

See inside for Finger Lakes Bike Tour, June 11-13

SPRING 2004



CURRENT OFFICERS:

President: Malcolm Blue
798-6843 • mac_blue@juno.com

Vice President: Bob Dannecker Jr.
687-2511 • bob2helen@juno.com (note change)

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

Treasurer: Regina Losinger
222-8235 • losinger_R@sunybroome.edu

BOARD OF DIRECTORS:

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

STBC ADDRESS:

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

STBC is on the Internet.

Thanks to Regina's efforts, we have a new home page
www.southerntierbicycleclub.org
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 home pages:
Finger Lakes Cycling Club: www.flcycling.org
Tioga Velo: <http://www.tier.net/tiogavelo/>
www.onondagacyclingclub.org

Endless Mountains: www.newmilfordbike.com/rides.htm

ABOUT THIS NEWSLETTER

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

STBC NEWSLETTER

PO Box 0601 • Binghamton, NY 13902-0601
or e-mail one of the officers.



WANTED: RIDE LEADERS

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

1. Know where you want to go
2. Have an idea of how to get there
3. Know the level of difficulty based on the ride grading so we can provide correct rating
4. Have a starting point and time
5. Get parking permission for your meeting place
6. Find a sub if you cannot lead your scheduled ride
7. Show up on time
8. Get rider signatures on waiver of liability form.

Many leaders "scout out" a route before the ride, taking care of items 1-6 above. If interested in leading a ride, please contact Bob Dannecker at 687-2511 or email at bob2helen@juno.com.

RECOMMENDED EQUIPMENT:

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

RIDE CATEGORIES | SPEED & TERRAIN

Speed rating (pace on level ground):

- AA: Over 22 mph
A: 19-22 mph Advanced pace with few stops.
B: 16-19 mph Vigorous pace with occasional stops.
C: 13-16 mph Steady pace, rest stops every hour.
D: 10-13 mph Sightseeing pace, semi-frequent stops at key points to wait for riders.
E: Under 10 mph Relaxed pace, frequent stops to wait for everyone.

MBR: Mountain Bike Ride

Terrain

1. Multiple long and/or steep climbs.
2. Multiple and/or large hills.
3. Rolling with some hills.
4. Generally flat or rolling.

Ride Rating Example:

"D/4/30" 10-13 mph over flat terrain, 30 miles.

ATTENTION

Participation in all STBC activities is at your own risk. The club cannot take any liability for personal injury or loss of property occurring during these activities. Due to the inherent dangers of riding on the highways, STBC requires the use of a CPSC, ASTM, ANSI, or Snell approved helmet and the observance of all traffic laws.

WRITTEN ROUTE INSTRUCTIONS:

If maps and/or cue sheets are provided for all riders, the leader is not obligated to wait for slower riders on AA, A, B, and C rides. Otherwise, ride leaders on all rides are expected to keep track of riders.



A NOTE FROM THE PRESIDENT

Dear STBC Members,

This newsletter marks the start of my third term as president of STBC. Thanks to everyone for your vote of confidence in my leadership for this club. Our annual January bike club meeting was well attended, I appreciated hearing from all those who shared their ideas and suggestions for the 2004 season. As most of you already know, I am originally from Maine, and have lived in the Binghamton area for four years. During this time, there have been many deep, personal storms that I have weathered. However, thanks to the support and friendship of everyone, I realize, in time, dark clouds give way to clear skies. I appreciate everyone's, advice and understanding and most importantly—thank you for being a part of this group and making the Southern Tier Bike Club what it is today!

The officers, board, and committee members have made great progress in setting new plans into action. Our Great Finger Lake Tour committee has been working hard to continue the success that Craig and Augie have brought to the club in the past years. My helmet is off to Tom Nickerson a diamond in the rough member that produced the GRAB. The club needs more members to step forward and grasp the handlebars and peddle for a few miles to be able to carry on a tradition that started in 1969. Please be supportive to your bicycle club and volunteer to be a ride leader, committee member, or officer. If you shy away because of uncertainty of how well you will do, I understand. Writing my short note to you I feel is my hardest task, it's my albatross of fear. If you shy away because the work is hard, it only becomes harder on others. As it is said, many hands make light work and invariably once you begin, you will find that you'll get the support you need if you ask.

