



SUMMER 2013



The GFLBT is June 7 - 9
Its not to late to sign up!



2013 Great Finger Lakes Bicycle Tour

Again this year...

A full century ride!

*Excursions to Seneca Falls and Cayuga Lake State Park,
and Sampson State Park!*

Hikes to Watkins Glen State Park gorge from camp!

Enjoy three days of bicycle touring and hiking in the beautiful Finger Lakes region of New York State while staying at secluded Watkins Glen State Park Hidden Valley Group Camp. Choose a ride that is just right for YOU from 7 to 109 miles. Hike to Watkins Glen gorge from camp. Gather with friends.

OFFICERS:

- President:** Regina Losinger • (607) 222-8235
reglosinger@gmail.com
- Vice President:** Steve Bruno • (570) 465-2169
newmilfordbike@yahoo.com
- Secretary:** Joan Hebb • (607) 729-9352
jinana@earthlink.net
- Treasurer:** Samuel Russo • (607) 729-7687
samuelrusso@yahoo.com

BOARD OF DIRECTORS:

Dennis Uhlig • Dick Porterfield • John Gerty
Nancy Botting • Johanna Lovell • Lorraine Loitsch

VOLUNTEERS:

The STBC runs on volunteers. Make sure you acknowledge your gratitude to the leader of your next STBC ride!

STBC ADDRESS:

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

STBC is on the Internet:

www.southerntierbicycleclub.org

Check it out for the latest club information including the extensive ride database.

The Word On The Street

Welcome to the **SUMMER 2013** newsletter for the
Southern Tier Bicycle Club!

The club has been very busy throughout the Spring season with involvement in a variety of rides and events.

The Binghamton **Ride of Silence**, an annual event to raise awareness that cyclists are on the road too, and that everyone needs to obey traffic laws was unprecedentedly attended. About 200 cyclists silently rode through Recreation Park and the city's West Side to honor Dottie Rice, a local resident, sign language teacher who worked with the deaf and hearing-disabled in the Southern Tier, and STBC club member killed last October when hit from behind by a vehicle.

The **annual dinner** at Endwell Greens was very well attended. Congratulations to Peggy Sniezek, the 2013 recipient of the coveted "Golden Gear" award. Peggy is instrumental in arranging Bike Tioga, an annual event for all abilities with rides throughout Tioga, Chemung and Tompkins Counties.

The **Adopt-A-Highway cleanup** on Route 12 from Kattelville Hill to Chenango Forks was again easily accomplished with good member participation. This is more of a social than work event with breakfast on the club at Laura's Luncheonette prior and a ride to Whitney Point following.

The George F. Johnson Dream Center **Bike Day Giveaway Project** was a marvelous success. What was accomplished with this project went much further than free bikes; the dedication of many individuals toward this project has given people, especially youths, hope.

It's still not too late to sign up for the STBC **Great Finger Lakes Bike Tour** in Watkins Glen from June 7-9; see inside newsletter for details.

Enjoy browsing through the schedule of **local rides** from 4 to 90 miles and list of **out of bounds rides**. There are still open dates for local rides, and if you decide to share a ride that you enjoy, contact Steve at rides@southerntierbicycleclub.org to place your ride on the online calendar, or if a spur of the moment inspiration, just shout out to other members by using the Yahoo listserv.

About This Newsletter:

This newsletter is published three times a year in the Spring, Summer, and Fall. Items for the Fall 2013 issue must be submitted by Aug 1st. Please send submissions to Mona at girloffesbikes@gmail.com.

STBC Group on Yahoo!

The club has created a Yahoo! Group appropriately named "SouthernTierBicycleClub" The Yahoo group listserv enables the club members to communicate ride announcements, ride cancellations, advice on biking matters, and anything else that is cycling related that may be of interest to STBC members.

In addition to the listserv function, the site contains sections for posting photos, comments on camping site reviews, the ride calendar, and more.

Even if you haven't signed up for a Yahoo! user ID and registered for the STBC group listserv, you can use your browser to check out the club messages. Direct your browser to the following address and you can use the on-screen controls to scroll through and browse the club posts from the most current to the oldest. Go to: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages> (case sensitive)

Members may post messages on the discussion group via an e-mail to this address: SouthernTierBicycleClub@yahoogroups.com.

