

# SPRING 2011

**The GFLBT is June 10-12,  
Sign up now!**



## 2011 Great Fingerlakes Bicycle Tour *June 10-12, 2011*

**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 109 miles. Hike to Watkins Glen gorge from camp. Gather with friends.

**Friday:** Arrive after 2 pm (welcome booth opens at 4 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 109 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 (\$10/weekend 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:

<b>President:</b>	Dennis Uhlig • (607) 563-7822 uhligden@stny.rr.com
<b>Vice President:</b>	Steve Bruno • (570) 465-2169 bike195@epix.net
<b>Secretary:</b>	Joan Hebb • (607) 729-9352 jinana@earthlink.net
<b>Treasurer:</b>	Samuel Russo • (607) 729-7687 samuelrusso@yahoo.com

### BOARD OF DIRECTORS:

John Gerty • Nancy Botting • Dick Porterfield  
Nancy MacNeill • Don Robertson • Mona Wysocki

### 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](mailto:bike@southerntierbicycleclub.org)

### STBC is on the Internet:

Thanks to John Gerty and Nancy MacNeill 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.

### STBC yahoo.com

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 contribute to the conversation or just listen in.

In addition to the listserv 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) Be sure to provide your name so that club membership may be verified. 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:

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 1<sup>st</sup>. Send submissions to: STBC NEWSLETTER • PO BOX 601 • Binghamton, NY 13902-0601, or email Mona Wysocki at [girllovesbikes@gmail.com](mailto:girllovesbikes@gmail.com).

### 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 Steve Bruno at (570) 465-2169 or at [rides@southerntierbicycleclub.org](mailto:rides@southerntierbicycleclub.org).

### 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 - TUESDAY AND THURSDAY RIDES

There's a group of dedicated club members that ride on Tuesday and Thursday as often as they can during the riding season. Lunch is an integral part of the ride, consequently, the name Wheels to Meals. The rides are of a modest pace and vary from week to week. If you are available week days to ride, then you should give these rides a try.

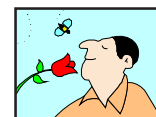
Details of each ride are announced via the club list server, so you'll need to sign up at the Yahoo Group Site for the STBC group. See details elsewhere in this newsletter on how sign up for the list server posts. Choose to receive the list e-mail and you'll get details for each ride in your inbox a couple of days prior to each event. The groups logo, W2M, will always be in the subject line.

We welcome newcomers, so come and join the rides.

This year Don Gillespie ( [bikes325@cs.com](mailto:bikes325@cs.com) ) will be coordinating the Tuesday rides and Pat and Carolyn Gilligan ( [cgilligan@stny.rr.com](mailto:cgilligan@stny.rr.com) ) will be coordinating the Thursday rides. Contact us if you have questions.

### 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 20 miles. Joan will be posting the starting location and ride details the Thursday before the ride on the STBC listserv. If you're a "gentle" rider for whatever reason, dig out the bike and come on out!





