

SPRING 2010



**The GFLBT is June 11-13,
Sign up now!**

2010 Great Fingerlakes Bicycle Tour *June 11-13, 2010*

New this year...

A full century ride!

Excursions to Seneca Falls and Cayuga Lake State Park!

Hikes to Watkins Glen State Park gorge from camp!

Enjoy three days of bicycle touring and hiking in the beautiful Finger Lakes region of New York State while staying at secluded Watkins Glen State Park Hidden Valley Group Camp. Choose a ride that is just right for YOU from 15 to 101 miles. Hike to Watkins Glen gorge from camp. Gather with friends.

Friday: Arrive after 2 pm, settle in, register, take a ride to the Fire Tower or a hike to Watkins Glen Gorge from camp, then catch up with old and new friends at the catered camp social.

Saturday and Sunday: Pick a bike ride that is just right for you from 15 to 101 miles. Tour through historic villages, enjoy breathtaking views of lakes, waterfalls, gorges, and vineyards. Visit New York wineries along the way that are in perhaps the most diverse wine-growing region in the world. We offer free delivery from select group of wineries. As an alternative to cycling, take a self-guided hike from camp to Watkins Glen gorge (map provided).

Accommodations: Bring your sleeping bag and bunk in a cabin (\$5/night 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 28th.

***** STBC \$3 membership and helmets are required to participate in this event *****

More information about the event including detailed ride options, event schedule, and registration form are located at: <http://www.southerntierbicycleclub.org/fingerlakestour.html>.

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: Samuel Russo • (607) 729-7687
samuelrusso@yahoo.com

BOARD OF DIRECTORS:

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 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:

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

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

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

Finger Lakes Mountain Bike Club: <http://www.fingerlakesmountainbikeclub.com/>

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.



WHEELS TO MEALS - RIDE OPPORTUNITIES MIDWEEK, MIDDAY

In the course the biking season, the Wheels to Meals group offers a wide variety of midday rides. Most every Tuesday and Thursday we will ride to lunch. If you are looking for rides with modest pace, lots of variety week to week, friendly company and not too many hills, then you should find the Wheels to Meals rides to your liking.

Details for each ride - where and when to meet, destination, distance and difficulty - is announced via the club list server (not through the club newsletter). If you are not already signed up at the Yahoo! Group Site for STBC please do so. Choose to receive the list e-mail, and you'll get the details for each ride in your in box a few days prior to each event.

For more details on how to sign up for and use the group site, see "How To Sign Up For The STBC Yahoo! Group" earlier in this newsletter.

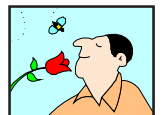
You can visit the STBC group message site using this URL: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You'll recognize the "Wheels to Meals" announcements, as they are headed by our logo "W2M".

We welcome newcomers. Come and try out the W2M rides.

- Jay K. for all the leaders of the Wheels to Meals rides.

STOP AND SMELL THE FLOWERS RIDES

Again this spring, 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 less than 12 miles. There will be two rides in April and one in May, all on Sunday afternoons. Also see the April 24 ride listing for an additional "flowers" ride. This year, Joan will be posting the starting location and ride details the Thursday before the ride on the STBC list server. So be sure to sign up for the list server as describe in the "How To Sign Up For The STBC Yahoo! Group" section above. If you're a "gentle" rider for whatever reason, dig out the bike and come on out!





2010 Great Finger Lakes Bicycle Tour • June 11 - 13

Watkins Glen State Park Hidden Valley Group Camp, NY

Registration Form



Welcome booth opens at 4 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 with showers, maps, sag wagon support, repair service and parking.

The event fee is 100% refundable prior to May 28. Current Southern Tier Bicycle Club (STBC) membership (\$3) 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 11 th	_____	X	\$75	=	_____
Late registration fee after May 11 th	_____	X	\$10	=	_____
Cabin bunks (\$5/person/day • \$10/person/weekend)	_____	X	\$5 / \$10 (Circle one)	=	_____
T-shirt (100% wickable) # small ____ # med ____ # large ____ # x-lg ____			\$15	=	_____
STBC jersey will be on sale at the event for \$40 (see club website for picture)					
# 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.

