



# SUMMER 2012

**The GFLBT is June 8 - 10  
Don't miss it!**



## 2012 Great Finger Lakes Bicycle Tour June 8-10, 2012

*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/greatfingerlakesetour.html>*

### **OFFICERS:**

- President:** Dennis Uhlig • (607) 563-7822  
[uhligden@stny.rr.com](mailto:uhligden@stny.rr.com)
- Vice President:** Steve Bruno • (570) 465-2169  
[bike195@epix.net](mailto:bike195@epix.net)
- Secretary:** Joan Hebb • (607) 729-9352  
[jnana@earthlink.net](mailto:jnana@earthlink.net)
- Treasurer:** Samuel Russo • (607) 729-7687  
[samuelfrusso@yahoo.com](mailto:samuelfrusso@yahoo.com)

### **BOARD OF DIRECTORS:**

John Gerty • Nancy Botting • 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:**

[www.southerntierbicycleclub.org](http://www.southerntierbicycleclub.org)

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

### **WORD FROM OUR PRESIDENT**

Welcome to our Summer 2012 newsletter! We have a great schedule of rides for all abilities in June, July, and August. It's never too late to add rides to the online calendar, there are still open dates, and if you decide to share a ride that you enjoy, contact Steve at [rides@southerntierbicycleclub.org](mailto:rides@southerntierbicycleclub.org). Do keep an eye on our online STBC Yahoo Group calendar for up to date ride information; new rides, and changes to scheduled rides are posted there. I hope you'll come out and join us!

Our annual dinner on May 5th at Endwell Greens was a wonderful time! It was great to see everyone who attended. The Endwell Greens staff put on a delicious dinner again this year and thank you to Joan Hebb for arranging this for us! Thanks to everyone who came out and helped with our Adopt-A-Highway cleanup on Route 12 from Kattelville Hill to Chenango Forks! Many enjoyed breakfast at Laura's Luncheonette before the cleanup, the cleanup was completed in less than two hours, and a ride to Whitney Point was enjoyed with lunch at the Country Kitchen following the cleanup. Mona did her usual excellent job recruiting members and Robbie led the after clean-up ride. Thanks to both of you for your efforts!

Congratulations to Joan Hebb, the 2012 recipient of the coveted "Golden Gear" award. Last year's recipient, Regina Losinger, presented Joan with the award. Joan has filled a special place by leading her series of Sunday "Stop and Smell the Flowers" rides, encouraging new or gentle paced riders to join in the fun! Joan's rides are designed to be a relaxed pace and modest distance, and all are welcome to participate. For any of you that don't know, Joan also plays a key role with the club as Secretary. I'm certainly grateful for all she does for the STBC officers and Board of Directors.

It's still not too late to sign up for the Great Finger Lakes Bike Tour in Watkins Glen from June 8-10; hope to see many of you there! Ride safe! Always obey ALL traffic signals and signs. We "share" the road with moving vehicles that are bigger and faster than us. Let's set a good example for other riders and drivers.

Hope to see you at many of our club rides!

Denny Uhlig  
STBC President

### **About This Newsletter**

This newsletter is published three times a year in the Spring, Summer, and Fall. Items for the Fall 2012 issue must be submitted by August 1st. Please send submissions to Carrie at [cawyssocki@gmail.com](mailto:cawyssocki@gmail.com)



## STBC Group on Yahoo!

The club has created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group allows club members to communicate through a listserv for up to date, 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.

Even if you haven't signed up for a Yahoo! user ID and registered for the STBC group listserv, you can use your browser to check out the club messages. Direct your browser to the following address and you can use the on-screen controls to scroll through and browse the club posts from the most current to the oldest.

<http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

Members may post messages on the discussion group via an e-mail to this address:

[SouthernTierBicycleClub@yahoo.com](mailto:SouthernTierBicycleClub@yahoo.com)

### How to Sign Up for the STBC Yahoo! Group

1. Go to: <http://www.southerntierbicycleclub.org/listserve.html>  
Follow the instructions on the page. *Please be sure to provide your full name* so that your membership in STBC can be verified.

- OR -

2. Go to [www.groups.yahoo.com](http://www.groups.yahoo.com), enter *Southern Tier Bicycle Club* in the *Find a Yahoo! Group* field, click on Search, which will bring you to the *Southern TierBicycleClub* 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.