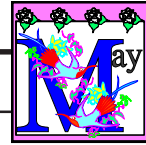
## APRIL RIDE SCHEDULE 2011

### 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 April 2, 10:00/11:00 AM                      Chenango Forks/Whitney Point                      Joyce, Bob Jr. & Helen Dannecker  
607-648-9467 or 607-687-2511  
D/4/18-38 - Meet at 11:00 at the Whitney Point McDonald's (park in the left rear corner of lot). Join Joyce, Bob Jr. and Helen in this traditional 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 Route 12.
- 
- SUN April 3, 1:00PM                                      Owego to Richford                                      Gary Wilde 607-754-9527 &  
Rob Hutcheson 607-785-6898  
D/4-3/41 – We will meet at the Tioga Social Services, North of Owego on NY Route 38, about 1 mile past where NY Route 96 turns left, Social Services is on right. Ride to Speedville by way of West Creek Road and then into Richford where we can refuel. Return to Owego by way of NY Route 38.
- 
- SAT April 9 10:00 AM                                      Great American store, Greene                                      John Gerty 607-656-4339  
C/3/32 Meet at the Great American for a ride to Oxford for lunch.
- 
- SUN April 10, 1:30 PM                                      Stop and Smell the Flowers Ride                                      Joan Hebb 607-729-9352  
D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv the Thursday prior to the ride.
- 
- SAT April 16, 10:00 AM                                      Fairgrounds Plaza, Owego                                      Bob & Helen Dannecker  
607-687-2511  
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 hill climb just before Hamley's to work up your appetite.
- 
- SUN April 17, 9:00 AM                                      Earth Day in PA                                      Steve Bruno 570-465-2169  
D/3/20 - We will meet at New Milford Bike at 9:00 am for a tribute to Earth Day 2011. We will bring back souvenirs collected from the roadsides for prizes, voted on by the riders, which will be awarded for some of the coolest items found along the route. Ride the flatland of Route 11 North to the NY border and Old Route 11 back for 20 easy pace miles. <http://newmilfordbike.com/EarthDayRide.htm>.
- 
- SAT April 23, 1:00 PM                                      American Legion, West Endicott                                      Marie D. Monaco 607-785-0117  
E/4/15 – We will meet at the American Legion parking lot on Maple Street in West Endicott for a fun and casual, flat easy ride on quiet streets with light traffic in a quiet neighborhood for about 2 Hours.
- 
- SUN April 24, 8:30 AM                                      Confluence Park, Binghamton                                      John Ruth 607-651-9939  
D/4/25 – We will ride from Confluence Park on Riverside Dr. in Bing, NY to Pickle Hill B&B near Port Dick Park for breakfast (\$5). From there we will ride around the River Road loop outside of Chenango Bridge and back. Please call me the day before if planning on attending, so that they can get enough food.
- 
- SUN April 24, 1:30 PM                                      Stop and Smell the Flowers Ride                                      Joan Hebb 607-729-9352  
D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv the Thursday prior to the ride.
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- SAT April 30, 1:00 PM                                      Chenango Forks Fishing Access Lot                                      John Ruth 607-651-9939  
MBR E/3/15 – We will meet at the fishing access lot in Chenango Forks for a mountain bike ride. We will enter Chenango Valley State Park via the towpath and bike a couple hours on the paths through the woods.
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**MAY RIDE SCHEDULE 2011****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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- SUN May 1, 10:00 AM Owego-Maine-Berkshire-Newark Valley Loop Gary Wilde 607-754-9527 & Rob Hutcheson 607-785-6898  
D/2/46 - We will meet at the Tioga Social Services, North of Owego on NY Route 38, about 1 mile past where NY Route 96 turns left, Social Services is on right. We will proceed north on 38 to 38B and head across the rural countryside to Maine-Newark Valley Rd and ride into Maine where we can grab a snack and fill up our bottles. We'll then head north on 26 to East Berkshire. Following E. Berkshire Road over the hill to Route 38, we'll turn left for a long, downhill recovery ride back to the start. While not for the faint of heart, we'll keep the pace reasonably slow and enjoy the views as we go.  
Check out the route at: <http://www.mapmyride.com/routes/view/28346066>
