798-6898
Meet at Glendale Park in Endicott and either ride to Maine and back (23 mi) or Owego (25) miles. Refresh at a local eatery after the ride. Directions: Follow NY 17C west through Endicott and past the Enjoe Golf Course to Glendale Drive. Turn right on Glendale Drive for ¼ mile. Park is on the right.		
<b>SAT-SUN, August 12-13</b>	Hickories Park, Owego	Bike Tioga
Saturday rides include a 27 Mile "Goat Farm Quarter Century Ride", 44 Mile "Halsey Valley Wine Tour", 69 Mile "River Country Metric", 102 Mile "Covered Bridge Century". Sunday rides are 28 Mile "Buffalo Run" Quarter Century, 43 Mile "Alpaca Ramble", and 60 Mile "Barns & Farms Metric". Detailed maps will be furnished each day. Restrooms and plenty of parking are available. Registration includes bike route information, maps, goodie bag (lots of good stuff!), Bike Tioga t-shirt, bike water bottle. Sub and Pizza options at the park will be an additional cost. For more information contact Tioga County Tourism, 188 Front Street, Owego, NY 13827 607-687-7440 or 1-800-671-7772. On the web visit <a href="http://www.visittioga.com/biketioaga/">http://www.visittioga.com/biketioaga/</a> .		
<b>MON, August 14<sup>th</sup>, 6 PM</b>	Kirkwood Park and Ride	Bill Bennett, 775-3356
Join Bill for a fast C-paced ride. The terrain will include some hills (2 rating) and the ride will last a couple of hours. -Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>THUR, August 17<sup>th</sup>, 6 PM</b>	Glendale Park, Endicott	Don & Lonnie Gillespie, 748-7635
Meet for a special Thursday ice cream ride at Glendale Park in Endicott and ride north to Maine and vicinity. Return to West Corners for the Firemen's ice cream social. Directions: Follow NY 17C west through Endicott and past the Enjoe Golf Course to Glendale drive. Turn right on Glendale drive for ¼ mile. Park is on the right.		
<b>SAT, August 19<sup>th</sup>, 9:30 AM</b>	Belden Hill Camp Ground	Tom Nickerson, 775-4826
Meet Tom at the camp ground for this yearly event. Ride the beautiful countryside around Belden Hill on Saturday. Camping available Friday and Saturday. Supper is also available at the camp ground on Saturday. See "Belden Hill Camp and Ride" section in this newsletter for details.		
<b>SUN, August 20<sup>th</sup>, 9:30 AM</b>	Belden Hill Camp Ground	Tom Nickerson, 775-4826
Part 2 of Belden Hill weekend.		
<b>SUN, August 20<sup>th</sup>, 1 PM</b>	Grippen Park, Endicott	Joan Hebb 729-9352
D/4-3/23 Stop and Smell the Flowers from Grippen Park to Maine.		
<b>MON, August 21<sup>st</sup>, 6 PM</b>	Kirkwood Park and Ride	Bill Bennett, 775-3356
Join Bill for a fast C-paced ride. The terrain will include some hills (2 rating) and the ride will last a couple of hours. -Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>MON, August 21<sup>st</sup>, 7 PM</b>	New Milford	Steve Bruno, 570-465-2169
MBR - D/4/10- Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>SAT, August 26<sup>th</sup>, 10:30 AM</b>	Kirkwood Park and Ride	Tom Nickerson, 775-4826
C-D/4/30 - River Road loop, back to Kirwood with lunch along the way. Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
<b>SAT, August 26<sup>th</sup></b>	Chris Thater Races, Recreation Park Binghamton	
Event's all day.		
<b>SUN, August 27<sup>th</sup></b>	Chris Thater Races, Recreation Park Binghamton	
See you at the STBC tent.		
<b>MON, August 28<sup>th</sup>, 6 PM</b>	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.		
<b>FRI, September 1<sup>st</sup>, 6 PM</b>	Eckerd Drug, Owego	Craig Thomas, 798-6898
Meet in Owego at the Eckerd Drug store (behind the court house) for Craig's Glenmary Road ride and finish it with some ice cream. Great way to start the holiday weekend.		

## PRESIDENT'S MESSAGE

Believe it or not, Summer, 2006 is finally upon us and now there is no excuse to not get out there and ride your bike(s)!!! We have a lot of fun rides on our new schedule that cater to the beginner on to the "Lance-Wannabee's". Plus, we continue to add "Out-Of-Bound" rides in association with other Clubs and Bike Shops and more mountain bike options. We have some of the best mountain biking trails and road riding opportunities right here in our own beautiful backyard!!! Make sure you get out on some of our rides and don't forget to bring along your friends, family, neighbors, co-workers and possibly even in-laws.