BICYCLE GIVE-AWAY

Sarah Jane UM Church is having their bicycle give-away Sat, May 8. Details on repair sessions and more will appear on the STBC Yahoo! group list server. Meanwhile, watch the curb and the garbage piles for bicycles that can be reconditioned for distribution. That is where we get most of the machines we give away at this event. Augie Mueller, Steven Bard and Dick Porterfield are spear heading this project. Contact them for more information or with information on bicycles available for this event.



BOYS AND GIRLS CLUB RIDES

During the school year and when weather is good the Oasis teen after school program at the Endicott Boy's and Girl's club has a bike ride starting around 4:30 PM and ending by 6:00 PM. Rides often go to the Vestal Rail to Trail, sometimes down 434 to Castle Garden, some times to Grippen or Highland Park. These rides are to encourage teens to get out, get some fresh air and exercise, and to get some encouragement in good bicycle habits. Southern Tier Bicycle Club members would be welcome to ride along, with the challenge being in the "encouraging good bicycle habits" area, not in the ride as they tend to be flat, short and slow. Look for Steven Bard's posts on the STBC Yahoo! list server on the Wednesdays before the rides and come and ride along. Contact Steven if you have questions, sbard@binghamton.edu



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, April 24, 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 24th ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.



"SHOUT IT OUT" MONDAY EVENING RIDES

Grab your bike and shake off the Monday blues by joining Regina Losinger every other week for a 15 to 25 mile evening ride from Recreation Park on the Westside of Binghamton. The pace will be 11 to 15 mph, with hillier rides being slower. The focus of these rides will be on fun, with participants "shouting out" the turns!





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:

- 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.
- 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.
- 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 2010 Annual Dinner

Saturday, April 17, 2010 6 to 9 pm

Dinner served at 6:45

CALIFORNIA GRILL

907 Vestal Parkway East, Vestal, New York near JoAnne's Fabrics

Menu

Strip Steak • Stuffed Chicken (sundried tomato pesto) • Stuffed Filet of Sole • Pasta Primavera
Salad • 2 Sides • Rolls • Dessert • Coffee • Tea
Cash bar

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

**To register for the 2010 STBC annual dinner, complete this form and mail with check payable to STBC to
PO Box 601, Binghamton, New York 13902 by April 3, 2010**

2010 STBC membership required to attend dinner

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

Dinner choice: Strip Steak ____ Chicken ____ Stuffed Filet of Sole ____ Pasta Primavera (Vegetarian) ____

Name(s) _____

Phone # _____ e-mail _____



APRIL RIDE SCHEDULE 2010

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 April 3, 1:00 PM So. Washington St. Bridge Jim Conroy 759-3325
C/30/3 - Meet at the South Washington St. bridge in Binghamton at the intersection of Conklin Ave and South Washington St., for a ride to Halstead, PA. A refreshment break will be planned in Halstead.

SUN April 4, 10:00 AM Five Mile Point Park 'n Ride Tom Nickerson 775-4826
C-D/3/30 - Join Tom as he rides from Kirkwood Park and Ride to Chenango Bridge and then does the "river loop". The group will find lunch along the way. Directions: Take exit 2 off of I81 and turn toward US11 (Binghamton). Then left onto Francis Street and right turn into Kirkwood Valley Park.

SAT April 10, 10:00/11:00 AM Chenango Forks/Whitney Point Joyce, Bob Jr., & Helen Dannecker 648-9467 or 687-2511
D/4/18-38 - Meet at 11:00 at the Whitney Point McDonald's (park in left rear corner of lot) - Join Joyce, Bob Jr. and Helen 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 the former St. Rita's church at 10:00 AM, 1/2 mile south of Chenango Forks on NY 12.

SUN April 11, 10:30 AM Four Corners, Vestal NY Ron & Judy Cacialli, 239-2177
C/4/30 - Join Ron and Judy for a flat loop to Owego for lunch. Meet at the round bank, corner of NY434 and Main Street, also known as 4-Corners.

SUN April 11, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb, 729-9352
Slow paced ("D") ride, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the hursday prior to the ride.

MON April 12, 5:30 PM "Shout it out" ride Recreation Park, Binghamton Regina Losinger 222-8235
C/2-4/15-25 Shake off the Monday blues by "shouting it out" on an evening ride. Riders will decide the destination by "shouting out" the turns.

