

# SUMMER 2009

**The GFLBT is June 12-14,  
don't miss it!**



## OFFICERS:

|                        |   |
|------------------------|---|
| <b>President:</b>      | Dennis Uhlig • (607) 563-7822<br>uhligden@stny.rr.com     |
| <b>Vice President:</b> | Don Gillespie • (607) 748-7635<br>bikes325@cs.com         |
| <b>Secretary:</b>      | Joan Hebb • (607) 729-9352<br>jinana@earthlink.net        |
| <b>Treasurer:</b>      | Regina Losinger • (607) 222-8235<br>RegLosinger@gmail.com |

## BOARD OF DIRECTORS:

Bob Dannecker Sr.   John Gerty   Nancy Botting  
Peggy Sniezek   Nancy MacNeill   Don Robertson

## VOLUNTEERS

The STBC runs on volunteers. Make sure you acknowledge your gratitude to the leader of your next STBC ride.

## STBC ADDRESS:

STBC, Inc.  
PO Box 601 • Binghamton, New York 13902-0601  
email: [bike@southerntierbicycleclub.org](mailto: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](http://www.southerntierbicycleclub.org)**

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

### **STBC Group on Yahoo!**

The club has created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group enables the club list server so that club members can communicate ride announcements, ride cancellations, advice on biking matters, and anything else that would be of general interest to STBC club members. Club members can join to contribute to the conversation or just listen in.

In addition to the list server function, the site contains sections for posting photos, comments on camping site reviews, the ride calendar, and more.

## **How To Sign Up For The STBC Yahoo! Group**

1. Send a message to [SouthernTierBicycleClub-subscribe@yahoo.com](mailto:SouthernTierBicycleClub-subscribe@yahoo.com) You will get an e-mail back from yahoo with further instructions. OR
2. Go to [www.yahoo.com](http://www.yahoo.com) Click on groups. Enter *Southern Tier Bicycle Club* in the *Find a Yahoo! Group* field, click on Search, which will bring you to the *SouthernTierBicycleClub* page. Click on blue highlighted portion. Select *Join This Group*, and follow instructions. At the *Join This Group* page, it will ask you to sign in.

To visit the discussion list, use this link: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

To post a message on the discussion group via an e-mail use this address: [SouthernTierBicycleClub@yahoo.com](mailto:SouthernTierBicycleClub@yahoo.com)

### **Nearby clubs with home pages:**

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 1<sup>st</sup>. Send all submissions to: STBC NEWSLETTER • PO BOX 601 • Binghamton, NY 13902-0601, or email: [bike@southerntierbicycleclub.org](mailto:bike@southerntierbicycleclub.org)

## HOW TO LEAD A RIDE

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

1. Pick out a route, and scout it out ahead of time.
2. Know the level of difficulty based on the ride grading so we can provide correct rating
3. Have a starting point and time
4. Get parking permission for your meeting place
5. Find a sub if you cannot lead your scheduled ride
6. Show up at least 15 minutes ahead of time.
7. Get rider signatures on waiver of liability form, and review the safety checklist with all riders. The form is available on-line at <http://www.southerntierbicycleclub.org/rideschedule/ridesignupform.html>
8. Once you've completed the ride, return the form to the STBC address.

## LOOKING FOR NEW RIDE LEADERS

If interested in leading a ride, please contact Don Gillespie at 748-7635 or at [bikes325@cs.com](mailto: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.

**EVERY OTHER WEDNESDAY RIDES**

Don Robertson is leading every other Wednesday evening rides from Sandy Beach Park, Binghamton in June, July, and August. He's mapped out a set of rides that offer a lot of variety. See the ride schedules for details.

**EARLY BIRD RIDES**

If you like to ride early in the morning, watch the STBC Yahoo! list server for announcements from Dottie Rice this July. She rides early in the morning (7 AM or so) to beat the summer heat and will welcome company.

