

# SPRING 2008



**Annual club dinner is April 12,  
hurry and sign up!**

## **GREAT FINGER LAKES BICYCLE TOUR, June 6-8, 2008**

### **Saturday's Rides - Keuka Overlook MAWBA Century**

91 mile ride with 23, 31, 51, 64, and 78 mile options

The 91 mile ride runs west from the Hidden Valley Group Camp in Watkins Glen to Monterey, with excursions along Lamoka Lake, then through Hammondsport, Wayne, and Penn Yan before returning to camp. A route outline may be seen at [www.bikeroutetoaster.com/Course.aspx?course=3228](http://www.bikeroutetoaster.com/Course.aspx?course=3228). The ride is the longest distance we've provided in years and includes some serious climbs, but the scenic views are ample reward for the climbing effort. Hence the acronym MAWBA - *Might As Well Be A* (Century). Even the road names suggest this: Birdseye Hollow Road runs along the side of Mt Washington. Along another part of the route there is an "aerial view" of Lamoka Lake so striking that on his reconnaissance mission map master Bill Armstrong forgot to take a snapshot to use for promotion.

Shortcuts along the long loop result in 51, 64, and 78 mile options for the less ambitious riders. The 51 mile route will be used as this year's Augie Mueller's Ambling Adventure. Two shorter routes, 23 miles and 31 miles, with a remote start from Dundee, link up with the other routes. These routes have one climb to the event's namesake, Keuka Overlook, that will be a challenge. All routes also converge on the Windmill Farm & Craft Market, enjoyed by many on previous tours. The chosen routes include new paths to explore between familiar waypoints and offer a fresh perspective of the Finger Lakes Region.

Bill has made arrangements with two wineries for our wine pickup. The 91 milers are invited to the Pleasant Valley Wine Co. / Great Western Winery in Hammondsport ([www.pleasantvalleywine.com](http://www.pleasantvalleywine.com)). Their offer is \$2 for wine tasting and a 10% discount on any of their bottles of wine. Purchases will be picked up by the SAG Wagon and will be delivered to the camp in time for Saturday's dinner. All the rides pass by the Keuka Overlook Wine Cellars ([www.keukaoverlook.com](http://www.keukaoverlook.com)), where similar arrangements have been made. Both wineries have a wide range of wines and prices.

Sunday's Rides: The Keuka Lake Loop and Bluff Point route has been such a success in past GFLBT events that the committee has declared it to be the standard for future Sunday rides. It has a remote start in Hammondsport, circles the lake in a clockwise direction, and has options for 57 miles (with one very steep, short hill) or 44 miles (relatively flat).

Description/application for the 28th Annual GFLBT, June 6-8, 2008 can be found at [www.southerntierbicycleclub.org](http://www.southerntierbicycleclub.org)

Give a look and consider. Forward this note and tell your friends. Thank you, Augie Mueller

### **OFFICERS:**

**President (acting):** Dennis Uhlig • (607) 563-7822  
uhligden@stny.rr.com

**Vice President:** Don Gillespie • (607) 748-7635  
bikes325@cs.com

**Secretary:** Maria Thomas • (607) 798-6898  
riajt@hotmail.com

**Treasurer:** Regina Losinger • (607) 222-8235  
ReginaLosinger@stny.rr.com

### **BOARD OF DIRECTORS:**

Bob Dannecker Sr. John Gerty Nancy Botting  
Peggy Sniezek Tom Nickerson Don Robertson Joan Hebb

### **VOLUNTEERS**

The STBC runs on volunteers. Note all the ride leaders that help us get out there and have fun. Here are four other the volunteers that help make the club function. I'll list others next time.

Assistant Treasurer: Nancy MacNeill  
Web Master: Regina Losinger & John Gerty  
Membership Chairperson: Nancy Botting  
GFLBT: Augie Mueller for his continued inspiration and work.

### **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 including the extensive ride database.

#### **New STBC Group on Yahoo!**

The club has recently created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group enables the club list server so that club members can communicate ride announcements, ride cancellations, advice on biking matters, and anything else that would be of general interest to STBC club members. Club members can join to contribute to the conversation or just listen in.

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

### How To Sign Up For The STBC Yahoo! Group

1. Send a message to [SouthernTierBicycleClub-subscribe@yahoo.com](mailto:SouthernTierBicycleClub-subscribe@yahoo.com) You will get an e-mail back from yahoo with further instructions. OR
2. Go to [www.yahoo.com](http://www.yahoo.com) Click on groups. Enter *SouthernTierBicycleClub* in the *Find a Yahoo! Group* field, click on Search, which will bring you to the *SouthernTierBicycleClub* page. Click on blue highlighted portion. Select *Join This Group*, and follow instructions. At the *Join This Group* page, it will ask you to sign in.

