

# SUMMER 2010

**The GFLBT is June 11-13,  
don't miss it!**



## OFFICERS:

<b>President:</b>	Dennis Uhlig • (607) 563-7822 uhligden@stny.rr.com
<b>Vice President:</b>	Don Gillespie • (607) 748-7635 bikes325@cs.com
<b>Secretary:</b>	Joan Hebb • (607) 729-9352 jinana@earthlink.net
<b>Treasurer:</b>	Samuel Russo • (607) 729-7687 samuelrusso@yahoo.com

## BOARD OF DIRECTORS:

John Gerty • Nancy Botting • Nancy MacNeill  
Don Robertson • Regina Losinger • Dick Porterfield

## 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@yahoogroups.com](mailto:SouthernTierBicycleClub@yahoogroups.com)

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

Finger Lakes Cycling Club: <http://www.flcycling.org/>

Tioga Velo Club: <http://tiogavelo.com/>

Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

Finger Lakes Mountain Bike Club:

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

## **ABOUT THIS NEWSLETTER**

This newsletter is published 3 times a year: spring, summer, and fall. Items for the 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:

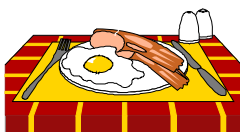
"D/4/30" 10-13 mph over flat terrain, 30 miles.

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.



## WHEELS TO MEALS - MIDWEEK, MIDDAY RIDES

In the course the biking season, the Wheels to Meals group offers a wide variety of midday rides. Most every Tuesday and Thursday we will ride to lunch. If you are looking for rides with modest pace, lots of variety week to week, friendly 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 the club list server (not through the club newsletter). If you are not 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 in your in box a few days prior to each event.

For more details on how to sign up for and use the group site, see "**How To Sign Up For The STBC Yahoo! Group**" earlier in this newsletter.

You can visit the STBC group message site using this URL: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You'll recognize the "Wheels to Meals" announcements, as they are headed by our logo "W2M".

We welcome newcomers. Come and try out the W2M rides.

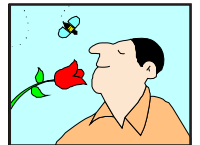
- Jay K. for all the leaders of the Wheels to Meals rides.

Jay K.



## STOP AND SMELL THE FLOWERS RIDES

This summer, Joan Hebb will lead three 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. 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. In addition, the three Saturday morning rides will stop at the farmers market in Otsiningo park. If you're a "gentle" rider for whatever reason, dig out the bike and come on out!



## 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 and August. She rides early in the morning (7 AM or so) to beat the summer heat and will welcome company.





## JUNE RIDE SCHEDULE 2010

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>

SUN May 30 10:00 AM Vestal 4-Corners & Apalachin Fishing Access Ron & Judy Cacialli 239-2177  
C-D/2/55 – Meet Ron and Judy for the loop that includes Owego, Newark Valley, Union Center and West Corners. Meet at Vestal 4-Corners (Round Bank) at 10:00 or at the Apalachin fishing access parking lot at 10:30. You'll fuel up along the way with lunch.

SAT June 5 10:00 AM Old High School, Windsor, NY Tom Nickerson 775-4826  
C-D/3/35 Meet Tom at the old Windsor High School. He will take you to Afton for lunch. (From Binghamton area, NY17/186 exit 79. Turn left at NY79. School at 215 Main St. is just past Grove St.)

SUN June 6 10:00 AM Trout Creek parking area Karen Koscianski 786-5619  
C/3/44 - Ride your bike and support Broome County's Relay for Life as we travel the scenic roads along the Cannonsville reservoir. Lunch will be in Walton.

This ride is to thank those who have donated to the Bell School Relay for Life Team. Members of the Southern Tier Bicycle Club have been very generous and supported Bell Elementary School's efforts to raise money for Broome County's Relay for Life Team in their fight against cancer. At the ride, donations will be accepted for the Cancer Society but not required. Start at Trout Creek Parking area just beyond Bridge on RT 10. (44 mile ride) To get to the start: Take NY 17 to Exit 84 in Deposit. Get on RT 10 and travel 9.2 miles to Trout Creek parking area just over the bridge

SUN June 6 1:30 PM Location TBD Joan Hebb 729-9352  
D pace, around 20 miles, generally flat to rolling terrain. Details posted on the STBC Yahoo! group Thursday evening before the ride. Joan Hebb 729-9352

MON June 7 6:00 PM New Milford Bike Shop Steve Bruno 570-465-2169  
Meet at the Bike Shop in New Milford on Monday nights at 6:00 P.M. Relaxed casual ride to unwind from the fast pace of the weekend. Starting out with about 15 miles (which should last about 2 hour) with an option of more miles upon request.

