

SPRING 2009

**The GFLBT is June 12-14,
Sign up now!**



2009 Great Fingerlakes Bicycle Tour

June 12-14, 2009

Watkins Glen, New York

New this year - off-road options

Free biodegradable water bottles to first 150 registrants!

Enjoy three days of bicycle touring in the beautiful Finger Lakes region of New York State while staying at secluded Watkins Glen State Park Hidden Valley Group Camp.

Friday: arrive after 2 pm, settle in, register, take a short ride to the Fire Tower, then catch up with old and new friends at the catered camp social.

Saturday and Sunday: many biking options and distances are offered, allowing you to choose a ride that is just right for you. Tour through historic villages, enjoy breathtaking views of lakes, waterfalls, gorges, and vineyards. Visit New York wineries that are in perhaps the most diverse wine-growing region in the world. We offer free delivery from select group of wineries.

Accommodations: Bring your sleeping bag and bunk in a cabin (\$5 fee) or pitch your tent on the spacious lawns for no additional charge. Clean bathrooms, hot showers, and large dining hall.

Fee includes: catered Friday night social, tenting Friday and Saturday nights, Saturday and Sunday catered breakfast, Saturday catered dinner, Saturday night entertainment, maps, sag wagon, repair service (excluding parts), and parking. Fee is 100% refundable prior to May 15th.

***** STBC membership and helmets are required to participate in this event *****

Ride options:

Friday: 18 mile fire tower ride
Saturday: 91, 78, 64, 51 mile Keuka overlook rides; 30 mile Windmill loop (mountain bike/hybrid or road bike); 22 mile Windmill loop

Sunday: 57, 44 Keuka Lake rides; 21 mile Catherine Valley Trail mountain bike/hybrid)



Kids are Welcome!

OFFICERS:

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

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

Secretary: Joan Hebb • (607) 729-9352
jinana@earthlink.net

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

BOARD OF DIRECTORS:

Bob Dannecker Sr. • John Gerty • Nancy Botting
Peggy Sniezek • Nancy MacNeill • Don Robertson

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:

Thanks to Regina Losinger and John Gerty for their efforts in keeping the home page up to date:

www.southerntierbicycleclub.org

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

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 You will get an e-mail back from yahoo with further instructions. OR
2. Go to 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

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 May 1st. Send submissions to: STBC NEWSLETTER • PO BOX 601 • Binghamton, NY 13902-0601, or email: 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.

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.



MIDWEEK BICYCLING WITH WHEELS TO MEALS

Just what is "Wheels to Meals"?

- 1.) A disaffected splinter group of "Meals on Wheels"?
- 2.) A revolving platter of snacks?
- 3.) A wheelchair race for nursing home residents?
- 4.) A "rubber chicken" luncheon for big wigs/wheels?
- 5.) A bicycling group offering a season of fun and camaraderie?

If you answered "Five", and you're looking for some of that bicycling adventure, consider joining "Wheels to Meals" aka W2M on any of our weekday rides. Don't know much about the group? Keep reading.

Wheels to Meals participants ride on Tuesdays, Thursdays or both weather permitting. The group almost always rides to lunch though sometimes to a picnic and swim, or perhaps a social hour with snacks. Rides are typically between 15 and 40 miles, with the shorter rides more frequent early in the season. Most of the rides would be rated C4 or C3 but on occasion we do some challenging hills. And we always wait for slower riders and help those who have flatted or are having bike problems.

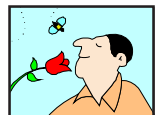
Still interested? The particulars of each ride - where and when to meet, destination, distance and difficulty - are announced via e-mail, not through the club newsletter. Sign up at the Yahoo Group Site for STBC - <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You must be a member for this. You can also send a note to plainj@ieee.org and I'll add you to the "Wheels to Meals" list which serves as a backup means for announcements and for weather warnings. Still uncertain? Drop me a note and I'll try to answer your questions.