To visit the discussion list, use this link: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

To post a message on the discussion group via an e-mail use this address: [SouthernTierBicycleClub@yahoo.com](mailto:SouthernTierBicycleClub@yahoo.com)

### 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 summer issue must be submitted by June 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

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 on-line at <http://www.southerntierbicycleclub.org/rideschedule/ridesignupform.html>
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.



## WHEELS TO MEALS

Well, the oft-asked question "Do we ride to eat or eat to ride?" has been answered definitively by those riders previously known as the Tuesday/Thursday Group. It's official, we are now "Wheels to Meals". But still offering the same great selection of rides on Tuesdays and Thursdays.

Recently retired and looking for some bicycling adventures? You should know about our group. Returning riders can rest assured that our mission is still the same, old name, new name or no-name. To provide a group ride both Tuesdays and Thursdays - as long as the weather is suitable. Typical rides are between 15 and 40 miles, with the shorter rides more frequent early in the season. Last year the average ride was just over 28 miles round trip. We almost always ride to lunch. Most of the rides are over modest terrain, but hills do not daunt us once the season gets in high gear - though we usually don't hesitate to down shift into our grannie gears when necessary. We keep a modest pace, averaging about 11 mph for an average ride. And in the course of a season we have several special events like picnics and swimming.

These particulars of each ride - where and when to meet, destination, distance and difficulty - are announced via e-mail, not through the club newsletter. Sign up at the Yahoo Group Site for STBC - <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You must be a member for this. Also, send a note to [plainj@ieee.org](mailto:plainj@ieee.org) and I'll add you to the "Wheels to Meals" list which is used for special events like voting for a new name and for weather warnings. Still uncertain? Drop me a note and I'll try to answer any questions.

See you on the road as soon as weather permits!

- Jay K.

## STOP AND SMELL THE FLOWERS RIDES

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. This spring, there are several other rides planned that are slower paced and short distances. Check the ride schedules and pick the rides that suit your preference.



## MONDAY EVENING RIDE SERIES

Want to improve your endurance, hill climbing ability, and speed, and have some fun while you are doing it? Grab your bike and shake off your Monday blues by joining Regina Losinger or Don Robertson on Monday evenings for a 15 to 24 mile ride from Recreation Park on the Westside of Binghamton. Early season rides will be at a slower C pace than late season C+ / B pace rides, and hillier rides will also be at a slower pace. A challenging, good time is promised for all, and Regina says that she plans to "lead the ride from the rear, as usual!" This ride is often topped off with a stop for snacks and refreshments.



# 2008 Great Finger Lakes Bicycle Tour June 6 - 8

Watkins Glen State Park Hidden Valley Group Camp, NY

## Registration Form



Welcome booth opens at 3 pm Friday. Facilities open until 4 pm Sunday.

Fee includes Friday evening catered social, tent campsite Friday and Saturday nights, catered meals Saturday morning, Saturday evening and Sunday morning, modern dining hall, rest rooms and showers, maps, sag wagon support, repair service and parking.

The fee is 100% refundable prior to May 23. Current Southern Tier Bicycle Club (STBC) membership is required to participate. See [www.southerntierbicycleclub.org](http://www.southerntierbicycleclub.org) for more information about STBC and the tour.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State or Province \_\_\_\_\_

Country \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E.mail address: \_\_\_\_\_

	# participating	X	fee	=	Total \$
Event fee until May 9 <sup>th</sup>	_____	X	\$65	=	_____
Late registration fee after May 9 <sup>th</sup>	_____	X	\$10	=	_____
Cabin bunks	_____	X	\$5	=	_____
T-shirt # small _____ # med _____ # large _____ # x-lg _____		X	\$15	=	_____
# Vegetarian Meals	_____				_____
STBC membership fee (required), if not current member	_____	X	\$3/household	=	_____

### TOTAL EVENT COST

=====

Make checks payable (in US funds from a US Bank) to STBC. Do not send cash.

Send registration form and check to: STBC, PO Box 601, Binghamton, NY 13902-0601.

You will be asked to sign a waiver of liability upon registration.

For any questions regarding the Great Finger Lakes Bicycle Tour please contact Augie Mueller at (607) 722-6005 or via e-mail at [amueller1@stny.rr.com](mailto:amueller1@stny.rr.com).