Looking forward to the riding season, the Farmers' Almanac predicts a wet and cold start to April with a warming trend in the middle. If the plentiful insects and skunks I am seeing are a prediction to the summer ahead it should warm. Dottie will be happy to know that the Woolly Bears are on the move again. Here's a little history on Woolly Bears. The caterpillar is the larval form of *Pyrrharctia isabella*, the Isabella tiger moth. Back in the fall of 1948, Dr. C. H. Curran, curator of insects at the American Museum of Natural History in New York City began using Woolies to forecast the weather with 70 percent local accuracy. In Banner Elk, North Carolina, an annual "Woolly Worm Festival" is held each October. Elementary school classes, like the third grade in Pine Plains, NY, have made woolly bear forecasting an annual science project. Since I spotted a Woolly Bear in February, my forecast for the cycling season is that it will bring great joy to all who ride.



Best regards,
Malcolm Blue, STBC President

CLYDE POWELL MEMORIAL BREAKFAST RIDE EVERY SUNDAY MORNING (E)

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

7:45 AM Floral Avenue Fire Station, Johnson City

An easy-paced ride that meets all year!!! Each Sunday morning, cyclists gather at the Floral Avenue firehouse (2 blocks from the traffic circle) and embark on a short, flat ride to a local restaurant for breakfast. The leader and destination may change, depending on the inclination of the riders. Many continue riding after breakfast, usually through the parks on Binghamton's North side.

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 around effort. Activities change with the seasons; bike, hike, ski. Check <http://topica.com/lists/stbc/read> for particulars on the Monday before the ride.

COMING THIS SUMMER

Mark your calendars, Tom Nickerson will once again bring us the **GRAB RIDE**, August 6-8 at Belden Hill Campground in Harpursville, New York. This site is known for its peace and quiet with a picturesque view. A \$30.00 per person fee includes rides/camping & dinner; a \$10.00 per person fee includes only rides & dinner. Onsite facilities include a camp store, two Laundromats, rest rooms with hot showers, nature trails, and a pond for fishing. You may register early by sending a check made payable to STBC Inc., PO Box 0601 Binghamton, New York 13902-0601 and indicate GRAB in the purpose line or use the form published in the next newsletter.

RECUMBENT RIDING

By Denny Voorhees

Imagine if you will, riding a bicycle for several hours and many miles. Imagine further, that after that time and distance nothing hurts. Your legs and body might be tired like it would be normally after a workout, but your shoulders, neck, wrists and rear end, feel like you just got up from an easy chair. Fantasy you say, well apparently you've never tried a recumbent bicycle.

Recumbents or "Bents" as riders' call them are just starting to gain acceptance among cyclists in many parts of the country. You've seen them. They come in several different configurations, but in all the designs the rider has his back supported, and the pedals and cranks are no longer underneath the seat.

Small manufacturing companies in the United States and Europe produce most recumbents. Several of the larger companies like Trek and Cannondale have produced them also, but surprisingly they have failed to market them well. It is unusual to see one in a conventional bicycle shop. Recumbents are also quite pricey. An entry level recumbent will set you back around \$500, with more advance designed models going for several thousand dollars. Most popular Bents are in the \$1550-\$2000 range.

What makes a Bent comfortable?

The design is the key. It's quite simple really. With a conventional bike, a small seat and the handlebars support your weight. If these aren't adjusted correctly or place pressure on points of your body, it will of course be uncomfortable. However the recumbent design places your body in a chair, your back is supported spreading out the weight of your body over a much larger area than that of a saddle. Your arms bear none of the bodies weight and your legs extend out and away from the body, finishing that reclining chair look.

(Continued on page 3)



(Recumbent Riding - Continued from page 2)

So recumbents are comfortable, but can they climb ?

Yes, I've heard that often, especially from avid conventional bike riders. They have a point, but my position is it's a matter of conditioning. The recumbent rider uses a different set of leg muscles than a conventional rider. It will take many miles for a seasoned rider for the conditioning to be of benefit. A person just starting out as a new rider with little cycling experience is probably better off, because their expectations are less and they are just happy to be riding a bike again. They will notice the benefit right away. Current upright bike riders who probably are already in good condition, will find they will ride slower and won't climb hills very well for the first couple months. It is important to be a good spinner, that is you should be able to turn the pedals at a higher cadence, usually 90 rpm plus. It is more efficient, and spinning helps to minimize the pressure on the knees. This is important particularly when the body is adjusting to the new riding style. I rode conventional bikes for 16 years before making the change. My conversion wasn't overnight, but by the end of the first season I was hooked.

