

SUMMER 2007



We're using a new web discussion group, details in this newsletter.

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 • Peggy Sniezek • Tom Nickerson

STBC ADDRESS:

STBC, Inc.
PO Box 601 • Binghamton, New York 13902-0601
email: bike@southerntierbicycleclub.org

STBC is on the Internet.

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

www.southerntierbicycleclub.org

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

NEW DISCUSSION GROUP

To subscribe to the club discussion group, set your browser to <http://groups.yahoo.com/>, enter SouthernTierBicycleClub in the Find a Yahoo! Group field, click on Search, which will bring you to a page with a link to the new list. Once at the SouthernTierBicycleClub mailing list page select Join This Group, and follow the instructions.

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@yahoogroups.com

Nearby clubs with home pages:

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

ABOUT THIS NEWSLETTER

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

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

HOW TO LEAD A RIDE

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

1. Pick out a route, and scout it out ahead of time.
2. Know the level of difficulty based on the ride grading so we can provide correct rating
3. Have a starting point and time
4. Get parking permission for your meeting place
5. Find a sub if you cannot lead your scheduled ride
6. Show up at least 15 minutes ahead of time.
7. Get rider signatures on waiver of liability form, and review the safety checklist with all riders. The form is available on-line at 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:

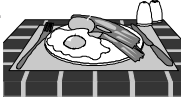
"D/4/30" 10-13 mph over flat terrain, 30 miles.

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

The Tuesday and Thursday ride group is well into our 2007 season. As of the end of May, 31 different riders have logged over 4500 miles on 17 rides. If you haven't quite gotten into that "bicycling spirit", now is as good a time as any to join us on either or both the Tuesday and Thursday daytime rides.

Typically we ride both days each week when the weather is good and there is a leader. A typical ride is between 15 and 40 miles, with more than one choice of distances on occasion. We ride to lunch and return, sometimes by another way. On hot summer days we may head for the "old swimming hole" as well. The rides are usually over modest terrain (very rarely do we do a 2) and at a moderate (C or averaging 12 MPH) pace. The rides are announced by e-mail, both over the club's new Yahoo Group list-server and over our own private list. To join the private list, just send me an e-mail to that effect. Also if you've had a change of e-mail address, I need to know.

Thinking you would like to lead or organize a ride? Let me know your ideas. This year we'll be deciding on Tuesdays where to go Thursdays and will be recruiting the leader at that time. I plan to continue leading on Tuesdays.



The "Tues/Thurs Groupers" are still debating that eternal question, "Do we ride to eat, or eat to ride?" Come along and add your vote. See you "along the way".

Jay K. - plainj@ieee.org

PARE DOWN SALE

1971 2-speed Schwinn with original papers, w/ exercise stand. 2-21 inch diamond framed 15 speeds, 4-23 inch diamond framed-10 & 15 speeds-lots of extras on all bikes. \$100 each. 1972 touring tandem, 23/21 inch frame, fenders, R carrier, front bag, etc.—\$200. Supergo wind trainer—\$50. Various 27 inch and 700 clincher wheels—some new—free. Augie Mueller 722-6005 amueller1@stny.rr.com



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 less than 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 EVENING FASTER AND HILLIER RIDE SERIES

The Monday night ride series, led by Regina Losinger (every other Monday) 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 and will move toward B pace as the cycling season progresses. The Monday night rides are often followed by a stop at a local eatery for a snack and refreshments.

Note that Regina has changed the starting location on some evenings. Check the ride schedule for details.

On many of the the weeks, Regina is not leading a Monday night ride, you may want to check out the "Monday Nite Lite Rides" (mountain bikes) lead by Steve Bruno. The rides are listed in this newsletter and on this web site: <http://www.newmilfordbike.com/>.



WEDNESDAY RIDE



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. See the ride listings for details on dates, time, and location.

SEND YOUR E-MAIL ADDRESS

In order to be able to contact club members in a 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.

THOUSAND ISLANDS RIDE WEEKEND

August 31 – September 3 Friday – Monday

Join Karen Koscianski at the American Youth Hostel, Cape Vincent, New York for a full weekend of riding from Tibbetts Point Lighthouse, Cape Vincent, NY. Rides are planned around the area including: Cape Vincent, Clayton, Chaumont, Sackets Harbor, Wolf Island, and Kingston, Ontario. Ride the Ferry to Canada and remember to bring your passports! Stay three nights in the Lighthouse Hostel. Contact Karen at 607-786-5619 by August 1 for your reservations. (First-come-first-serve basis.) (Out Of Bounds Ride - Not an STBC Ride)





RIDE SCHEDULE SUMMER 2007 - JULY



Tuesday and Thursday Morning Rides

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>.