SAT April 17, 10:00 AM Fairgrounds Plaza, Owego Bob, Helen, & Joyce Dannecker, 687-2511
C/2/35 or MBR D/1/27: Meet at Fairgrounds (Price Chopper) Plaza, 17C, Owego. Ride to Hamley's Maple Farm Open House for lunch of pancakes and maple syrup. This year there will be a mountain bike option led by Bob on some very hilly unpaved back roads. Helen and Joyce will lead the traditional road ride for those that prefer pavement.

SAT April 17 6PM California Grill, Vestal **Annual Dinner**
See registration form in this newsletter or web site for more details on the annual dinner.
<http://www.southerntierbicycleclub.org/annualdinner.html>. Don't forget to bring a donation for CHOW.

SUN April 18, 9:00 AM New Milford Bike Shop Steve Bruno, (570) 465-2169
C/4/20 - Meet at New Milford Bike at 9:00 AM ride, for a tribute to Earth Day 2010. We will bring back souvenirs collected from our roadsides. Prizes, voted on by the riders, will be awarded to some of the coolest items found along the route. A chicken BBQ is also being offered afterwards for \$4 each. We will ride the flatland of route 11 north to the NY border and back by way of old route 11 (one little hill). An easy pace and a festive atmosphere will make this a fun outing, and show that we the Riders of the Endless Mountains, respect and care about our environment. The ride is rated X4D20, Suitable for any bike, flat terrain at a relaxed pace for 20 miles. Please respond to the board or e-mail if interested or plan to attend - Steve

SAT April 24, 9:00 AM Spring Roadside Cleanup Mona Wysocki 624-0123
This spring, on April 24, 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 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 April 24, 10:30 AM St. Rita's Church, Chenango Forks Mona Wysocki 624-0123
D/3/20 After the clean-up, an easy ride out NY Route 79 to Whitney Point for lunch and back. "Stop and Smell the Flowers" riders welcome!

SUN April 25, 12:00 PM Chenango Forks, NY Regina Losinger 222-8235
C/3/36 Chenango Forks - Whitney Point - Castle Creek loop: Meet at the old St. Rita's Church on NY12 in Chenango Forks for a scenic ride along the Tioughnioga River to Whitney Point, a climb out of Whitney Point on Castle Creek Road, and a return along newly paved / wide-shoulder Front Street. Regina promises a 10 minute stop for a snack in Whitney Point and hopes that others will wait for her at the top of the hill!

SUN April 24, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb, 729-9352
Slow paced ("D") ride, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.

MON April 26, 5:30 PM "Shout it out" ride Recreation Park, Binghamton Regina Losinger 222-8235
C/2-4/15-25 Shake off the Monday blues by "shouting it out" on an evening ride. Riders will decide the destination by "shouting out" the turns.