**WHEELS TO MEALS -  
MIDWEEK, MIDDAY RIDES**

The Wheels to Meals group offers a great selection of midday rides on Tuesdays and Thursdays. We ride to lunch. If you are looking for rides with modest pace, lots of variety week-to-week, lively company, and not too many hills, then you should find the Wheels to Meals rides to your liking.

Details for each ride - where and when to meet, destination, distance and difficulty - are announced via e-mail rather than through the club newsletter. So if you haven't already signed up at the Yahoo Group Site for STBC please do so. Choose to receive the list e-mail, and you'll get the details for each ride a few days prior to each event - <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You must be an STBC member for this. Also, send a note to [plainj@ieee.org](mailto:plainj@ieee.org) and I'll add you to the "Wheels to Meals" e-mail list which is used for special events and weather cancellations!

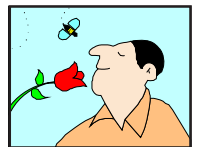
Not sure if these rides would work for you? You'll just have to come and try. Typical rides are between 15 and 40 miles, and sometimes both shorter and longer options are offered, as some rides have multiple starting points. Last year the average ride of all riders was almost 30 miles round trip. Most rides are over flat or rolling terrain, with a few hills when they are unavoidable. If you still have any questions, contact me at [plainj@ieee.org](mailto:plainj@ieee.org)

Wheels to Meals or W2M or Tuesday/Thursday rides? Different monikers, same enjoyment. See you on the road!

Jay K.

**STOP AND SMELL THE FLOWERS RIDES**

This summer, Joan Hebb or Chuck Mallery 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! In addition, Anne Marie Ruspantini is leading four short, slow-paced city rides this summer. Her rides all start in Binghamton (no driving) and make use of the bike/pedestrian trails available.

**"SHAKE OFF THE MONDAY BLUES" -  
EVENING RIDES**

Grab your bike and shake off the Monday blues by joining Regina Losinger nearly every other Monday evening at 6 pm for an 18 to 24 mile ride from Recreation Park on the Westside of Binghamton. The pace will average 13 to 15 mph, with hillier rides at a slower pace. The focus of these rides will be on fun!



## JUNE RIDE SCHEDULE 2009

Tuesday and Thursday Morning Rides: Wheels to Meals

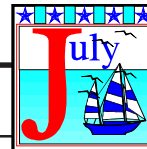
See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.