The STBC newsletter and ride schedule can be viewed online at <http://SouthernTierBicycleClub.org>

For new STBC members: The STBC newsletter and ride schedule can be viewed online at <http://SouthernTierBicycleClub.org>. If you still want a printed copy mailed to you, check here \_\_\_\_\_.

Include \_\_\_\_\_ do not include \_\_\_\_\_ my name on the membership roster available to other STBC members.

## DIRECTIONS TO WATKINS GLEN STATE PARK GROUP CAMPGROUND

The Watkins Glen State Park group campground is located 3 miles west of Watkins Glen, NY at the end of NY 329.

From the north, drive south through the village on NY 14 and turn right at the traffic light just past the Watkins Glen State Park (lower park) entrance onto NY 329. From the south, follow route 14 north to the first light past Burger King and turn left on NY 329. Follow NY 329 three miles to the end of NY 329. Turn right at the end of 329 onto Whites Hollow Road. Cross the stone bridge and turn left into the Hidden Valley camp ground.

## OUT OF BOUNDS

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

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

**The Great Big FANY Ride**, 500 miles across New York, July 20-26, 2008, camping with hotel option, makes a donation to The Double H Ranch (no pledges required) <http://www.fanyride.com/>

**Binghamton Historic Bridge Pedal**, Sunday, July 13, 2008, This is a ride for people who don't ordinarily go on bike rides. Experienced bikers should bring inexperienced friends. As last year the start will be at the South Washington Street bridge. Start gathering at 9 AM. With a police escort we will ride the streets and bridges of Binghamton doing some sight seeing along the way and ending back at the same bridge around 11 AM. We'll ride a relaxed pace under 10 MPH over flat terrain for a total of six miles. Registration of \$2 prior to the event, \$3 day of the event with proceeds to go for maintenance of the Martin Luther King pavilion on the walk behind the Regency. Pre-register at Babcock's Bikes in Endicott or Chenango Point Cycles in Binghamton or contact Steven Bard, 754-4756, for details.

**The Cooperstown-Cherry Valley Turnpike Spring Outing**, May 23-26

This trip includes three nights stay at a guesthouse located between Otsego and Canadarago Lakes, 8 minutes from Cooperstown and 6 minutes from the historic Cherry Valley Turnpike. There is a variety of gentle rolling hills to some steep climbs. Lots of historic villages and quaint baseball towns along the way. Also this year a special downhill ride to an amazing gorge. Space is limited. \$45 per person for the guesthouse. To check out the accommodations, go to the link: <http://ithacacooperstown.com/>. Contact Rick Augler, (607)-217-5775 to sign up.

**Bike MS: Follow the foothills**, July 12<sup>th</sup>. Start at Moreau Lake State Park in Gansevoort, NY and follow the foothills of the Adirondacks as you help create a world free of MS. e-mail: [kdavey@msupstatenyalb.org](mailto:kdavey@msupstatenyalb.org). Information: 1.800.FIGHT MS

**Eighth Annual River Ride 2008 A Cycling Experience** (Opportunities for Otsego), June 7, Details on registration and fee at: <http://www.ofoinc.org/>

**Bike Tioga**, August 9<sup>th</sup> and 10<sup>th</sup> sponsored by the Tioga County Tourism. For more information see <http://www.visittioga.com/biketoga/index.html> or call Tioga County Tourism at 607-687-7440.

**Southern Tier Aids Ride for Life**, September 13. Fully supported, includes lunch and dinner. Benefits the Southern Tier AIDS Program. The ride starts and ends in Ithaca, and follows the Cayuga Scenic Byway around Cayuga Lake. <http://www.aidsrideforlife.org/> or call 607-272-4098.

**Bike Virginia**, June 20-25. Five days of picturesque scenery, southern charm, and historic character while touring the official Birthplace of Country Music. [www.bikevirginia.org](http://www.bikevirginia.org) or (757)229-0507.

**47<sup>th</sup> Annual Tour of the Scioto River Valley**, May 10-11, 3000 cyclists, 200 or 100 mile 2-day tour. [www.tosrv.org](http://www.tosrv.org) (Click on PLEASE READ THE TOSRV INFORMATION for much information.), or TOSRV2007, PO Box 16003, Columbus, OH 43216-6003. The \$47 basic fee includes food, places to stay, transportation of your sleeping gear, SAG and more. Augie Mueller and Paul Stankiewicz attended in 2006 and give the event a thumbs up.