The benefits

I'm a 53 year old male with a couch potato body, but I still log over 3000 miles a year, simply because the pain has been taken out of cycling. In my best years of conventional bikes I would ride perhaps 2500 miles and many years it was 12-1500 miles.

It is not unusual to do 50 or 60 mile rides on weekends, and evenings I manage to squeeze in 20-30 mile rides. In my days of upright cycling, I would do a 30 mile ride, put the bike away, grab a big drink of something cold and sit around for an hour of recovery time. Now I ride the same distance and more, come home put the bike away and do chores. I ride just as hard, but without the pain, I have much more energy at the end of the ride. My heart and legs are in great shape, however my upper body gets little strength benefit from this style of bike.

If this sounds like something you would like to know more about, there is much information on the Internet. Recumbent cyclists are scattered across the country and the world, but several good sites for learning more are here

www.bentrideronline.com -Bryan Ball a native of Canisteo, NY now in the military in Germany is the editor of this fine internet e-zine. It has news, road tests, buyers guides, manufacturers, dealers and bulletin boards, a very active base of riders all over the world. Best of all its free to use.

www.recumbents.com -Is geared more for the recumbent racer, but a good resource for used bikes, homebuilders information, and links to other recumbent sites.



STBC 2004 Spring Dinner: Saturday, April 24, 2004 6 to 10 pm

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

Menu

Black teriyaki beef nuggets
 Chicken cordon bleu
 Alaskan scrod with lemon pepper butter sauce
 Ziti with peppers and onions
 Sweet sausage with roasted peppers and onions
 Garden salad, potato salad, carrots, green beans, corn, onion rings
 Mashed potatoes, rice pilaf, pasta, zucchini with sirloin and tomatoes
 Cheesecake, coffee, and hot tea for dessert
 Cash Bar



42% (\$7.36 per meal) of the cost of this event is subsidized by STBC

To register, complete this form and mail with check payable to STBC by April 16, 2004 to:

STBC
 PO Box 0601
 Binghamton New York 13902-0601



Name _____ Phone # _____

Number attending ____ x \$10.00 = \$_____ Total enclosed



RIDE SCHEDULE SPRING 2004 - APRIL



SAT, April 3th, 10AM	5 Mile Pt. Park & Ride	Tom Nickerson, 775-4826
C/2/25+: Join Tom for a ride over the hill to Windsor & back.		
SUN, April 4th, 1PM	Rec. Park, Beethoven St. lot	Joan Hebb, 760-3958
D/3-4/<12: The first of Joan's "Stop & Smell the Flowers" series will follow the back roads to Johnson City & return.		
SUN, April 4th, 1PM	Port Crane Fishing Access, NY-369	John Noris, 785-1166
C/3/25: Ride to Sanitaria Springs then up to Tunnel. Returning on NY-79 and NY-369.		
TUE, April 6th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, April 7th, 5:30PM	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
SAT, April 10th, 10:30AM	Lounsbury Truck Stop	Bob/Joyce Dannecker, 648-9467
C/4/33 We'll ride the river road to Sayre for lunch at the "Original Italian Restaurant", return via NY17C.		
TUE, April 13th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, April 14th, 5:30PM	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
SAT, April 17th, 10AM	Fairgrounds (Tops) Plaza, 17C, Owego	Paul Natelli, 754-5251
C/2/35: Ride to Hamley's Maple Farm Open House for lunch of pancakes and maple syrup. Includes a big climb just before lunch to work up your appetite.		
SUN, April 18th, 1PM	Rec. Park, Beethoven St. lot	Joan Hebb, 760-3958
D/3-4/<10: The second in Joan's "Stop & Smell the Flowers" series will take us to Binghamton University. Joan promises some hills on this one!		
TUE, April 20th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, April 21th, 5:30PM	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
SAT, April 24th, 8AM, Highway Cleanup	St. Rita's Church, Chenango Forks	Paul Natelli, 754-5251
Come help Paul cleanup the STBC section of route 12, south of Chenango Forks. Participants have the option of meeting at Denny's on Front Street at 7AM before the cleanup for breakfast on STBC. After breakfast, drive to St. Rita's church on NY-12 to begin cleanup at 8AM. There will be a short safety talk, and participants must sign a waiver from DOT. Please call ahead so Paul has a count for breakfast. After the cleanup, there will be a ride (D/3/25) to the Earth Fest at BCC. Rain date for the cleanup will be May 1 st .		
SAT, April 24th, 6PM, STBC DINNER	Bull's Head, Northgate Plaza	See registration form for details
SUN, April 25th, 9AM	Washington St. Bridge, Binghamton	Augie Mueller, 722-6005
C/4/22: Ride the Broome Corporate Park loop with CEO Mueller as your glorious leader.		
SUN, April 25th, 1PM	Behind Velodynamics, Owego	Larry Holmquist, 625-2587
C/2/40: Ride to Sayre via East & West River Roads. Return on 17C.		
TUE, April 27th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, April 28th, 5:30PM	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930