SUN July 1st 1 PM C/3/36 - Meet at 1:00 at Eckerds in Owego and ride the Tioga Slot.	Eckerds Drug Store, Owego	Don Rice, 785-8930
SUN July 1st 1 PM D/4/15 - Stop and smell the flowers on NY 38 with sightseeing detours on Brown Rd. and Tappan Rd. (Thank you Augie) Meet at the Gazebo in front of the Post Office in Newark Valley (NY 38B from Endicott to NY 38, just before the light in Town on NY 38).	Newark Valley to Berkshire	Joan Hebb 729-9352
SAT July 7th 10 AM D/4/10 Take a Saturday morning ride from Confluence park to Otsiningo park and ride the park trail. This will be a slow-paced ride to start your summer weekend.	Confluence Park, Binghamton	Anne Marie Ruspantini, 237-7568
SAT July 7th 10 AM C/3/25 - Meet Tom to ride the river loop with a stop for lunch. Directions: Take exit 2 off I81 and turn toward US11 (Binghamton). Left onto Francis St. and right turn into Kirkwood Valley Park.	Kirkwood Park and Ride	Tom Nickerson, 775-4826
SUN July 8th 9 AM 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, BC Bikes, Park Diner, Boy's and Girl's club in Endicott, Binghamton Outdoor Pursuits East Gym at BU, or Chenango Point Cycles in Binghamton, or contact Steven Bard, 754-4756, for details. (This is a non-STBC sponsored ride.)	Confluence Park, Binghamton	Binghamton Historic Bridge Pedal
SUN July 8th 1 PM MBR - The Catskill Scenic Trail lies on top of the former rail bed of the Ulster and Delaware Railroad. It is 19 miles along a hard packed surface. Either mountain bike or hybrid would be appropriate - but skinny tires probably won't fare well. Meet in Bloomville at 1 PM - meeting place TBD. Call prior to ride for location and it will be posted on the message board.	Bloomville	Nancy Botting 237-6952
MON July 9th 6 PM Rides will be C paced with a 15-20 mile distance. Meet at the Beethoven St. parking lot, West side of Binghamton.	Rec. Park, Binghamton	Regina Losinger 222-8235
WED July 11th 6 PM D/2/17 - Meet the club president for a Wednesday evening ride at the McArthur school, Vestal Ave, Binghamton and ride Out Fuller Hollow / Sheedy to return Powderhouse Rd.	McArthur school, Binghamton	Don Robertson, 725-9481
FRI July 13th 6PM Meet Maria at the Court House for an easy ride to Susie Q's on Chenango Street for ice cream.	Binghamton Court House	Maria Thomas 798-6898
SAT July 14th 9:30 AM C/2/42 Meet in the public parking lot across from the State theater on Front St. in Deposit. We'll ride south into the Pennsylvania hills — a long climb, but your reward is a great, scenic downhill and easy pedal into Hancock for lunch. After lunch, it's a long but gentle climb north to the Cannonsville Reservoir and back to Deposit via NY 10.	Deposit, Front St.	Bob & Joyce Dannecker 648-9467
SUN July 15th Noon Almost Flat/Almost Fifty/ C+ pace -This ride is taken from the Delaware County Chamber of Commerce site, and will take us through Bloomville, Hobart, and Stamford. See web site, www.delawarecounty.org/biking for a "turn list". Meet at the Courthouse Square in Delhi at noon and we'll plan on stopping for a bite to eat along the way.	Delhi Courthouse Square	Nancy Botting 237-6952
SUN July 15th 1 PM D/3/16 Stop and smell the flowers on various back roads through Ninevah to Afton and back. Meet at the Harpursville Fire Station (Exit 6 off I88, right at bottom of ramp onto NY 79, Fire station is on your left as NY 79 enters the center of Harpursville.)	Harpursville to Afton	Joan Hebb 729-90352
MON July 16th 7 PM MBR: 11-13 mph/ rolling hills/ 15 miles - 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/	New Milford	Steve Bruno, 570-465-2169
WED July 18th 6 PM D/3/18 - Meet at the Binghamton Plaza, intersection of West State St and Chenango St. Binghamton: River Road loop via Otsiningo Park and Chenango St.	Binghamton Plaza	Don Robertson, 725-9481
SAT July 21st 9:30 AM C/3/46 - Meet at 9:30 at Harford Town Hall on Rt.38 north of Berkshire. Ride to the Groton Hotel for lunch on the porch. This one you won't want to miss. Guaranteed great ride and great food.	Harford Town Hall	Don Rice, 785-8930
SUN July 22nd 10 AM Keuka Lake ride sponsored by the New Milford Bike Shop. We will meet at the Hammondsport Town Square. We want to be riding by 10:00 AM. Ride from Hammondsport, NY up the West Side of Keuka Lake, and cross at Banchport over to Keuka Lake State Park. Down to the tip of Bluff Point and back up over to Penn Yan. Then South on the East Bank back to Hammondsport. 56 miles at a steady pace, with R&R at key rest stops. See http://www.newmilfordbike.com/ for map, terrain information, and information on carpooling.	Hammondsport Town Square	Steve Bruno, 570-465-2169
MON July 23rd 6 PM Meet at the Port Crane Fishing access, just north of the I-88 exit on route 369. Rides will be C paced with a 15-20 mile distance.	Port Crane Fishing access	Regina Losinger 222-8235
WED July 25th 6 PM D/3/18 - Meet at the McArthur school, Vestal Ave, Binghamton: Pierce Creek / Saddle mire / Pennsylvania Loop	McArthur school, Binghamton	Don Robertson, 725-9481
FRI July 27th 6 PM Ice Cream Ride - Meet at the Recreation Park Beethoven St. parking lot, West side of Binghamton and ride to Joey's Italian Ice on Main Street for a treat. Then take a ride of the Binghamton west side before returning to the park.	Rec. Park, Binghamton	Anne Marie Ruspantini, 237-7568
SAT July 28th 10 AM C/2/? - Meet Tom at his summer hangout for a mystery ride. Directions: From Binghamton, follow I-88 east 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. A maximum speed limit of 5 MPH is strictly enforced within the campground.	Belden Hill Campground	Tom Nickerson, 775-4826
SUN July 29th 1 PM D/3/? - Meet at Confluence park and the group will decide on a route through the south side of Binghamton. The terrain and distance can be varied depending on the group.	Confluence Park, Binghamton	Anne Marie Ruspantini, 237-7568
MON July 30th 7 PM MBR: 11-13 mph/ rolling hills/ 15 miles - 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/	New Milford	Steve Bruno, 570-465-2169