**10<sup>th</sup> Annual Erie Canal Tour**, July 6<sup>th</sup>-13<sup>th</sup>, 8-day, 400-mile, *Cycling the Erie Canal* bike tour across New York State along the scenic and historic Erie Canal <http://www.ptny.org/canaltour/>

**Five Boro Bike Tour** of NYC, Sunday May 4<sup>th</sup>, <http://www.bikenewyork.org/>, or 212 932 BIKE (2453) x111

**23<sup>rd</sup> Annual Bay to Bay Ride**, Sunday June 13. Five routes between 27 and 104 miles through the scenery of the heartland of the upper Eastern Shore of Maryland and Delaware. e-mail: [bay2bay04@hotmail.com](mailto:bay2bay04@hotmail.com) or phone (410)778-4881.

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



# STBC MEMBERSHIP

Household member  New  Renew (\$3) x \_\_\_\_\_ year = \$ \_\_\_\_\_  
 Lifetime under age 50 (\$60)  Lifetime age 50 and older (\$30) = \$ \_\_\_\_\_  
 Full-time student membership (free) = \$ 0

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 STBC 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 2008 Annual Dinner - Saturday, April 12, 2008 6 to 9 pm

### Russell's Steak and Seafood House

1001 West Main Street, Endicott New York

#### Menu

Prime Rib • Marinated Chicken • Broiled Orange Roughy • Vegetarian Dish  
 Potatoes • Soup • Salad  
 Cash bar

**Please bring non-perishable food items or cash to contribute to CHOW from STBC**

**To register for the 2008 STBC annual dinner, complete this form and mail with check payable to:**

**STBC, PO Box 601, Binghamton, New York 13902 by April 5, 2008**

*2008 STBC membership required to attend dinner*

Number attending \_\_\_\_ x \$12 = \$ \_\_\_\_\_ (1/2 of the cost of this event is being paid by STBC)

Dinner choice: Prime rib \_\_\_\_ Chicken \_\_\_\_ Broiled orange roughy \_\_\_\_ Vegetarian \_\_\_\_

