

SUMMER/FALL 2003



CURRENT OFFICERS:

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Vice President: Bob Dannecker Jr.
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BOARD OF DIRECTORS:

Bob Dannecker Sr. • Karen Koscianski
Craig Martindale • Tom Nickerson • Don Rice

STBC ADDRESS:

STBC, Inc.
PO Box 0601 • Binghamton, New York 13902-0601

STBC is on the Internet:

Our home page: <http://pages.prodigy.net/ira/stbc.htm>

For Jay's extensive Tuesday Ride database, go to:
<http://home.stny.rr.com/jaysweb/tuesbike/tuesbike.html>

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://www.topica.com>

nearby clubs with home pages:

Finger Lakes Cycling Club: www.flcycling.org
Tioga Velo: <http://www.tier.net/tiogavelo/>
www.onondagacyclingclub.org

ABOUT THIS NEWSLETTER

This newsletter is published 2 times a year: Spring,
Summer/Fall. Send all submissions to:

STBC NEWSLETTER
PO Box 0601 • Binghamton, NY 13902-0601

or
e-mail one of the officers.



WANTED: RIDE LEADERS

The ride committee is looking for ride leaders for future club rides. All a ride leader is required to do is:

1. Know where you want to go
2. Have an idea of how to get there
3. Know the level of difficulty based on the ride grading so we can provide correct rating
4. Have a starting point and time
5. Get parking permission for your meeting place
6. Find a sub if you cannot lead your scheduled ride
7. Show up on time
8. Hand out waivers

Many leaders "scout out" a route before the ride, taking care of items 1-6 above. If interested in leading a ride, or joining the ride committee, please contact Malcolm Blue at 798-6843 or email at mac_blue@juno.com.

RECOMMENDED EQUIPMENT:

ID, water bottles, spare tube, patch kit, pump, basic tools, food, spending money, appropriate clothing, sunglasses, and sunscreen.

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.

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.

All participants must first sign the club waiver form (see enclosed) for the current year before participating in any club rides.

WRITTEN ROUTE INSTRUCTIONS:

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.



EDITOR'S NOTE

As we wind up a wet Spring, I'm sure we're all looking forward to some drier riding weather this Summer. We have some interesting new rides to check out. Tom Nickerson has moved BRAT from Tioga to Broome County and renamed it GRAB (Great Ride Around Broome, see inside back cover). Regina is continuing her Century Series that will get you in shape for John Ruth's full century in October, and I've got a hilly Ride to Rome in September that's sure to put a smile on Don Rice's face.

Many thanks to the folks who have participated in past roadside clean-ups to keep our section of NY-12 litter free. Paul Natelli has another roadside clean-up this October. Thanks also to those of you that are leading rides this year. I encourage those of you who haven't yet lead a ride to do so. Show up at one of the open rides and lead us on your favorite loop, or think of a ride for next year's schedule.

This year we've combined the Summer and Fall newsletter's and given the ride list a slightly different format. The first line of each ride is the date/time, the meeting point, and the ride leader. Rating and ride description are on the following lines. Hopefully this will make it a little easier to pick out ride leaders and locations. We welcome any comments and constructive criticism on these changes, good or bad.

Safe and happy riding! See you down the road,

Bob Dannecker, Jr.

CLYDE POWELL MEMORIAL BREAKFAST RIDE

EVERY SUNDAY MORNING (E)

Clyde Powell became a cycling enthusiast at the age of 70 and began a daily trek around Binghamton.


7:45 AM Floral Avenue Fire Station, Johnson City

An easy-paced ride that meets all year!!! Each Sunday morning, cyclists gather at the Floral Avenue firehouse (2 blocks from the traffic circle) and embark on a short, flat ride to a local restaurant for breakfast. The leader and destination may change, depending on the inclination of the riders. Many continue riding after breakfast, usually through the parks on Binghamton's North side.

