



SPRING 2012

**The GFLBT is June 8 - 10
Sign up now!**



2012 Great Finger Lakes Bicycle Tour

Again this year...

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.

Friday: Arrive after 2 pm (welcome booth opens at 4 pm), settle in, register, take a ride to the Fire Tower or a hike to Watkins Glen Gorge from camp, then catch up with old and new friends at the catered camp social.

Saturday and Sunday: Pick a bike ride that is just right for you from 15 to 109 miles. Tour through historic villages, enjoy breathtaking views of lakes, waterfalls, gorges, and vineyards. Visit New York wineries along the way that are in perhaps the most diverse wine-growing region in the world. We offer free delivery from select group of wineries. As an alternative to cycling, take a self-guided hike from camp to Watkins Glen gorge (map provided).

Accommodations: Bring your sleeping bag and bunk in a cabin (\$10/weekend fee) or pitch your tent on the spacious lawns for no additional charge. Clean bathrooms, hot showers, and large dining hall.

Fee includes: catered Friday night social, tenting Friday and Saturday nights, Saturday and Sunday catered breakfast, Saturday catered dinner, Saturday night entertainment, maps, sag wagon, repair service (excluding parts), and parking. Fee is 100% refundable prior to May 28th.

***** STBC \$3 membership and helmets are required to participate in this event *****

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

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
samuelfrusso@yahoo.com

BOARD OF DIRECTORS:

John Gerty • Nancy Botting • Dick Porterfield
Nancy MacNeill

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

STBC is on the Internet:

www.southerntierbicycleclub.org

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

About This Newsletter:

This newsletter is published three times a year in the Spring, Summer, and Fall. Items for the Summer 2012 issue must be submitted by May 1st. Please send submissions to Mona at girllovesbikes@gmail.com



STBC Group on Yahoo!

The club has created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group enables the club listserv 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.

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

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

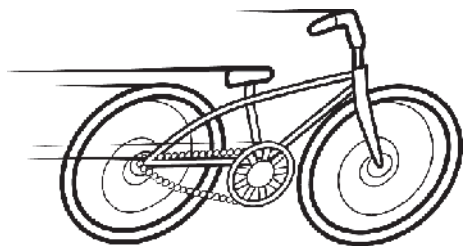
2. Go to www.groups.yahoo.com, enter *Southern Tier Bicycle Club* in the *Find a Yahoo! Group* field, click on Search, which will bring you to the *Southern TierBicycleClub* page. Click on blue highlighted portion. Select *Join This Group*, and follow instructions. At the *Join This Group* page, it will 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.



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
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

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, NY1 1 or the route taken out. On occasion we might do the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.

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 6pm sharp unless there's bad weather, every Tuesday night beginning May 1st.

Questions? Contact Doug (607) 760-2406

**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 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 in-box 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) will be coordinating the Tuesday rides and Pat and Carolyn Gilligan (cgilligan@stny.rr.com) will be coordinating the Thursday rides. Contact us if you have questions.

STOP AND SMELL THE FLOWERS RIDES

Again this spring, 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. If you're a "gentle" rider for whatever reason, dig out the bike and come on out!

**Sarah Jane Johnson Memorial kUMC Dream
Center Bicycle Give Away**

Saturday, May 12, 1-3 p.m. is the 5th annual Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away. Over the past four years, STBCers have worked with the social worker and Director of the Dream Center Patti Cardin in distributing over 500 bicycles to children and adults who have requested a bicycle from this program. We hope to accumulate 120 - 140 bicycles to distribute by May 12.

As usual we will need much help to fit, make final adjustments on the bicycle for a specific individual, fit free helmets to those getting a bicycle, properly inflate tires, instruct the recipient on how to lock up the bicycle, run a minor skills rodeo and more. We also need assistance in transferring the bicycles to the UHS Parking Lot site across from the church and across from the JC Post Office. Many are presently stored nearby in an apartment house basement. The transport will take place starting at 10 a.m. the morning of the event. More specifics will be posted on the STBC listserv. For now, keep this date open for us. Our motto is "We have to give back!" All of us have gotten so much from our bicycling experiences! NOW is the time to pass it on! Seeing the smiles on the faces of those getting their very own bicycle is most rewarding. In the meantime, look for those abandoned bicycles for us to refurbish.

Please contact Augie at amueller@binghamton.edu to offer your help!

**A Message from the Southern Tier Bike
Project**

As many of you know, the Club donated \$500 to the Southern Tier Bike Project last year. The stated objective of the Southern Tier Bike Project is: '.. to rescue unwanted and/or unused bikes from garages, basements and back yards of people across the Broome and Tioga County areas of the Southern Tier and put them into the hands of people who want or need them, but may not be able to go out and buy a bike.'