- 
- SAT May 7, 7:00 AM Breakfast at Laura's Luncheonette Mona Wysocki 607-624-0123  
For all clean up volunteers! Please RSVP to Mona at 624-0123 or girllovesbikes@gmail.com so that she can have a count for breakfast.
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- SAT May 7, 8:30 AM Spring Roadside Cleanup Mona Wysocki 624-0123  
This spring, on May 7, 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 Chenango Forks Fishing Access on NY12 (just before downtown Chenango Forks and near the old St. Rita's church) to begin the clean up at 9:00 AM. Contact Mona at 624-0123 or girllovesbikes@gmail.com ahead of time so she has a count for breakfast.
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- SAT May 7, 10:30 AM Ride to Whitney Point Stan Kauffman 607-722-5440  
C/4/20 After the clean-up, an EASY ride along Rt. 79 to Whitney Point and back. Lunch in Whitney Point as decided by the group. STOP AND SMELL THE FLOWERS riders/new or beginning riders welcome—we WILL stop/wait for everyone! Meet at Chenango Forks Fishing Access (Rt 79 & Rt 12). (Right after the railroad track, but before the bridge as you drive north on NY12, just before downtown Chenango Forks)
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- SUN May 8 10:00 AM Greene via Smithville Flats John Gerty 607-656-4339  
C/3/27 Meet at boat launch parking, Chenango Forks (off NY-12, just south of the bridge) for a ride to Greene via Smithville Flats. Stop for lunch and return.
- 
- Sun May 15 10:00 AM Rural North Eastern PA Jeff & Susie Wheeler 570-727-3715  
MBR D/2/27 - Join us at 825 Barton Road, Stevens Point for one of our favorite backyard journeys. Starting in State Game Land 070 we will parallel the East Branch of the Hemlock Creek into Wayne County, up through a hill side landing strip, weave our way to Star Pond Road SGL 299. Tranquility (without planning) has been enjoyed at this upper of two mountain ponds where we can regroup before descending an old fire road down through this rugged yet stunning drainage pass to the Delaware River valley and its road. Options for our return vary. Mileage: approximately 12 poor and 12 nice dirt road, 5 paved and 1 old fire road. Rains prior to the ride may yield wet and muddy areas but the water works will abound. BYO trailside nutrition.
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- SUN May 15, 10:00 AM Three Courses Ride Gary Wilde 607-754-9527 & Rob Hutcheson 607-785-6898  
C/2/41. Start at Apalachin Fishing Access Site at 10am. We'll ride by three golf courses (sorry, not a 3 course dinner), Hiawatha, Pheasant Hill and Apalachin. We'll return climbing up Chestnut Ridge to Montrose Turnpike. Possible stop in Owego on the way back for lunch. For a shorter ride, you can bail out on Pennsylvania Avenue when we head up Chestnut Ridge. You'll miss one large hill and shorten the ride to about 25 miles. The route can be viewed at MapMyRide at: <http://www.mapmyride.com/routes/view/21242376>
- 
- WED May 18, 7:00 PM Ride of Silence Dick Porterfield 607-648-6081  
D/4/10 - Join cyclists world wide in a silent slow-paced ride (max. 12 mph) to 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 21, 9:30 AM Homer, NY, Intermediate High School. Sam Russo 729-7687  
D-C/3-2/53 - We will ride up the east side of Skaneateles Lake on Rt.41 about 25 miles to Village of Skaneateles. There are many choices for lunch, and a nice park at the top of the lake for a picnic. Return on Rt.41A on the west side. Each side of the lake offers a long, gradual climb, followed by equally long downhill. I plan to ride this at a relaxed pace and stop every hour. Will meet at Homer Intermediate School. Directions: Interstate 81 to Exit 12, Take first exit off ramp (Homer, Cortland, Rt.11&Rt.41). At bottom of ramp turn left; follow signs for Rt.41 through Homer. Intermediate School is on right just before intersection with Rt.281.
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- SUN May22, 9:00 AM Bridgewater / Three Lakes Loop Steve Bruno 570-465-2169  
MBR C/1/22 - will meet at New Milford Bike at 9:00 AM, for the Bridgewater / Three Lakes Mountain Bike Loop. We will head up the Summit Hill to the Three Lakes Road. Then ride over to Alford for the Bridgewater Trail to Heart Lake. Visit Johnson Pond to head home off Schoolhouse Road. Good mix ride with steady climbs for 22 miles. <http://newmilfordbike.com/Bridge3Lakes.htm>
- 
- SUN May 22, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb 607-729-9352  
D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC list server the Thursday prior to the ride.
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## OUT OF BOUNDS