MAY RIDE SCHEDULE 2010



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>

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- SAT May 1, 10:00 AM** Five Mile Point Park 'n Ride Tom Nickerson 775-4826
C-D/2/30 – Join Tom as he rides from Kirkwood Park and Ride to Windsor and back. The group will find lunch along the way. Directions: Take exit 2 off of I 81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.
-
- SUN May 2, 9:00 AM** Lanesboro, PA Steve Bruno, (570) 465-2169
MBR C/4/25 - Sunday, May 2, we will meet at the Starrucca Viaduct in Lanesboro, PA at 9:00 A.M. and ride the D & H Rail Trail south to Thompson 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. See <http://www.newmilfordbike.com/> for directions. Please respond to the board or e-mail if interested or plan to attend. – Steve
-
- SUN May 2, 10:30 AM** Lounsberry Truck stop Don & Lonnie Gillespie, 748-7635
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.
-
- SAT May 8, 10:00 AM** Trout Creek Parking Area Nancy MacNeill 748-1026
C/3/44 - Meet Nancy MacNeill and Paul Natelli at the Trout Creek parking area for a ride along the Cannonsville Reservoir to Walton for lunch. The starting area is about 9.2 miles from the NY17 exit 84 in Deposit on NY10. The parking area is to the left just after the highway crosses the reservoir. The loop to lunch and back will total 44 miles with one long, but not too steep climb. Spring should be well along, so the views and smells should be great. Start time - 10 AM, bring sunshine!
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- SAT May 8, 2010:** Sarah Jane Johnson Mem. UM Church **Bike Give-Away.**
Much help needed to pull off this 3rd annual event. Details to come on the listserv. Contact amueller1@stny.rr.com
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- SUN May 9, 9:00 AM (8 for breakfast)** Park Diner, Binghamton Augie Mueller 722-6005
C/4/24 Join Augie for breakfast and ride or just come at 9:00 for the ride. Meet at the Park Diner, Conklin Ave., Binghamton. Loop ride to Jimay's Flea Market on NY7A, Corbettville, just north of the PA border.
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- MON May 10, 5:30 PM** "Shout it out" ride Recreation Park, Binghamton Regina Losinger 222-8235
C/2-4/15-25 Shake off the Monday blues by "shouting it out" on an evening ride. Riders will decide the destination by "shouting out" the turns.
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- WED May 12, 6:00 PM** Sandy Beach Park, Binghamton Don Robertson, 725-9481
D/4/15 - The 2 Kirkwood - Conklin bridges. Out Rt. 11, return via Rt. 7. Sandy Beach Park entrance is on the north side of Conklin Avenue (NY7) just east of the railroad overpass.
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- SAT May 15, 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 US11. Bring your drinks as there are limited stop opportunities.
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- SUN May 16, 9:00 AM** New Milford Bike Shop Steve Bruno, (570) 465-2169
MBR C/1/22 - Sunday, May 16, will meet at New Milford Bike at 9:00 A.M. and do the Bridgewater / Three Lake Loop. 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 Route 11 and head up the Three Lakes Road to head home by way of Summit Hill. Good mix ride with steady climbs. We are looking at M1C22 mountain bikes, steep climbs at a steady pace for 22 pictured miles. Please respond to the board or e-mail if interested or plan to attend - Steve
-
- SUN May 16, 1:30 PM** Stop and Smell the Flowers Ride Joan Hebb, 729-9352
Slow paced ("D") ride, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.
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- WED May 19, 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 Rec. Park, Beethoven, St., Binghamton, for a tour of the City of Binghamton. 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>
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- SAT May 22, 12:30 PM** Hickories Park, Owego, NY Gary Wilde, 754-9527
C/2-3/38 - Join Gary on a scenic loop through Tioga County. Start at Hickories Park in Owego ride to Tioga Center for the trip out Halsey Valley and Straits Corners roads. Return through Candor (fill-up/snacks) and Owego. The views are great. If you want to see a map of the route, check this URL: <http://www.mapmyride.com/ride/united-states/ny/-owego/837126835225065392> Alternate phone 727-5917, or e-mail garyny42@stny.rr.com
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OUT OF BOUNDS



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

Five Boro Bike Tour of NYC, Sunday May 2nd, <http://www.bikenewyork.org/>, or 212 932 BIKE (2453) extension:111. 42 miles, 30,000 cyclists. Regular entry slots already full, must sign up to ride with a charity group to participate.

49th Annual Tour of the Scioto River Valley, May 8-9, 3000 cyclists, 200 or 100 mile 2-day tour. 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. See STBC message board, message 2001 for information on local attendees. <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/message/2001>

The Cooperstown-Cherry Valley Turnpike Spring Outing, May 21-23 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 Kugler, (607)-217-5775 to sign up.

Bike Virginia, June 25-30. The 23rd Annual Bike Virginia event. Riders will enjoy an average of 50 miles of riding per day for 5 days. We'll also give you a century option on one day of the tour. <http://www.bikevirginia.org/> or (804) 261-0507.

Finger Lakes Tour de Cure To benefit the American Diabetes Association. Saturday, June 26 at Clute Memorial Park in Watkins Glen. 11, 34, 63, and 103 mile loops. Registration is \$15 until april 1st. More information, registration, and maps of all routes can be found at: <http://main.diabetes.org/fingerlakestour>.

Bikelt! Finger Lakes Ride, June 22-26. Bicycle from Ithaca, NY to Detroit, MI for the U.S. Social Forum. <http://bikeit.org/> for information on Bikelt! And U.S. Social Forum. Click on the "Join a Ride!" button for information on the Ithaca ride.