For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

|   |   |                                       |
|---|---|---------------------------------------|
| <b>MON June 1<sup>st</sup> 6 PM</b>   | <b>Recreation Park, Binghamton</b>          | <b>Regina Losinger 222-8235</b>       |
| C/3-4/18-24 Shake off the Monday blues with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot.  |   |                                       |
| <b>WED June 3<sup>rd</sup> 6:00 PM</b>  | <b>Sandy Beach Park, Binghamton</b>         | <b>Don Robertson 725-9481</b>         |
| D/3/15 – Broome Corporate loop. Out via Woodside, Terrace, Shaw and return on NY 11. 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.  |   |                                       |
| <b>SAT June 6<sup>th</sup> 10:00 AM</b>   | <b>Belden Hill Campground</b>               | <b>Tom Nickerson 775-4826</b>         |
| C-D/2/40 – Meet Tom at his summer camp (lot 56) and ride to Whitney Point for lunch. Tom will lead you through some of the scenic country that makes NY a great place. Directions: From Binghamton, follow I-88 east to 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. Obey the maximum speed limit of 5 MPH in the campground.  |   |                                       |
| <b>SUN June 7<sup>th</sup> 10:00 AM</b>   | <b>Wendy's parking lot, Deposit</b>         | <b>Nancy MacNeill 748-1026</b>        |
| C/3/54-Take exit 84 off Rt. 17. Meet at 9 AM at Wendy's upper parking lot in Deposit. Do NOT park in Wendy's lot they get upset. Ride Cannonsville reservoir to Walton, have lunch in Walton and then continue the loop back to Deposit. Very scenic 54 miles. Those wishing fewer miles can start at the Trout Creek parking area. It is about 9.2 miles from the Wendy's parking area for a shorter route. Most of the route is rolling with one steep climb of about a mile and change.  |   |                                       |
| <b>SUN June 7<sup>th</sup> 1:30</b>   | <b>Rite Aid Drug Store, Owego</b>           | <b>Joan Hebb,729-9352</b>             |
| D/4/25 - 1:30 start, meet at the drug store in Owego, ride NY 38 to Newark Valley, ice cream at Stoughton's, return on a few back roads to NY 38 and back to Owego. About 25 FLAT miles. Flowers riders: call Joan for suggestions to make this ride shorter if this seems like a lot.  |   |                                       |
| <b>MON June 8<sup>th</sup> 6:00 PM</b>  | <b>New Milford Bike Shop</b>                | <b>Steve Bruno, 570-465-2169</b>      |
| 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. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>  |   |                                       |
| <b>FRI-SUN June 12 – 14</b>   | <b>2009 Great Finger Lakes Bicycle Tour</b> |                                       |
| If you haven't signed up already, see <a href="http://www.southerntierbicycleclub.org/fingerlakestour.html">http://www.southerntierbicycleclub.org/fingerlakestour.html</a> or the Spring newsletter for information and sign-up form.  |   |                                       |
| <b>MON June 15<sup>th</sup> 6 PM</b>  | <b>Recreation Park, Binghamton</b>          | <b>Regina Losinger 222-8235</b>       |
| C/3-4/18-24 Shake off the Monday blues with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot   |   |                                       |
| <b>WED June 17<sup>th</sup> 6:00 PM</b>   | <b>Sandy Beach Park, Binghamton</b>         | <b>Don Robertson 725-9481</b>         |
| D/3/20-- Binghamton city loop. Sandy Beach to Otsiningo Park to Chenango Bridge, return via East side. 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.  |   |                                       |
| <b>SAT June 20<sup>th</sup> 10:30 AM</b>  | <b>The Falls restaurant, Trumansburg</b>    | <b>Karen Koscianski 786-5619</b>      |