FRI-SUN June 11-13 **2010 Great Finger Lakes Bicycle Tour**  
If you haven't signed up already, see <http://www.southerntierbicycleclub.org/fingerlakestour.html> or the spring STBC newsletter for information and sign-up form.

SAT June 19 10:00 AM Hickories Park, Owego Nancy MacNeill 748-1026  
C/3/50 - Start 10am, Hickories Park (meet at 1st pavilion). Head out Rt 96 to Rt 38 to West Creek Rd to Rt 79 to Richford. Return on Rt 38/Brown Rd. About 50 miles. 3 terrain (one hill up Rt 79). No formal lunch stop. In Richford refuel at the Stop and Shop and ice cream stand.

SUN June 20, 10:00 AM Whitney Point Mona Wysocki, 624-0123  
C/2/48 Meet in Whitney Point at 10:00, ready to ride to Dryden for lunch. Return via Michigan Hill Road. Directions: From Binghamton via I81 North, Whitney Point exit. Follow signs to US11 North, through town. McDonalds is on the right. Park in the back of the lot.

MON June 21 6:00 PM New Milford Bike Shop Steve Bruno 570-465-2169  
Meet at the Bike Shop in New Milford on Monday nights at 6:00 P.M. Relaxed casual ride to unwind from the fast pace of the weekend. Starting out with about 15 miles (which should last about 2 hour) with an option of more miles upon request.

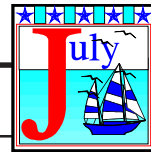
SAT June 26 9:30 AM Whitney Point H.S. Jim Conroy 759-3325  
C/2/45 – Ride to McDonough for goodies at the old general store. The “down-hills” will be worth the climbs.

SUN June 27 9:00 AM New Milford Bike Shop Steve Bruno 570-465-2169  
MBR C/1/25 - Sunday, June 27, will meet at New Milford Bike at 9:00 AM and 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. Please respond to the board or e-mail if interested or plan to attend – Steve

SUN June 27 1:00 PM Confluence Park, Binghamton Anne Marie Ruspantini 237-7568  
D/4/10 - Meet Anne Marie at Confluence park and ride from there up through Otsiningo Park.