### Nearby clubs with home pages:

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

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

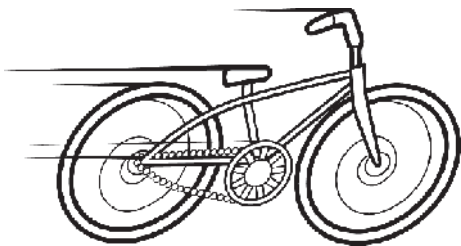
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

Finger Lakes Mountain Bike Club:

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

## 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).



## 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 online at:  
[www.southerntierbicycleclub.org/rideschedule/ridesignupform.html](http://www.southerntierbicycleclub.org/rideschedule/ridesignupform.html)
8. Once you've completed the ride, return the form to the STBC address.

## 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



Meet for breakfast, 8 a.m., every Sunday morning at the Park Diner on Conklin Avenue overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast riding varies, and is optional, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of routes, including but not limited to NY 7, NY 11 or the route taken out. On occasion we may ride the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.



Please contact Augie at [amueller@binghamton.edu](mailto:amueller@binghamton.edu) or 607-722-6005 with any questions.

## TUESDAY NIGHT HILL RIDES

How about something a little different? Join Doug Williams for some hill riding training, we will go up and we will come down, again and again. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union

Center Christian Church located at 950 Boswell Hill Road in Union Center. We will ride at 6 pm sharp unless there's bad weather, every Tuesday night through August 28.

Please contact Doug at: [dougwilliams7@stny.rr.com](mailto:dougwilliams7@stny.rr.com) or (607) 760-2406 with any questions.



## STOP AND SMELL THE FLOWERS RIDES

Again this summer, Joan Hebb will lead several Sunday 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. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! (Joan will be posting the starting location and ride details the Thursday before the ride on the STBC listserv; directions to sign up for the listserv posts are in this newsletter on page 2.)



Please contact Joan at [jnana@earthlink.net](mailto:jnana@earthlink.net) or 607-729-9352

## 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. The average ride length is between 25 and 30 miles, but often there are shorter options possible. 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 serv, 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 listserv posts. Choose to receive the list email and you'll get details for each ride in your inbox a day or two 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 and Lonnie 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. Please contact us if you have questions.

## ENDICOTT BOYS AND GIRLS CLUB RIDES

Through June 21, when the weather is nice, the Oasis teen after school program at the Endicott Boy's and Girl's club will continue bike rides on Thursdays from 4:30 to 6:00 pm. Rides often go to the Vestal Rail Trail, along 434 to Castle Garden, or to Grippen or Highland Park. The purpose of these rides is to encourage teens to get out, get some fresh air and exercise, and to learn safe bicycle habits. Southern Tier Bicycle Club members are welcome to ride along in order to help encourage these safe bicycle habits!

All are welcome; the rides tend to be flat, short and slow. On Wednesdays prior to the Thursday rides, watch for details in posts on the listserv.

Please contact Steven at [sbard@binghamton.edu](mailto:sbard@binghamton.edu) or 607-754-4756 if you have any questions.



## STBC MEMBERSHIP

- Family member      New      Renew (\$3) \_\_\_\_\_ year = \$ \_\_\_\_\_
- Lifetime under age 50 (\$60)      Lifetime age 50 and older (\$30)      = \$ \_\_\_\_\_
- Full-time student membership (free)      = \$ \_\_\_\_\_

Name: \_\_\_\_\_ Total Enclosed: \$ \_\_\_\_\_

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 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: \_\_\_\_\_

**JUNE RIDE SCHEDULE 2012****Tuesday and Thursday Morning Rides**

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.  
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

**SAT June 2, 10:00 AM****Skaneateles Lake Loop****Gary Wilde 607-754-9527**

B/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>

**SUN June 3, 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.

**TUES, June 5, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**FRI to SUN June 8 to10****32nd Annual Great Finger Lakes Bike Tour****Augie Mueller 607-722-6005**

More info at <http://www.southerntierbicycleclub.org/greatfingerlakestour.html>

**TUES, June 12, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**SUN June 17, 11:00 AM****The Bunny Ride: Part Two****Johanna Lovell 607-372-3653**

C/2/42 - Meet at Otsiningo Park, at the pavilion, and join us for part two of the Bunny Ride! This one will have a mix of flat terrain, gentle and larger hills; a bit longer and warmer with a stop just outside of Centre Village for a little treat. Fun way to celebrate Fathers Day!