| C/3/32 - Ride from Trumansburg around Cayuta Lake 32 miles C/3/32 Leaders: Karen Koscianski 786-5619 and Jack VanDerzee. For those who want Breakfast before the ride, breakfast at The Falls Restaurant, Main St., Trumansburg 9:00 AM. Ride starts at 10:30 at the Falls Restaurant. You can park at the fairgrounds next to (east side) restaurant. Directions to Ride location: From Ithaca, Take 96 North to Trumansburg Fairgrounds, just past Rite Aid Drug Store (10 miles from Ithaca) Ride Description: Trumansburg around Cayuta Lake approx 32 miles. C ride gentle rolling hills through Schuyler County and around Cayuta Lake. Bring bathing suits if you would like to take a dip while at the shore for a break and snack stop at the 20 mile point. Bring snacks because we will not be stopping at a restaurant during the ride. |   |                                       |
| <b>SUN June 21<sup>st</sup> 10:00 AM</b>  | <b>Chenango Bridge</b>                      | <b>Dan and Mona Wysocki 624-0123</b>  |
| B-C/3/30 (Postponed from May) Meet at Chenango Bridge Park n' Ride for loop through CVSP and returning down Nolan Hill, ending with BBQ at Wysocki's (37 Newman—near Park n' Ride). Wysocki's will supply meat and table service. Bring dish to pass. BYOB. RSVP 624-0123   |   |                                       |
| <b>SUN June 21<sup>st</sup> 1:30 PM</b>   | <b>Apalachin Fishing Access</b>             | <b>Chuck Mallery 748-1867</b>         |
| D/4/13 Bike to the Owego bridge near the Hickories via Main Street and Marshland Road. Return via Route 17C. For a longer ride start at 12:45 PM from Vestal round bank.  |   |                                       |
| <b>MON June 22<sup>nd</sup> 6:00 PM</b>   | <b>New Milford Bike Shop</b>                | <b>Steve Bruno 570-465-2169</b>       |
| 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. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>  |   |                                       |
| <b>SAT June 27<sup>th</sup> 10 AM</b>   | <b>Unadilla Great American</b>              | <b>Erica LaBuz 432-7511</b>           |
| D/3/31 Take a scenic ride through Delaware County and historic Franklin. Ride State Route 357 from Unadilla to North Franklin. Lunch at the Beehive Restaurant. 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.   |   |                                       |
| <b>SAT June 27<sup>th</sup> 10:00 AM</b>  | <b>Confluence Park, Binghamton</b>          | <b>Anne Marie Ruspantini 237-7568</b> |
| D/4/10 - Get the weekend started by meeting Anne Marie at Confluence park to ride the River Walk trail and the Otsiningo Park trail.  |   |                                       |
| <b>SUN June 28<sup>th</sup> 9:00 AM</b>   | <b>New Milford Bike Shop</b>                | <b>Steve Bruno 570-465-2169</b>       |
| MBR/1/25 - Take the Highland Road up into the Game Lands, then head North via the \$1,000,000 Highway to the Susquehanna River. Will take Harmony Road to Hallstead, and over to the Rod & Gun Club and continue South along Dubois Creek to Ray Cobb's and then to the Schoolhouse Road back Home. We are looking at M1C25: Mountain Bikes, Steep Climbs, At a Steady Pace For 25 pictured Miles. See this URL for more information: <a href="http://www.newmilfordbike.com/\$1,000,000.htm">http://www.newmilfordbike.com/\$1,000,000.htm</a>   |   |                                       |
| <b>SUN June 28<sup>th</sup> 1:30 PM</b>   | <b>St. Rita's Church, Chenango Forks</b>    | <b>Joan Hebb,729-9352</b>             |
| D/3/20 - Meet at St. Rita's Church (closed) on NY 12 in Chenango Forks. Stop and Smell the flowers on NY 79 to Whitney Point. Ice cream at a different stop than last time! Note: This is one of the more challenging Flowers rides.  |   |                                       |
| <b>MON June 29<sup>th</sup> 6 PM</b>  | <b>Recreation Park, Binghamton</b>          | <b>Regina Losinger 222-8235</b>       |
| C/3-4/18-24 Shake off the Monday blues with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot.  |   |                                       |