## JULY RIDE SCHEDULE SUMMER 2010



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 July 3 10:00 AM	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/10 - Get the weekend started by meeting Anne Marie at Confluence park and go through Otsiningo Park and stop at the Farmer's Market before leaving the park.		
SAT July 3 10:00 AM	Great American store, Greene	John Gerty 656-4339
C/2/36 or C/3/32 Meet at the Great American for a ride to Oxford for lunch. Riders will decide to take the "high road" or the "flat road".		
MON July 5 6:00 PM	New Milford Bike Shop	Steve Bruno 570-465-2169
Meet at the Bike Shop in New Milford on Monday nights at 6:00 P.M. Relaxed casual ride to unwind from the fast pace of the weekend. Starting out with about 15 miles (which should last about 2 hour) with an option of more miles upon request.		
SAT July 10 9:30 AM	Gazebo in Newark Valley	Gary Wilde 754-9527
C/2/30 Start 9:30 at the Gazebo in Newark Valley. After a long (and sometimes steep) climb out of Newark Valley, enjoy the breathtaking views from the ridge before the long sweeping drop towards Maine. Before we get there, though, we'll turn north on Kay Rd and work our way up to Greenwood Park where can stop for some refreshment. After a brief stop, we'll continue North until we turn West on Squedunk, Hartwell and E. Berkshire Rd when we'll hit Rt 38 for the return to NV. Not much flat road on this one, give your middle gears a break.		
SUN July 11 9:00 AM	Binghamton Historic Bridge Pedal (out-of-bounds)	
A wonderful easy flat ride for people who don't often go on bike rides. Pre-register for \$2 at bike shops. Starting at 8:30 register for \$3 day of the event. This, our fifth year, even flatter than last year. Start at South Washington Street Bridge. Call 778-2443 for more information.		
SUN July 11 1:00 PM	Great American Greene	Joyce Dannecker 648-9467
D/3/31 - Join Joyce For a Sunday afternoon ride for ice cream. Meet at the Great American store in Greene.		
MON July 12 9:00 AM	Moravia, NY	Steve Bruno 570-465-2169
C/3/50 - Monday, July 12 (No Work Day, a local holiday). Park at Fillmore Glen State Park, Moravia, 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 Skaneatele. 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. Carpooling will be available with hook-ups in Hallstead at the Sunoco on Route 11 at 6:30 AM. Please respond to the board or e-mail if interested or plan to attend – Steve		
SAT July 17 9:00 AM	Annual Augie Mueller Birthday Ride	Augie Mueller 722-6005
C/3/0,10, 24, 38, or 48 miles. Lunch at Genegantslet Golf Club. You choose starting point (Time/Meet/Miles) 9:00 AM/Confluence Park/48 mi., 9:45/Otsiningo Park (North Parking Lot)/38 mi., 10:30/St. Rita's/24 or 10 (direct) miles, 11:30/Genegantslet Golf Club/0. Route includes paved trails, NY12, NY79, South, Pixley, Cloverdale, NY12, returning Greene, Chenango 32, NY79, NY12, paved trails. Free Birthday Carrot Cake for desert. RSVP <a href="mailto:amueller@binghamton.edu">amueller@binghamton.edu</a> or 722-6005 by July 15.		
SUN July 18 9:00 AM	Park Diner, Conklin Ave.	Augie Mueller 722-6005
C/4/24 - (8:00 for breakfast, 9:00 for ride) Join Augie for breakfast and/or ride to Jimay's Flea Market on NY 7A in Corbettsville, just north of the PA border. Meet at the Park Diner, Conklin Ave.		
SUN July 18 10:00 AM	Cannonsville Reservoir to Downsville	Jim Conroy (759-3325) & Regina Losinger (222-8235)
C/2/62 - Meet at the Trout Creek parking area, just past the first bridge across the Cannonsville reservoir on NY 10 east of Deposit. Ride to Downsville for lunch at the historical Old Schoolhouse Restaurant (For info - <a href="http://www.oldschoolhouseinn.com/">http://www.oldschoolhouseinn.com/</a> ). Proceed down the East Branch of the Delaware to Hancock and back to the reservoir and return home. This is a great challenging ride with great scenery. There is one small section of dirt which gives this ride it's "2" terrain category and can be walked. Don't miss the opportunity for some of the best scenery in the Catskills!		
SUN July 18 1:30 PM	Location TBD	Joan Hebb 729-9352
D pace, around 20 miles, generally flat to rolling terrain. Details posted on the STBC Yahoo! group Thursday evening before the ride. Joan Hebb 729-9352		
MON July 19 6:00 PM	New Milford Bike Shop	Steve Bruno 570-465-2169
Meet at the Bike Shop in New Milford on Monday nights at 6:00 P.M. Relaxed casual ride to unwind from the fast pace of the weekend. Starting out with about 15 miles (which should last about 2 hour) with an option of more miles upon request.00		
SAT July 24 9:00 AM	Old High School, Windsor, NY	Tom Nickerson 607-775-4826
C-D/2/32 Mystery Ride! There are a couple of destinations for lunch. You won't know which one unless you take the ride. (From Binghamton area, NY17/I86 exit 79. Turn left at NY79. School at 215 Main St. is just past Grove St.)		
SAT July 31 10:00 AM	Rec. Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/10 – Three park ride. Meet at Rec. Park, ride to Confluence park and continue on to Otsiningo Park. Stop at the Farmer's Market before leaving the park.		



## AUGUST RIDE SCHEDULE SUMMER 2010

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>

SUN August 1 10:00 AM (ready to ride) Vestal H.S. parking Lot  
C/2/57 - Meet at the Vestal H.S. parking lot (by track) at 10:00 and be ready to ride. Lunch will be in Montrose. Mona Wysocki 624-0123

MON August 2 6:00 PM New Milford Bike Shop Steve Bruno 570-465-2169  
Meet at the Bike Shop in New Milford on Monday nights at 6:00 P.M. Relaxed casual ride to unwind from the fast pace of the weekend. Starting out with about 15 miles (which should last about 2 hour) with an option of more miles upon request.

SAT-SUN August 7-8 Owego, NY Bike Tioga (out-of-bounds)  
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. Saturdays ride lengths are from 26 to 100 miles. Sunday rides range from 24 to 53 miles. For more information see <http://www.biketiooga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

SAT August 14 10:00 AM Confluence Park, Binghamton Anne Marie Ruspantini 237-7568  
D/4/10 - Get the weekend started by meeting Anne Marie at Confluence park and go through Otsiningo Park and stop at the Farmer's Market before leaving the park.