How to Sign Up for the STBC Yahoo! Group Listserv

- Go to: www.groups.yahoo.com
- Where it says: New to Groups? - click Sign Up.
-or-
Already a Yahoo!Groups member? - click Sign In.
- After you have registered with Yahoo, then in the search box that says "Find a Yahoo! Group", type in **Southern Tier Bicycle Club** - click search.
- Our group will be the first one listed- click **join this group**, and then follow the prompts.

Nearby clubs with home pages:

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

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

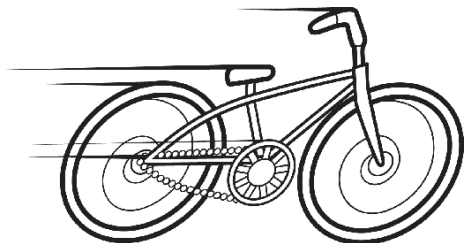
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

Finger Lakes Mountain Bike Club:

<http://www.fingerlakesmountainbikeclub.com/>

LOOKING FOR NEW RIDE LEADERS

If interested in leading a ride, please contact Steve Bruno at (570) 465-2169 or at rides@southerntierbicycleclub.org.



HOW TO LEAD A RIDE

The STBC is looking for ride leaders for future club rides. 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 signatures on waiver of liability form, and review the safety checklist with all riders. The form is available online at:

www.southerntierbicycleclub.org/rideschedule/ridesignupform.html

8. Once you've completed the ride, return the form to the STBC address.

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

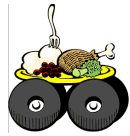


We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast (9am) riding varies, but often includes back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including but not limited to NY 7, NY11 or the route taken out. On occasion we ride the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.

WEDNESDAY NIGHT HILL RIDES

How about something a little different? Join Doug Williams for some hilly riding, why go around when you can go up and over? The ride will be 18 to 25 miles. Average pace is about 12.5+ mph, and total feet of climbing will be between 1,600 and 3,500 feet depending on the area we ride in and the route. Ride time will be 1-1/4 to 2 hours, bring plenty of liquids. Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center. We will ride at 6 pm sharp unless there's bad weather, every Wednesday night through August 28.

Please contact Doug at: dougwilliams7@stny.rr.com or (607) 760-2406 with any questions.



WHEELS TO MEALS - TUESDAY AND THURSDAY RIDES

There's a group of dedicated club members that ride on Tuesday and Thursday as often as they can during the riding season. Lunch is an integral part of the ride, consequently, the name Wheels to Meals. The rides are of a modest pace and vary from week to week. The average ride length is between 25 and 30 miles, but often there are shorter options possible. If you are available weekdays to ride, then you should give these rides a try. Details of each ride are announced via the club listserv, so you'll need to sign up at the Yahoo Group Site for the STBC group. See details on Page 2 in this newsletter on how sign up for the listserv posts. Choose to receive the list e-mail and you'll get details for each ride in your in-box a day or two prior to each event. The groups logo, W2M, will always be in the subject line. We welcome newcomers, so come and join the rides.

Please contact Don and Lonnie Gillespie (bikes325@cs.com) for Tuesday rides and Pat and Carolyn Gilligan (cgilligan@stny.rr.com) for Thursday rides.

STOP AND SMELL THE FLOWERS RIDES

Again this summer, Joan Hebb will lead several Sunday 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 less than 20 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! (Joan will be posting the starting location and ride details the Thursday before the ride on the STBC listserv; directions to sign up for the listserv posts are in this newsletter on page 2.)



Please contact Joan at jinana@earthlink.net or 607-729-9352

ENDICOTT BOYS AND GIRLS CLUB RIDES

Through June 21, when the weather is nice, the Oasis teen after school program at the Endicott Boy's and Girl's club will continue bike rides on Thursdays from 4:30 to 6:00 pm. Rides often go to the Vestal Rail Trail, along 434 to Castle Garden, or to Grippen or Highland Park. The purpose of these rides is to encourage teens to get out, get some fresh air and exercise, and to learn safe bicycle habits. Southern Tier Bicycle Club members are welcome to ride along in order to help encourage these safe bicycle habits!