Name(s) \_\_\_\_\_

Phone # \_\_\_\_\_ e-mail \_\_\_\_\_



## APRIL RIDE SCHEDULE 2008

### Tuesday and Thursday Morning Rides

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

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

<b>WED April 2<sup>nd</sup> 5:30 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>SAT April 5 11:00 AM</b>	Whitney Point	Bob & Joyce Dannecker 648-9467
D/4/18-38 Meet at the Whitney Point McDonald's (park in left rear corner of lot) – Join Bob and Joyce in this early season ride to Marathon for the Maple Syrup Festival. The terrain is mostly flat, but there are hilly return options, if needed, to work off the pancakes. For a longer ride, meet at St. Rita's at 10:00 AM, 1/2 mile south of Chenango Forks on US 11.		
<b>SUN April 6<sup>th</sup> 1:00 PM</b>	Glendale Park, Owego	Don & Lonnie Gillespie 748-7635
C/4/25 – Take an easy afternoon ride to Owego and back and start getting used to the saddle again. We'll ride to Owego via NY 17C. We'll make sure you have a chance to pick up a snack or a drink in Owego before returning. Directions: Follow NY 17C west through Endicott and past the Enjoy Golf Course to Glendale drive. Turn right on Glendale drive for 1/2 mile. Park is on the right.		
<b>MON April 7<sup>th</sup> 5:30 PM</b>	Rec. Park, Binghamton	Regina Losinger 222-8235
Ride will be C pace and 15-20 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton.		
<b>WED April 9<sup>th</sup> 5:30 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>SAT April 12<sup>th</sup> 10:00 AM</b>	Kirkwood Park and Ride	Tom Nickerson, 775-4826
C/3/25 – Meet Tom to ride the river loop with a stop for lunch. Directions: Take exit 2 off I81 and turn toward US11 (Binghamton). Left onto Francis St. and right turn into Kirkwood Valley Park.		
<b>SAT April 12<sup>th</sup> 6:00 PM</b>	Russell's Steak and Seafood House, STBC Annual Spring Dinner	
Sign up using the form in this newsletter.		
<b>SUN April 13<sup>th</sup> 12:15 PM</b>	CFJ Blvd, Johnson City	Jim Conroy, 759-3325
C/2/30 – Meet on CFJ Blvd. in Johnson City next to the carousel at 12:15 for Jim's "It's never too early for hills." ride. The ride will be up Airport Road and Dunham Hill to NY11.		
<b>WED April 16<sup>th</sup> 5:30 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>SAT April 19<sup>th</sup> 10:00 AM</b>	Price Chopper Plaza, Owego	Bob & Helen Dannecker, 687-2511
C/2/35: Meet at the Fairgrounds (Price Chopper) Plaza, 17C, Owego. 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.		
<b>SUN April 20<sup>th</sup> 9:00 AM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
C/4/20: Meet at New Milford Bike at 9:00 AM for an easy flat ride up Route 11 for a tribute to Earth Day 2008. Easy pace and a festive atmosphere will make this a fun outing. A chicken BBQ is also being offered afterwards for \$4 each. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a> .		
<b>SUN April 20<sup>th</sup> 1:00 PM</b>	Port Crane Fishing Access	Joan Hebb 729-9352
D/4/10 Stop and smell the Flowers on Rt. 369 out to and through Chenango Valley State Park.		
<b>MON April 21<sup>st</sup> 5:30 PM</b>	Rec. Park, Binghamton	Regina Losinger 222-8235
Ride will be C pace and 15-20 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton.		
<b>WED April 23<sup>rd</sup> 5:30 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>SAT April 26<sup>th</sup> 9:00 AM</b>	Spring Roadside Cleanup	Maria Thomas 798-6898
This spring, on April 26th, we will once again make our section of NY12 shine. Volunteers can meet at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street for breakfast on the club, and then drive to St. Rita's Church on NY12 (just before downtown Chenango Forks) to begin the clean up at 9:00 AM. Contact Maria at 798-6898 ahead of time so she has a count for breakfast. Weather permitting; there will be a ride starting about 10:30 - 11:00 AM after the clean up from St. Rita's to Whitney Point for lunch. (See next listing.)		
<b>SAT April 26<sup>th</sup> 10:30 AM</b>	Chenango Forks	Bob & Joyce Dannecker 648-9467
C/3/24 - Meet at St. Rita's on rte. 12 south of Chenango Forks. We'll ride out to Whitney Point for lunch (options include Aiello's or the Country Kitchen). After lunch, we'll ride the paved trail connecting Whitney Point and Dorchester Park, then return to Chenango Forks via routes 26 and 79.		
<b>SUN April 27<sup>th</sup> 12:15 PM</b>	Chenango Forks	Jim Conroy 759-3325
C/3/30 - Meet at Former St Rita's Church 12:15 for a ride to Greene via Smithville Flats. To get to St Rita's From Binghamton, North on I81, Exit #6. Right at bottom of ramp. Continue straight onto NY12. Church is on the right, before you enter downtown Chenango Forks.		
<b>WED April 30<sup>th</sup> 5:30 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930