By the time you read this the group probably be on the road again for 2009. See you soon. - Jay K. plainj@ieee.org

STOP AND SMELL THE FLOWERS RIDES

This spring, Joan Hebb or Chuck Mallery 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 less than 12 miles. There will be one ride in April and three in May, all on Sunday afternoons.

If you're a "gentle" rider for whatever reason, dig out the bike and come on out! Check the ride schedules and pick the rides that suit your preferences.





2009 Great Finger Lakes Bicycle Tour • June 12 - 14

Watkins Glen State Park Hidden Valley Group Camp, NY

Registration Form



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

The fee is 100% refundable prior to May 15. Current Southern Tier Bicycle Club (STBC) membership is required to participate. See 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 15 th	_____	X	\$65	=	_____
Late registration fee after May 15 th	_____	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.

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.

"SHAKE OFF THE MONDAY BLUES" - EVENING RIDES

Grab your bike and shake off the Monday blues by joining Regina Losinger or Jim Conroy every other Monday evening at 5:30 for a 14 to 24 mile ride from Recreation Park on the Westside of Binghamton. Early season rides will be at a slow C pace, with late season at a fast C. Hillier rides will (of course) be at a slower pace. The focus of these rides will be on improving endurance, hill climbing ability, and speed, and a challenging, good time is promised for all. Regina says she plans to "lead the ride from the rear, as usual!" There is sometimes a post-ride gathering for snacks and refreshments.

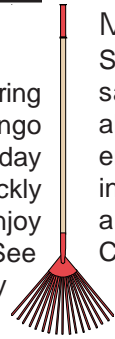
OVER -THE-HUMP WEDNESDAY EVENING RIDES

If you're looking for another weeknight to ride this spring, check out our Wednesday evening over-the-hump rides. In April, riders will meet at 5:30 at various locations for a 15 to 20 mile group-led ride. In May, Tom Nickerson will tour the Binghamton/Conklin area from Sandy Beach Park most Wednesdays, and Dick Porterfield will lead the Ride of Silence on May 20th to raise awareness of bicycles on the road and to promote sharing of the road. See the ride listings for details.



SPRING HIGHWAY CLEAN-UP

The STBC will be helping to improve our environment this spring when we clean up roadside litter on NY 12 near Chenango Forks. With just a few of our club members on Saturday morning, May 2, 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 May 2nd ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.



MEN'S RACING SADDLE: Fizik Arione Wing Flex Saddle: The standard for lightweight and comfort in racing saddles. "Wing Flex" provides supportive comfort while allowing plenty of leg clearance and the "Tail Flex" allows the entire rear section of the saddle to flex. The wider, softer nose increases comfort at front of the saddle and the larger surface area enhances pressure distribution. Synthetic Leather Cover;Ti Rails;L= 11.8" W= 5.6", 230g Like new. \$40 Don Gillespie, 748-7635



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 2009 Annual Dinner **Saturday, April 18, 2009 6 to 9 pm** *Dinner served at 6:45* **Russell's Steak and Seafood House** 1001 West Main Street, Endicott New York

Menu

Prime Rib • Marinated Chicken • Stuffed filet of sole • 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 2009 STBC annual dinner, complete this form and mail with check payable to STBC to
 PO Box 601, Binghamton, New York 13902 by April 4, 2009
 2009 STBC membership required to attend dinner**

Number attending ____ x \$15 = \$ _____ (STBC is paying 1/2 of the cost of this event)

Dinner choice: Prime rib ____ Chicken ____ Stuffed filet of sole ____ Vegetarian ____

Name(s) _____

Phone # _____ e-mail _____



APRIL RIDE SCHEDULE 2009

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>

SAT March 28th 11:00 AM 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 12.

FRI April 3rd 5:30 PM Sandy Beach Park, Binghamton Nancy Botting 237-6952
C+/variable/20 – TGIF with Nancy. From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line. Rides start promptly at 5:30.

SUN April 5th 1:00 PM Glendale Park, Endicott Don & Lonnie Gillespie 748-7635
C/4/25 – Take an afternoon ride to Owego and back and start getting used to the saddle again. We'll ride to Owego via NY 17C. While mostly flat, there are some rollers just west of Endicott. 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.