All are welcome; the rides tend to be flat, short and slow. On Wednesdays prior to the Thursday rides, watch for details in posts on the listserv.

Please contact Steven at sbard@binghamton.edu or 607-754-4756 if you have any questions.



JUNE RIDE SCHEDULE 2013



Reoccurring Weekly Rides

See page 3 in this newsletter for details about reoccurring weekly rides.

For updated ride info see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

SUN June 2, 11:00 AM

Johnson City to Whitney Point

Jim C. 607-759-3325

C/2/45 - Meet at CFJ park in Johnson City, NY for a ride to Whitney Point. This is the longer version on the "Never too early..." ride. Snack stop in the Point. See the route at <http://ridewithgps.com/users/10587>

SUN June 2, 1:30 PM

Stop and Smell the Flowers Ride

Joan H. 607-729-9352

D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.

FRI to SUN June 7 to 9

32nd Annual Great Finger Lakes Bike Tour

Augie M. 607-722-6005

More info at <http://www.southerntierbicycleclub.org/greatfingerlakesour.html>.

SAT June 15, 9:00 AM

Cannonsville Reservoir Sojourn

Paul N. & Sherry B. 607-727-4186

C/2/54 or 34 - Meet at 9:00 am the Wendy's parking lot in Deposit, NY or at Trout Creek Fishing Access at 10:00 AM for those that want a shorter 34 mile ride. Ride through the reservoir and watch for the occasional bald eagle sighting. Lunch is in Walton and then optional routes back to Deposit either out and back or 206 to Loomis Road and back through the reservoir.

SAT June 22, 10:00 AM

NEPA Rail Trail Art Day

Augie M. 607-722-6005

D/4/18 - This is ART ON THE TRAIL day and there will be much to see. We will officially start and end at the Cable Deli in Uniondale, PA, which is also the location of the rail trail headquarters. A chicken BBQ and other options at the Deli will cap our adventure. Hard packed dirt. Any bike would do, but if you have an off road or hybrid bike, bring it. Directions: I-81 South to Great Bend and PA 171 to Susquehanna and Uniondale. Cable Deli.

For alternate Start/End with this same great leader. Meet at 9:32 AM at the Herrick Center Trail junction near Route 171/374 1.5 miles North of Uniondale. Park along the Rail Trail.

SUN June 23, 10:00 AM

\$1,000,000 Ride

Steve B. 570-465-2169

MBR D/1/25 - We will meet at New Milford Bike at 10:00 AM and take the Highland Road up into the PA Game Lands to the \$1,000,000 Highway. Mountain Bike through backwoods and nature and roll along the Susquehanna River to Hallstead for the long way back via Dubois Creek. Steep climbs and rough terrain for 25 amazing miles at a relaxed pace. [http://newmilfordbike.com/\\$1,000,000.htm](http://newmilfordbike.com/$1,000,000.htm)

SAT June 29, 9:30 AM

Apalachin Fishing Access - Whitmarsh Hollow

Gary W. 607-754-9527

C/2-3/44 - Meet at 9:30 at the Apalachin Fishing Access site. Head west to Owego and cut over to Glenmary Drive via Talcott St. Stop along the way in Owego to refill bottles because we're headed for the hills and there's no place to stop until we get back to Owego (about 25 miles). Follow Glenmary/Catatonk Creek to the end and enter the pretty glen, climbing up Whitmarsh Hollow Road. Stop at the top to enjoy the panorama before heading down to Straits Corners and weaving our way back to 17C to retrace our steps through Owego (with another stop for drinks/food) then back to Apalachin. For a shorter ride, we will meet at Hickories Park at 10:15 AM. This ride is fairly flat with a fairly large hill at Whitmarsh Hollow.



JULY/AUGUST RIDE SCHEDULE 2013

Reoccurring Weekly Rides

See page 3 in this newsletter for details about reoccurring weekly rides.