TUESDAY MORNING RIDE SERIES

Are you bored? Join us every Tuesday. We are flexible to destinations, time and to the abilities of the participants. We never leave anyone behind. Rides are kept to a speed rate of C or D - terrain 3 or 4 - 20 to 40 miles. Lunch or breakfast is usually included in the ride. We are looking for retirees, homemakers, or people who wish to play hooky. TRY IT, YOU'LL LIKE IT! This is a year around effort. Activities change with the seasons; bike, hike, ski. Check the STBC website for particulars on Mondays or call Jeanette at 724-6526 or Louise at 724-4255.

STBC 2003 Century Series

Touring pace (C 13 – 16 mph)	Flat to rolling terrain	
¼ century	June 28 th	
½ century	July 20 th	
Metric century	August 31 st	
Full century	October 25 th	

Ride leaders: Regina Losinger (¼, ½, metric century)
John Ruth (full century)

Look for ride details in this newsletter!

The **GRAB** is coming!

The **GRAB RIDE** will be the second weekend August 8-10 at Belden Hill Camp Ground, 1843 Rt. 7, Harpursville, New York. This site is known for its peace and quiet with a picturesque view. A \$30.00 per person fee includes rides/camping & dinner; a \$10.00 per person fee includes only rides & dinner. When you arrive please stop at the office to register but remember all fees are included through your STBC registration fee so there is no additional charge. Onsite facilities include a camp store, two Laundromats, rest rooms with hot showers, nature trails, and a pond for fishing. To register, use the form on the inside last page of this newsletter.



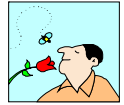
Judy Frisinger's April ride from Windsor to Afton and back again. Pictured are Doug Smith and Judy Frisinger in the front and Joan Hebb in the background.



GFLBT 2003 Keuka Lake 44 mile ride - lunch at the Switzerland Inn



RIDE SCHEDULE SUMMER 2003 - JULY



TUE., July 1st	Tuesday Morning Ride	
Call Jeanette 724-6526, or Louise 724-4255 for details.		
WED., July 2nd, 6PM	Binghamton Plaza-HSBC Bank	Open Ride
FRI., July 4th, 6PM	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
Ice cream ride		
SAT., July 5th, 10AM	Whitney Point McDonald's	Bob/Joyce Dannecker, 648-9467
C/2/48. Park in left rear corner of lot McDonald's / Convenience store, Whitney Point North on US 11, west past Greek Peak to Dryden for lunch. Return south to Harford Mills, then climb Michigan Hill south to NY 79 and back to Whitney Point.		
SUN., July 6th, 10AM	Rte 13 fishing access, Cortland	Karen Koscianski 786-5619
C/3/44: We will meet at the fishing access on right side of Route 13 (Approximately 10 -12 miles from Cortland Exit) We will cycle to Cazenovia for lunch and a swim in the lake. Return trip is a hilly or flat option.		
TUE., July 8th	Tuesday Morning Ride	
WED., July 9th, 6PM	Binghamton Plaza-HSBC bank	Open Ride
SAT., July 12th, 10AM	Owego Eckerd's	Judy Frisinger, 625-4487
C/3/40 Head for Sayre on 17C. Bring a lunch or eat in Sayre. One long hill on 17C and the rest is flat to rolling.		
SUN., July 13th, 10AM	Rec. Park, Beethoven St. lot	Mystery Ride
Meet at Recreation Park in Binghamton. Group will decide destination/distance.		
TUE., July 15th	Tuesday Morning Ride	
WED., July 16th, 6PM	Binghamton Plaza-HSBC bank	Open Ride
FRI., July 18th, 6PM	Rice's House, 420 Firth, Endicott	Don Rice, 785-8930
Ice cream ride		
SAT., July 19th, 10AM	Maine Memorial School	John Noris, 785-1166
C-D/2/35: Ride to Whitney Point on NY-26 for an ice cream or snack stop. Return on Nanticoke.		
2003 STBC CENTURY SERIES: Owego 1/2 Century		
SUN., July 20th, 10AM	Rec. Park, Beethoven St. lot	Regina Losinger 222-8235
C/4/50: The 2003 STBC century half century ride travels to Owego via Route 434 then returns on Route 17 C.		
TUE., July 22nd	Tuesday Morning Ride	
WED., July 23rd, 6PM	Binghamton Plaza-HSBC bank	Howard Kellett, 775-4976
SAT., July 26th, 9:30AM	Port Crane fishing access, NY-369	Tom Nickerson, 775-4826
Join Tom for a "C" pace ride. Group to decide destination/distance.		
SUN., July 27th, 1PM	Port Crane fishing access, NY-369	Lil & Don Robertson, 725-9480
C/3/25 mile Ride out to Sanitaria Springs, up to Tunnel & return on 79 & 369.		
TUE., July 29th	Tuesday Morning Ride	
WED., July 30th, 6PM	Binghamton Plaza-HSBC bank	Open Ride
SAT., July 26th, 9:30AM	Port Crane fishing access, NY-369	Tom Nickerson, 775-4826
Join Tom for a "C" pace ride. Group to decide destination/distance.		
SUN., July 27th, 1PM	Port Crane fishing access, NY-369	Lil & Don Robertson, 725-9480
C/3/25 mile Ride out to Sanitaria Springs, up to Tunnel & return on 79 & 369.		
TUE., July 29th	Tuesday Morning Ride	
WED., July 30th, 6PM	Binghamton Plaza-HSBC bank	Open Ride