NEW RIDE SERIES

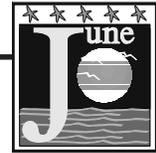
Stop and Smell the Flowers Rides: Twice a month, on Sunday afternoons, Joan Hebb will lead rides designed for new, recovering and/or occasional riders. These rides will be at a D/E pace on generally flat/rolling terrain and start out under 12 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! Call Joan (760-3958) for more information.



RIDE SCHEDULE SPRING 2004 - MAY



SAT, May 1st, 10AM	St. Ritas Church, NY12, Chenango Forks	Bob/Joyce Dannecker, 648-9467
C/4/44: We'll ride up to Greene, then take CR 32 (River Road) to Oxford for lunch at either Roma's or Hoppy's. Return route probably same way, but we can consider options. NOTE: This is the rain date for the Highway Clean-up.		
SUN, May 2nd, 11AM	Recreation Park, Binghamton	John Ruth, 651-9939
C/4/30: Ride to Hallstead for lunch & return.		
SUN, May 2^{ns}, 1PM	Park & Ride, Chenango Bridge	Joan Hebb, 760-3958
D/3-4/7: The third of Joan's "Stop & Smell the Flowers" series will take us through the River Road loop.		
MON, May 3rd, 6PM	C-D/4/15-20 Recreation Park, Beethoven Street Lot	Regina Losinger, 222-8235
TUE, May 4th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, May 5th, 6PM	Chenango Valley SP, Beach Parking lot	Bob & Joyce Dannecker, 648-9467
FRI, May 7th, 6PM-Ice Cream Ride	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
SAT, May 8th, 10AM	Port Crane Fishing Access	Don Robertson, 725-9480
D/3/21 with C/3/26 option: Ride to Tunnel via Sanitaria Springs. Return via North Fenton.		
SUN, May 9th, 2PM	Family Dollar Store lot, Conklin	Tom & Sharon Nickerson, 775-4826
D/4/3: Mother's Day Tour de Conklin. A "Stop and Smell the Flowers" ride around Conklin with an ice cream stop.		
TUE, May 11th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, May 12th, 6PM	Chenango Valley SP, Beach Parking lot	Bob & Joyce Dannecker, 648-9467
SAT, May 15th, 10AM	Windsor High School, south side of town	Tom Frisinger 625-4487
D/3/35: The River Crossing Ride, a Frisinger classic. Pedal to Afton for lunch and return. An easy ride for cyclists that still have legs in Spring training. Great views of the river if the leaves have not yet come out too full.		
SUN, May 16th, 10:30AM	Charter One Bank, Four Corners, Vestal	Warren Wetzelberg, 754-4477
C/2/45: Leisurely ride to Newark Valley & return.		
SUN, May 16th, 1PM	Port Crane Fishing Access	Joan Hebb, 760-3958
D/3-4/12: Joan's "Stop & Smell the Flowers" series continues with a ride to CVSP & back.		
MON, May 17th, 6PM	C-D/4/15-20 Recreation Park, Beethoven Street Lot	Regina Losinger, 222-8235
TUE, May 18th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, May 19th, 6PM	Chenango Valley SP, Beach Parking lot	Bob & Joyce Dannecker, 648-9467
FRI, May 21st, 6PM-Ice Cream Ride	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
SAT, May 22nd, 10AM	Port Crane Fishing Access	Tom Nickerson, 775-4826
C/2/40: Ride to Whitney Point for lunch.		
SUN, May 23rd, 9AM	Washington St. Bridge, Binghamton	Augie Mueller, 722-6005
C/4/23: Ride the Broome Corporate Park loop with CEO Mueller as your glorious leader.		
SUN, May 23rd, 10:30AM	NY10 Trout Creek Bridge, Cannonsville Reservoir	Don Rice, 785-8930
C-D/2/36: Don says this is the Cannonsville Reservoir ride with a "twist." Knowing Don, that means "hills."		
TUE, May 25th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, May 26th, 6PM	Chenango Valley SP, Beach Parking lot	Bob & Joyce Dannecker, 648-9467