For updated ride info see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

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- SAT July 13, 10:00 AM** Park to Park Anne Marie R. 607-237-7568
 D/4/4 - Meet at Cheri Lindsey Park and ride through Otsiningo Park. If there is farmer's market we'll stop before returning back.
-
- SUN July 14, 9:00 AM** Halsey Valley/Ellis Creek Loop Gary W. 607-754-9527
 C/2/44 - We will meet at 9:00 AM at the Tioga Center High School and proceed out Halsey Valley to Straits Corners. After a long climb and a fun descent, we turn toward Spencer on Rt. 96 and circle back around to the other end of Halsey Valley then back to Ellis Creek, turning right and riding over the hill to 17C in Waverly. Turn left on 17C for the ride back to the start. Directions to start: From Binghamton area, west on NY17 to exit #64, follow NY96 across bridge, turn left on NY17C just past courthouse. Go west on NY17C to Tioga Center, continuing through the village. High School is on the right on 5th Ave.
-
- SAT July 20, 10:00 AM** Vestal Rail Trail Anne Marie R. 607-237-7568
 D/4/4 - Meet at the parking lot of the rail trail at African Road, for an enjoyable ride along the trail.
-
- SUN July 21, 1:30 PM** Stop and Smell the Flowers Ride Joan H. 607-729-9352
 D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.
-
- SAT July 27, 10:00 AM** Park to Park Anne Marie R. 607-237-7568
 D/4/4 - Meet at Cheri Lindsey Park and ride through Otsiningo Park. If there is farmer's market we'll stop before returning back.
-
- SUN July 28, 8:30 AM** Cayuga Lake Loop Gary W. 607-754-9527 & Rob H. 607-785-6898
 C/3/90 - Meet at 8:30 AM at the East end of Stewart Park in Ithaca, NY. We'll start with a steep climb up through Cornell, and continue up the East side of the lake, returning down the West side. There will be a lunch stop someplace around the half way point and an ice cream stop when we're almost back to Ithaca.
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- SUN July 28, 1:30 PM** Stop and Smell the Flowers Ride Joan H. 607-729-9352
 D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.
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- SAT Aug 3, 9:00 / 9:45 / 10:30 AM** Annual Augie Mueller Birthday Ride Augie M. 607-722-6005
 C/3/0, 10, 24, 38 or 48 - Lunch at Genegantslet Golf Club, Greene, NY. Variable Start / End points. (Time / Meet At / Miles): (9:00 AM / Confluence Park / 48 miles) – (9:45 AM / Otsiningo N / 38 miles) – (10:30 AM / Chenego Forks Fishing Access / 24 or 10 miles) – (Noon / Genegantslet Golf Club / 0 miles). Free Birthday Cake for desert. Turned 80 years. Old is old. Cause for celebration!!
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- SUN Aug 4, 1:30 PM** Stop and Smell the Flowers Ride Joan H. 607-729-9352
 D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.
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- MON Aug 5, 9:00 AM** Owasco Lake Ride Steve B. 570-465-2169
 C/3/50 - Meet at Fillmore Glen State Park. We will head North up the West Side of Owasco Lake, cross over to the East to Skaneateles, head South on the West Side of Skaneateles Lake, cross over Burtis Point on Owasco Lake and back down to Moravia. Fifty rolling miles at a flowing pace with swimming and hiking at the Glen. See: <http://newmilfordbike.com/Owasco.htm>
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- SUN Aug 11, 1:00 PM** Vestal Rail Trail Anne Marie R. 607-237-7568
 D/4/4 - Meet at the parking lot of the rail trail at African Road, for an enjoyable ride along the trail.
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- SUN Aug 18, 1:30 PM** Stop and Smell the Flowers Ride Joan H. 607-729-9352
 D/4-3/20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.
-
- SAT Aug 31, 10:00 AM** Vestal Rail Trail Anne Marie R. 607-237-7568
 D/4/4 - Meet at the parking lot of the rail trail at African Road, for an enjoyable ride along the trail.
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OUT OF BOUNDS