## JULY RIDE SCHEDULE SUMMER 2009



Tuesday and Thursday Morning Rides: Wheels to Meals

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 July 1st 6:00 PM<br>C-D/4/27 - Hallstead via Rt. 77A return via NY 11. 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.  | Sandy Beach Park, Binghamton    | Don Robertson 725-9481         |
| SAT July 4 <sup>th</sup> 9:00 AM<br>D/3/9 - Meet Tom at the court house in Binghamton for a ride to the German Club on Loughlin Road for breakfast in the woods. The climb up Loughlin will get you ready for the pancakes and German music.  | Broome Co. Court House          | Tom Nickerson 775-4826         |
| SAT July 4 <sup>th</sup> 10:00 AM<br>C/3/54-Take exit 84 off Rt. 17. Meet at 9 AM at Wendy's upper parking lot in Deposit. Do NOT park in Wendy's lot they get upset. Ride Cannonsville reservoir to Walton, have lunch in Walton and then continue the loop back to Deposit. Very scenic 54 miles. Those wishing fewer miles can start at the Trout Creek parking area. It is about 9.2 miles from the Wendy's parking area for a shorter route. Most of the route is rolling with one steep climb of about a mile and change.   | Wendy's parking lot, Deposit    | Nancy MacNeill 748-1026        |
| SUN JULY 5 <sup>th</sup> Noon<br>C/2/40 JC to Whitney Point via NY26 and NY 79. Meet on CFJ Blvd. in Johnson City next to the carousel.   | CFJ Park Johnson City           | Jim Conroy 759-3325            |
| MON July 6 <sup>th</sup> 6:00 PM<br>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. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>  | New Milford Bike Shop           | Steve Bruno 570-465-2169       |
| SAT July 11 <sup>th</sup> 10:00 AM<br>D/4/10 - Need a quick, close-to-home, biking fix to get you through the weekend? Meet Anne Marie at Confluence park to ride the River Walk trail and the Otsiningo Park trail.  | Confluence Park, Binghamton     | Anne Marie Ruspantini 237-7568 |
| SUN July 12 <sup>th</sup> 9:00 AM<br>See details in "Out of Bounds" section.  | Binghamton Historic Bridge Tour |                                |
| SUN July 12 <sup>th</sup> 1:30 PM<br>D/3/16 From Binghamton area take I 81 North to I 88 East, exit I 88 at Harpursville (Exit 36), right at bottom of ramp onto NY 79. As you enter the center of Harpursville the fire station will be on your left. Bike along County Route 233 to Afton. Return via NY 7.   | Harpursville Fire Station       | Chuck Mallery 748-1867         |
| MON July 13 <sup>th</sup> 9:00 AM<br>Park at Fillmore Glen State Park, NY (no fee before 9:00 AM). We want to be Riding by 9:00 AM. Ride heading North up the West Side of Owasco Lake, and cross over to the East to Skaneateles. Head South on the West Side of Skaneateles Lake and cross over to Burtis Point on Owasco Lake and back down the East Bank to Moravia. 50 miles at a flowing pace, but will stop and smell the Roses, and have a Swim at the End at Fillmore Glen. See this URL for more information: <a href="http://www.newmilfordbike.com/Owasco.htm">http://www.newmilfordbike.com/Owasco.htm</a> | Moravia, NY                     | Steve Bruno 570-465-2169       |
| TUES July 14 <sup>th</sup> 6 PM<br>C/3-4/18-24 Shake off the Monday blues on a Tuesday with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot.  | Recreation Park, Binghamton     | Regina Losinger 222-8235       |
| WED July 15 <sup>th</sup> 6:00 PM<br>D/2/17- Pierce Creek, Saddleire, Pennsylvania Ave. 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.   | Sandy Beach Park, Binghamton    | Don Robertson 725-9481         |
| SAT July 18 <sup>th</sup> 9:30 AM<br>C/2/42 Meet in the public parking area across from the State Theater on Front St. We'll ride south climbing into the Pennsylvania hills, then enjoy a great downhill run to Hancock for lunch. After lunch, it's a long, easy climb to the Cannonsville Reservoir and back to Deposit via NY 10.   | Deposit, NY                     | Bob & Joyce Dannecker 648-9467 |
| SAT July 18 <sup>th</sup> 10:00 AM<br>D/4/12 - Meet at Recreation Park in Binghamton and ride to the Otsiningo Park trail via Confluence Park and the River Walk.   | Rec. Park, Binghamton           | Anne Marie Ruspantini 237-7568 |
| SUN July 19 <sup>th</sup> 1:30 PM<br>D/3/19 Meet at the Catholic Church in Windsor (NY 17E, Exit 79, right off ramp, 1st right to church). Stop and Smell the flowers to Center Village and back. Ice cream on return.  | Windsor, NY                     | Joan Hebb, 729-9352            |
| SAT July 25 <sup>th</sup> 9:00 AM<br>C/7/58 - Join Tom the weekend before he turns 58 years old. He's going to celebrate by riding a mile for each year of his age. Come and encourage him to reach his goal. Directions: From Binghamton, follow I-88 east to 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. Obey the maximum speed limit of 5 MPH in the campground.  | Belden Hill Campground          | Tom Nickerson 775-4826         |
| SUN July 26 <sup>th</sup> 1:30 PM<br>D/4/15+ - From Binghamton area take NY 17 West to exit 63. Turn left at the bottom of the ramp to truck stop on the left and park. Bike right on Stanton Hill Road to East River Road, then left to Nichols. Right on NY 282 across the river, then left on NY 17C to Barton. FREE ICE CREAM SUNDAES at the TLC Blueberry Farm in Barton. Return by the same route.  | Loundsberry Truck Stop          | Chuck Mallery 748-1867         |
| MON July 27 <sup>th</sup> 6:00 PM<br>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. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>   | New Milford Bike Shop           | Steve Bruno 570-465-2169       |
| MON July 27 <sup>th</sup> 6 PM<br>C/3-4/18-24 Shake off the Monday blues with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot.  | Recreation Park, Binghamton     | Regina Losinger 222-8235       |