## MAY RIDE SCHEDULE 2008

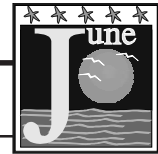
### Tuesday and Thursday Morning Rides

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

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



<b>SAT May 3<sup>rd</sup> 11:00 AM</b>	Bainbridge	Dennis Uhlig 607-563-7822
C/3/22 - Meet Dennis at the municipal parking lot in Bainbridge for ride to Sidney via Guilford, East Guilford, and return. A longer ride option is possible depending on group wishes. There will be convenience stores along the route, and we'll decide on a restaurant for lunch after the ride. Directions: From Binghamton. I88 East to Exit 8 for Bainbridge. Left at bottom of ramp on NY206, cross bridge into town. Continue straight through light but in less than a block before you cross the RR tracks, turn right into the municipal lot behind Jerico Inn and other businesses.		
<b>SUN May 4<sup>th</sup> 9:00 AM</b>	Lanesboro, PA	Steve Bruno 570-465-2169
MBR C/4/25 - Sunday, May 4, will meet at the Starrucca Viaduct in Lanesboro, PA at 9:00 AM and ride the D & H Rail Trail North into New York and Back. A mountain bike ride on flat loose pack. We are looking at M4C25, mountain bikes, flat grade at a steady pace for 25 historic miles. Please respond to the board or e-mail Steve (bike195@epix.com) if interested or plan to attend.		
<b>SUN May 4<sup>th</sup> 1:00 PM</b>	Port Crane fishing access	Don & Lonnie Gillespie 748-7635
C/3/28 - Meet at Port Crane to ride to Greene via Page Brook Road. We'll stop in Greene for a snack or ice cream and return via Stillwater Road. Directions: From Binghamton, East on I88 to exit #3 (Port Crane and NY369). Left at bottom of ramp onto NY369. Pass under I88, then just past the on-ramp turn left into the parking area.		
<b>MON May 5<sup>th</sup> 6:00 PM</b>	Rec. Park, Binghamton	Regina Losinger 222-8235
Ride will be C pace and 15-20 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton.		
<b>WED May 7<sup>th</sup> 6:00 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>FRI May 9<sup>th</sup> 5:30 PM</b>	Rec. Park, Binghamton	Nancy Botting 2378-6952
C+/4/15-23 - Meet Nancy for a 15-23 mile evening ride. Call 237-6952 to confirm if weather is questionable.		
<b>SAT May 10<sup>th</sup> 9:30 AM</b>	Harford, NY	Don Rice 785-8930
C/3/46 - Meet at 9:30 at Harford Town Hall on NY 38 north of Berkshire. Ride to the Groton Hotel for lunch on the porch. Don led this ride last year and it's one you won't want to miss. Guaranteed great ride and great food.		
<b>SUN May 11<sup>th</sup> 9:00 AM</b>	Confluence Park, Binghamton	Augie Mueller 722-6005
C/4/25 - Meet at Confluence Park, S. Washington St Bridge, Binghamton for a 24 mile loop ride to Jimay's Flea Market on Conklin Avenue/NY 7A. Augie will be your guide.		
<b>SUN May 11<sup>th</sup> 1:30 PM</b>	Apalachin boat launch	Chuck Mallery 748-1867
D/4/11 - The boat launch is near the west end of Marshland Road opposite Hiawatha Island. We'll ride Marshland Road and Holmes Avenue to Apalachin and return.		
<b>MON May 12<sup>th</sup> 5:30 PM</b>	Rec. Park, Binghamton	Don Robertson 725-9481
Meet Don at the Recreation Park Beethoven parking lot in Binghamton for a ride. Destination and pace will be a group choice.		
<b>WED May 14<sup>th</sup> 6:00 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>SAT May 17<sup>th</sup> 10:00 AM</b>	Great American market, Greene	Bill Denman 797-8274
D/3/35 - Meet Bill at the Great American market in Greene for a ride to Oxford for lunch. The Chenango River valley is always beautiful in spring.		
<b>SUN May 18<sup>th</sup> 9:00 AM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR C/1/22 - Sunday, May 18, will meet at the New Milford Bike at 9:00 A.M. and do the Bridgewater / Three Lake Loop. A mountain bike ride starting in New Milford, up the Schoolhouse Road to Johnson Pond, then over to the Bridgewater Trail to Alford. We will cross US 11 and head up the Three Lakes Road to head home by way of Summit Hill. A good mix ride with steady climbs. We are looking at M1C22, mountain bikes with steep climbs at a steady pace for 22 pictured miles. Please respond to the board or e-mail Steve (bike195@epix.net) if interested or plan to attend.		
<b>SUN May 18<sup>th</sup> 1:00 PM</b>	Chenango Bridge Park & Ride	Joan Hebb 729-9352
D/3/7 Stop and Smell the flowers on a club favorite route - the River Road Loop. Directions: From Binghamton, East on I88, Exit #2. Left at top of ramp. Go to second light. Turn left into Park and Ride lot.		
<b>MON May 19<sup>th</sup> 6:00 PM</b>	Rec. Park, Binghamton	Jim Conroy 759-3325
Join the guest leader for a C-paced ride of 15-20 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton.		
<b>WED May 21<sup>st</sup> 7:00 PM</b>	Rec. Park, Binghamton, Beethoven St. parking lot	Regina Losinger 222-8235
Ride of Silence: Join cyclists nationwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on America's public roadways; TO RAISE AWARENESS that we are here; To ask that we all SHARE THE ROAD.		
<b>FRI May 23<sup>rd</sup> - 26<sup>th</sup></b>	Cooperstown Lakes Country Tour	Rick Kugler 217-5775
See the Out of Bounds section of this newsletter for details about this non-club event.		
<b>SAT May 24<sup>th</sup> 10 AM</b>	Mt Upton	Erica LaBuz, 432-7511
D/3/26 Come and enjoy the beautiful Butternut Valley, a popular ride with 14 riders last year. Ride from Mt. Upton fishing access to Gilbertsville and Morris. Lunch in Gilbertsville at the Country Store or possibly a new café there. Meet at the fishing access on NY 8. Take I88 to the Sidney exit. Take NY 8 north. The fishing access is on the right about 6 miles north of the NY 7 and NY 8 intersection. It is a straight road that ends because they took out a bridge so it does not look like a parking lot. (Across from one of those places that sells Amish barns)		
<b>SUN May 25<sup>th</sup> 8:00 AM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
C/4/42 - We will meet at the New Milford Bike at 8:00 A.M. and go to the Nicholson Viaduct. This is a road bike ride starting in New Milford, heading south. US 11 to the viaduct and then return on north US 11. Flat and relaxing, we are looking at R4C42, road bikes, flat cake at a steady pace for 42 enchanting miles. Please respond to the board or e-mail Steve (bike195@epix.net) if interested or plan to attend.		
<b>WED May 28<sup>th</sup> 6:00 PM</b>	Rice's House, 420 Firth St., Endicott	Don Rice 785-8930
<b>FRI May 30<sup>th</sup> 6:00 PM</b>	Washington St. Bridge, Binghamton	Maria Thomas 798-6898
D/4/10 - Meet Maria for a Friday evening ice cream ride from the S. Washington Street Bridge near Conklin Avenue. She'll take you up to Susie Q's for ice cream and return using the river trail from Cheri Lindsay park.		
<b>SAT May 31<sup>st</sup> 9:00 AM</b>	Wendy's parking lot, Deposit	Paul Natelli 754-5251
C/3/54 - Take exit 84 off Rt. 17. Meet at 9 AM at Wendy's upper parking lot in Deposit. Do NOT park in Wendy's lot they get upset. Ride Cannonsville reservoir to Walton, have lunch at Papa's in Walton and then continue the loop back to Deposit. Very scenic with occasional sighting of bald eagles. 54 miles for the entire loop. Those wishing less miles can start at the Trout Creek parking area. It is about 9.2 miles from the Wendy's parking area for a shorter route. Most of the route is rolling with one steep climb of about a mile and change.		