SAT August 14th 10:00 AM Chenango Forks John Gerty 656-4339  
C/2-3/42 Meet at the former St Rita's in Chenango Forks for a ride to Willet via Smithville Flats. Return via Whitney Point. There are a couple of long hills. Pack plenty of water and a snack. We can eat in Whitney Point, as riders wish.

SUN August 15 10:00 AM Keuka Lake Steve Bruno 570-465-2169  
C/3/56 - We will meet at the Switzerland Inn in Keuka, NY. 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 Branchport over to Keuka Lake State Park. Down to the tip of Bluff Point and back up over to Penn Yan. (Swimming available at the Town Park on Route 54, South of Penn Yan), Then south on the east bank back to The Switz, for food, fun & festivities. 56 Miles at a steady pace, over paved rolling hills with R&R at key rest stops. Carpooling will be available with hook-ups at the Sunoco on Route 11 in Hallstead, PA at 7:00 AM. Please respond to the board or e-mail if interested or plan to attend. – Steve

SUN August 15 1:00 PM Port Crane fishing access Don & Lonnie Gillespie 748-7635  
C/3/28 – Meet at Port Crane to ride to Greene via Page Brook Road. We'll stop in Greene for a snack or ice cream and return via Stillwater Road. Directions: From Binghamton, East on I88 to exit #3 (Port Crane and NY369). Left at bottom of ramp onto NY369. Pass under I88, then just past the on-ramp turn left into the parking area.

MON August 16 6:00 PM New Milford Bike Shop Steve Bruno 570-465-2169  
Meet at the Bike Shop in New Milford on Monday nights at 6:00 P.M. Relaxed casual ride to unwind from the fast pace of the weekend. Starting out with about 15 miles (which should last about 2 hour) with an option of more miles upon request.

SAT August 21 9:30 AM Apalachin Fishing Access Gary Wilde 754-9527  
C/2-3/44 Start at 9:30 at Apalachin Fishing Access site. Head west to Owego and cut over to Glenmary Drive via Talcott St. Stop along the way in Owego to refill bottles because we're headed for the hills and there's no place to stop till we get back to Owego (about 25 miles). Follow Glenmary/Catatonk Creek to the end and enter the pretty glen, climbing up Whitmarsh Hollow Rd. Stop at the top to enjoy the panorama before heading down to Straits Corners and weaving our way back to 17C to retrace our steps through Owego (with another stop for drinks/food) then back to Apalachin. For a shorter ride, meet at Hickories Park at 10:15. This ride is fairly flat with a fairly large hill at Whitmarsh Hollow.

SUN August 22 1:30 PM Location TBD Joan Hebb 729-9352  
D pace, around 20 miles, generally flat to rolling terrain. Details posted on the STBC Yahoo! group Thursday evening before the ride. Joan Hebb 729-9352

SAT Aug 28 9:00 AM Beldon Hill Campground Tom Nickerson 607-775-4826  
C-D/2/40+ Meet Tom at his summer campground (lot 56) for this trip to Deposit for lunch. Plan for lots of scenery along with the hills. 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 Beldon Hill Campground on the left. Obey the maximum speed limit of 5 MPH in the campground.

SUN August 29th 10:00 AM Rec. Park, Binghamton John Gerty 656-4339  
D/4/15 - Don't just watch the other people on bikes. Take a slow ride through (mostly) back roads to the River Walk. Then up to Cheri Lindsey Park and on to Otsiningo Park. Ride to the north end of the path then return. Before and after you can view the Chris Thater races.



## LABOR DAY WEEKEND September 3-6, 2010



Spend Labor Day Weekend in Cape Vincent, New York (out-of-bounds event). The event will include a variety of rides in the area including the bay area around Chaumont, Point Salubrious, Sackets Harbor, Clayton, Wolfe Island, Kingston, and Gananoque. Ride distances range from 25 to 60 miles or more if you want more.

Karen Koscianski is taking reservations for the stay at American Youth Hostel at the Tibbetts Point Lighthouse Hostel. The cost of a bed in the hostel is approximately \$18.00 per night. She can also provide recommendations for other places to stay as well.

