

SPRING 2007



**Annual club dinner is April 28,
hurry and sign up!**

OFFICERS:

- President:** Don Robertson • (607) 725-9481
drobertson5@stny.rr.com
- Vice President:** Don Gillespie • (607) 748-7635
bikes325@cs.com
- Secretary:** Maria Thomas • (607) 798-6898
riajt@hotmail.com
- Treasurer:** Regina Losinger • (607) 222-8235
ReginaLosinger@stny.rr.com

BOARD OF DIRECTORS:

Bob Dannecker Sr. John Gerty
Gene Malinowski Nancy Botting Craig Thomas

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.

To subscribe to the club e-mail list, send a blank message
to: stbc-subscribe@topica.com

To write to the list, send a message to: stbc@topica.com.

You can also do these things by visiting the **topica** web site
at: <http://topica.com/lists/stbc/read>

Nearby clubs with home pages:

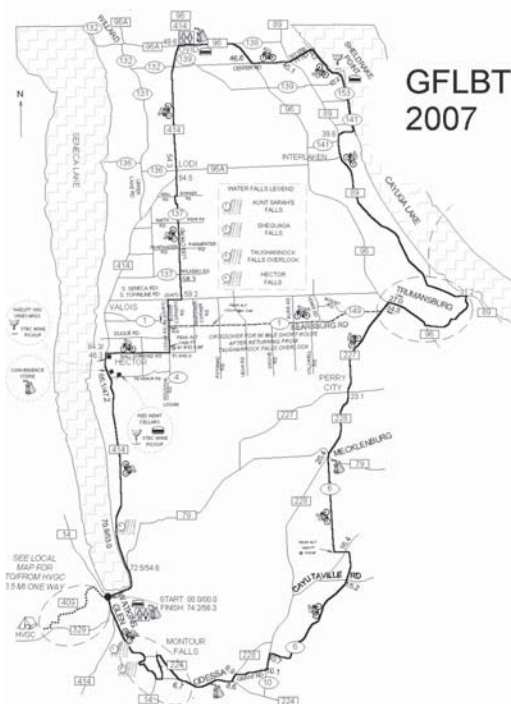
- CNY D.I.R.T: <http://bikeloft.com/page.cfm?PageID=34>
Finger Lakes Cycling Club: <http://www.flcycling.org/>
Tioga Velo Club: <http://tiogavelo.com/>
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

ABOUT THIS NEWSLETTER

This newsletter is published 3 times a year: spring, summer,
and fall. Items for the summer issue must be submitted by
June 1st. Send all submissions to:

STBC NEWSLETTER • PO BOX 601 • Binghamton, NY
13902-0601, or email: bike@southerntierbicycleclub.org

THE GREAT FINGER LAKES BICYCLE TOUR



**Mark your calendar! Be in Watkins Glen
June 8-10, 2007 for the
Great Finger Lakes Bicycle Tour**

The Southern Tier Bicycle Club (STBC) will once again offer multiple bike rides traversing the beautiful Finger Lakes region with numerous winery and scenic stops on the Great Finger Lakes Bicycle Tour (GFLBT). Free wine deliveries from selected wineries back to the Campground will be available. The price for this annual event is only \$65 and includes sag wagon support, maps, meals Friday night through Sunday morning, a campsite at the Watkins Glen State Park Hidden Valley Campground and entertainment. Campground cabins and nearby hotels and motels are available at an additional cost. Commemorative shirts will be available for a fee.

This is a great weekend for families and friends (old and new) who share your passion for biking in the beautiful countryside. The Finger Lakes region also offers great hiking and sightseeing opportunities for those opting not to bike.

See sign-up form inside.

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 www.southerntierbicycleclub.org/images/Release_and_waiver_of_liability_form_for_club_rides.doc
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.

Tuesday & Thursday Morning Ride Series

As I write this, spring can't be too far away. Time to make plans for bicycling. Especially if you've just retired or will have either Tuesdays or Thursdays free during the day to join us.

Typically we ride both days each week when the weather is good. A typical ride is between 15 and 40 miles, the shorter rides are more likely to be early in the season and on Thursday rather than Tuesday. We most often ride to lunch and return, sometimes by another way. The rides are usually over modest terrain, very rarely do we do a 2. And we keep a modest C pace averaging about 12 mph over a typical ride. During the course of a biking season we also have several special events like picnics and swimming.