## JUNE RIDE SCHEDULE 2008

### Tuesday and Thursday Morning Rides

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

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

<b>SUN June 1<sup>st</sup> 1:30 PM</b>	RiteAid Drug, Owego	Chuck Mallery 748-1867
D/4/14 - Some variations on an old favorite. Glenn Mary Drive and Catatonk Creek Road to Catatonk and return.		
<b>MON June 2<sup>nd</sup> 6:00 PM</b>	Rec. Park, Binghamton	Regina Losinger 222-8235
Ride will be C+ pace and 15-24 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton		
<b>WED June 4<sup>th</sup> 6:00 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 – SUN June 6<sup>th</sup>-8<sup>th</sup></b>	28 <sup>th</sup> Annual Great Finger Lakes Bicycle Tour	
Two days of touring from the Watkins Glen State Park Hidden Valley Group Camp, Watkins Glen, NY. See the registration form in this issue. Directions: 3 miles west of Watkins Glen, NY—at the end of NY 329—off NY 14, at light, near Burger King. Arrive after 3 p.m. Friday.		
<b>MON June 9<sup>th</sup> 6:00 PM</b>	Rec. Park, Binghamton	Don Robertson 725-9481
Meet Don at the Recreation Park Beethoven parking lot in Binghamton for a ride. Destination and pace will be a group choice.		
<b>MON June 9<sup>th</sup> 7:00 PM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR – 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 June 11<sup>th</sup> 6:00 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 June 14<sup>th</sup> Noon</b>	Rec. Park, Binghamton	Nancy Botting 607-237-6952
C+/3/34 - meet at Rec Park for a 34 mile ride to Chenango Valley State Park via route 12, returning via route 369 and Crocker Hill Rd ... C+ pace, rolling to moderate hills, with one BIG one near the end. We may stop for a snack or ice cream at the store near the park entrance. Call 237-6952 to confirm if weather is questionable.		
<b>SUN JUN 15<sup>th</sup> Noon</b>	Port Crane fishing access	Regina & Nancy 222-8235
C/2-3/26 - Meet Regina Losinger and Nancy Botting for a ride in celebration of Father's Day. You can even bring your favorite father for this ride from Port Crane to Harpursville via NY 7 and returning via NY 79 and NY 369. There will be a stop at Chenango Valley State Park on the return for refreshments. Directions: From Binghamton, East on I88 to exit #3 (Port Crane and NY369). Left at bottom of ramp onto NY 369. Pass under I88, then just past the on-ramp turn left into the parking area.		
<b>MON June 16<sup>th</sup> 6:00 PM</b>	Rec. Park, Binghamton	Regina Losinger 222-8235
Ride will be C+ pace and 15-24 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton		
<b>WED June 18<sup>th</sup> 6:00 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 June 21<sup>st</sup> 10:00 AM</b>	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/<10 - Take a Saturday morning ride from Confluence Park to Otsiningo Park and ride the park trail. This will be a slow-paced ride to start your spring weekend.		
<b>SUN June 22<sup>nd</sup> 1:00 PM</b>	Apalachin fishing access	Joan Hebb 729-9352
D/4/12 Stop and Smell the Flowers on Rt. 17C to and through Hickories Park. Directions: From Binghamton, NY17 West to Exit #66. Right at top of the ramp, then left to fishing access lot.		
<b>MON June 23<sup>rd</sup> 7:00 PM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR – 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 June 25<sup>th</sup> 6:00 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 June 28<sup>th</sup> 10:00 AM</b>	Whitney Point	Bob & Joyce Dannecker 648-9467
C/2/48 - Meet Bob and Joyce for a ride to Dryden for lunch. The trip out will be through Marathon and Virgil, with the return via Harford and NY221 to Marathon. Two good climbs, very pretty country. Directions: From Binghamton via I81 North, Whitney Point exit. Follow signs to US11 North, through town. McDonalds is on the right. Park in the back of the lot.		
<b>SUN June 29<sup>th</sup> 1:00 PM</b>	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/<10 - This will be a slow paced Sunday afternoon ride starting from Confluence Park in Binghamton and will include the Otsiningo Park trail. Join Anne Marie for the ride.		
<b>MON June 30<sup>th</sup> 6:00 PM</b>	Rec. Park, Binghamton	Regina Losinger 222-8235
Ride will be C+ pace and 15-24 miles. Meet at the Beethoven St. parking lot, Westside of Binghamton.		



