

# SUMMER 2011

**The GFLBT is June 10-12,  
Don't miss it!**



## 2011 Great Fingerlakes Bicycle Tour *June 10-12, 2011*

*A full century ride!*

*Excursions to Seneca Falls and Cayuga Lake State Park!*

*Hikes to Watkins Glen State Park gorge from camp!*

Enjoy three days of bicycle touring and hiking in the beautiful Finger Lakes region of New York State while staying at secluded Watkins Glen State Park Hidden Valley Group Camp. Choose a ride that is just right for YOU from 15 to 109 miles. Hike to Watkins Glen gorge from camp. Gather with friends.

More information about the event including detailed ride options, event schedule, and registration form are located at: <http://www.southerntierbicycleclub.org/fingerlakestour.html>.

### WORD FROM OUR PRESIDENT

Thanks to all who attended our annual dinner at Endwell Greens on April 30. Big thanks to Joan Hebb and the dinner committee. They did a great job!

Congratulations to Regina Losinger, the 2011 recipient of the coveted "Golden Gear" award. Last year's recipient, Augie Mueller, presented Regina with the award. This award was very well deserved; Regina has played a significant role in guiding the club for a long time.

Thanks also to Mona Wysocki for her terrific job coordinating our Adopt-A-Highway cleanup on Route 12 from Kattelville Hill to Chenango Forks. Thanks also to all of the members who came out and helped. We made quick work of the trash pickup! I hope you'll come back out in the Fall when we do it all again. Finally, thanks to Stan for leading the ride to Whitney Point.

Steve has done a fantastic job recruiting ride leaders for the Summer schedule. Come out and join us! Better riding weather IS on the way. I look forward to seeing you on the road!

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

### OFFICERS:

**President:** Dennis Uhlig • (607) 563-7822  
uhligden@stny.rr.com

**Vice President:** Steve Bruno • (570) 465-2169  
bike195@epix.net

**Secretary:** Joan Hebb • (607) 729-9352  
jinana@earthlink.net

**Treasurer:** Samuel Russo • (607) 729-7687  
samuelrusso@yahoo.com

### BOARD OF DIRECTORS:

John Gerty • Nancy Botting • Dick Porterfield  
Nancy MacNeill • Don Robertson • Mona Wysocki

### 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 John Gerty and Nancy MacNeill 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 yahoo.com

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 contribute to the conversation or just listen in.

In addition to the listserv 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) Be sure to provide your name so that club membership may be verified. 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 *Southern Tier Bicycle Club* 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 8<sup>th</sup>. Send submissions to: STBC NEWSLETTER • PO BOX 601 • Binghamton, NY 13902-0601, or email Mona Wysocki at [girllovesbikes@gmail.com](mailto:girllovesbikes@gmail.com).

## 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 Steve Bruno at (570) 465-2169 or at [rides@southerntierbicycleclub.org](mailto:rides@southerntierbicycleclub.org).

## 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:

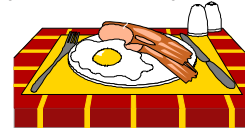
"D/4/30" 10-13 mph over flat terrain, 30 miles.

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 - TUESDAY AND THURSDAY RIDES



There's a group of dedicated club members that ride on Tuesday and Thursday as often as they can during the riding season. Lunch is an integral part of the ride, consequently, the name *Wheels to Meals*. The rides are of a modest pace and vary from week to week. If you are available week days to ride, then you should give these rides a try.

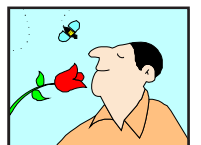
Details of each ride are announced via the club list server, so you'll need to sign up at the Yahoo Group Site for the STBC group. See details elsewhere in this newsletter on how sign up for the list server posts. Choose to receive the list e-mail and you'll get details for each ride in your inbox a couple of days prior to each event. The groups logo, W2M, will always be in the subject line.

We welcome newcomers, so come and join the rides.

This year Don Gillespie ([bikes325@cs.com](mailto:bikes325@cs.com)) will be coordinating the Tuesday rides and Pat and Carolyn Gilligan ([cgilligan@stny.rr.com](mailto:cgilligan@stny.rr.com)) will be coordinating the Thursday rides. Contact us if you have questions.