RIDE SCHEDULE SUMMER 2007 - AUGUST



Tuesday and Thursday Morning Rides

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>.

WED Aug 1st 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.		
SAT Aug 4th 11 AM	Norwich	Bob & Joyce Dannecker 648-9467
C/3/40 - Meet at S. Broad St. Park in Norwich (south edge of town across from McDonalds). We'll ride north on NY 12 stopping at Ossie's for lunch, then continue thru North Norwich to Smyrna, west on NY 80 to Otselic and back to Norwich via CRs 16 and 23.		
SUN Aug. 5th 1 PM	Chenango Forks	Joan Hebb 729-9352
D/3/20 - Chenango Forks to Whitney Point. Stop and Smell the flowers on NY 79 to the ice cream stand in Whitney Point. Meet at St. Rita's Church (now closed) parking lot. (Exit 6 off I81, right at bottom of ramp, Straight onto NY 12, church is on the right before you enter Chenango Forks).		
SUN Aug 5th 1 PM	Bainbridge Public Parking lot	Bob & Joyce Dannecker 648-9467
C/3/31 Bike & swim. We'll ride to East Sidney dam via CR 39 & NY 357 to the town park on the lake. There's a public beach and refreshment stand at the park. NOTE: There may be a small admission fee. NY 357 is a long but gradual climb up to the dam. Directions to the start: I88 east to exit 8 (Bainbridge). Left on NY 206 across the bridge into town. The parking lot is behind the Jericho Inn.		
MON Aug 6th 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 Aug 8th 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.		
SAT-SUN Aug 11-12	Marvin Park, Owego New York	Bike Tioga 2007
Two days of rides in scenic Tioga County, New York. Rides begin and end at Marvin Park (across from Price Chopper) in Owego, NY. Price is \$10 for one day/\$15 for two if you pre-register by August 4. Routes range from 25, 45, 63, 100 mile. With rides such as "Newark Valley Days Quarter Century", "Coffee and Wine Loop", "Farmlands Metric Century", "White Church Century", "Off to the Races Quarter Century", "State Line Metric Century" and "Depot Run" you should be able find a ride each day that suits you. See www.biketoga.com for route descriptions, registration information, and contacts. (Bike Tioga sponsored by Experience Tioga, I Love NY, and Rotary International.) See Out of Bounds listings for more information.		
MON Aug 13th 7 PM	New Milford	Steve Bruno, 570-465-2169
MBR: 11-13 mph/rolling hills/ 15 miles - 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 Aug 15th 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.		
SAT Aug 18th 9:30 AM	Speedsville Town Square	Don Gillespie 748-7635
C/3-2/37 - Meet in Speedsville town square off West Creek Road. We'll retrace one of Don Rice's country adventures to lunch in Dryden and then return. There will be some hills, but hills go down as well as up. Directions from Owego: North on NY 38 slightly less than 4 miles, then left turn on West Creek Road. After traveling north on West Creek road for 8.4 miles, it will jog left at the intersection with Ford Hill and Rejmer roads. Follow West Creek Road into Speedsville, 1.5 miles further. Town square is on the right. Directions from Berkshire: Go northwest (toward Ithaca) on NY 79 for 2.2 miles and turn left onto West Creek Road. Continue on West Creek Road 4.2 miles to Speedsville. Town Square is on the left just past the country store.		
SUN Aug 19th 1 PM	Grippen Park, Endicott	Joan Hebb 729-9352
D/4-3/23 - Grippen Park to Maine. Stop and smell the flowers to Maine (the Town of) via Pollard Hill Road. Meet at Grippen Park Ice Rink parking lot, Endicott (NY 17C through Endicott, stay on 17C after NY 26 turns right, at 2 nd light turn left, 2 blocks to into parking lot.)		