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



## STBC SPECIAL VOTE ANNOUNCEMENT

We were unable to nominate and elect a president at the STBC 2008 annual meeting on February 17. However, we now have a nominee for that office who has the support of the board of directors and is now serving as the acting STBC president. That person is Dennis Uhlig.

Denny is a strong rider... he does road riding and mountain biking, and is looking forward to trying touring with other STBC club members. One of the best things about riding with him is that he always keeps an eye on other riders. If someone is falling behind, he usually disappears from the group and keeps company at the rear without the person even knowing he has come back for them. He is a lifelong resident of the Bainbridge/Sidney area, and is a cross country skier, runner, and paddler. He is even keel, intelligent, good humored, and has excellent judgment.

A vote by STBC members to approve Dennis as president will be held on April 12 at the annual club dinner to be held at Russell's Steak and Seafood House, 1001 West Main Street, Endicott, New York. Here are the ground rules we will follow for this election:

1. Additional nominations will be accepted before the April 12 dinner. If you have someone to nominate and would like to put them on the ballot, contact me before April 11 with the name of the nominee and the persons who nominated and seconded the nomination.
2. If you are not planning to attend the dinner and want to cast a vote in the club presidential election, you can do so by stopping in at Russell's on April 12 between 6 – 7 PM and filling out a ballot.

I'm looking forward to a new president being approved on April 12 and if I don't see you there, then hope to see you on a club ride this summer.



Don Gillespie  
607-748-7635 [bikes325@cs.com](mailto:bikes325@cs.com)

## 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 • 785-3772  
**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 Avenue, Ithaca • 607-277-1010  
**Chenango Point Cycles** 45 Washington Street, Binghamton • 724-7481  
<http://www.chenangopoint.com/>  
**Gear-To-Go Tandems** 850 W Clinton Street, Elmira • 732-4859  
**Main Street Bike Shop** 3809 Main St., Burdett, NY 14818 (607) 342-6098  
**New Milford Bike Shop** 195 Main Street, New Milford • 570-465-2169  
**Sport Tech** 166 Main Street, Oneonta, NY • 432-173  
<http://www.sporttechonline.com/index.html>



## WEDNESDAY EVENING RIDE

Don Rice and Tim Nickerson will be leading the Wednesday evening rides this spring. Meet Don or Tom (see schedule for details) for a fun evening and get back in the swing of riding.

## SPRING HIGHWAY CLEAN-UP

The STBC will be helping to improve our environment this fall when we clean up roadside litter on NY 12 near Chenango Forks. With just a few of our club members on Saturday morning, April 26, we'll be able to complete the cleanup quickly and improve the local scenery. So plan to help out and enjoy this Saturday morning activity with your club members. See the April 26 ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.