This year we'll be deciding each Tuesday where to go on Thursday and who will lead that Thursday. I plan to continue leading on Tuesdays.

These rides are not scheduled in advance nor published in the newsletter, but rather announced by e-mail, both over Topica and over our own private list. The private list is more timely, especially for weather related cancellations. You can check Topica using this URL for particulars -

<http://topica.com/lists/stbc/read>

To get more direct notification, subscribe to the STBC Topica list and send an e-mail to me - plainj@ieee.org - with a note "Add me to the Tuesday/Thursday list" or "Note my e-mail address change". I'll keep you posted.

Finally, remember our motto - "We Ride to Eat" or is it "We Eat to Ride"? In any case, join us Tues-Thurs for a fun time and great bicycling.

Jay K. plainj@ieee.org



STOP AND SMELL THE FLOWERS RIDES

Usually on Sunday afternoons, twice a month, Joan Hebb will lead rides designed for new, recovering and/or occasional riders. These rides will be at a D/E pace on generally flat/rolling terrain and start out under 12 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! Call Joan (729-9352) for more information.



MONDAY AND TUESDAY EVENING RIDE SERIES

The Monday and Tuesday night ride series, led by Regina Losinger (every other Monday) and Nancy Botting (on alternate Tuesdays) will focus on building strength, endurance, and speed as the season progresses through a variety of rides - hills, distance, intervals, fartleks, as well as recovery and easier rides. The ride pace will be C early in the season for the Monday night rides and C+ to B- for the Tuesday night rides, and both will move toward B pace as the cycling season progresses. The Monday and Tuesday night rides are often followed by a stop at a local eatery for a snack and refreshments.



WEDNESDAY RIDE SERIES

Wednesday Evening rides are typically 10-20 mile rides at a C-D pace, and 3-4 terrain; a perfect way to blow off some steam at the end of the day in the middle of the week. Destination and route are at the discretion of the ride leader, but suggestions are welcome. Maps & cue sheets are not typically provided, but faster riders wait for the slower riders at turns.

This spring join Don Robertson in May and Tom Nickerson June for Wednesday evening rides. See the ride listings for details on dates, time, and location.

SPRING HIGHWAY CLEAN-UP

Ever notice how clean and litter-free route 12 is from Kattelville to Chenango Forks? That's thanks to volunteers from the STBC! We'll be cleaning up the highway this spring on Saturday, April 14th. See the April 14th ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.



27th Annual Great Finger Lakes Bicycle Tour June 8 – 10, 2007 Watkins Glen, NY

Watkins Glen State Park Hidden Valley Group Camp, NY



Registration Form

Event registration limited to 250. Welcome booth opens at 3:00 pm Friday. Facilities open until 4:00 pm Sunday.

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

The fee is 100% refundable prior to May 25th. 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 11 th	_____	X	\$65	=	_____
Late registration fee after May 11 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 NY 329 onto Whites Hollow Road. Cross the stone bridge and turn left into the Hidden Valley camp ground.

OUT OF BOUNDS

These rides are organized by clubs and organizations other than STBC or in association with the STBC.

Earth Day Ride, April 22nd, 9AM, meet at New Milford Bike Shop, 20mi, flat easy pace, prizes for coolest pieces of trash found. <http://www.newmilfordbike.com/rides.htm>

The Great Big FANY Ride, 500 miles across New York, July 22-28, 2007, camping with hotel option, makes a donation to The Double H Ranch (no pledges required) <http://www.fanyride.com/>

Binghamton Historic Bridge Pedal, Sunday, July 8, 2007, 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, \$5 day of the event with proceeds donated to the Binghamton River Crawl. Pre-register at Babcock's Bikes in Endicott or Chenango Point Cycles in Binghamton or contact Steven Bard, 754-4756, for details.

The Cooperstown-Cherry Valley Turnpike Spring Outing, May 25-28
This trip includes three nights stay at a guesthouse located between Otsego and Canadaraigo 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 plan to bring your kayak or canoe for some paddling on the lakes. Space is limited. \$40 per person for the guesthouse, free for tenters. To check out the accommodations, go to the link: <http://lithacacooperstown.com/>. Contact Rick Kugler, (607)-217-5775 to sign up.