RIDE SCHEDULE SUMMER 2003 - AUGUST



FRI., August 1st, 6PM

Owego Town Square

Bob/Helen Dannecker, 687-2511

Ice Cream Ride

Greenwood Park Picnic Ride

SAT., August 2nd

Grippen Park, Endicott

Jay Kimmel, 786-3546

Two start times: 9:00 AM (C/2/49) or 10:00 AM (C/3/37). Both options will start at Grippen Park and arrive at Greenwood Park about noon for a combined picnic lunch, arranged by the Kimmels. Swimming available at the park. Return will be about 19 miles all flat or downhill! To reserve your spot at the picnic table you must call Jay by Thursday evening. The cue sheets for both options are posted at the internet data base site, See: <http://home.stny.rr.com/jaysweb/tuesbike/tuesbike.html> then click on "By Starting Point" and find the rides "Endicott - Grippen Park - Greenwood Park"

SUN., August 3rd, 1:30PM

Little Meadows Post Office

Bob/Helen Dannecker, 687-2511

MBR: Explore the dirt back-roads around Little Meadows, PA

TUE., August 5th

Tuesday Morning Ride

WEDNESDAY EVENING BIKE RIDE

WED., August 6th, 6PM

Rec. Park, Beethoven St. lot

Open Ride

C/4/20: 20 mile ride

AUGUST 8-10: GRAB WEEKEND, See details & registration elsewhere in newsletter.

TUE., August 12th

Tuesday Morning Ride

WED., August 13th, 6PM

5 mile Point Park & Ride

Tom Nickerson, 775-4826

C/2/20-25

SAT., August 16th, 10AM

Susquehanna, PA

Bob/Joyce Dannecker, 648-9467

C/2/46 (Lunch) Meet at the shopping plaza parking lot in Susquehanna, PA.

We'll ride south to Bingham's restaurant in Lenox for lunch, The return to Susquehanna is via hilly but scenic and quiet back roads, ending in a 3-mile down-hill into town.

SUN., August 17th, 10:30AM

New Milford, PA

Rich/Marie Cochrane 570-587-3970

Meet at the New Milford Town "Square" is just north of PA 492 on US 11 (on the right).

C/3/32: New leaders and tandem riders Richard and Marie Cochrane will lead the group south on US 11, all downhill to Hop Bottom, then climb back up toward Montrose. We end on a screaming downhill for ice cream before returning two miles to New Milford.