## STOP AND SMELL THE FLOWERS RIDES

Again this summer, 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 20 miles. Joan will be posting the starting location and ride details the Thursday before the ride on the STBC listserv. In addition, Anne Marie Ruspantini is leading four short, slow-paced city rides this summer with stops at the Otsiningo Farmers Market. Her rides all start in Binghamton (no driving) and make use of the bike/pedestrian trails available. If you're a "gentle" rider for whatever reason, dig out the bike and come on out!





## JUNE RIDE SCHEDULE 2011

Tuesday and Thursday Morning Rides: Wheels to Meals

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

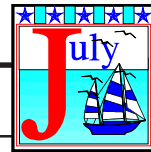
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

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- SAT June 4, 10:00AM Cannonsville Reservoir Loop Sam Russo 607-372-6688  
 C-D/2/35 - Meet at Trout Creek Fishing Access. From Binghamton area, NY17 East to exit #84 and take left at bottom of ramp on NY8, NY10. Proceed through Deposit on NY8 and NY10 then right following NY10. Just after NY 10 crosses the reservoir, turn left on Trout Creek road. The fishing access parking will be on your left. We will ride to Walton and back. Lunch is in Walton. You can skip the hill on 206 by returning on NY 10. One of our most scenic rides, quite often Eagles are spotted on this ride.
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- SUN June 5, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb 607-729-9352  
 D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv on the Thursday prior to the ride.
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- MON June 6, 6:00 PM Nite Lite Ride Steve Bruno 570-465-2169  
 MBR D/3/15- Meet at the Bike Shop in New Milford at 6:00 pm for a relaxed casual MBR to unwind from the fast pace of the weekend. We will be doing dirt and mountain bike stuff for about 2 hours with the option for more with lights at the end. <http://newmilfordbike.com/NiteLiteRides.htm>
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- FRI June 10—SUN June 12 2011 Great Finger Lakes Bicycle Tour Augie Mueller 722-6005  
 Enjoy three days of bicycle touring and hiking in the beautiful Finger Lakes region of New York State while staying at secluded Watkins Glen State Park Hidden Valley Group Camp.
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- SAT June 18, 10:00 AM Price Chopper in Owego Nancy MacNeil 607-725-6128  
 C/2/52 - We'll ride out Halsley Valley Road, down to Route 17C and over to Sayre. Lunch will be in Sayre, and then ride back on River Road.
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- SUN June 19, 9:00 AM Father's Day Warm-Up Gary Wilde 607-754-9527  
 C/2/23 - Meet at the Apalachin Fishing Access at 9:00 am for a short, but challenging, ride before your Father's day festivities begin. We'll ride to Vestal and go south at four corners, riding out Glenwood Ave. to Underwood Road, one of the premier climbing challenges in the area, then we'll fly back home down Tracy Creek Road. It's not long, but you'll know you were on a ride. Directions to Start: From Binghamton, NY17 West to Exit #66. Turn right at top of the ramp, then left to fishing access lot. MapMyRide Link: <http://www.mapmyride.com/routes/view/33274034>
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- SUN June 19, 10:00 AM Harry Tufts, Endicott, NY Marie D. Monaco 607-785-0117  
 C/4/15 – We will start at Harry Tufts, 203 W Main Street, with lunch to follow at Harry Tufts at Noon.
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- SAT June 25, 8:30AM Confluence Park, Binghamton, NY John Ruth 607-651-9939  
 C/4/25 We will ride from Confluence Park up the River Trail to Pickle Hill B&B near Port Dick Park for breakfast (\$). From there we will ride around the River Road loop outside of Chenango Bridge and back. Please call me the day before if planning on attending, so they will have the appropriate amount of food.
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- SUN June 26, 9:00 AM \$1,000,000 Ride Steve Bruno 570-465-2169  
 MBR D/1/25- will meet at New Milford Bike at 9:00 am and take the Highland Road up into the PA Game Lands to the \$1,000,000 Highway. Mountain bike through backwoods and nature, then roll along the Susquehanna River to Hallstead for the long way back via Dubois Creek. Steep climbs and rough terrain for 25 amazing miles at a relaxed pace. [http://newmilfordbike.com/\\$1,000,000.htm](http://newmilfordbike.com/$1,000,000.htm)
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- SUN June 26, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb 607-729-9352  
 D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv on the Thursday prior to the ride.
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## JULY RIDE SCHEDULE SUMMER 2011