Binghamton to the GFLBT, June 8, 2007, 9 AM. A total of 70 miles starting with flat to rolling terrain all the way through Owego, Candor, Spencer and Odessa. Then there's the great downhill into Montour Falls. Of course, there's the big old hill between Watkins Glen and the campground, but stopping to rest is allowed. Start at the Park Diner on Conklin Ave. in Binghamton Friday, June 8 around 9:00. Don Robertson, 725-9481.

Finger Lakes MS Bike Ride, August 11th and 12th. A fully supported cycling event that will take you from Keuka College through the beautiful, rolling country side of Yates and Steuben Counties and through Finger Lakes Amish country. Several different routes are offered of varying lengths and you can ride on Saturday or Sunday or both. For more information please call 1.800. FIGHT MS or link to: http://main.nationalmssociety.org/site/PageServer?pagename=BIKE_NYR_homepage

Seventh Annual River Ride 2007 A Cycling Experience (Opportunities for Otsego), June 2, Details on registration and fee at: <http://www.ofoinc.org/>

Horseheads (NY) Rotary Club Century Bike Ride, June 16. Three rides (100m, 100K, 10m). Ride to raise funds for Rotary's Polio Plus campaign and for Horseheads Community Projects. A minimum pledge requirement of \$50.00 includes a meal after the ride. <http://www.horseheadsrotary.com/>

Bike Tioga, August 11th and 12th sponsored by the Tioga County Tourism. For more information see <http://www.visittioga.com/biketoga/index.html> or call Tioga County Tourism at 607-687-7440.

Southern Tier Aids Ride for Life, September 15. 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.



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 2007 Annual Dinner - Saturday, April 28, 2007 6 to 9 pm

Hitchin Post Tavern, Belden Hill, Route 7, Colesville, New York

\$12 per person - 1/2 of the cost of this event is subsidized by STBC - 2007 STBC membership is required to attend dinner

To register, complete this form and mail with check payable to STBC to PO Box 601, Binghamton, NY 13902 by April 14, 2007

Number attending _____ x \$12 = \$ _____ Total enclosed

Name(s) _____ Phone # _____ e-mail _____



Local Bicycle Shops

Aeros Cyclery & Ski Center 640 Conklin Road, Binghamton • 724-7313
American Cycle Express (WWW sales - <http://www.americancycle.com>)
 215 Vestal Pkwy. East, Vestal • 785-2477
Babcock Bicycles 110 W. Main Street, Endicott • 754-0886
BC Bicycles 215 Vestal Pkwy. East, Vestal • 785-3772
Bicycle Technical Services 824 SR17C, Waverly 565-9049
Bike Rack 414 College Avenue, Ithaca • 277-1010
Chenango Point Cycles 45 Washington Street, Binghamton • 724-7481
Gear-To-Go Tandems 850 W Clinton Street, Elmira • 732-4859
Main Street Bike Shop 3809 Main St., Burdett, NY 14818 (607) 546-2345
New Milford Bike Shop 195 Main Street, New Milford • 570-465-2169
Sport Tech 166 Main Street, Oneonta, NY • 432-173
 (<http://www.sporttechonline.com/index.html>)

SEND YOUR E-MAIL ADDRESS

In order to be able to contact club members on a more timely basis, the STBC officers and Nancy Botting, our membership coordinator, are asking you to help complete our e-mail address book. Anyone who wishes to receive club information via e-mail, please send an e-mail message to bike@southerntierbicycleclub.org. If you have already received e-mail from that address, then you're set and don't need to send the message. Note that this will not affect whether you receive your newsletters via post office mail or e-mail.

TANDEM BIKE FOR SALE

Santana road tandem, 21-speed, 48-spoke wheels, size: 57 cm front - 52 cm. rear, color: blue. Includes Thule bike mount for car. Don Gillespie, 607-748-7635.



MARCH & APRIL RIDE SCHEDULE 2007



Tuesday and Thursday Morning Rides

See articles in this newsletter for more detail. For ride announcements see <http://topica.com/lists/stbc/read>.

Tuesday: April 3, 10, 17, & 24

Thursday: April 5, 12, 19, & 26

SAT March 24th 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 10:15 AM, 1/2 mile south of Chenango Forks on US 11.