TUE., August 19th

Tuesday Morning Ride

WEDNESDAY EVENING BIKE RIDE

WED., Aug 20th, 6 pm

Rec. Park, Beethoven St. lot

Open Ride

C/4/20: 20 mile ride

FRI., August 22nd, 6PM

Owego Town Square

Bob/Helen Dannecker, 687-2511

Ice Cream Ride

SAT., August 23rd, 10AM

MacArthur Park

Bob/Helen Dannecker, 687-2511

C/2/40: Pack a lunch for a picnic at Salt Springs State Park in PA.

SUN., August 24th, 1:30PM

Greene Great American

Bob/Joyce Dannecker, 648-9467

C/4/30 (Greene Great American parking lot, South Chenango St.) An easy ride up River Road (CR 32) to Hoppy's in Oxford for ice cream. Optional return either the same way or down NY12.

TUE., August 25th

Tuesday Morning Ride

WED., August 26th, 6PM

5 mile Point Park & Ride

Tom Nickerson, 775-4826

C/2/20-25

SAT., August 30th, 10AM

Rec. Park, Beethoven St. lot

Open Ride

2003 STBC CENTURY SERIES: Greene to Norwich Metric Century

SUN., August 31st, 10AM

Great American, Greene, NY

Regina Losinger, 222-8235

C/4/62.5: (Greene Great American parking lot, South Chenango St.) The 2003 STBC century metric century ride travels from Greene to Norwich and beyond on the "back road" with a lunch stop in Norwich, then returns via the same route or by Route 12 for folks who don't mind the traffic.