**TUES, June 19, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**SAT June 23, 10:00 AM****Speedsville & Brooktondale****Eric Cotts 607-760-3731**

C/3/46 - Meet at Tioga County Public Health, 1062 New York 38, Owego, NY. A ride on good roads through the valley of Newark and up and over a long, gentle rise and then down in to the Cayuga Lake Valley to Brooktondale, where a respite at Brookton's Market could be followed by a wade in Sixmile Creek, then back via wide shouldered Rt.79, and south on West Creek Road.

**SUN June 24, 10:00 AM****\$1,000,000 Ride****Steve Bruno 570-465-2169**

MBR D/1/25 - We will meet at New Milford Bike at 10:00 AM and take the Highland Road up into the PA Game Lands to the \$1,000,000 Highway, mountain bike through backwoods and nature and 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)

**TUES, June 26, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**SAT June 30, 10:00am****NEPA Rail Trail Art Day****Augie Mueller 607-722-6005**

E/4/18--This is ART ON THE TRAIL day and there will be much to see. We will start and end at the Cable Deli in Uniondale, PA, which is also the location of the rail trail hdqtrs. A chicken BBQ at the Deli will cap our adventure. Hard packed dirt. Any bike would do, but if you have an off road or hybrid bike, bring it. Directions: I-81 South to Great Bend and PA 171 to Susquehanna and Uniondale.



**For up to date ride information; new rides, and changes to scheduled rides, please check the STBC online calendar.**



## JULY RIDE SCHEDULE 2012

### Tuesday and Thursday Morning Rides

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.  
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

#### SUN July 1, 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.

### Sorry, this ride has been cancelled!

#### MON July 2, 10:00 AM

#### Along Pepacton Reservoir

Johanna Lovell 607-372-3653

C/1/55 We will meet at the Downsville High School on Route 30 in Downsville, NY, and head up over the mountain, it is a big one! We will stop in Delhi for lunch, multiple eateries to choose from and we will re-group after lunch then continue on to Andes. There will be a scheduled stop for re-charging, re-grouping and resting. We will then continue back to Downsville along the Pepacton Reservoir. This is a beautiful area with great views, bring your camera.

#### TUES, July 3, 6 PM sharp

#### Hill Riding Training

Doug Williams 607-760-2406

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

#### TUES, July 10, 6 PM sharp

#### Hill Riding Training

Doug Williams 607-760-2406

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

#### SAT, July 14, 9:00 AM (8:30 registration) 7th Binghamton Historic Bridge Pedal

Augie Mueller 607-722-6005

D/4/10 This is a ride for people who don't ordinarily go on bike rides; experienced bikers please try to bring inexperienced friends. Start at South Washington Street bridge (Confluence Park), registration (\$2 prior to the event, \$3 day of the event) at 8:30 for start 9 AM, police escort, relaxed pace under 10 mph over flat terrain for a total of ten miles. Pre-register at Babcock's Bikes in Endicott, Chenango Point Cycles in Binghamton, or contact Scott Reigle at 778-2443 for details.

#### SUN July 15, 10:00 AM

#### CFJ Park Johnson City to Whitney Point

Jim Conroy 607-759-3325

C/3/45 - We will start by playing on my favorite hill heading up to the Broome County airport and then find some less traveled roads, one of Broome County's newest and bump along to a newly found gem. There will be a break at the nearest store in Whitney Point for a snack. Then return by consensus via either NYS Rt 79 or US Rt 11 and Chenango Bridge. We will go up and we will come back down, not once but 3 times. If everyone is good we might even get ice cream. An approximation of the route can be seen at: <http://bikeroutetoaster.com/Course.aspx?course=381891>

#### TUES, July 17, 6 PM sharp

#### Hill Riding Training

Doug Williams 607-760-2406

B/1 -2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

#### SUN July 22, 9:30 AM

#### Apalachin Fishing Access - Whitmarsh Hollow

Gary Wilde 607-754-9527

B/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 Road. 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, we will meet at Hickories Park at 10:15 AM. This ride is fairly flat with a fairly large hill at Whitmarsh Hollow.