SAT, April 7th 1 PM Glendale Park, Owego Don & Lonnie Gillespie 748-7635
C/4/25 – Take an easy afternoon ride to Owego and back and start getting used to the saddle again. We'll ride to Owego via NY 17C. We'll make sure you have a chance to pick up a snack or a drink in Owego before returning. Directions: Follow NY 17C west through Endicott and past the Enjoy Golf Course to Glendale drive. Turn right on Glendale drive for 1/2 mile. Park is on the right.

TUE, April 10th 5:30 PM Chenango Bridge Nancy Botting, 237-6952
Meet at the route 12A Park and Ride lot in Chenango Bridge. We'll do the River Road loop, and possibly head south to Otsiningo Park if the weather is cooperating. C+/B- pace, 4 terrain. Meet at 5:15 for a 5:30 departure. Call 237-6952 for questions or to confirm ride if weather is threatening.

SAT, April 14th 9 AM Spring Roadside Cleanup Maria Thomas, 798-6898
This spring, on April 14th, we will once again make our section of NY12 shine. Volunteers can meet at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street (across from M&T bank) for breakfast on the club, and then drive to St. Rita's Church on NY12 (just before downtown Chenango Forks) to begin the clean up at 9:00 AM. Contact Maria at 798-6898 ahead of time so she has a count for breakfast. Weather permitting; there will be a nice slow paced bike ride starting about 11:00 AM after the clean up from St. Rita's (or the Chenango Forks fishing access) to Marathon for lunch at the Three Bear Inn. (D/3/38) Rain date is April 28.

MON, April 16th 5:30 PM Rec. Park, Binghamton Regina Losinger 222-8235
Rides will be C paced with a 15-20 mile distance. Meet at the Beethoven St. parking lot, West side of Binghamton.

SAT, April 21st St. James Environmental Fair
If you would like to help with the STBC involvement, contact Gene Malinowski at 725-9613 or gmalinowski@stny.rr.com.

SAT, April 21st 10 AM Owego Price Chopper Plaza Bob Dannecker Jr., 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.

SUN, April 22nd 9 AM New Milford Steve Bruno (570)465-2169
C/4/20: Joint STBC and EMBC Earth Day Ride: We will meet at New Milford Bike at 9:00 AM, Sunday, April 22, and will Ride, for a tribute to Earth Day 2007, as we will bring back souvenirs collected from our roadsides. Prizes, voted in by us 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 boarder and back. Easy pace and a festive atmosphere will make this a Fun outing, and that we the Riders of the Endless Mountains, respect and care about our environment. <http://www.newmilfordbike.com/>

SUN, April 22nd 1 PM Recreation Park, Binghamton Joan Hebb, 729-9352
D/4/5-7 Stop and Smell the Flowers - a nice, easy intro for those new to cycling. We'll ride through the West Side of Binghamton, into JC and back. Meet at the Beethoven St. parking lot. Option for further riding AFTER this ride.

TUE, April 24th 5:30 PM Grippen Park, Endicott Nancy Botting, 237-6952
Meet at Grippen Park parking lot, Endicott. We'll ride to the Hickories Park and return. Meet at 5:15 for a 5:30 departure. C+/B- pace, 4 terrain or 2 if we choose the hilly way back. Call 237-6952 for questions or to confirm ride if weather is threatening.

Fri, April 27th 5:30 PM Glendale Park, Owego Don & Lonnie Gillespie 748-7635
ICE Cream Ride: We'll decide among the several choices for ice cream stops before leaving. 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.

SAT, April 28th 11 AM Kirkwood Park & Ride Bill Bennett, 775-3356
C-D/3/20 - Meet at the Kirkwood Park and Ride lot and take a leisurely paced ride to Great Bend for lunch. There's one hill on NY7, but the ride is generally rolling. Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.

SAT, April 28th 6 PM Hitchin Post Restaurant, STBC Annual Spring Dinner, Sign up using the form in this newsletter.

SUN, April 29th 1 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 for Jim's "It's never too early for hills." ride. The ride will be up Airport Road and Dunham Hill to NY11.

MON, April 30th 5:30 PM Rec. Park, Binghamton Regina Losinger 222-8235
Rides will be C paced with a 15-20 mile distance. Meet at the Beethoven St. parking lot, West side of Binghamton.