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 July 3, 9:00 AM** Three Courses Ride Gary Wilde 754-9527 & Rob Hutcheson 785-6898  
C/2/41. Start at Apalachin Fishing Access Site at 9 AM. We'll ride by three golf courses (sorry, not a 3 course dinner). Hiawatha, Pheasant Hill and Apalachin. We'll return climbing up Chestnut Ridge to Montrose Turnpike. Possible stop in Owego on the way back for lunch. For a shorter ride, you can bail out on Pennsylvania Avenue when we head up Chestnut Ridge. You'll miss one large hill and shorten the ride to about 25 miles. The route can be viewed at MapMyRide at: <http://www.mapmyride.com/routes/view/21242376>

**SAT July 9 10:00 AM** Confluence Park, Binghamton, NY Anne Marie Ruspantini 607-237-7568  
D/4/10 - Get the weekend started by meeting Anne Marie at Confluence park (located on the downtown side of South Washington Street Bridge) and go through Otsiningo Park and stop at the Farmer's Market before leaving the park. Please call ahead if you plan to join.

**SAT Jul 9, 10:00 AM** Cooperstown Two Lake Tour Tim Hanna 656-7680,768-0429  
D/4/50 - Scenic ride, touring the shorelines of Otsego and Canadarago Lakes. Lunch stop at the Lake House on the east shore of Canadarago Lake. Park just south of Cooperstown in the Trolley Lot behind Wilber National Bank on Rt 28 for a 10 AM start. We'll ride north on Rt 31 with a short stop at Glimmerglass State Park. W on Rt 20 to Richfield Springs. Rts 28 and 22 counterclockwise around Canadarago Lake stopping for lunch at The Lake House at approx. 12:30. Then S on Rt 80 along the west shore of Otsego Lake back to the Trolley Lot at approx. 4 PM. Please call or email to RSVP ([tim\\_hanna@juno.com](mailto:tim_hanna@juno.com)) so I can get an approximate count for the restaurant reservations. Hope to see you there

**SUN July 10, 10:00 AM** Rural North Eastern PA Jeff & Susie Wheeler 570-727-3715  
MBR D/2/27 - Join us for one of our favorite backyard journeys. Starting in State Game Land 070 we'll parallel the East Branch of the Hemlock Creek into Wayne County, up through a hillside landing strip, weave our way to Star Pond Road SGL 299. Tranquility (without planning) has been enjoyed at this upper of two mountain ponds where we can regroup before descending an old fire road down thru this rugged yet stunning drainage pass to the Delaware River valley and its road. Options for our return vary. Mileage: approximately 12 poor and 12 nice dirt road, 5 paved and 1 old fire road. Rains prior to the ride will yield wet and muddy areas but the water works will abound. BYO trailside nutrition. Meet at Jeff & Susie's, 825 Barton Rd, Stevens Point, PA.

**MON July 11, 6:00 PM** Nite Lite Ride Steve Bruno 570-465-2169  
MBR D/3/15- will meet at the Bike Shop in New Milford at 6:00 pm for a relaxed casual MTB ride to unwind from the fast pace of the weekend. We will be doing dirt and mountain bike stuff for about 2 hours with the option for more with lights at the end. <http://newmilfordbike.com/NiteLiteRides.htm>

**SAT July 16 10:00 AM** George W. Johnson Park Endicott John Norris 607-785-1166  
C/2/37 - Meet at George W. Johnson Park parking lot at intersection of Witherill St. and Oak Hill Ave in Endicott at 9:00 AM for pre-ride coffee & or breakfast fare across street at L' Amore Caffe or meet at GWJ Park to leave for ride at 10am. We will make our way to West Endicott to 17C West then take that rte to downtown Owego. Short option riders can return via 434 East and jump back to 17C East at the Apalachin/Campville bridge then work their way back to GWJ Park (C/4/30). Long option riders will take Rte 38 North to Newark Valley then go to Union Center on 38B to 26 South to Old Nanticoke Rd. and back to 26 South once we have returned to West Endicott. We will then head back to GWJ Park. After ride, have pizza & frozen custard at Joey's Pizza or ice cream at L' Amore Caffe.