## AUGUST RIDE SCHEDULE SUMMER 2009

Tuesday and Thursday Morning Rides: Wheels to Meals

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>

|   |                              |                                 |
|---|------------------------------|---------------------------------|
| SAT August 1 <sup>st</sup> 10:00 AM<br>C-D/3/30 – Join Tom as he rides from Kirkwood Park and Ride to Chenango Bridge and then does the “river loop”. The group will find lunch along the way. Directions: Take exit 2 off of I 81 and turn toward US 11 (Binghamton). Left onto Francis Street and right turn into Kirkwood Valley Park.   | Five Mile Point Park ‘n Ride | Tom Nickerson 775-4826          |
| SUN August 2 <sup>nd</sup> 1:30PM<br>D/4-3/23 Meet at Grippen Park, Endicott. We’ll take back roads and view the gardens out to Maine Rd. and back. We’ll find ice cream if we can!   | Grippen Park, Endicott       | Joan Hebb, 729-9352             |
| MON August 3 <sup>rd</sup> 6:00 PM<br>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. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>  | New Milford Bike Shop        | Steve Bruno 570-465-2169        |
| WED August 5 <sup>th</sup> 6:00 PM<br>D/2/15- Felters Rd, Ahern, Murphy, Conklin Forks Rd, return via Rt. 7. 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.  | Sandy Beach Park, Binghamton | Don Robertson 725-9481          |
| SAT-SUN August 8-9<br>See “Out of Bounds” section in this newsletter or <a href="http://www.biketiooga.com/">http://www.biketiooga.com/</a> for details.  | BIKE Tioga                   |                                 |
| MON August 10 <sup>th</sup> 6 PM<br>C/3-4/18-24 Shake off the Monday blues with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot.  | Recreation Park, Binghamton  | Regina Losinger 222-8235        |
| SAT August 15 <sup>th</sup> 10:00AM<br>C/3/35 – Meet at 10AM at Fillmore Glen State Park just south of Moravia on NY38. No charge for parking if you arrive before 9:00 AM. We will ride up the east side of Owasco Lake to Auburn for lunch and return via the other side of the lake. Ice-cream also an option. Miles 35, terrain 3.  | Moravia, NY                  | Don & Lonnie Gillespie 748-7635 |
| SUN August 16 <sup>th</sup> 10:00 AM<br>Saturday, July 25, will meet at the Switzerland Inn. We want to be riding by 10:00 AM. Ride from the Switzerland Inn to Hammondsport, then 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. (Swimming available at the Park on Route 54 in Penn Yan.) Then South on the East Bank back to The Switz, for Food, Fun & Festivities including the Miss Keuka Lake Pageant. 56 miles at a steady pace, with R&R at key rest Stops. See this URL for more information: <a href="http://www.newmilfordbike.com/keuka.htm">http://www.newmilfordbike.com/keuka.htm</a> | Hammondsport, NY             | Steve Bruno 570-465-2169        |
| SUN August 16 <sup>th</sup> 1:30 PM<br>D/4/17 Otsiningo Park to Chenango Bridge Park and Ride via the path to North Otsiningo Park and Routes 12 and 12A. Then up Kattelville Road and return to Route 12A via River Road. Return: Route 12A to Chenango Bridge and Chenango Street to Otsiningo Park.  | Otsiningo Park               | Chuck Mallery 748-1867          |
| MON August 17 <sup>th</sup> 6:00 PM<br>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. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>   | New Milford Bike Shop        | Steve Bruno 570-465-2169        |
| WED August 19 <sup>th</sup> 6:00 PM<br>D/2/15- West Windsor via old route 17, return via Dire Rd / Colesville Rd. 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.   | Sandy Beach Park, Binghamton | Don Robertson 725-9481          |
| SAT August 22 <sup>nd</sup> 9:45 AM<br>C/3/54 Enjoy the beautiful Pepacton Reservoir. Lunch in Margaretville at the east end. As always, there will be a hilly option, adding a couple of miles on the return. Bring snacks and water; no facilities between the two towns. Directions from Binghamton: NY 17 east about 57 miles to exit 90 (East Branch/ NY 30), NY 30 north 15 miles to Downsville. The Covered Bridge park is on the right near the east end of town at the “Covered Bridge” sign. NOTE: If weather is “iffy”, please call Friday eve. to verify plans. Also, if interested in pre-ride breakfast call Bob & Joyce for location and time.   | Downsville, NY               | Bob & Joyce Dannecker 648-9467  |
| SAT August 22 <sup>nd</sup> 10:00 AM<br>D/4/12 - Meet at Recreation Park in Binghamton and ride to the Otsiningo Park trail via Confluence Park and the River Walk.   | Rec. Park, Binghamton        | Anne Marie Ruspantinin 237-7568 |
| SUN August 23 <sup>rd</sup> 10:30 AM<br>C/2/40 – Join Jim for this ride. It will cover some ground that you may not have ridden lately. Chenango Forks to Willet and Smithville Flats via NY26, NY41 and Stillwater Road.   | St. Rita’s, Chenango Forks   | Jim Conroy 759-3325             |
| MON August 24 <sup>th</sup> 6 PM<br>C/3-4/18-24 Shake off the Monday blues with an evening ride. Riders will decide destination together. Meet at Recreation Park in the Beethoven Street parking lot.  | Recreation Park, Binghamton  | Regina Losinger 222-8235        |
| SAT August 29 <sup>th</sup> 10:00 AM<br>C-D/3/30 – Meet Tom for a ride up the Susquehanna River valley to Afton for lunch. There are lots of choices for the route, so see which way he leads. Meet at the old high school in Windsor to start the ride. Turn left at NY 17 exit ramp onto NY 79 North. School building is at 215 Main Street.  | Windsor, NY                  | Tom Nickerson 775-4826          |