RIDE SCHEDULE SUMMER 2003 - SEPTEMBER



TUE., September 2nd	Tuesday Morning Ride	
WED., September 3rd, 6PM	Giant Market, NY-26, Endicott	Karen Koscianski 786-5619
Meet Karen for an easy, fun, C level ride. Approx. 25 miles. After riding, Dinner at Hurricane Riley's.		
FRI., September 5th, 6PM	Grippen Park	
Ice Cream Ride		
SAT., September 6th, 10AM	Belden Hill Campground	Tom Nickerson, 775-4826
C/2/50 Ride the rolling hills to Unidilla for a lunch stop. Note: See GRAB ride description to get to start point.		
Sun., September 7th 10AM	Owego Town Square	Craig Thomas, 798-6898
C/3/35: Pedal with Craig to Spencer for Lunch. We will eat at the Main Street Cafe. Great Atmosphere, Food and Fun. (Cthomas at mitags.org)		
TUE., September 9th	Tuesday Morning Ride	
WED., September 10th, 6PM	Giant Market, NY-26, Endicott	Karen Koscianski 786-5619
Meet Karen for an easy, fun, C level ride. Approx. 25 miles. After riding, Dinner at Hurricane Riley's.		
SAT., September 13th, 9:45AM	Covered Bridge Park, Downsville	Bob/Joyce Dannecker 648-9467
C/3/54: Ride starts at 9:45 AM, or meet earlier for breakfast in town. NOTE: If the weather forecast looks "iffy", please call Friday evening. Downsville is about 72 miles from Binghamton. Follow NY 17 east to exit 90 (East Branch / NY 30), then NY 30 north about 15 miles to Downsville. The park is just off NY 30 near the east end of town — turn right at the "covered bridge" sign. We'll ride the length of the beautiful Pepacton Reservoir in the Catskills to lunch in Margarettsville. There's a hilly option on the return for those who want to burn off the calories. Bring snacks and water — no facilities between the two villages.		
SUN., September 14th, 9:30AM	Deer Lake	Paul O'Heron/Debby Logrono 797-6039
C/3/25 Ride on the rolling hills between Damacus and Deposit. Meet on Deer Lake at Debby's cottage to begin and end the ride. Bring a dish to pass and \$3.00 for a Craig Martindale fresh bar-b-qued chicken. RSVP 797-6039 by Sept 7th.		
TUE., September 16th	Tuesday Morning Ride	
WED., September 17th, 6PM	Giant Market, NY-26, Endicott	Karen Koscianski 786-5619
Meet Karen for an easy, fun, C level ride. Approx. 25 miles. After riding, Dinner at Hurricane Riley's.		
FRI., September 19th, 6PM	Grippen Park	
Ice Cream Ride		
SAT., September 20th, 9AM	Owego Town Square	Bob Dannecker 687-2511
C/1/55: Ride to Rome (PA that is). Ride out to Nichols, then we'll have a killer climb that will test your end of season muscles. After checking out the view from the top, we'll head down to Rome for lunch. Another (not quite as bad) hill on the way back. We'll cross the new (& hopefully complete) bridge in Owego on our return. Note: For those that want to cut out about 20 miles, meet us at the Nichols (not Lounsberry) truck stop at 10AM.		
SUN., September 21st, 9AM	Park Diner	Augie Mueller 722-6005
Post breakfast ride. 2 hours. 20 miles, flat. From Park Diner at 9, return at 11. Broome Corporate Park via back roads and a return on NY11 and the Colesville/Conklin Bridge. Possible additional mileage for the afternoon as well.		
TUE., September 23rd	Tuesday Morning Ride	
WED., September 24th, 6PM	Giant Market, NY-26, Endicott	Karen Koscianski 786-5619
Meet Karen for an easy, fun, C level ride. Approx. 25 miles. After riding, Dinner at Hurricane Riley's.		
SAT., September 27th, 10AM	Denny's in Cortland	Leaders: Dick Harvey: 669-4555 or Karen Koscianski 786-5619
Cortland to Cazenovia Ride Meet at 9:00 AM, If You want Breakfast at Denny's in Cortland. Ride Begins at 10:00 AM. All riders meet in front of Denny's in Cortland. A/B/C/D/2/ 65 or 44 or 28 mile options This is a real enjoyable ride for beginner to advanced level cyclists. A & B Riders begin riding from Denny's. C & D Riders will begin from points on RT 13. All riders will meet in Cazenovia for lunch. A flat or hilly option for return ride after lunch.		
SUN., September 28th, 9AM	Deposit Wendy's	Paul Natelli 754-5251
C/2/50 Cannonsville Reservoir loop. Lunch stop. Meet and park at the Wendy's lot 9 am (Actually up about 100' from Wendys in the back so as not to upset Wendy) ride towards river and make first right before crossing bridge. We'll go this way to check out the eagles nest there. There are a pair of nesting eagles who keep returning each year. From there we'll pick up route 10 into Walton for lunch. We'll proceed to Rt. 206 for a 5 mile climb and then a sweet downhill and pick up CR 47 which will take us back to the reservoir and we'll eventually end up back on Rt. 10 and back to Wendys.		
TUE., September 30th	Tuesday Morning Ride	



RIDE SCHEDULE SUMMER 2003 - OCTOBER



SAT OCT 4th, 3PM Port Crane fishing access, NY-369 Bob/Joyce Dannecker 648-9467

C/2/25: North on NY 369, east on NY 79, over Belden Hill to dinner at the Hitching Post. NOTE: If you plan to do this ride please call by Thursday evening so we can make reservations

SUN OCT 5th, 1PM Behind Velodynamics, Owego Larry Holmquist 625-2587

C/3/40: Ride to Sayre & back along the Susquehanna valley.

TUE, OCT 7th Tuesday Morning Ride

SAT OCT 11th, 10:30AM Starrucca, PA Bob/Helen Dannecker 687-2511

C/3/20: Mountain Bike ride. To get to the starting point, from Susquehanna PA go seven miles south on PA171, then turn left on SR1004 (Little Ireland Rd). Go another 3 miles and park where the old RR grade crosses the road, just before the town of Starrucca. Pack a lunch or get lunch at the general store in Thompson. Ride to Thompson on an old railroad grade. Return to Starrucca on dirt back roads. Afterwards, possible additional mileage following railroad grade in the other direction.