**SUN July 17, 1:30 PM** Stop and Smell the Flowers Ride Joan Hebb 607-729-9352  
D/4-3/-20 - Slow paced ("D") ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv on the Thursday prior to the ride.

**MON July 18, 9:00 AM** Owasco Lake Steve Bruno 570-465-2169  
C/3/50- Meet at Fillmore Glen State Park at 9:00 am, head north up the west side of Owasco Lake and cross over to the east to Skaneateles. Lunch will be in Skaneateles. Head south on the west side of Skaneateles Lake and cross over Burtis Point on Owasco Lake and back down to Moravia. Fifty rolling miles at a flowing pace with swimming and hiking at the Glen. <http://newmilfordbike.com/Owasco.htm>

**SAT July 23 10:00 AM** Rec. Park, Binghamton Anne Marie Ruspantini 607-237-7568  
D/4/10 - Three park ride. Meet at Rec. Park, ride to Confluence Park and continue via the bike/pedestrian trail on through Otsiningo Park. Stop at the Farmer's Market before leaving the park. Please call ahead if you plan to join.

**SUN July 24, 10:00 AM** Skaneateles Lake Loop Gary Wilde 754-952 & Rob Hutcheson 785-6898  
C/2/57 - We will meet at 10:00 am in beautiful downtown Homer to ride a clockwise loop around Skaneateles Lake. We'll find a place for lunch in Skaneateles, which is at the north end of the lake. Directions to start: North on I-81. Take the US-11 N/RT-41 N/RT-90 ramp toward HOMER. Turn LEFT onto US-11/S MAIN ST/RT-41/RT-90. We'll meet up in the parking lot behind the stores between Pine and Wall Streets. MapMyRide Link: <http://www.mapmyride.com/routes/view/22951294>

**SAT July 30, 9:00 AM** Annual APM Birthday Ride (Actual Date!) Augie Mueller 722-6005  
C/3/10, 24, 38, or 48 miles. Lunch at Genegantslet Golf Club. You choose starting point (Time/Meet/Miles) 9:00 /Confluence Park/48 mi., 9:45/Otsiningo Park N/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.



## AUGUST RIDE SCHEDULE SUMMER 2011

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>

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- SAT August 6 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 (located on the downtown side of South Washington Street Bridge) and go through Otsiningo Park and stop at the Farmer's Market before leaving the park. Please call ahead if you plan to join.
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- SUN Aug 7, 10:00 AM Harry Tufts, Endicott, NY Marie D. Monaco 607-785-0117  
 C/4/15 – We will start at Harry Tufts, 203 W Main Street with lunch to follow at Harry Tufts at Noon.
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- SUN Aug 14, 9:00 AM Halsey Valley/Ellis Creek Loop Gary Wilde 754-9527 & Rob Hutcheson 785-6898  
 C/2/44 - We will meet at 9:00 am at the Tioga Center High School and proceed out Halsey Valley to Straits Corners. After a long climb and a fun descent, we turn toward Spencer on Rt. 96 and circle back around to the other end of Halsey Valley then back to Ellis Creek, turning right and riding over the hill to 17C in Waverly. Turn left on 17C for the ride back to the start. Directions to start: From Binghamton area, west on NY17 to exit #64, follow NY96 across bridge, turn left on NY17C just past courthouse. Go west on NY17C to Tioga Center, continuing through the village. High School is on the right on 5th Ave. MapMyRide Link: <http://www.mapmyride.com/routes/view/33246846>
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- SAT August 20 10:00 AM Rec. Park, Binghamton, NY Anne Marie Ruspantini 237-7568  
 D/4/10 – Three park ride. Meet at Rec. Park, ride to Confluence Park and continue via the bike/pedestrian trail on through Otsiningo Park. Stop at the Farmer's Market before leaving the park. Please call ahead if you plan to join.
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- SUN Aug 21, 1:30 PM Stop and Smell the Flowers Ride Joan Hebb 607-729-9352  
 D/4-3/-20 - Slow paced (“D”) ride on flat to some hills terrain, under 20 miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv on the Thursday prior to the ride.
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- MON Aug 22, 6:00 PM Nite Lite Ride Steve Bruno 570-465-2169  
 MBR D/3/15- Meet at the Bike Shop in New Milford at 6:00 pm for a relaxed casual MBR to unwind from the fast pace of the weekend. We will be doing dirt and mountain bike stuff for about 2 hours with the option for more with lights at the end. <http://newmilfordbike.com/NiteLiteRides.htm>
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- SUN August 28th 10:00 AM Chris Thater Ride, 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. Meet at the STBC table in Rec. Park to start the ride.
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## OUT OF BOUNDS