With the help of the \$500 from the Club and the hands-on efforts of several club members, we were able to collect 79 bicycles and give away 73 in 2011. Our bicycles went to a broad range of people from needy children to senior citizens getting back into the sport. We have helped provide transportation for numerous BCC and BU students as well as provided incentive for troubled teens and tweens working through issues with local social organizations.

Thank you for your support! We look forward to another fruitful year at the Southern Tier Bike Project. Please visit our website www.SouthernTierBikeProject.com for more details.

Gary Wilde - Southern Tier Bike Project



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) = \$ _____

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 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:

- 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.
- 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.
- 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 2012 Annual Dinner

Saturday, May 5, 2012 6 to 9 pm

ENDWELL GREENS

3675 Sally Piper Road, Endwell, NY

Buffet Dinner

Beef • Chicken • Pasta • 2 Salads • Potato • Dessert • Coffee • Tea • Cash bar

Please bring non-perishable food items or cash to contribute to CHOW from STBC

To register for the 2010 STBC annual dinner, complete this form and mail with check payable to STBC to PO Box 601, Binghamton, New York 13902 by April 28, 2012 - FIRM DEADLINE - No late calls.

2012 STBC membership required to attend dinner

Number attending ___ x \$15 (Members) = \$ _____ (STBC subsidizes half the cost for members)
 Number attending ___ x \$30 (Guests) = \$ _____
 Total Enclosed = \$ _____

Name(s) _____

Phone # _____ e-mail _____



APRIL 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 April 1, 10 AM Apalachin Fishing Access Rob Hutcheson 607-785-6898
C/2/23 – Will meet at the Apalachin Fishing Access for a short, but challenging cycling cruise. Ride to Vestal and go south at four corners, riding out Glenwood Avenue to Underwood Road. Up Underwood, this will get the spring legs pumped up. Then back down Tracy Creek Road to the fishing access. If it's cold out, you'll get warm going up Underwood and if it's warm out that much more fun! This is a Gary Wilde route so there must be hills with views.
MapMyRide Link: <http://www.mapmyride.com/routes/view/33274034>

SAT April 7, 1:00 PM Newark Valley to Maine Gary Wilde 607-754-9527
& Rob Hutcheson 607-785-6898
C/2/23 – Will meet at the Newark Valley Gazebo in the center of town for a short early season ride with 2 Cat 5 (as defined by Map My Ride) climbs. We'll take 38B out of Newark Valley then cut over to Maine via Dobson Hill, Settle and King Hill. We'll return via back roads, Tiona, Ketchumville and Wilson Creek. It's not very long, but you'll definitely get a good workout. The route can be viewed at MapMyRide at: <http://www.mapmyride.com/routes/view/68406868>

SUN April 8, 10:00 AM The Bunny Ride JoJo Lovell 607-372-3653
C/3/29 - We will meet at Recreation Park, so come out and join us for a nice ride with the Easter Bunny and some friends. Our journey will take us to visit a few local parks. There will be a lot of flat terrain in the beginning leading to some gradual hills that will take us up to Nathan Cole Park. From there we will go to Port Dickinson Park and then back to Recreation Park.

SAT April 14, 10:00 AM Owego, Spencer, Waverly Gary Wilde 607-754-9527
& Rob Hutcheson 607-785-6898
C/4/55 - Will meet at the Owego Price Chopper 42 West Main Street in Owego. Looking for some long base miles on fairly flat terrain? This one is for you. We'll take the back streets of Owego over to Glenmary Drive and then pick up Route 96. We'll ride through Candor and on to Spencer where we'll pick up Route 34, south to Waverly. Return to the start via 1 7C with lots of places to refuel along the way. The route can be viewed at MapMyRide at: <http://www.mapmyride.com/routes/view/68408120>

SUN April 15, 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 the Thursday prior to the ride.

SAT April 21, 9:00 AM Rite Aid Parking Lot, Owego Bob & Helen Dannecker 607-687-2511
C/2/35 –Ride with Bob to Hamley's Maple farm Open House for a lunch of pancakes and maple syrup. Includes a big hill climb just before Hamley's to work up your appetite.
D/4/20 –Ride with Helen on this shorter, flatter option to the Spring Fling pancake breakfast at the Newark Valley Depot Station. Both rides have the same starting point and time.