MAY RIDE SCHEDULE 2007

Tuesday and Thursday Morning Rides

See articles in this newsletter for more detail. For ride announcements see <http://topica.com/lists/stbc/read>.

Tuesday: May 1, 8, 15, 22, & 29

Thursday: 3, 10, 17, & 24

WED, May 2nd 6 PM Sandy Beach Park Don Robertson, 725-9481
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 5th 9 AM Owego Court House Square Bob Dannecker Jr., 687-2511
C/3/50 – Meet at the court house square in Owego to ride to the Art Fest in Athens, Pennsylvania. The ride is mostly flat with one big hill. Leave at 9 AM in order to enjoy the festival and have lunch in Athens.

SUN, May 6th 1 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. Rt. 88 to Port Crane exit, Parking lot is on the left as you head for State Park.

TUE, May 8th 5:30 PM Giant Parking Lot, Conklin Ave., Binghamton Nancy Botting, 237-6952
We'll ride up Pierce Creek Road and down Pennsylvania Avenue C+/B- pace, 2 terrain. Meet at 5:15 for a 5:30 departure. Call 237-6952 for questions or to confirm ride if weather is threatening.

WED, May 9th 6 PM Sandy Beach Park Don Robertson, 725-9481
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.

FRI, May 11th 6 PM Otsiningo Park, Binghamton Maria Thomas, 798-6898
ICE CREAM Ride: Join Maria on the loop from Otsiningo Park to Suzy Q's. Return via Chenango Street. Meet near the rest rooms closest to the entrance.

SAT, May 12th 10 AM Deposit, NY P. Natelli & K. Koscianski 754-5251
C/3/54 - Meet at Deposit, NY, exit 84 from NY 17, Wendy's restaurant. (Do NOT park in Wendy's lot but the lot just above or past it.) Ride the big loop around the Cannonsville reservoir; lunch at Papa's in Walton. Very scenic and plenty of wildlife. There is one big hill, otherwise the rest is rolling terrain. For a shorter ride, meet Karen at the Trout Creek parking area at about 10:45. Directions to Trout Creek: Proceed through Deposit on NY8 and NY10 then right following NY10. Just after NY10 crosses the reservoir, turn left on Trout Creek road. The fishing access parking will be on your left.

SUN, May 13th 8 AM New Milford Bike Shop Steve Bruno, 570-465-2169
MBR – We will meet at the New Milford Bike Shop at 8:00 AM and do the Bridgewater / Three Lake Loop. This is 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 Route 11 and head up the Three Lakes Road to head back to New Milford by way of Summit Hill. We are looking at M1C22: mountain bikes, steep climbs, a steady pace for 22 pictured miles.

MON, May 14th, 6 PM Rec. Park, Binghamton Regina Losinger 222-8235
Rides will be C paced with a 15-20 mile distance. Meet at the Beethoven St. parking lot, West side of Binghamton.

WED, May 16th, 7 PM Rec. Park, Binghamton, Beethoven St. Parking Lot Regina Losinger, 222-8235
Ride of Silence: Join cyclists nationwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on America's public roadways; To raise awareness that we are here; To ask that we all share the road.

SAT, May 19th 10:30 AM Loundsberry Bob & Joyce Dannecker, 648-9467
C/4/33 – Meet at the truck stop in Loundsberry and ride the country roads to Sayre for lunch. Directions to start: From Binghamton area, NY17 West, take exit 63, left at bottom of ramp to truck stop on left.

SUN, May 20th 1 PM Chenango Bridge Park and Ride Joan Hebb 729-9352
D/3/7 An old favorite - Stop and Smell the Flowers on the River Road Loop. Rt. 88 to Chenango Bridge exit, left at light, stay in left lane, left into parking lot at next light. Options for longer ride BEFORE this ride - call for plan.

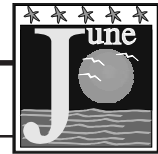
TUE, May 22nd 5:30 PM Port Crane Fishing access Nancy Botting, 237-6952
Meet at the Port Crane Fishing access, just north of the I-88 exit on route 369. C+/B- pace, 3 terrain. Meet at 5:15 for a 5:30 departure. Call 237-6952 for questions or to confirm ride if weather is threatening.

WED, May 23rd 6 PM Sandy Beach Park Don Robertson, 725-9481
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.