RIDE SCHEDULE SPRING 2004 - JUNE

TUE, June 1st	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, June 6th, 6PM	Giant, West Corners Plaza, NY-26	Judy Frisinger 625-4487
FRI, June 3rd, 6PM-Ice Cream Ride	Distelfink's (near Eckerd Drugs) in Owego	Tom Frisinger 625-4487
SAT, June 5th, 10AM	Hickories Park boat ramp, Owego	Bob & Helen Dannecker, 687-2511
C/3/28 Ride up Gaskill Road to Newark Valley for the Spring Festival (www.tier.net/nvhistory) at the Bemont-Billings Farmstead. Return on NY-38.		
SUN, June 6th, 10AM	Charter Bank (round) , 5 Corners, Vestal	Mike Dalton, 570-663-2753
D/4/20 Ride to Owego & return.		
SUN, June 6th, 1PM	Apalachin Fishing Access	Joan Hebb, 760-3958
D/4/11: A "Stop & Smell the Flowers" ride to Owego & return on 17C.		
TUE, June 8th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, June 9th, 6PM	Giant, West Corners Plaza, NY-26	Judy Frisinger 625-4487
June 11th-13th	Great Finger Lakes Bike Ride, Watkins Glen SP	See registration form
TUE, June 15th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, June 16th, 6PM	Giant, West Corners Plaza, NY-26	Judy Frisinger 625-4487
June 18th-20th	Bike Tioga 2004, Hickories Park, Owego	800-671-7772 or visittioga.com
This is the 2 nd year for Bike Tioga, and it will be combined with the Strawberry Festival this year. Event includes Friday picnic & bonfire, Saturday parade & concert, and Sunday chicken barbeque. Road and mtn bike rides of varying length through Tioga County all three days. This is not a STBC club ride, but it is a local bike event that deserves our support. Price: \$20 by 6/10, \$25 after.		
SUN, June 20th, 1PM	St. Rita's Church, NY-12, Chenango Forks	Joan Hebb, 760-3958
D/4/15: A "Stop & Smell the Flowers" ride to Whitney Point & back on NY-79.		
TUE, June 22nd	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, June 23rd, 6PM	Giant, West Corners Plaza, NY-26	Judy Frisinger 625-4487
FRI, June 25th, 6PM-Ice Cream Ride	Big Dipper, NY-434, Apalachin	Tom Frisinger 625-4487
The Big Dipper is on NY434, just west of the Apalachin exit. Park across the street.		
SAT, June 26th, 9:30AM	Old Whitney Pt High School	Don Rice, 785-8930
C-D/1/42: Hilly ride to McDonough for lunch at the old General Store.		
SUN, June 27th, 9AM	Washington St. Bridge, Binghamton	Augie Mueller, 722-6005
C/4/22: Ride the Broome Corporate Park loop with CEO Mueller as your glorious leader.		
SUN, June 27th, 2PM	Waits Church, Owego	Bob & Helen Dannecker, 687-2511
C/1/9: Mountain bike ride on dirt roads "south of the border." Long downhill into PA, then climb back to NY. To get to the start, follow NY434 west past the intersection with NY 96 in Owego. After NY 434 becomes County 25, bear left onto Waits Road (1.4 mi from NY-96). Follow Waits road for 6 miles to Valley Road, then turn right. Look for the abandon church just ahead on right.		
TUE, June 29th	Tuesday Morning Ride – details: http://topica.com/lists/stbc/read	
WED, June 30th, 6PM	Giant, West Corners Plaza, NY-26	Judy Frisinger 625-4487

24th Great Finger Lakes Bicycle Tour June 11-13, 2004 Watkins Glen, NY



Two days of touring from the WGSP Hidden Valley Group Camp,
 Directions: 3 miles W of Watkin's Glen, NY—at the end of NY 329—off NY 14, at light, near Burger King. Arrive after 4 p.m. Friday.