## STBC SPRING BOARD MEETING – JOHN GERTY

At the Board of Directors meeting on April 2<sup>nd</sup>, and as a continuation of discussions started at the 2009 Annual meeting, we discussed how to spend some of the money we have accumulated in our account. The concept is to promote biking of course.

### Where are Bike Racks Needed?

Among the ideas being promoted is to work with the City of Binghamton as well as other municipalities in the Southern Tier to install bike racks (or Bollards: from the nautical term for a thick post on a ship or wharf, used for securing ropes and hawsers.). The concept would likely be that we buy some bollards and donate them to the city for installation.



At the time of the meeting we had not gotten the cost from the city. (They are \$221 each. They can be seen at <http://www.markstaar.com/product/141/bicycle-bollard.html>)

Not having the full information, no decision was made at the meeting. However I was asked to write this note and solicit your opinion as to **where** we need bike racks in the southern Tier.

So if you have a favorite place (or several) that needs a bike bollard, send me an email. I will make a list and bring it to the next board meeting. There is no guarantee that they will approve all locations, or any for that matter. However I think it is worth the effort and look forward to your suggestions. My email address is GERTY\_J@sunnybroome.edu

### Club Funds Available for Special Events

Also discussed at the board meeting was monetary aid for member ride events. For the past two years we have spent some money on the century ride in September. The club bought some food (bike fuel!) to feed the people doing the ride. Last year we got a pavilion in Hickory Park and ran rides from there (sadly, in the rain!)