MON Aug 20th 6 PM	Port Crane Fishing access	Regina Losinger 222-8235
Meet at the Port Crane Fishing access, just north of the I-88 exit on route 369. Rides will be C paced with a 15-20 mile distance.		
WED Aug 22nd 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.		
SAT Aug 25 12:30 PM	CFJ Park, Johnson City	Jim Conroy 759-3325
B/2/45 - Join Jim for the "You won't believe how flat it is!" ride to Whitney Point. There are only 3 hills in this ride. Meet Jim at the CFJ park in Johnson City (new Gannett printing facility) on Sunday at 12:30 PM. He'll take you over Airport Road to NY26 and to Whitney Point for snack stop. Return via NY11.		
SAT & SUN Aug 25 & 26 -	Chris Thater Races, Recreation Park Binghamton	
Visit the STBC tent as you partake in the activities of this weekend. See Out of Bounds listings for more information.		
SUN Aug 26th 9:30 AM	Denny's Restaurant, Cortland	Karen Koscianski, 786-5619
C/3/65 or 44 mile option. This is a premier ride for EVERYBODY especially designed and pre-tested as a club favorite. We will all meet at Denny's Restaurant in Cortland, N.Y. were the 65-mile riders begin. The 44-mile riders will drive cars to start at the fishing access on RT 13 (10-12 miles from Denny's) parking area. We will cycle to beautiful Cazenovia Lake where we will meet at the public beach area for a swim before lunch at The Lincklaen House in town.		
MON Aug 27th 7 PM	New Milford	Steve Bruno, 570-465-2169
MBR: 11-13 mph/rolling hills/ 15 miles - 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 Aug 29th 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 Aug 31st -	See the article entitled "Thousand Islands Ride Weekend" on page 2 for details on a Labor Day weekend event.	

PRESIDENT'S MESSAGE

As a recreational bicycling club one of our primary purposes is to promote the club bike rides. We try to provide a wide range of rides and hopefully you can find some that interest you.

I also want to encourage you to try rides outside the club structure. Ride with your spouse, significant other, child, friend or neighbor. If your favorite club ride is on a day you can't make it or you just need to do it again go with one of your riding partners another day.

And take the time for solo rides. You get to go at your own pace, go where you want to go, change your mind about where you want to go, whatever, it's completely up to you. You can try a hill that you've heard about; it may be steeper than you expected but I've never met a hill I couldn't walk my bike up. There's usually a great view up there so it'll be worth the walk. And you can come back another day to give it another shot. It's all part of the adventure.

Look for "excuses" to ride your bike. You have to go the grocery store for just a couple small items, need to make a trip to an ATM or the post office or just want to see the countryside - go by bicycle. I don't like to put my bike on the car to drive someplace to ride. I try to ride to the start of any club ride that's within 15 miles of my house. Or if I don't have time to do the official club ride, as happens occasionally on Tuesdays and Thursdays, I may ride to the meeting place to say hello and head for home when the group goes off or do part of the ride. It gives me a destination and I still get a short visit with friends.

Before you set out solo make sure you have a basic repair kit (spare tube, patch kit, tire levers, multi-tool) and learn how to use it. Carry a small first aid kit. Make sure you have any necessary medicine you might need such as something for bee stings if you're allergic. A cell phone is also a great accessory to have when something unexpected happens.