MON April 6th 5:30 PM Rec. Park, Westside Binghamton Regina Losinger 222-8235
C/4/14 Shake off the Monday blues with an evening ride out Chenango Street to Hillcrest to yell "hi" to Amy. Meet at Recreation Park in the Beethoven Street parking lot.

WED April 8th 5:30 PM Lowes, Front Street Binghamton Over-the-hump ride
C/3-4/15-20 Meet in the parking lot in front of Lowes on Upper Front Street in Binghamton for a group-led ride.

SAT April 11th 1:00 PM Too Early for Hills Ride Regina Losinger 222-8235
C/4/22 - Yes Jim, it can be too early for hills! Meet at the Beethoven Street parking lot of Recreation Park for a "nearly dead flat" ride out Conklin Ave to Maines Foods. A stop at the Maines "red cube" is planned to take in the view. Got an interesting bike? Bring it along today!

WED April 15th 5:30 PM Recreation Park, Binghamton Over-the-hump ride
C/3-4/15-20 Meet in the Beethoven Street parking lot of Recreation Park for a group-led ride to celebrate the end of yet another tax season.

FRI April 17th 5:30 PM Rec. Park, Binghamton Nancy Botting 607-237-6952
C+/variable/20 – TGIF with Nancy from Recreation Park in Binghamton. Be ready to ride at 5:30.

SAT April 18th 10:00 AM 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.

SAT April 18th 6:00 PM Russell's Steak and Seafood House, STBC Annual Spring Dinner, Sign up using the form in this newsletter.

SUN April 19th 9:00 AM 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 2009. Easy pace and a festive atmosphere will make this a fun outing. A chicken BBQ is also being offered afterwards for \$4 each. <http://www.newmilfordbike.com/>

SUN April 19th 1:30 PM 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.

MON April 20th 5:30PM Rec.Park, Westside Binghamton Jim Conroy 759-3325
C/3/15 Shake off the Monday blues with an evening ride to Binghamton University for a ten cent tour. Meet at Recreation Park in the Beethoven Street parking lot.

WED April 22nd 5:30 PM Giant Market, West Corners Over-the-hump ride
C/3-4/15-20 Meet in the parking lot in front of the Giant Market on Route 26 in West Corners for a group-led ride.

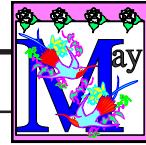
SAT April 25th 1:00 PM CFJ Blvd, Johnson City Jim Conroy 759-3325
C/2/30 – Meet on CFJ Blvd. in Johnson City next to the carousel at 1:00 PM for Jim's "It's never too early for hills." ride. The ride will be up Airport Road and Dunham Hill to NY11.

SUN April 26th 1:30 PM Giant Market, West Corners Joe Scordino 625-2196
C/3/12 – Meet Joe at the Giant Market in West Corners for a tour that takes you through West Endicott and Union Center. The only climb is up Boswell Hill Road, but the reward is a fast downhill to Union Center.

WED April 29th 5:30 PM Recreation Park, Binghamton Over-the-hump ride
C/4/15-20 Meet in the Beethoven Street parking lot of Recreation Park for a group-led ride.



MAY RIDE SCHEDULE 2009



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>

FRI May 1st 5:30 PM

Otsiningo Park, North parking lot

Nancy Botting 607-237-6952

C+/variable/20 – TGIF with Nancy. Meet at the Otsiningo Park north parking lot and be ready to ride at 5:30.

SAT May 2nd 9:00 AM

Spring Roadside Cleanup

Dan & Mona Wysocki 624-0123

This spring, on May 2nd, 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 Dan & Mona at 624-0123 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 Greene for lunch. (See next listing.)

SAT May 2nd 10:30 AM

St. Rita's Church, Chenango Forks

Dan & Mona Wysocki 624-0123

C/2/16 After the clean-up, an easy ride out Stillwater Road to Greene for lunch and back.