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

TOUR de SCRANTON, May 1<sup>st</sup>, Benefits E.J. Moreken Drug & Alcohol Treatment Program, 4 rides of 15m, 32m, 46m with 1800' climbing, 65m with 3100' climbing. For more info: <http://www.tourdescranton.com/>

Five Boro Bike Tour of NYC, Sunday May 1<sup>st</sup>, <http://www.bikenewyork.org/>, 42 miles, 32,000 cyclists.

50<sup>th</sup> Annual Tour of the Scioto River Valley, May 7-8, 3000 cyclists, 210 or 105 mile 2-day tour. [www.tosrv.org](http://www.tosrv.org). The \$47 basic fee includes food, places to stay, transportation of your sleeping gear, SAG and more.

Wheels for Meals Ride, Saturday, May 14. A great ride with varying distances of 5K, 7 miles, 27 miles, 34 miles and 61 miles (Metric Century). This ride raises needed funds for Meals on Wheels. Ride packet is available with more information. Contact Kent Goben at [kgoben@stny.rr.com](mailto:kgoben@stny.rr.com).

CYCLE De 'Cuse', A Charity Bike Ride, Sunday, June 5 anytime from 9 AM to 3 PM and ride the 20 mile Cycle De 'Cuse route through the neighborhoods of Syracuse. There is also a flat, fun, family-friendly 5 mile option. Burnet Park, beside the pool, is the beginning and ending point and there are water stops along the routes. Parking is available in the park. Registration - \$25. Kids 17 and under ride free with an adult. For more information: [www.bikesyracuse.org](http://www.bikesyracuse.org).

The Ride to Montauk 2011, Saturday June 18, Beautiful flat routes for beginner and experts with distances of 30, 70, 100 and 145 miles. No fundraising required. For more information see [http://www.ridetomontauk.com/Home\\_Page.html](http://www.ridetomontauk.com/Home_Page.html)

Bike Virginia, June 24-29. The 24th 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 (757) 645-1861.

26<sup>th</sup> Annual Bay to Bay Ride, Sunday June 26. Go to [http://www.chestertownlions.org/bay\\_to\\_bay.htm](http://www.chestertownlions.org/bay_to_bay.htm) or email [bay2bay@chestertownlions.org](mailto:bay2bay@chestertownlions.org).

13<sup>th</sup> Annual Colgate University Bicycle "Camp" Weekend, July 7-10, Hamilton, NY. Country road bicycling and meeting **great** bicycling people. Stay in Colgate residence halls and eat at their very nice cafeteria before riding. Camp questions to Brian Berry and Geri Muckelbauer, 845-679-3205 or [brianberry@earthlink.net](mailto:brianberry@earthlink.net). See New Milford Bike shop bulletin board for more info: <http://www.newmilfordbike.com/>.

The 13<sup>th</sup> Annual Great Big FANY Ride, 500 miles across New York, July 24-30, 2011. "Sore FANY" option covers ½ the miles. <http://www.fanyride.com/>.

13<sup>th</sup> Annual Erie Canal Tour, July 10-17, 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/>

Fifth Binghamton Historic Bridge Pedal, Saturday, July 16, 2011, 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 Scott Reigle at 778-2443 for details.

Bike Tioga, August 6-7, 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.biketioaga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

MASS BikePike Tour, August 11-14. 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/>

IDIDARIDE! Adirondack Bike Tour, August 14, Ride through some of the most beautiful scenery – cutting right through the central Adirondack Mountains, most of which is public Forest Preserve land. Total elevation gain for 75 mile loop is 6,840 ft.

Total elevation gain for 20 mile loop is 1,340 ft. Four (4) rest stops with snacks, water provided along the route. SAGwagon and mobile mechanical support provided. Go to: <http://www.adk.org/events/ididaride/index.html>

2011 Tour de Cure in Watkins Glen to benefit the American Diabetes Association, Saturday, August 20. [http://main.diabetes.org/site/TR/TourdeCure/UpstateNYWNewEnglandArea?pg=entry&fr\\_id=7551](http://main.diabetes.org/site/TR/TourdeCure/UpstateNYWNewEnglandArea?pg=entry&fr_id=7551).