SUN April 22, 10:00 AM Earth Day in PA Steve Bruno 570-465-2169
D/3/20 – We will meet at New Milford Bike at 10:00 AM, for a tribute to Earth Day 2012, as we bring back souvenirs collected from our roadsides. Prizes, voted in by us the riders, will be awarded for some of the coolest items found along the route. Ride the flatland of Route 11 North to the NY boarder and Old Route 11 back for 20 easy paced miles.
<http://newmilfordbike.com/EarthDayRide.htm>

SAT April 28, 7:00 AM Breakfast at Laura's Luncheonette Mona Wysocki 607-624-0123
For all clean up volunteers! Please RSVP to Mona at 624-0123 or girllovesbikes@gmail.com so that she can have a count for breakfast.

SAT April 28, 8:30 AM Spring Roadside Cleanup Mona Wysocki 607-624-0123
This Spring we will once again make our section of NY1 2 shine. Volunteers can meet at 7:30 AM at Laura's Luncheonette, 1080 Chenango Street, for breakfast on the club, and then drive to Chenango Forks Fishing Access on NY1 2 (just before downtown Chenango Forks and near the old St. Rita's church) to begin the clean up at 9:00 AM. Contact Mona at 624-0123 or girllovesbikes@gmail.com ahead of time so she has a count for breakfast.

SAT April 28, 10:30 AM After Clean-up Ride Roberta Reddon 570-396-2054
C/4/20 - After the clean-up, meet at the Chenango Forks Fishing Access, Chenango Forks, NY for an EASY ride along Rt. 79 to Whitney Point and back. Lunch in Whitney Point as decided by the group. STOP AND SMELL THE FLOWERS riders and new or beginning riders welcomed as we WILL stop and wait for everyone! Directions to Start: Right after the railroad track, but before the bridge as you drive north on NY12 just before downtown Chenango Forks.

SUN April 29, 1:00 PM. Whitney Point High School to Willet Augie Mueller 607- 722-6005
C/3/25 - Meet at Whitney Point High School for a Scenic Ride with low traffic.



MAY 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>

TUES, May 1, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
 B/1-2/18-25 - Join Doug Williams for some hill riding training. 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 Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather. Check the STBC listserv if weather is questionable, or contact Doug.

SAT May 5, 8:00 AM Confluence Park, Binghamton John Ruth 607-651-9939
 D/4/32 - We will ride from Confluence Park on Riverside Drive 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 a day or 2 before if planning on attending, so that I can make breakfast reservations

SUN May 6, 9:00 AM Owego to Richford Gary Wilde 607-754-9527
 & Rob Hutcheson 607-785-6898
 C/2/49 - Will meet at the Owego Price Chopper 42 West Main Street in Owego and head up Route 38 to Richford, then across to West Creek Road via Route 79. West Creek will bring us back to Route 38, but we'll take Park Settlement Road to Lord Hill and Anderson Hill, dropping back down to Route 96 and across to Glenmary Drive for the return to the start. Some spectacular views (with climbs to get there) and peaceful back roads (except for Rt 38 to Richford.) The route can be viewed at MapMyRide at: <http://www.mapmyride.com/routes/view/68405314>

SUN May 6, 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 list server the Thursday prior to the ride.

TUES, May 8, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
 B/1-2/18-25 - Join Doug Williams for some hill riding training. 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 Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather. Check the STBC listserv if weather is questionable, or contact Doug.

Changed date! (Was SAT May 12)

SUN May 13, 10:00 AM Cannonsville Reservoir to Walton Nancy MacNeill 607-725-6128
 Paul Natelli 607-754-5251

C/3/54- Meet at parking lot next to Wendy's in Deposit for the 54 miles ride with a alternate start at Trout Creek at 11:00 AM for a 35 mile ride. (Proceed through Deposit on NY8 and NY10 then take a Right following NY10. Just after NY10 crosses the reservoir, turn Left on Trout Creek road. The fishing access parking will be on your Left.) Lunch stop will be in Walton with one good climb after lunch out of Walton.

Changed date! (Was SUN May 13)

SUN May 20, 9:00 AM Jimay's Flea Market Augie Mueller 607- 722-6005
 D/3/26 -Meet at Confluence Park and ride to Jimay's Flea Market on NY 7A in Corbettsville, NY

TUES, May 15, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
 B/1-2/18-25 - Join Doug Williams for some hill riding training. 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 Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather. Check the STBC listserv if weather is questionable, or contact Doug.