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

- The Ride to Montauk 2013**, Saturday June 1st. Beautiful FLAT routes for beginner and experts with distances of 30, 73, 108 and 151 miles. Adult Cost \$125; kids under 12 free. See: www.ridetomontauk.com
- Get Your Guts in Gear**, June 7-9. One or two day ride with optional century loop, beautiful views and quaint towns/villages along Hudson. Benefits Crohn's and colitis; fundraising required. See: www.ibdrive.org
- Heritage Explorer Bicycle Tour and Festival**, Saturday, June 15. Peckville, PA (near Scranton) Choice of four routes from 5-44 miles, hybrid or mountain bikes's recommended. See: <http://www.heritageexplorer.org/bike-tour-overview.html>
- Bike Virginia**, June 21-26. The Annual Bike Virginia event. Riders will enjoy an average of 50 miles of riding per day for 6 days. The 2013 Bike Virginia Tour will visit the beautiful Central Blue Ridge of Virginia. For more info see: <http://www.bikevirginia.org/> or (757) 645-1861.
- Tour de Ulster/Kingston**, Sunday June 23. Rides of 5, 12, 25 and 50 miles and a new 16 mile road and railtrail options; free cookout. For more info see: www.tourdeulster.com
- Bay to Bay Ride**, Sunday June 23. Five routes between 27-104 miles, including flat loop. Tour Upper Eastern Shore of Maryland and Delaware to the Chesapeake Bay. Go to club website at www.chestertownlions.org
- The b.i.k.e. Syracuse CYCLE De 'Cuse' Swinburne Memorial Ride**, A Charity Bike Ride, Sunday, June 23rd. Come anytime from 9 AM to 3 PM and ride the 10, 25, or 40 mile Cycle De 'Cuse route through the neighborhoods of Syracuse. There is also a flat, fun, family-friendly 5 mile option. Burnet Park, beside the pool, is the beginning and ending point and there are water stops along the routes. Parking is available in the park. Registration - \$25. Kids 17 and under ride free with an adult. See: www.bikesyracuse.org.
- Rails-to-Trails Conservancy Greenway Sojourn**, June 23-27th. Five day sojourn on the Great Allegheny Passage from Pittsburgh to Cumberland. See: www.wilderness-voyageurs.com/rails_to_trails_greenway_sojourn.html
- Erie Canal Tour**, July 7-14. Cycle the Erie Canal, a supported tour across New York State along scenic and historic Erie Canal, 40-60 miles per day; most days on level ground. See: www.ptny.org/canaltour/
- Colgate University Bicycle "Camp" Weekend**, July 11-14. Hamilton, NY. Country road bicycling and meeting great bicycling people. Stay in Colgate residence halls and eat at their very nice cafeteria before riding. Camp questions to Brian Berry and Geri Muckelbauer, 845-679-3205 or brianberry@earthlink.net. See: <http://www.midhudsonbicycle.org/node/458> or watch STBC Yahoo Group Listserv for details.
- Great Big FANY Ride**, July 21-27. 500 miles across upstate New York; a camping bike tour. See: www.fanyride.com
- The Bon Ton Roulet**, July 21-27. Seven-day fully supported bicycle tour through the Finger Lakes Region of New York State, short and love daily routes. For more info see: www.bontonroulet.com
- MASS BikePike Tour**, August 1-4. Supported camping tour with motel and campsite options; starts and ends in Fitchburg, MA with shorter 25-45 and longer 45-70 mile routes. For more info see: www.massbikepike.org
- Bike Tioga**, August 3. Experience Tioga County's beautiful countrysides and attractions; rides from 26-102 miles on Saturday. For more info see: www.biketiooga.com
- IDIDARIDE! Adirondack Bike Tour**, August 11, 75 mile loop with 6,840 elevation gain or shuttle supported 20 mile option with 1340 elevation gain through beautiful Adirondack scenery. Four rest stops with snacks, water provided along the route. SAGwagon and mobile mechanical support provided. Go to: <http://www.adk.org/page.php?pname=ididaride>
- Finger Lakes Tour de Cure**, August 17th. A ride not a race: a day full of fun and excitement where riders of all levels join forces in the fight to Stop Diabetes and raise critical funds for research, education, and advocacy in support of the American Diabetes Association. See: http://main.diabetes.org/site/TR?fr_id=8606&pg=entry
- 2013 AIDS Red Ribbon Ride**, August 21-25. Five day 400 mile fundraising event through Finger Lakes Region) For more info see: www.aidsredribbonride.org
- Chris Thater Memorial Races**, August 24-25. Recreation Park, Binghamton, NY. Benefits BC Stop DWI. For more information see: <http://bcstopdwi.com/bcstopdwi/thater> or call 607-778-2056.
- Annual Highlander Cycle Tour** – Bristol Mountain Ski Resort, September 6th & 7th. Rides from 15 miles to 120 miles with vertical climbs of up to 11,000 feet held over two days in the breathtaking Finger Lakes Wine Country in Upstate New York. For more info see: www.highlandercycletour.com
- Aids Ride for Life**, Saturday, September 7th. A 42, 50, 90 or 100 mile bicycle ride around Cayuga Lake. Cyclists raise funds for the Southern Tier AIDS Program so it can continue to provide supportive services to HIV+ persons and state of the art prevention education. For more info see: www.aidsrideforlife.org.
- The Great Peanut Tour**, September 6-8. Tbd 2 or 3 day event. See: www.greatpeanuttour.com
- NYC Century Bike Tour** – September 8. The nation's only all-urban 100-mile bike tour. Choose between 15, 35, 55, 75 and 100 mile route options, with fully stocked rest stops and safety marshals throughout the course. Supports Transportation Alternatives' work for better biking in New York City. See: www.nyccentury.org/
- Bike MS 150 City to Shore Bike Tour** – September 28th & 29th, Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 days. Enjoy flat terrain as you ride through the blueberry fields of Hammonton and South Jersey pine barrens to the Ocean City Boardwalk. Named by Bicycling Magazine as the "Best Cycling Getaway in NJ" See www.ms150biketour.org