#### TUES, July 24, 6 PM sharp

#### Hill Riding Training

Doug Williams 607-760-2406

B/1 -2/1 8-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

#### TUES, July 31, 6 PM sharp

#### Hill Riding Training

Doug Williams 607-760-2406

B/1 -2/1 8-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

#### SAT July 28, 9:00 AM

#### Augie Mueller Birthday Ride

Augie Mueller 607-722-6005

C/3/10, 24, 38 or 48 - Lunch at Genegantslet Golf Club, Greene, NY Start points (Time/Meet/Miles): 9:00AM/Confluence Park/48 mi, 9:45/Ot-siningo N/38 mi, 10:30/CForks Fishing Access/24 or 10 mi, Noon/Genegantslet Golf Club /0. Free Birthday Cake for desert. RSVP [amueller@binghamton.edu](mailto:amueller@binghamton.edu) or call 607-722-6005 by Thursday, July 26

**For up to date ride information; new rides, and changes to scheduled rides, please check the STBC online calendar.**

**AUGUST RIDE SCHEDULE 2012****Tuesday and Thursday Morning Rides**

See page 3 in this newsletter for details about the Tuesday and Thursday morning rides.

For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>**MON Aug 6, 9:00 AM****Owasco Lake****Steve Bruno 570-465-2169**

C/3/50 - We will meet at Fillmore Glen State Park at 9:00 AM and head North up the west side of Owasco Lake, cross over to the East to Skaneateles, head South on the west side of Skaneateles Lake, cross over Burtis Point on Owasco Lake and back down to Moravia. 50 rolling miles at a flowing pace with swimming and hiking at the Glen. <http://newmilfordbike.com/Owasco>.

**TUES, Aug 7, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1-2/18-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**SAT Aug 11, 9:30 AM****Karen's Cazenovia!****Karen Koscianski 607-239-9691**

B/3/65 or C/3/44 - Ride to Cazenovia Lake with Karen K. for a 65 or 44 mile option. All will meet at Denny's Restaurant, Cortland exit, Route 13, Cortland, NY at 9:30. People choosing 44 mile option will drive their cars North on Route 13 to the Fishing access approx 10 miles on right hand side. Park your cars and start to ride north toward Deruyter. Both groups should meet up on the route and then head onward to Cazenovia where we will enjoy a pre lunch swim, lunch in Cazenovia and a beautiful summer day in the countryside. Option to loop back through Fabius and Morgan Hill State forest on the return trip.

**SUN Aug 12, 9:00 AM****Halsey Valley/Ellis Creek Loop****Gary Wilde 607-754-9527**

B/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>

**TUES, Aug 14, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1 -2/1 8-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**SUN Aug 19, 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.

**TUES, Aug 21, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1 -2/1 8-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

**SAT Aug 25, 10:00 AM****Butternut Valley****Denny Uhlig 607-591-0646**

D/3/47 - Enjoy the Butternut Valley on a ride from Sidney thru Gilbertsville to Morris. Meet at the Sidney McDonalds at 10:00 AM. For a shorter ride, park at the Mt. Upton Park by 11:00 AM, we will pick up anyone starting there as we ride thru Mt. Upton. Directions to start: take exit 9 (Sidney exit ) off I-88, turn left off the exit onto Rt 8 North. At the bottom of the hill, turn left at the light onto Delaware Ave. McDonalds is on the left, about 1/2 mile from the light. To start in Mt Upton, take exit 9 off 1-88, turn left onto Rt 8 North. Continue on Rt 8 for about 8 miles. Mt Upton Park is on the left just before the blinking light at the intersection of Rt 8 and Rt 51.

**TUES, Aug 28, 6 PM sharp****Hill Riding Training****Doug Williams 607-760-2406**

B/1 -2/1 8-25 - Meet at the Union Center Christian Church located at 950 Boswell Hill Rd. in Union Center. Check the STBC listserv if weather is questionable, or contact Doug.