We were very active this Spring season. Even during colder temps Jay Kimmel and his "Deputies" led great Tuesday and Thursday rides. On April 15th, with a heavy fog before breakfast, 16 dedicated and environmentally pro-active Club members picked up litter along our Adopt-A-Highway section on Route 12. On May 17th, 24 bikers participated in the "Ride of Silence" to raise safety awareness along with 120 other Bicycle Clubs nationwide. Not bad for our first annual showing?! More than 80 people attended our Annual Spring Dinner to watch Jay Kimmel elect Paul Natelli as this year's Golden Gear Award recipient. I don't think anyone can compete with our \$10/person STBC-subsidized dinner for an enjoyable evening out? And, as if this weren't enough, there is more planned for the summer. We plan on more than 140 bikers joining us for the GFLBT being held on June 9th - 11th with rides through the beautiful Finger Lakes Region, stops at local wineries and entertainment back at the Campground. On July 29th we will hold our first (non-competitive) Mini-Triathlon at Chenango Valley State Park with a free barbecue afterwards. How can you beat a relaxed 16 mile bike ride, a 1 mile walk around the Park, a cooling swim in the lake, a free barbecue AND telling people you participated in a Triathlon over the weekend?? On August 26th & 27th we are sponsoring a tent during the Chris Thater races. We hope you join us during these exciting races. If you haven't seen a professional bike race up close, this is a great opportunity to do so right here in, again, our backyard.

Our safety guidelines are still in place and working well. We continue to (1) Observe all traffic laws, (2) be courteous to other road users, (3) wear and require a helmet on all STBC rides, (4) choose a "sweep" and, if possible, establish communication with the ride leader via cell phones or radios (no one is left behind), (5) exercise caution, particularly while being overtaken by traffic, (6) stay as far right as practicable, (7) never pass another bicyclist on their right and advise when passing and (8) advise the Leader or Sweep if you are leaving the group.



Volunteers Regina Losinger and Jim Conroy are raising awareness about our Club at Broome Community College and Binghamton University respectively. We have also waived the membership fee for full-time students. However, there is nothing better than word-of-mouth. Ask your friends, family, co-workers and neighbors to join us for one, or more, of our rides. Tell them about the health benefits of riding AND the unlimited smiles and miles per gallon while riding. Finally, don't forget to WELCOME and look after newcomers. Whatever we are doing, it's working. Our Club membership count has increased by nearly 100 people since January!!



We are working for more "traffic-free" bike trails throughout our region to improve riding safety further. Many members have joined the "River Crawls" on the second Friday of each month (6:00 PM) in Binghamton to raise awareness of our new, "budding" trail system. We are working in conjunction with businesses, kayakers, canoers, hikers and, of course, fellow bikers to promote the use, AND EXPANSION, of our trail system. Wouldn't it be great to have the Vestal Rail-Trail linked up to the Binghamton trail and on to the Otsiningo Park? Eventually, with our support and advocacy, we can bridge these large gaps and ride, traffic-free, throughout Broome County, and onwards?? Remember to get outdoors some evening for a nice walk/bike around the new Confluence Park and Riverfront Bike/Hike Trail in Binghamton. Frequent use of our trails will show the community that they are being utilized.

We are actively promoting our Club and activities via E-Mail announcements, this Newsletter, Media Releases, our website, sponsoring a tent at the Chris Thater Races and, most importantly, word-of-mouth. However, we need everyone's help to help us promote the club, biking and our rides.

I saw a bumper sticker the other day that said it all; "*Gas Isn't Expensive If You Don't Buy It*". What better way is there to beat high fuel costs, reduce pollution/global warming, improve your health and spend more time outdoors than riding a bicycle? It's no wonder that the Bicycle is listed as one of the seven great inventions in the book, SEVEN WONDERS, EVERYDAY THINGS FOR A HEALTHIER PLANET by John C. Ryan, which I highly recommend that you pick up at the Library (another of the seven great inventions). The best thing we can do is to continue what we are doing and riding our bicycles! Seeing one person or a group enjoying themselves on a bicycle can be infectious so why don't we spread this efficient, healthy and nothing-less-than planet saving activity onto others?

Have a great summer,

Craig



### DUES CHANGES

Dues have been \$2 forever, but times change, postage rates go up, and printing costs go up. The STBC board members (includes the officers) have decided on some changes to the dues structure.