SUN May 3rd 9:00 AM

Lanesboro, PA

Steve Bruno 570-465-2169

MBR C/4/25 - Sunday, May 3, 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.

SUN May 3rd 1:30 PM

Newark Valley Gazebo

Joan Hebb 729-9352

D/4/15 - Meet Joan at the Newark Valley Gazebo (NY38-center of town) to stop and smell the flowers on NY38 via Brown and Tappan Roads).

MON May 4th 5:30 PM

Rec. Park, Westside Binghamton

Regina Losinger 222-8235

C/4/22 Shake off the Monday blues with an evening ride out to Chenango Bridge to do the River Road loop. Meet at Recreation Park in the Beethoven Street parking lot.

WED May 6th 6:00 PM

Sandy Beach Park, Binghamton

Tom Nickerson 775-4826

Join Tom for a Wednesday evening spring ride. Expect C/D pace and variable terrain depending on group. From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.

SAT May 9th 11:00 AM

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.

SUN May 10th 10:30 AM

Lounsberry Truck stop

Bob & Joyce Dannecker 648-9467.

C/4/33 Meet at the Lounsberry truck stop (just south of NY 17 exit 63, first exit west of Owego) for a ride along the south side of the Susquehanna to Sayre and lunch at the "Original Italian Restaurant". Return via NY 17C and some local roads on the north side of the river.

May 11th-15th Bike-to-work Week Led by you!

The League of American Bicyclists is promoting Bike-to-Work Week from May 11-15 and Bike-to-Work Day on Friday, May 15th. Let's show that our bikes are for more than just recreation and fitness – let's show that they are vehicles that help us protect the environment, reduce foreign oil dependence, and save money.

WED May 13th 6:00 PM

Sandy Beach Park, Binghamton

Tom Nickerson 775-4826

Join Tom for a Wednesday evening spring ride. Expect C/D pace and variable terrain depending on group. From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.

SAT May 16th 10:00 AM

McDonalds, Whitney Point

Dick Porterfield 607-760-3568

C/2-3/52 - Meet at the Mobil (McDonalds) on NY 11, Whitney Point at 10:00. Whitney Point to Dryden via route 392 through Virgil – return 38 and 79. Several options for lunch in Dryden.

SUN May 17th 9:00 AM

New Milford Bike Shop

Steve Bruno 570-465-2169

MBR C/1/22 - Sunday, May 17, 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.

SUN May 17th 1:30 PM

RiteAid Drug, Owego

Chuck Mallery 748-1867

D/4/14 - Stop and smell the flowers on Glenn Mary Drive and Catatunk Creek Road.

MON May 18th 5:30 PM

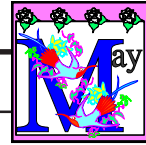
Rec. Park, Westside Binghamton

Regina Losinger 222-8235

C/2-3/18 Shake off the Monday blues with an evening ride up Pierce Creek and Saddlemire Roads, then swoop back to town on Pennsylvania Ave. Meet at Recreation Park in the Beethoven Street parking lot.



MAY RIDE SCHEDULE 2009 CONTINUED



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>

WED, May 20th 7:00 PM

RIDE of SILENCE

Dick Porterfield 648-6081

Join Dick (rporterfield@stny.rr.com) and cyclists world wide 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. Meet at Recreation Park in the Beethoven St. parking lot. We will ride rain or shine. Please invite others in the cycling community to join us, this would be a good introduction to the STBC. <http://www.rideofsilence.org/main.php>

FRI May 22nd - 25th

Cooperstown Lakes Country Tour

Rick Kugler 217-5775

See the Out of Bounds section of this newsletter for details about this non-club event.

SAT May 23rd 10:00 AM

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)

SUN May 24th 10:00 AM

Chenango Bridge

Dan and Mona Wysocki 624-0123

B-C/3/30 Meet at Chenango Bridge Park n' Ride for loop through CVSP and returning down Nolan Hill, ending with BBQ at Wysocki's (37 Newman—near Park n' Ride). Wysocki's will supply meat and table service. Bring dish to pass. BYOB. RSVP 624-0123

WED May 27th 6:00 PM

Sandy Beach Park, Binghamton

Tom Nickerson 775-4826

Join Tom for a Wednesday evening spring ride. Expect C/D pace and variable terrain depending on group. From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.