Membership



Application

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

Date of birth _____

FAMILY MEMBERSHIPS

NAME (other adult) _____

Minors: _____ Age _____

_____ Age _____

Individual - \$3 x ____ yrs = \$ _____

Family \$5 x ____ yrs = \$ _____

Individual Lifetime (under 50 yrs) \$60.00

Individual Lifetime (50 yrs and older) \$30.00

Student (age 18-21) free
(must be renewed yearly)

Make checks payable to : STBC, Inc.

Mail to: STBC

PO Box 601

Binghamton NY 13902

Check if you would like STBC newsletters to be mailed to you (they are available online at www.southerntierbicycleclub.org)

Do not include my name on the membership roster which may be available to other club members

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Southern Tier Bicycle Club Inc. sponsored Bicycling Activities, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that 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. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (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 conditions 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 may incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Southern Tier Bicycle Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, 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, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I 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 (or Parent or Guardian for minor under age 18) _____

Date: _____ Printed name: _____



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



*Summer
2013*

LOCAL BICYCLE SHOPS

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| Aeros Cyclery | - 640 Conklin Road, Binghamton • 607-724-7313 |
| Babcock Bicycles | - 108-110 W. Main Street, Endicott • 607-754-0886 • www.babcockbikes.com |
| BC Bicycles | - 215 Vestal Parkway East, Vestal • 607-785-3772 |
| Bick Rack | - 409 College Avenue, Ithaca • 607-272-1010 • www.thebikerackonline.com |
| Chenango Point Cycles | - 125 Park Avenue, Binghamton • 607-724-7481 • www.chenangopoint.com |
| Gear-To-Go Tandems | - 1 Dahinda Road, Saranac Lake • 518-891-1869 • www.gtgtandems.com |
| Main Street Bike Shop | - 3809 Main Street, Burdett • 607-342-6098 • www.mainstreetbikeshop.com |
| New Milford Bike | - 910 Main Street, New Milford, PA • 570-465-2169 • www.newmilfordbike.com |
| Swan Cycles | - 226 Mount Pleasant Road, Freeville • 607-277-0495 |
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