***For up to date ride information; new rides, and changes to scheduled rides, please check the STBC online calendar.***



## OUT OF BOUNDS



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

**2012 AIDS Red Ribbon Ride**, Sunday, June 3. Rides of 20 or 50 miles; picturesque tours of the Genesee River Valley. (Also, five day 400 mile fundraising event through Finger Lakes Region, August 22-26) For more info see: [www.aidsredribbonride.org](http://www.aidsredribbonride.org)

**9th Annual Get Your Guts in Gear**, June 8-10. Two day 150 mile ride with optional century loop on Saturday; beautiful views and quaint towns/villages along Hudson. Benefits Crohn's and colitis; fundraising required. For more info see: [www.ibdride.org](http://www.ibdride.org)

**CYCLE De 'Cuse'**, A Charity Bike Ride, Sunday, June 10 come anytime from 9 AM to 3 PM and ride the 20 mile Cycle De 'Cuse route through the neighborhoods of Syracuse. Registration - \$25. Kids 17 and under ride free with an adult. See: [www.bikesyracuse.org](http://www.bikesyracuse.org).

**Heritage Explorer Bicycle Tour**, Saturday, June 16. Peckville, PA (near Scranton)

See: <http://www.active.com/cycling/peckville-pa/heritage-explorer-bike-tour-2012>

**The Ride to Montauk 2012**, Saturday June 16. Beautiful FLAT routes for beginner and experts with distances of 30, 70, 100 and 145 miles. Basic cost \$87.

**7th Annual Tour de Ulster/Kingston** June 24. Rides of 5, 10, 25 and 50 miles with bicycle rodeo at noon; free cookout. For more info see: [www.tourdeulster.com](http://www.tourdeulster.com)

**Bike Virginia**, June 22-27. The 25th Annual Bike Virginia event. Riders will enjoy an average of 50 miles of riding per day for 5 days. The 2012 Bike Virginia Tour will visit the beautiful and historic Northwestern corner of Virginia and our "wild and wonderful" neighboring state, West Virginia. For more info see: <http://www.bikevirginia.org/> or (757) 645-1861.

**27th Annual Bay to Bay Ride**, Sunday June 24. Five routes between 27-104 miles, including flat loop. Tour Upper Eastern Shore of Maryland and Delaware to the Chesapeake Bay. Go to club website at [www.chestertownlions.org](http://www.chestertownlions.org)

**Windham 2012 Mountain Bike World Cup Festival**, June 30-July 1, Windham Mountain Ski Resort. Cross country and downhill races (pro men's, pro women's, pro junior's and pro under 21's governed by UCI; pro-am governed by event partners such as Root 66) and family-friendly events including the race expo and pit, a block party, concert, kids race and big wheel race. See: [www.racewindham.com](http://www.racewindham.com)

**14th Annual Colgate University Bicycle "Camp" Weekend**, July 5-8. Hamilton, NY. Country road bicycling, Colgate residence halls, nice cafeteria meals. Contact Brian Berry and Geri Muckelbauer, 845-679-3205 or [brianberry@earthlink.net](mailto:brianberry@earthlink.net). See <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/message/3856>

**The 12th Annual Great Big FANY Ride**, July 22-28. 500 miles across upstate New York; a camping tour with a hotel option. For more info see: [www.fanyride.com](http://www.fanyride.com)

**Annual Erie Canal Tour**, July 8-15. Cycle the Erie Canal, a supported tour across New York State along scenic and historic Erie Canal, 40-60 miles per day; most days on level ground. For more info see: [www.ptny.org/canaltour/](http://www.ptny.org/canaltour/)

**Bike Tioga**, August 4-5. Experience Tioga County's beautiful countrysides and attractions; rides from 27-102 miles on Saturday and 28-64 miles on Sunday. For more info see: [www.biketoga.com](http://www.biketoga.com)

**MASS BikePike Tour**, August 2-5. Supported camping tour with motel and campsite options; starts and ends in Great Barrington with jaunts into New York and Vermont. Shorter, 25-45, and longer, 45-70 miles routes. See: [www.massbikepike.org](http://www.massbikepike.org)

**IDIDARIDE!** Adirondack Bike Tour, August 14, 75 mile loop with 6,840 elevation gain or shuttle supported 20 mile option with 1340 elevation gain through beautiful Adirondack scenery. 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>

**29th Chris Thater Memorial Races**, August 25-26. Recreation Park, Binghamton, NY. Benefits BC Stop DWI. For more information see: <http://bcstopdwi.com/bcstopdwi/thater> or call 607-778-2056.