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

CYCLE De 'Cuse', A Charity Bike Ride, Sunday, June 5 anytime from 9 AM to 3 PM and ride the 20 mile Cycle De 'Cuse route through the neighborhoods of Syracuse. There is also a flat, fun, family-friendly 5 mile option. Burnet Park, beside the pool, is the beginning and ending point and there are water stops along the routes. Parking is available in the park. Registration - \$25. Kids 17 and under ride free with an adult. For more information: [www.bikesyracuse.org](http://www.bikesyracuse.org).

The Ride to Montauk 2011, Saturday June 18, Beautiful flat routes for beginner and experts with distances of 30, 70, 100 and 145 miles. No fundraising required. For more information see [http://www.ridetomontauk.com/Home\\_Page.html](http://www.ridetomontauk.com/Home_Page.html)

Heritage Explorer Bike Tour and Festival, June 18. Rail Trail - various distances. [www.HeritageExplorer.org](http://www.HeritageExplorer.org) Near Scranton, PA.

Bike Virginia, June 24-29. The 24th Annual Bike Virginia event. Riders will enjoy an average of 50 miles of riding per day for 5 days. We'll also give you a century option on one day of the tour. <http://www.bikevirginia.org/> or (757) 645-1861.

26<sup>th</sup> Annual Bay to Bay Ride, Sunday June 26. Go to [http://www.chestertownlions.org/bay\\_to\\_bay.htm](http://www.chestertownlions.org/bay_to_bay.htm) or email [bay2bay@chestertownlions.org](mailto:bay2bay@chestertownlions.org).

13<sup>th</sup> Annual Colgate University Bicycle "Camp" Weekend, July 7-10, Hamilton, NY. Country road bicycling and meeting **great** bicycling people. Stay in Colgate residence halls and eat at their very nice cafeteria before riding. Camp questions to Brian Berry and Geri Muckelbauer, 845-679-3205 or [brianberry@earthlink.net](mailto:brianberry@earthlink.net). See New Milford Bike shop bulletin board for more info: <http://www.newmilfordbike.com/>.

13<sup>th</sup> Annual Erie Canal Tour, July 10-17, 8-day, 400-mile, *Cycling the Erie Canal* bike tour across New York State along the scenic and historic Erie Canal. <http://www.ptny.org/canaltour/>

Fifth Binghamton Historic Bridge Pedal, Saturday, July 16, 2011, This is a ride for people who don't ordinarily go on bike rides. Experienced bikers should bring inexperienced friends. The start is at the South Washington Street bridge. Registration at 8:30 for start 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 seven miles. Registration of \$2 prior to the event, \$3 day of the event. Pre-register at Babcock's Bikes in Endicott, Aeros Cyclery in Conklin, Chenango Point Cycles in Binghamton, or contact Scott Reigle at 778-2443 for details.

The 13<sup>th</sup> Annual Great Big FANY Ride, 500 miles across New York, July 24-30, 2011. "Sore FANY" option covers ½ the miles. <http://www.fanyride.com/>.