25th Annual Bay to Bay Ride, Sunday June 27. Five routes between 27 and 104 miles through the scenery of the heartland of the upper Eastern Shore of Maryland and Delaware. http://www.chestertownlions.org/bay_to_bay.htm or phone (410)778-7356.

12th Annual Colgate University Bicycle "Camp" Weekend, July 8-11, Hamilton, NY. Country road bicycling and meeting great bicycling people. Stay in Colgate apartments and eat at their very nice cafeteria before riding. Camp questions to Brian Berry and Geri Muckelbauer, 845-679-3205 or brianberry@earthlink.net. See New Milford Bike shop bulletin board for more info: <http://www.newmilfordbike.com/>

Fifth Binghamton Historic Bridge Pedal, Sunday, July 11, 2010, This is a ride for people who don't ordinarily go on bike rides. Experienced bikers should bring inexperienced friends. The start is at the South Washington Street bridge. Registration at 8:30 for start 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 seven miles. Registration of \$2 prior to the event, \$3 day of the event. Pre-register at Babcock's Bikes in Endicott, Aeros Cyclery in Conklin, Chenango Point Cycles in Binghamton, or contact Steven Bard, 754-4756, for details.

12th Annual Erie Canal Tour, July 11-18, 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 10th Annual Great Big FANY Ride, 500 miles across New York, July 25-31, 2010, 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/>

MASS BikePike Tour, August 5-8. Explore Massachusetts, cruising through the beautiful countryside of rolling fields, majestic woods, and picturesque towns. The tour starts and ends in Amherst with a route that takes us through picturesque central Massachusetts. Overnight stops will be at local schools in towns along the way. <http://www.massbikepike.org/>

Bike Tioga, August 7-8, sponsored by the Tioga County Tourism and the Rotary Club. This event provides experienced and non-experienced bicycle riders with the choice of rides ranging from 26 to 100 miles on Saturday, and 24 to 53 miles on Sunday. For more information see <http://www.biketiooga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

Southern Tier Aids Ride for Life, Saturday September 11. 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 (888)206-2870.

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



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



MAY RIDE SCHEDULE 2010 CONTINUED

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- SUN May 23, 9:00 AM** New Milford Bike Shop Steve Bruno (570)465-2169
C/4/42 - Sunday, May 23, we will meet at New Milford Bike at 9:00 A.M. and go to the Nicholson Viaduct. This is a road bike ride starting in New Milford, heading south on route US11 to the viaduct and then returning north route US11. 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 if interested or plan to attend – Steve
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- SUN May 23, 10:00 AM** Owego to Sayre Nancy MacNeill, 748-1026/Sherry Bigart
C/3/55 - Join Nancy and Sherry at the Fair Grounds Plaza (Price Chopper) in Owego at 10 AM for a 55 mile jaunt from Owego to Sayre (via Halsey Valley Road and NY34) for lunch. Return via the river road.
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- MON May 24, 6:00 PM** "Shout it out" ride Recreation Park, Binghamton Regina Losinger 222-8235
C/2-4/15-25 Shake off the Monday blues by "shouting it out" on an evening ride. Riders will decide the destination by "shouting out" the turns.
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- WED May 26, 6:00 PM** Sandy Beach Park, Binghamton Don Robertson, 725-9481
D/4/18 – Ride to Washington St. Bridge, north to Chenango Bridge, return through east side Binghamton and to Kirkwood. Sandy Beach Park entrance is on the north side of Conklin Avenue (NY7) just east of the railroad overpass.
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LOCAL BICYCLE SHOPS

- Aeros Cyclery & Ski Center** - 640 Conklin Road, Binghamton • 724-7313
American Cycle Express - (WWW sales - <http://www.americancycle.com>) 333 Vestal Pkwy. East, Vestal • 607-748-4800
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 - 409 College Avenue, Ithaca • 607-272-1010
Chenango Point Cycles - 45 Washington Street, Binghamton • 724-7481 (<http://www.chenangopoint.com/>)
Gear-To-Go Tandems - Saranac Lake, NY • 518-891-1869 • <http://www.gtgtandems.com/>
Main Street Bike Shop - 3809 Main St., Burdett, NY 14818 607-342-6098 • <http://www.mainstreetbikeshop.com/>
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>)
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