FRI, May 25 – 28 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 26th 10 AM Mt Upton Erica LaBuz, 432-7511
D/3/26 Come and enjoy the beautiful Butternut Valley. Ride from Mt. Upton fishing access to Gilbertsville and Morris. Lunch at the Country Store in Gilbertsville. 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)

WED, May 30th 6 PM Sandy Beach Park Don Robertson, 725-9481
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.



JUNE RIDE SCHEDULE 2007

Tuesday and Thursday Morning Rides

See articles in this newsletter for more detail. For ride announcements see <http://topica.com/lists/stbc/read>.

Tuesday: June 5, 12, 19, & 26

Thursday: June 7, 14, 21, & 28

SAT, June 2nd 10 AM	Windsor	Tom Nickerson 775-4826
C/3/35 - Meet Tom in Windsor at the old high school building. Ride through the Susquehanna River valley to Afton for lunch.		
SUN, June 3rd 1 PM	Apalachin Fishing Access	Joan Hebb, 729-9352
D/4/12 Stop and Smell the Flowers on Rt. 17C to Owego and back. Directions to start: NY 17 to Apalachin exit, parking lot is on the left just over the bridge. Options for longer ride BEFORE this ride - call for plan.		
MON, June 4th 6 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
Rides will be C paced with a 15-20 mile distance. Meet at the Beethoven St. parking lot, West side of Binghamton.		
WED, June 6th 6 PM	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis St. and right turn into Kirkwood Valley Park.		
FRI – SUN June 8th-10th	27 th Annual Great Finger Lakes Bicycle Tour	
Two days of touring from the Watkins Glen State Park Hidden Valley Group Camp, Watkins Glen, NY. See the registration form in this issue. Directions: 3 miles west of Watkins Glen, NY—at the end of NY 329—off NY 14, at light, near Burger King. Arrive after 3 p.m. Friday.		
If you're interested in riding from the Triple Cities area to Watkins Glen on Friday, check out the "Binghamton to the GFLBT entry in the Out of Bounds listings. Don Robertson, our STBC president, will be heading there on his trusty recumbent.		
MON, JUNE 11th 7 PM	New Milford Bike Shop	Steve Bruno, 570-465-2169
MBR – Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. http://www.newmilfordbike.com/		
TUE, June 12th 5:30 PM	CFJ park, Johnson City	Nancy Botting, 237-6952
IT'S A JUNGLE OUT THERE !!! This ride will be a THEME ride.... All riders should be attired in some type of animal related bike wear — or have some kind of animal adornment on their bikes... Note to PETA: No real animals will be harmed during this ride. Be Creative !!! There will be a special prize for the "best dressed" Meet at CFJ park in Johnson City for a ride up Airport Road. Nice six mile hill. C+/B- pace, 2 terrain. Meet at 5:15 for a 5:30 departure. Afterwards we will ride the carousel (if it is still open). Call 237-6952 for questions or to confirm ride if weather is threatening.		
WED, June 13th 6 PM	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11(Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.		
FRI, June 15th 6 PM	Ice Cream Ride Binghamton	Anne Marie Ruspantini, 237-7568
Meet at the Binghamton Court House and join Anne Marie for the ride to Suzy Q's on Chenango Street in Hillcrest for ice cream.		
SUN, June 17th 1 PM	Whitney Point MacDonald's	Joan Hebb 729-9352
D/4/16 Stop and Smell the Flowers as we ride to Marathon for ice cream. Directions to start: I81 to Whitney Point exit. Right off ramp, left at light, straight past high school. McDonalds/gas station is on the right. Possible longer ride BEFORE this one - call for plan.		
MON, June 18th 6 PM	Rec. Park, Binghamton	Regina Losinger 222-8235
Rides will be C paced with a 15-20 mile distance. Meet at the Beethoven St. parking lot, West side of Binghamton.		
WED, June 20th 6 PM	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis St. and right turn into Kirkwood Valley Park.		
SAT, June 23rd 9 AM	Nineveh Fishing Access	Maria Thomas, 798-6898
D/4/11- Ride to the Afton Main Street Cafe for breakfast and for those who would like we could continue on to Sidney , others can ride back from Afton. This will be an easy, slow-paced ride. Directions to start: Take I88 to Nineveh (Exit #6), left at the bottom of the ramp onto NY 79, going under I88, and right at T onto NY7 (east). In Nineveh turn right across the bridge, then left on E. Windsor Rd.. The fishing access is immediately on the left next to the bridge.		
SUN, June 24th 8 AM	New Milford	Steve Bruno, 570-465-2169
MBR - Meet at New Milford Bike at 8:00 AM and ride the Highland Road up into the Game Lands, then head north via the \$1,000,000 Highway to the Susquehanna River. Then take Harmony Road to Hallstead, where we will continue, south along Dubois Creek to Ray Cobb's and then the Schoolhouse Road back to New Milford. We are looking at M1C25: mountain bikes, steep climbs, a steady pace for 25 pictured miles.		
MON, JUNE 25th 7 PM	New Milford Bike Shop	Steve Bruno, 570-465-2169
MBR – Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. http://www.newmilfordbike.com/		
WED, June 27th 6 PM	Kirkwood Park and Ride	Tom Nickerson 775-4826
Directions: Take exit 2 off of I81 and turn toward US 11 (Binghamton). Left onto Francis St. and right turn into Kirkwood Valley Park.		
SAT June 30th 10 AM	Unadilla Great American	Erica LaBuz 432-7511
D/3/31 Take a scenic ride through scenic Delaware County and historic Franklin. Ride State Route 357 from Unadilla to North Franklin. Lunch at the Ouleout Golf Course. Meet at the Great American parking lot in Unadilla. Take I-88 to Exit 10. Turn right on Route 7. Great American will be on the left in the village.		