Follow the basic rules of the road. Ride to the right, obey the traffic lights and signs, signal for turns, etc. You will have fewer conflicts with vehicles that way. Not no conflicts. Even when you are doing everything right, there will be times that drivers turn in front of you or make other maneuvers that jeopardize you or make you feel uncomfortable or intimidated. It's rare but, yes, it happens.

Do whatever you can to see and be seen. I believe a mirror, whether it's mounted on the handlebar, your glasses, or your helmet is essential to check for traffic approaching from the rear. Even with a mirror it's essential that you check over your shoulder before changing lanes or turning. To be seen, wear bright colored clothing (there really is a good reason for those funny looking clothes), use a taillight when riding in low light situations and consider a flag or other attachment if you ride a low bike such as a recumbent.

So ride, club rides, rides with small groups of family and friends, rides to do your errands. and rides by yourself. Ride safely and predictably and be prepared for the little emergencies that may occur to your bike or yourself.

Sincerely,
Don Robertson

STBC MEMBERSHIP

Household Membership: New Renew (\$3) X ____ year = \$ _____
Lifetime under age 50 (\$60) Lifetime age 50 and older (\$30)= \$ _____

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 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

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

<http://www.southerntierbicycleclub.org>



OUT OF BOUNDS/AFFILIATED CLUB RIDES

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

Erie Canal Tour, July 8th-15th, 400mi, Buffalo to Albany, <http://www.ptny.org/canaltour/>

Lake Owasco, July 9, 2007, Start at Fillmore Glen State park and see Owasco and Saneatles Lake, "50 miles at a flowing pace, but will stop and smell the Roses." More details and sign up at <http://www.newmilfordbike.com/>.

Starrucca Viaduct, July 15, meet at the Starrucca Viaduct in Lanesboro, PA at 8:00 A.M. and ride the D & H Rail Trail South to Thompson and back. A mountain bike ride on flat loose pack. 30 miles, flat. <http://www.newmilfordbike.com/>

B.C. Bicycle Race For Sight, July 21st, Windsor, NY. The 13th annual Race for Sight, a 26-mile citizen road race. The Race For Sight is presented by the Tioga Velo Club, the Binghamton Lions Club, the Windsor Lions Club, and the Association for Vision Rehabilitation and Employment, Inc. All proceeds will benefit people in the Twin Tiers of New York and Pennsylvania who are blind and visually impaired. Website: www.avreus.org and click on "Bike Race."

The 7th Annual Great Big FANY Ride: July 22nd-28th, Back roads tour across upstate NY. Benefits: Double H Ranch, a not-for-profit camp that exists to provide children living with a critical illness a chance to get away and just be a kid in an outdoor Adirondack Adventure. : www.FANYride.com, 518 461-7646

BonTon Roulet: July 22nd-28th, Enjoy the splendor of the unique Upstate New York Region, known as the Finger Lakes. <http://www.bontonroulet.com/>, 607-756-2893 (Cortland YMCA)

PA Greenway Sojourn: July 23rd-30th, Pittsburgh to Washington D.C. following rail trails on a 335 mile tour. Organized by Rails-to-Trails Conservancy in tandem with the [Allegheny Trail Alliance](http://www.railtrails.org/). www.railtrails.org/

OUT OF BOUNDS Continued

Empire State Aids Ride: August 12th-18th, 560mi, Niagara Falls to NYC, www.empirestateaidsride.org

D.I.R.T. (mountain Bike), August 19th, **Chenango Valley State Park**, Port Crane, NY Lots of great, technical singletrack lots of fun. Call Bike Loft (Syracuse) for info. 315-458-5260

Chris Thater Memorial Criterium: August 25th-26th, Recreation Park in Binghamton. Benefits BC Stop DWI, www.bcstopdwi.com, 607 778-2056

Southern Tier AIDS Program (STAP) AIDS Ride for Life, September 15th, 100, 85, or 50-mile ride around Cayuga Lake, www.aidsrideforlife.org, or call STAP's Ithaca Office at (607) 272-4098

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

Local Bicycle Shops

Aeros Cyclery & Ski Center 640 Conklin Road, Binghamton • 724-7313

American Cycle Express (WWW sales - <http://www.americancycle.com>)
215 Vestal Pkwy. East, Vestal • 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 Ave., Ithaca • 277-1010

Chenango Point Cycles 45 Washington Street, Binghamton • 724-7481

Gear-To-Go Tandems 850 W Clinton St, 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
<http://www.newmilfordbike.com/>

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