SUN OCT 12th, 1PM Grippen Park Open Ride

TUE, OCT 14th Tuesday Morning Ride

SAT OCT 18th, 8AM Highway Clean Up Paul Natelli 754-5251

7:00AM at Dennys on Front St. for breakfast on the STBC. After breakfast drive to St. Rita's church on Rt. 12 and begin highway cleanup at 8:00 AM. There will be a short safety talk and I will need those that show up to sign a waiver from the DOT. Those interested in helping to keep our section of Route 12 should call so I can have a count for breakfast. Those not interested in going to breakfast can meet at St. Rita's parking lot at 8 am. For info, contact Paul Natelli 754-5251 or email pnatelli@stny.rr.com. There will be a bike ride after the cleanup, possibly to Whitney Point for lunch.

SUN OCT 19th, 1PM MacArthur Park Open Ride

TUE, OCT 21st Tuesday Morning Ride

Century Series – Century Ride!

SAT OCT 25th, 8AM Port Crane fishing access, NY-369 John Ruth 651-9939

C/3/100: Century Series is capped off with a ride along the Chenango Valley. John will lead us up through Greene and Norwich to the turn around point just past Sherburne. Returning along the same route. Lunch stop along the way. If you plan to do this ride, please call John.

SUN OCT 26th, 1PM South Owego Cemetery Bob/Helen Dannecker 687-2511

MBR: Join Bob & Helen, if you dare, for a haunted Halloween mountain bike ride on Gould Road. To get to the start, follow NY434 west to Owego, just past NY96 turn left on Montrose Turnpike and follow it for six scary miles to the metropolis of South Owego.

TUE, OCT 28th Tuesday Morning Ride

Local Bicycle Shops

Aeros Cyclery & Ski Center 640 Conklin Road, Binghamton	724-7313
All American Sports Shop 27 N. Broad Street Norwich	334-5277
American Cycle Express 223 Main Street Binghamton	777-1223
BC Bicycles 215 Vestal Pkwy. East, Vestal	785-3772
Babcock Bicycles 501 W. Main Street, Endicott	754-0886
Bike Rack 414 College Ave., Ithaca	277-1010
Chenango Point Cycles 45 Washington Street, Binghamton	724-7481
Cycle Sport 223 Main Street, Binghamton	729-9931
Dave's Bike Barn 35 Cartwright Avenue, Sidney	563-8544
Gear-To-Go Tandems 850 W Clinton St, Elmira	732-4859
New Milford Bike Shop 195 Main Street, New Milford	570-465-2169
Serious Toyz 274 Floral Avenue, Johnson City	231-7266
Ted's Bicycle Shop 110 W. Main Street, Endicott	785-8163
Velodynamics Bicycle Shop 80 North Avenue, Owego	687-3915
Wes BMX Inc. 710 Morlando Drive, Endicott	754-7311



GRAB REGISTRATION / STBC MEMBERSHIP

(See GRAB description below)

GRAB Friday/Saturday camping & Saturday Dinner: quantity: _____ x \$30 = \$ _____

GRAB Saturday Dinner Only: quantity: _____ x \$10 = \$ _____

STBC MEMBERSHIP: New Renew • Individual (\$2) Family (\$3) x _____ years = \$ _____

Checks payable: STBC P.O. Box 601, Binghamton, NY 13902-0601 Total Enclosed: \$ _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

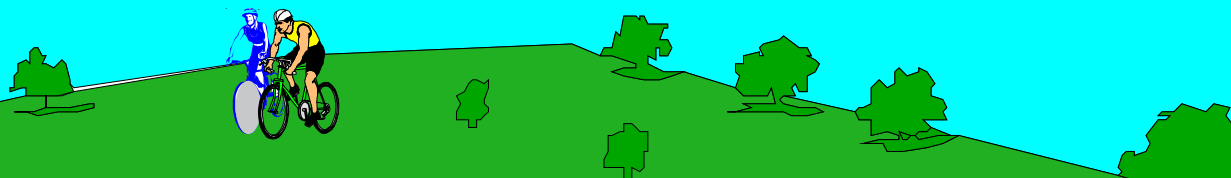
New Address? Phone: _____ E-mail: _____

Include Do not include my name on the membership roster to other STBC members.