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



PRESIDENT'S MESSAGE

Dear STBC Members:

As I write this the temperature outside is 4 degrees and the wind is howling making the wind chill about 20 below zero. There was an inch or two of snow last night and there's still a little blowing around limiting visibility. Not exactly bicycling weather. But, spring is just around the corner so it's time to get your trusty old (or new) bicycle tuned up and ready for the riding season.

Please take part in the club events. There are several types of rides on the calendar, with information on the length, terrain and speed. Find one that interests you and come on out. Occasionally, do something outside your niche. Try a ride that will challenge you or one that allows you to stop and smell the flowers on a Sunday afternoon or enjoy some ice cream on a Friday evening. And I would be remiss if I didn't get in a plug for the Tuesday / Thursday ride series or should I say ride to lunch series led by Jay Kimmel for retirees and anyone else with time to spare during the day.

The club's major event is the Great Finger Lakes Bicycle Tour June 8-10 at the Hidden Valley Campground in Watkins Glen State Park. This was the first event I ever attended with STBC five years ago and it was great. Two nights of camping / two days of bicycling in the Finger Lakes with a great group of people, what could be better?

For me what's better is the ride from Binghamton to Watkins Glen. A total of 70 miles starting with flat to rolling terrain all the way through Owego, Candor, Spencer and Odessa. Then there's the great downhill into Montour Falls. Of course, there's the big old hill between Watkins Glen and the campground, but stopping to rest is allowed. Weather permitting I plan to ride again this

year, leaving from the Park Diner on Conklin Ave. in Binghamton Friday June 8 around 9:00. You can't miss me, I'll be the one in the bright red / white hibiscus flower shirt riding a recumbent.

In addition, we have some events that don't involve bicycling. The twice a year Adopt-A-Highway cleanup for the section of Rt. 12 between River Road and Chenango Forks is coming up in April, being coordinated by Maria Thomas. Please help. As the old saying goes, many hands make light work. To encourage your support we offer free breakfast prior to the cleanup.

So, ride, have fun, get or stay in shape but most of all do it safely. The vast majority of club rides take place on the highway system. To quote advocate John Forrester, "Cyclists fare best when they act and are treated as drivers of vehicles." This means riding to the right and stopping for traffic lights and stop signs but it also means "taking the lane" when the road is too narrow for a vehicle to safely pass or when you're taking a left turn. And when you're riding on one of the trails such as the Vestal Rail Trail or Otsenigo Park take it easy. There are several other trail users such as children on trikes or bikes with training wheels, roller bladers, pedestrians and dog walkers. Many of them are engaged in conversation with a companion or listening to headphones or otherwise preoccupied so even if you call out "on your left" they may not hear you. There's no need to endanger them or yourself. Slow down and give them the consideration that you would want a vehicle driver to give you on the road.

Think spring - Don Robertson