Using that as a guide, if you are planning a special club ride that could benefit from some club money, we might be able to help you. The initial thought was to limit the club support to \$100 per event. The ride would have to be open to all members and well publicized. If you have a proposal, send the details to a board member for consideration. Plan ahead as any expenditure of club funds will need board approval.

## OUT OF BOUNDS/AFFILIATED CLUB RIDES

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

**Tour de'Cuse, June 21**, scenic 10 or 20 mile loop course in city of Syracuse to assist children living in poverty. b.i.k.e. Syracuse (Bicycles and Ideas for Kids' Empowerment) <http://www.bikesyracuse.com/>

**Binghamton Historic Bridge Pedal**, Sunday, July 12, 2009, 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, \$3 day of the event with proceeds to go for maintenance of the Martin Luther King pavilion on the walk behind the Regency. Pre-register at Babcock's Bikes in Endicott or Chenango Point Cycles in Binghamton or contact Steven Bard, 754-4756, for details.

**Erie Canal Tour**, July 12-19, 400mi, Buffalo to Albany, 11<sup>th</sup> annual. <http://www.ptny.org/canaltour/>

**The 9th Annual Great Big FANY Ride**: July 19-25, 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](http://www.FANYride.com) , 518 461-7646

**BonTon Roulet**: July 26-August 1, Enjoy the splendor of the unique Upstate New York Region, known as the Finger Lakes. <http://www.bontonroulet.com/>, 607-756-2893 (Cortland YMCA)

**Bike Tioga**, August 8-9, sponsored by the Tioga County Tourism and the Rotary Club. Rides include flat to hilly terrain dependent on the ride selected. Stops along the way may include visits to select tourism attractions. Saturday ride lengths are from 26 to 100 miles. Sunday rides range from 24 to 53 miles. For more information see <http://www.biketoga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

**Empire State Aids Ride**: August 16-22, 560mi, Niagara Falls to NYC, [www.empirestateaidsride.org](http://www.empirestateaidsride.org)

**26<sup>th</sup> Chris Thater Memorial Criterium**: August 29-30, Recreation Park in Binghamton. Benefits BC Stop DWI, [www.bcstopdwi.com](http://www.bcstopdwi.com), 607 778-2056

**Southern Tier AIDS Program (STAP) AIDS Ride for Life**, September 12: 100, 85, or 50-mile ride around Cayuga Lake, [www.aidsrideforlife.org](http://www.aidsrideforlife.org), or call STAP's Ithaca Office at (888) 206-2870

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

## Thousand Islands Ride Weekend

Spend Labor Day Weekend in Cape Vincent, New York Friday September 4<sup>th</sup> –Monday September 7<sup>th</sup>, 2009. Ride choices include a variety of rides in the area include the bay area around Chaumont, Point Salubrious, Sackets Harbor, Clayton, Wolfe Island, Kingston, Ontario, Gananoque, and more. Ride distances range from 25-60 or more if you want more.

Karen Koscianski is taking reservations for the stay at American Youth Hostel at Tibbetts Point Lighthouse. For Information: Call or e-mail Karen Koscianski 786-5619, [kkoscianski@stny.rr.com](mailto:kkoscianski@stny.rr.com)

## 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

**The Bike Rack** 414 College Ave., Ithaca • 277-1010

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

<http://www.chenangopoint.com/>

**Gear-To-Go Tandems** 850 W Clinton St, Elmira • 732-4859

**Main Street Bike Shop** 3809 Main St., Burdett, NY 14818 • (607) 342-6098

**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>)





# 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, INC.  
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BINGHAMTON, NY 13902-0601

<http://www.southerntierbicycleclub.org>



*Summer*  
2009