Southern Tier Aids Ride for Life, Saturday, September 10. 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. Go to: <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 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 2011 Annual Dinner

### Saturday, April 30, 2011 6 to 9 pm

## ENDWELL GREENS

3675 Sally Piper Road, Endwell, NY

### Buffet Dinner

Beef • Chicken • Pasta • 2 Salads • Potato  
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 23, 2011 - FIRM DEADLINE - No late calls.**

**2011 STBC membership required to attend dinner**

Number attending \_\_\_ x \$15 (Members) = \$ \_\_\_\_\_ (STBC subsidizes half the cost for members)

Number attending \_\_\_ X \$30 (Guests) = \$ \_\_\_\_\_

Total Enclosed = \$ \_\_\_\_\_

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

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



# 2011 Great Finger Lakes Bicycle Tour • June 10 - 12

## 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/household) 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 11 <sup>th</sup> (age 10 and over)	_____	X	\$75	=	_____
for ages <10	_____	X	\$40	=	_____
Late registration fee after May 11 <sup>th</sup>	_____	X	\$10	=	_____
Cabin bunks (\$10/person/weekend)	_____	X	\$10	=	_____
T-shirt (100% wickable) # S _____ # M _____ # L _____ # XL _____	_____	X	\$16	=	_____
<b># Vegetarian Meals</b>	_____				
STBC membership fee (required), if not current member	_____	X	\$3/household	=	_____

**TOTAL EVENT COST** \_\_\_\_\_

STBC jersey will be on sale at the event for \$40 (see club website for picture)

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

(Our Canadian guests can send a Postal Money Order, in US Dollars.)

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>.

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.



### 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 the help of our club members on Saturday morning, May 7, 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 7<sup>th</sup> ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.



### 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](mailto:sbard@binghamton.edu)





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



*Spring*  
 2011

### LOCAL BICYCLE SHOPS

- Aeros Cyclery & Ski Center** - 640 Conklin Road, Binghamton • 607-724-7313
- Babcock Bicycles** - 110 W. Main Street, Endicott • 607-754-0886 • [www.babcockbikes.com](http://www.babcockbikes.com)
- BC Bicycles** - 215 Vestal Parkway East, Vestal • 607-785-3772
- Bike Rack** - 409 College Avenue, Ithaca • 607-272-1010 • [www.thebikerackonline.com](http://www.thebikerackonline.com)
- Chenango Point Cycles** - 125 Park Avenue, Binghamton • 607-724-7481 • [www.chenangopoint.com](http://www.chenangopoint.com)
- Gear-To-Go Tandems** - Saranac Lake • 518-891-1869 • [www.gtgtandems.com](http://www.gtgtandems.com)
- Main Street Bike Shop** - 3809 Main St., Burdett • 607-342-6098 • [www.mainstreetbikeshop.com](http://www.mainstreetbikeshop.com)
- New Milford Bike** - 910 Main Street, New Milford, PA • 570-465-2169 • [www.newmilfordbike.com](http://www.newmilfordbike.com)
- Sport Tech** - 166 Main Street, Oneonta • 607-432-1731 • [www.sporttechonline.com](http://www.sporttechonline.com)
- Swan Cycles** - 226 Mount Pleasant Road, Freeville, NY • 607-277-0495 • [gs37@cornell.edu](mailto:gs37@cornell.edu)



To save trees, energy and, of course, money, we will not be sending the paper copy of future newsletters to all our members. The newsletters will be freely available on our website: [www.southerntierbicycleclub.org](http://www.southerntierbicycleclub.org). You can print it out or just read it on the web. **If you wish to continue receiving printed copies of future newsletters, fill out this form and send it in to: Southern Tier Bicycle Club, PO Box 601, Binghamton, NY 13902-0601**

**NOW  
 READ  
 THIS!**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