2011 BonTon Roulet Tour, July 24-30. Enjoy the splendor of the unique Upstate New York Region, known as the Finger Lakes. For more information see <http://www.bontonroulet.com/> or call 607-756-2893 (Cortland YMCA)

Bike Tioga, August 6-7, sponsored by the Tioga County Tourism and the Rotary Club. This event provides experienced and non-experienced bicycle riders with the choice of rides ranging from 26 to 100 miles on Saturday, and 24 to 53 miles on Sunday. For more information see <http://www.biketioaga.com/> or call Tioga County Tourism at 607-687-7440 / 1-800-671-7772.

MASS BikePike Tour, August 11-14. Explore Massachusetts, cruising through the beautiful countryside of rolling fields, majestic woods, and picturesque towns. The tour starts and ends in Amherst with a route that takes us through picturesque central Massachusetts. Overnight stops will be at local schools in towns along the way. <http://www.massbikepike.org/>

IDIDARIDE! Adirondack Bike Tour, August 14, Ride through some of the most beautiful scenery – cutting right through the central Adirondack Mountains, most of which is public Forest Preserve land. Total elevation gain for 75 mile loop is 6,840 ft. Total elevation gain for 20 mile loop is 1,340 ft. Four (4) rest stops with snacks, water provided along the route. SAGwagon and mobile mechanical support provided. Go to: <http://www.adk.org/events/ididaride/index.html>

2011 Tour de Cure in Watkins Glen to benefit the American Diabetes Association, Saturday, August 20. [http://main.diabetes.org/site/TR/TourdeCure/UpstateNYWNewEnglandArea?pg=entry&fr\\_id=7551](http://main.diabetes.org/site/TR/TourdeCure/UpstateNYWNewEnglandArea?pg=entry&fr_id=7551).

28th Chris Thater Memorial Races, August 27-28, Recreation Park, Binghamton, NY. Benefits BC Stop DWI. For more information see <http://bcstopdwi.com/bcstopdwi/thater> or call 607-778-2056.

Southern Tier Aids Ride for Life, Saturday, September 10. Fully supported, includes lunch and dinner. Benefits the Southern Tier AIDS Program. The ride starts and ends in Ithaca, and follows the Cayuga Scenic Byway around Cayuga Lake. Go to: <http://www.aidsrideforlife.org/> or call (888)206-2870.

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



# 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, and mail to: STBC, Inc., PO Box 601, Binghamton, NY 13902-0601)

## 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>



## LOCAL BICYCLE SHOPS

- Aeros Cyclery & Ski Center** - 640 Conklin Road, Binghamton, NY • 607-724-7313
- Babcock Bicycles** - 110 W. Main Street, Endicott, NY • 607-754-0886 • [www.babcockbikes.com](http://www.babcockbikes.com)
- BC Bicycles** - 215 Vestal Parkway East, Vestal, NY • 607-785-3772
- Bike Rack** - 409 College Avenue, Ithaca, NY • 607-272-1010 • [www.thebikerackonline.com](http://www.thebikerackonline.com)
- Chenango Point Cycles** - 125 Park Avenue, Binghamton, NY • 607-724-7481 • [www.chenangopoint.com](http://www.chenangopoint.com)
- Gear-To-Go Tandems** - Saranac Lake, NY • 518-891-1869 • [www.gtgtandems.com](http://www.gtgtandems.com)
- Main Street Bike Shop** - 3809 Main St., Burdett, NY • 607-342-6098 • [www.mainstreetbikeshop.com](http://www.mainstreetbikeshop.com)
- New Milford Bike** - 910 Main Street, New Milford, PA • 570-465-2169 • [www.newmilfordbike.com](http://www.newmilfordbike.com)
- Sport Tech** - 166 Main Street, Oneonta, NY • 607-432-1731 • [www.sporttechonline.com](http://www.sporttechonline.com)
- Swan Cycles** - 226 Mount Pleasant Road, Freeville, NY • 607-277-0495 • [gs37@cornell.edu](mailto:gs37@cornell.edu)