Check here if you do NOT want a printed copy of the newsletter sent to you next year.

*The newsletter can be viewed on-lin through August 2003 at <http://pages.prodigy.net/ira/stbc.html>
An alternate site will be identified for use after August.*

Great Ride Around Broome (GRAB) - August 8-10



Two nights of camping & two days of touring
based at Belden Hill Campground in Broome County.

Arrive Friday between 4-8PM. Maps will be provided for various rides Saturday & Sunday. Saturday dinner will be provided at the campground. Bring an item (donuts, OJ, Cakes, etc.) for a Saturday group breakfast. Campground checkout is noon.

Directions: From Binghamton, follow I-88 north to the Martin Hill exit. Take a left on Martin Hill Road, then right on NY-7. In ¼ mile look for Belden Hill Campground on the left. Register at office even if you are not camping.

Accommodations: Swimming, fishing, showers, laundromat, store w/ice cream.

Info Contact: Tom Nickerson, 775-4826, or tnickerson@stny.rr.com

Send registration with payment no later than August 1st. Make checks payable to **STBC**, P.O. Box 601, Binghamton, NY 13902-0601. Current STBC membership required



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



Printed on
recycled paper
with soy based ink.



Summer Fall
2003



OUT OF BOUNDS



Erie Canal Bike Tour, July 6-13
NY Parks & Conservation Association
Phone: 518-434-1583, Web: www.nypca.org/canaltour/

QuadZilla, July 19-20, 350 mile grueling ride through the Finger Lakes. Cost: \$95, Web: <http://www.rochesterbicyclingclub.com/ultra/flindex.htm>

The **Pennsylvania Greenway Sojourn** (July 19th through July 25th) is a mountain bike, raft and train ride from Waymart to Washington's Crossing. Biking will be along abandon railroad beds and canal towpaths. Phone: 717-238-1717
Web: www.railtrails.org/field/pennsylvania/active_pages/sojourn/main.asp

The Great Big FANY Ride (Five hundred miles Across New York) **July 20-26, 2003** - explore fantastic back roads from Niagara Falls to Albany. A portion of each paid registration contributed to the Firemen's Home in Hudson. No pledges required. \$200 camping SAG. Special STBC sign-up deadline extended till 7/7/03. www.FANYRide.com 518-461-9663

Empire State AIDS Ride (8/18 to 8/23) is a 500 mile ride from Niagara Falls to NYC. Fully supported with medical, bike tech and road support. A \$300 entry fee includes three catered meals a day, pit stops, tents, campgrounds and sag vehicles. Fundraising minimum: \$3200. Web: www.empirestateaidsride.org

September 18-21: 200 mile Adirondack Tour to benefit Habitat for Humanity. Route: Tupper Lank > North Hudson > Lake Placid > Tupper Lake
518-755-1961

For bike tours in NYS and surrounding states, check out: www.cyclotour.com/events.htm



FOR SALE:



1987 Burley Duet, 23 x 20. Recently upgraded with XT rear (9-speed cassette) and Ultegra front triple and Ultegra levers. Shifts like a dream. LX brakes and Shimano 48 spoke hubs front and rear. Rear drum brake with stoker control. Tool kit and spare tire included. Photos available. Asking \$1,250. Richard & Marie Cochrane (PA) 570-587-3970, RNC803 at yahoo.com



FREE:
Roof rack
for car with
rain gutters.
Holds two bikes.

Call:
Bob
Dannecker,
687-2511.