SAT May 30th 10:00 AM

Chenango Forks, NY

Dick Porterfield 760-3568

C/2-3/55- Meet at St. Rita's on NY 12 in Chenango Forks at 10:00. Chenango Forks to Greek Peak 55 miles terrain 3. Lunch at The Gatherings.

SUN May 31st 8:00 AM

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.

SUN May 31st 1:30 PM

McDonalds, Whitney Point, NY

Joan Hebb 729-9352

D/4/16 - Stop and Smell the Flowers to Marathon and back.

OUT OF BOUNDS

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

Five Boro Bike Tour of NYC, Sunday May 3rd, <http://www.bikenewyork.org/>, or 212 932 BIKE (2453) extension:111. 42 miles, 30,000 cyclists.

48th Annual Tour of the Scioto River Valley, May 9-10, 3000 cyclists, 200 or 100 mile 2-day tour. www.tosrv.org (Click on PLEASE READ THE TOSRV INFORMATION for more 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.

Bike Niagara, May 15-18, 14th, annual bicycle extravaganza. With beautiful, quiet country roads and world-class attractions, Niagara has a lot to offer cyclists of all abilities, both on and off the bike. <http://www.bikeniagara.org/>

The Cooperstown-Cherry Valley Turnpike Spring Outing, May 22-25

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://lithacacooperstown.com/>. Contact Rick Kugler, (607)-217-5775 to sign up.

Bike Virginia, June 19-24. The 22nd annual Bike Virginia event will take you on a journey through the area nestled between the flatlands of the east coast and the peaks of the Blue Ridge Mountains - Charlottesville, Culpeper, and Orange, VA. <http://www.bikevirginia.org/2009/index.htm> or (757)229-0507.

24th Annual Bay to Bay Ride, Sunday June 28. 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 or phone (410)778-7356.

11th Annual Colgate University Bicycle "Camp" Weekend, July 9-12, Hamilton, NY. Country road bicycling and meeting great bicycling people. Stay in Colgate apartments and eat at their very nice cafeteria before riding with members of the Rochester Bicycle Club, the Onondaga Cycle Club, and the Mohawk Bicycle Club. Contact Brian Berry and Geri Muckelbauer, 988 Wittenberg Road, Mount Tremper, NY 12457, 845-679-3205 or brianberry@earthlink.net. Check out the discussion on the STBC Yahoo! group <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages> and download the application form. <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/files/>



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



OUT OF BOUNDS *(Continued)*

Binghamton Historic Bridge Pedal, Sunday, July 12, 2009, 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.

11th Annual Erie Canal Tour, July 12-19, 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/>

The Great Big FANY Ride, 500 miles across New York, July 19-25, 2009, camping with hotel option, makes a donation to The Double H Ranch (no pledges required) "Sore FANY" option covers ½ the miles. <http://www.fanyride.com/>

Bike Tioga, August 8-9, sponsored by the Tioga County Tourism and the Rotary Club. For more information see <http://www.biketoga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

Southern Tier Aids Ride for Life, September 12. 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.

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

LOCAL BICYCLE SHOPS

Aeros Cyclery & Ski Center 640 Conklin Road, Binghamton • 724-7313
American Cycle Express (WWW sales - <http://www.americancycle.com>)
215 Vestal Pkwy. East, Vestal • 607-785-2477

Babcock Bicycles 110 W. Main Street, Endicott • 607-754-0886

BC Bicycles 215 Vestal Pkwy. East, Vestal • 607-785-3772

Bicycle Technical Services 824 SR17C, Waverly 607-565-9049

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 • 607-732-4859

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 •
<http://www.newmilfordbike.com/>

Sport Tech 166 Main Street, Oneonta, NY • 607-432-1731 •
(<http://www.sporttechonline.com/index.html>)