For Information: Call or e-mail Karen Koscianski 786-5619  
kkoscianski@stny.rr.com

## HABITAT BIKERS

July 21-22, 30 bicyclists are cycling from Providence RI (Brown U) to Seattle, WA and will be arriving in the Binghamton area Monday, July 21. They will have a "work day" with the BC Habitat for Humanity on Tuesday, July 22, leaving the area for the Elmira area on Wednesday morning, July 23. More information will be on the listserv in mid-July. This is an annual event and there is often an opportunity for STBC members to interact and help them in their quest.  
[amueller@binghamton.edu](mailto:amueller@binghamton.edu)



## LOCAL BICYCLE SHOPS

**Aeros Cyclery & Ski Center** 640 Conklin Road, Binghamton  
607-724-7313

**American Cycle Express**  
(WWW sales - <http://www.americancycle.com>)  
333 Vestal Pkwy. East, Vestal 607-748-4800

**Babcock Bicycles** 110 W. Main Street, Endicott 607-754-0886

**BC Bicycles** 215 Vestal Pkwy. East, Vestal 785-3772

**Bicycle Technical Services**  
824 NY17C, Waverly 607-565-9049

**The Bike Rack** 409 College Ave., Ithaca 607-272-1010

**Chenango Point Cycles** 45 Washington Street, Binghamton  
607-724-7481 <http://www.chenangopoint.com/>

**Gear-To-Go Tandems** Saranac Lake, NY  
<http://www.gtgtandems.com/> 518-891-1869

**Main Street Bike Shop**, 3809 Main St., Burdett, NY 14818  
<http://www.mainstreetbikeshop.com/> (607) 342-6098

**New Milford Bike Shop** 195 Main Street, New Milford  
<http://www.newmilfordbike.com/> 570-465-2169

**Sport Tech** 166 Main Street Oneonta, NY  
607-432-1731 <http://www.sporttechonline.com>

## WORD FROM OUR PRESIDENT

As most of you know, Denny is a pretty quiet guy, he doesn't often say a lot and he doesn't shout, but when he speaks, we should listen. Below is the note he sent out after this year's banquet. I'd like to second his thoughts, especially the reminder to ride safely and to OBEY all traffic laws. We need to be an example for other bike riders and motorists so that the roads become a friendlier place.

Don Gillespie (STBC VP)



Thanks to everyone who attended our annual dinner at the California Grill Saturday nite.

Our dinner committee did a great job..!! Please let us know what you thought, anything we could do differently..??

Congratulations to Augie Mueller, the 2010 recipient of the coveted "Golden Gear" award. Last year's recipient, Don Gillespie was unable to attend and make the presentation, his wife Lonnie did a great job making the presentation in Don's place.

The officers and directors would also like to announce the addition of Regina Losinger and Dick Porterfield to our Board of Directors. Regina has handed the office of Treasurer over to Sam Russo and we're very lucky she agreed to serve on the Board.

Dick is very involved with club activities ( plan on coming to the Ride of Silence, May 19 ) and we're lucky he's also agreed to serve on the board.

Better riding weather IS on the way... I look forward to seeing you on our various ride offerings.

Just a quick reminder.. RIDE SAFE, always obey the traffic signs and signals. We are setting examples for other riders AND drivers.

Thanks..!!!  
Denny Uhlig  
STBC President





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

<http://www.southerntierbicycleclub.org>



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## OUT OF BOUNDS



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

b.i.k.e.-Syracuse Cycle de'Cuse, June 27, scenic 5, 20, or 40 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 July 11 9:00 AM. A wonderful easy flat ride for people who don't often go on bike rides. Pre-register for \$2 at bike shops. Starting at 8:30 register for \$3 day of the event. This, our fifth year, even flatter than last year. Start at South Washington Street Bridge. Call 778-2443 for more information.

Erie Canal Tour, July 11-18, 8-day, 400mi, Buffalo to Albany, 12<sup>th</sup> annual. <http://www.ptny.org/canaltour/>

The 10<sup>th</sup> Annual Great Big FANY Ride: July 25-31, 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 25-31, 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 7-8, 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. Saturdays ride lengths are from 26 to 100 miles. Sunday rides range from 24 to 53 miles. For more information see <http://www.biketiooga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

Empire State Aids Ride: August 16-19, four day, 330-mile ride from New York City to Washington, DC. [www.empirestateaidsride.org](http://www.empirestateaidsride.org)

27<sup>th</sup> Chris Thater Memorial Criterium: August 28-29, 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 11: 100-mile ride around Cayuga Lake, [www.aidsrideforlife.org](http://www.aidsrideforlife.org), or call STAP's Ithaca Office at (888) 206-2870

Countryside Conservancy Go Greene Bike Tour, October 2, Lackawanna State Park. Mountain and road bikes, beginner to metric century. Benefit of Tunkhannock Creek watershed. <http://www.countrysideconservancy.org/index.htm>

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

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