Registration Form

FEE: includes Friday 8-10 social, tenting Fri and Sat nights, Sat wakeup coffee, Saturday dinner, Sun breakfast, maps, sag, repair service, waterbottle, parking. Fee is \$60 (US funds) until May 18, and \$70 after May 18. 100% refundable prior to June 4th. Current STBC membership is required.

Name(s) _____

Address _____

City _____ State or Province _____ Country _____ Zip _____

Phone (_____) _____ - _____ E.mail address: _____

	# participating X	fee	=	Total \$
Event fee until May 18 th	_____	X	\$60 =	_____
Late registration fee after May 18 th	_____	X	\$10 =	_____
STBC membership fee (required) if not current member	_____	X	\$2 ind =	_____
	_____	X	\$3 fam =	_____
# Cabin bunks	_____	X	\$ 5 =	_____
T-shirt # small _____ # med _____ # large _____ # x-lg _____	_____	X	\$7 =	_____
# Vegetarian Meals	_____			

Total event cost =====

Make checks payable (in US funds) to: STBC, PO Box 601, Binghamton, NY 13902

Read and sign release and waiver of liability for bicycling that follows

More Info is available at: Southerntierbicycleclub.org

Questions? Submit to STBCGFLBT@YAHOO.COM

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

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.

Participants Signature: _____

Date: _____



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



Printed on
recycled paper
with soy based ink.



Spring
2004



OUT OF BOUNDS

Earth Day Ride, April 25th, 9AM, meet at New Milford Bike Shop, 20mi, flat easy pace, prizes for coolest pieces of trash found.
www.newmilfordbike.com/rides.htm

Great Five Boro Bike Tour of NYC, Sunday May 2nd,
www.bikenyork.org/BNY-TOUR.htm, or 212-932-2453 extension 111
Capital Bike Week, May 8th-14th, 10/20/40 mile options on May 8th, Legislative Breakfast Ride on May 12th. www.nybc.net/programs/bikeweek1.shtml

Earth Day on Wheels, May 15th, Noon-4PM, Midtown Park, New Milford. A focus on ecology, wrapped in a bicycle theme for today's youth. Entertainment, bike stunts and contest, win a new bike, all free events,
www.newmilfordbike.com/earthday.htm, (570) 465-2169

LAB Bike to Work Week: May 16th-22nd,

Bike to Work Day: Friday, May 21st

Autism Charity Bike Tour: June 12th, Brookdale Com. College, Lincroft, NJ www.ride4autism.org

Ride for Research: June 23rd-27th, 266mi from Saranac Lake to Moravia, benefits American Lung Association, www.rideforresearch.org

Orie Canal Tour, July 11th-18th, 400mi, Buffalo to Albany,
www.nypca.org/canaltour/index.shtml

PA Greenway Sojourn: July 24th-30th, Erie to Pittsburgh following rail trails in western PA, avg. 30 mi/day, \$350, www.railtrails.org/field/pennsylvania/active_pages/sojourn/main04.asp

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

Empire State Aids Ride: August 15th-21st, 560mi, Niagara Falls to NYC, www.empirestateaidsride.org

For many more events, check out: www.nybc.net/calendar or www.cyclotour.com/events

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

BC Bicycles 223 Main St., Binghamton • 729-9931

Bike Rack 414 College Ave., Ithaca • 277-1010

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

Cycle Sport 223 Main Street, Binghamton • 729-9931

Dave's Bike Barn 35 Cartwright Avenue, Sidney • 563-8544

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

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

Serious Toyz 274 Floral Avenue, Johnson City • 231-7266

Ted's Bicycle Shop 110 W. Main Street, Endicott • 785-8163

Velodynamics Bicycle Shop 80 North Avenue, Owego • 687-3915