- In order to help attract some younger riders, dues for full time students have been waived.
- Starting on July 1<sup>st</sup>, membership per household will be \$3. (There is no distinction between individual and family membership as in the past.)
- Life membership rates are calculated according to the formula called out in the STBC constitution. For those under the age of 50, the fee is 20 times the annual fee or \$60. For those over 50, the fee is 10 times the annual fee or \$30.



The registration form included in this newsletter reflects the updated dues.

### STBC MEMBERSHIP

Household Membership: New Renew (\$3) X \_\_\_\_ year = \$ \_\_\_\_\_  
Lifetime under age 50 (\$60) Lifetime age 50 and older (\$30)= \$ \_\_\_\_\_

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**

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

<http://www.southerntierbicycleclub.org>



## **OUT OF BOUNDS/AFFILIATED CLUB RIDES**

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

**Erie Canal Tour**, July 9<sup>th</sup>-16<sup>th</sup>, 400mi, Buffalo to Albany, [www.nypca.org/canaltour/index.shtml](http://www.nypca.org/canaltour/index.shtml)

**D.I.R.T.** (mountain bike), July 9<sup>th</sup>, **Morgan Hill**, Tully, NY. Meet at Labrador Hollow parking area, 15-20 hard miles, lots of tough climbing, <http://bikeloft.com/page.cfm?PageID=34> Phone: 315-458-5260

**B.C. Bicycle Race For Sight**, July 15<sup>th</sup>, Windsor, NY. The 13<sup>th</sup> annual Race for Sight, a 26-mile citizen road race. The Race For Sight is presented by the Tioga Velo Club, the Binghamton Lions Club, the Windsor Lions Club, and the Association for Vision Rehabilitation and Employment, Inc. All proceeds will benefit people in the Twin Tiers of New York and Pennsylvania who are blind and visually impaired. Website: [www.avreus.org](http://www.avreus.org) and click on "Bike Race."

**PA Greenway Sojourn**: July 22<sup>nd</sup>-28<sup>th</sup>, Erie to Pittsburgh following rail trails in western PA, avg. 35 mi/day, [www.railtrails.org/](http://www.railtrails.org/)

**D.I.R.T.** (mountain bike), July 23<sup>rd</sup>, **Highland Forest**, Tully, NY (Fabius) Meet at main parking lot, more information <http://bikeloft.com/page.cfm?PageID=34>, phone 315-458-5260.

**The 4th Annual Great Big FANY Ride**: July 23<sup>rd</sup>-29<sup>th</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 23<sup>rd</sup>-29<sup>th</sup>, Finger Lakes tour, [www.bontonroulet.com](http://www.bontonroulet.com), 315 253-5304

**Endless Encounter Weekend Racing Festival** (mtn bike), September 16<sup>th</sup> & 17<sup>th</sup>, Camp at East Lake, New Milford, PA, (Race # 11 Mid Atlantic Super Series) [www.newmilfordbike.com/endless\\_encounter.htm](http://www.newmilfordbike.com/endless_encounter.htm)

## **OUT OF BOUNDS Continued**

**D.I.R.T.** (mountain bike), August 13<sup>th</sup>, **Northeast PA weekend**, Lackawanna State Park, Merli, Prompton Dam, 3 days of riding bliss on Eastern singletrack. Call Bike Loft (Syracuse) for info. 315-458-5260

**Aids Ride For Life**, Saturday, September 9<sup>th</sup>, Stewart Park, Ithaca, NY. Several options – one around Cayuga Lake. 2003 event featured 260 riders raising \$189,000. Southern Tier Aids Program, [www.stapinc.org](http://www.stapinc.org)

**2005 North Country MS Bike Tour**, July 8<sup>th</sup> & 9<sup>th</sup>, Stillwater, NY, 2 days 150 miles or Sunday a metric century on day 2. 1-800-FIGHTMS, [http://www.nationalmssociety.org/NYR/event/event\\_detail.asp?e=11913](http://www.nationalmssociety.org/NYR/event/event_detail.asp?e=11913)

**Chris Thater Memorial Criterium**: August 27<sup>th</sup>-28<sup>th</sup>, Rec. Park in Binghamton. Benefits BC Stop DWI, [www.bcstopdwi.com](http://www.bcstopdwi.com), 607 778-2056

**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 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

**Sport Tech** 166 Main Street Oneonta, NY • 432-1731 (<http://www.sporttechonline.com/index.html>)