**14th Annual Aids Ride for Life**, Saturday, September 15. A 42, 50 or 100 mile bicycle ride around Cayuga Lake. Cyclists raise funds for the Southern Tier AIDS Program which provides supportive services to HIV+ persons and state of the art prevention education. For more info see: [www.aidsrideforlife.org](http://www.aidsrideforlife.org).

**Annual Highlander Cycle Tour** – Bristol Mountain Ski Resort, September 7 and 8. Rides from 15 miles to 120 miles with vertical climbs of up to 11,000 feet held over two days in the Finger Lakes Wine Country in Upstate New York. See:

[www.highlandercycletour.com](http://www.highlandercycletour.com) **MHCC Century 2000**, September 8-9. Rides of 25, 50 62 and 100 miles in length on both Saturday and Sunday at Saratoga Springs State Park- Carlsbad Pavilion, put on by the Mohawk Hudson Cycling Club. For more info see:

[www.webmhcc.org](http://www.webmhcc.org)

**The 23rd Annual NYC Century Bike Tour** – September 9. The nation's only all-urban 100-mile bike tour. Choose between 15-, 35-, 55-, 75- and 100-mile route options, with fully stocked rest stops and safety marshals throughout the course. Supports Transportation Alternatives' work for better biking in New York City. For more info see: [www.nyccentury.org/](http://www.nyccentury.org/)

**4th Annual Rotary River Ride**, September 10, General Clinton Park in Bainbridge, NY. Rides follow the beautiful valleys of the Susquehanna and Unadilla Rivers; 100 mile (century) and starts at 8:30am, 50 mile starts at 8:30 and 11:30 and 25 mile ride starts at 1:00pm. The rides are fully supported with SAG vehicles, food and refreshments, cue sheets and famous BBQ at the finish. All funds raised help support Bainbridge Rotary projects. For more info see: [www.rotaryriverrides.weebly.com/](http://www.rotaryriverrides.weebly.com/)

**Bike MS 150 City to Shore Bike Tour** – September 29 & 30, Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 days. Enjoy flat terrain as you ride through the blueberry fields of Hammonton and South Jersey pine barrens to the Ocean City Boardwalk. Named by Bicycling Magazine as the "Best Cycling Getaway in NJ" See [www.ms150biketour.org](http://www.ms150biketour.org)

**The 13th Annual Tour De Shunk Century Ride**, October 16, Fully supported 100 mile ride through the endless mountains of Pennsylvania (25 & 50 mile options also) with water and food stops at 25, 50 & 75 mile points; a spaghetti dinner after the ride for all cyclists & volunteers. Proceeds will benefit the Lance Armstrong foundation.

For more info see: [www.rockysbikeshop.com/tourdeshunk.html](http://www.rockysbikeshop.com/tourdeshunk.html)





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*Summer*  
2012

### LOCAL BICYCLE SHOPS

**Babcock Bicycles**

- 110 W. Main Street, Endicott • 607-754-0886 • [www.babcockbikes.com](http://www.babcockbikes.com)

**BC Bicycles**

- 215 Vestal Parkway East, Vestal • 607-785-3772

**Bike Rack**

- 409 College Avenue, Ithaca • 607-272-1010 • [www.thebikerackonline.com](http://www.thebikerackonline.com)

**Chenango Point Cycles**

- 125 Park Avenue, Binghamton • 607-724-7481 • [www.chenangopoint.com](http://www.chenangopoint.com)

**Gear-To-Go Tandems**

- Saranac Lake • 518-891-1869 • [www.gtgtandems.com](http://www.gtgtandems.com)

**Main Street Bike Shop**

- 3809 Main St., Burdett • 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 • 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)



### Are You Wondering Why You Don't Receive the Printed Newsletter?

Printed newsletters are now only mailed to those who have requested this to continue; newsletters are available online at [www.southerntierbicycleclub.org](http://www.southerntierbicycleclub.org). Any questions, or to be sure that you are signed up for the printed newsletters, if that is what you prefer, please contact our membership chairperson, Nancy, at [snail84@aol.com](mailto:snail84@aol.com), being sure to put STBC newsletter in the subject line.