WED May 16, 7:00 PM Ride of Silence Dick Porterfield 607-648-6081

D/4/8 - Join cyclists worldwide will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. For STBC, The Ride of Silence <http://www.rideofsilence.org/main.php> will start and finish at the Beethoven Street parking lot of Binghamton's Rec Park. We will ride rain or shine. This year we will again have a route that tours much of the west side and avoids the Main and Court Street areas and those traffic lights that caused the group to get so spread out in past years. The route is 8 miles and we might expand it if the weather is good or condense it if it is raining hard. Please encourage friends and family to join us, they do not have to be STBC members. The ride is free but everyone must wear a helmet and sign a release. We would also like to invite anyone that wishes to adjourn to the Cyber Cafe West, 176 Main Street, after the ride to break the silence and debrief the ride, and meet some new friends.

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

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

SAT May 19, 10:00 AM The Ithaca B-Hills, Short Version Ride Chip Gagnon 607-275-3361
C/1/40 – Meet at the parking lot behind Ithaca High School, on Lake Street, next to the creek. It'll be an early hill training climbing ride: 40 miles, 4700 feet. Here is the profile: <http://ridewithgps.com/routes/921754>. There are stores/ice cream, etc. at miles 21 and 31.

SUN May 20, 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 list server the Thursday prior to the ride.

SUN May 20 – See change from May 13

TUES, May 22, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
B/1-2/18-25 - Join Doug Williams for some hill riding training. 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 Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather. Check the STBC listserv if weather is questionable, or contact Doug.

SAT May 26, 10:00 AM NEPA Rail Trail Ride Augie Mueller 607- 722-6005
D/4/15 – Meet at Cable Deli in Uniondale, PA <http://www.nepa-rail-trails.org/dandh.html> Directions to Start: Take I-81 South to Great Bend, turn left on Rt. 171 to Susquehanna and then to Uniondale. Augie thinks any bike will do. Mona thinks a wider tire is better on this trail.

SUN May 27, 10:00 AM Bridgewater / Three Lakes Loop Steve Bruno 570-465-2169
MBR C/1/22 – We will meet at New Milford Bike at 10:00 AM, for the Bridgewater / Three Lakes Mountain Bike Loop. We will head up the Summit Hill to the Three Lakes Road. Then ride over to Alford for the Bridgewater Trail to Heart Lake. Visit Johnson Pond to head home off Schoolhouse Road. Good mixed ride with steady climbs for 22 miles.
<http://newmilfordbike.com/Bridge3Lakes.htm>

TUES, May 29, 6 PM sharp Hill Riding Training Doug Williams 607-760-2406
B/1-2/18-25 - Join Doug Williams for some hill riding training. 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 Rd. in Union Center. We will ride at 6pm sharp unless there's bad weather. Check the STBC listserv if weather is questionable, or contact Doug.



SPRING HIGHWAY CLEANUP



The STBC will be helping to improve our environment this spring when we clean up roadside litter on NY 12 near Chenango Forks.

With the help of our club members on Saturday morning, **April 28**, we'll be able to complete the cleanup quickly and improve the local scenery! So plan to help out and enjoy this Saturday morning activity with your club members!

See the **April 28th** ride listing for details on the clean-up, pre-activity breakfast, and post activity ride.



BOYS AND GIRLS CLUB RIDES



Again this school year, when the weather is good the Oasis teen after school program at the Endicott Boy's and Girl's club will bike starting around 4:30 PM and ending by 6:00 PM. Rides often go to the Vestal Rail to Trail, or down 434 to Castle Garden, or to Grippen or Highland Park. These rides are to encourage teens to get out, get some fresh air and exercise, and to get some encouragement in good bicycle habits. Southern Tier Bicycle Club members would be welcome to ride along, with the challenge being in the "encouraging good bicycle habits" area, not in the ride as they tend to be flat, short and slow. Look for Steven Bard's posts on the STBC Yahoo! list server on the Wednesdays before the rides and come and ride along.

Contact Steven if you have questions, sbard@binghamton.edu



OUT OF BOUNDS



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

TOUR de SCRANTON, Sunday April 29th. Benefits E.J. Moreken Drug & Alcohol

Treatment Program, Varied rides from four - 46m, with 1800' climbing, 65m with 3100' climbing. For more info see:

<http://www.tourdescranton.com>

Five Boro Bike Tour of NYC, Sunday May 6th. 42 miles, 32,000 cyclists. Lottery Registration for the 2012 TD Five Boro Bike Tour is now closed. You can still register as a VIP or Ride for a Reason charity program. For more info see: <http://www.bikewhenyork.org/>

51th Annual Tour of the Scioto River Valley, May 12-13th. 3200 cyclists, 210 or 105 mile 2-day tour. The \$57 basic fee includes food,

places to stay, transportation of your sleeping gear, SAG and more. For more info see: www.tosrv.org.

Wheels for Meals Ride, Saturday, May 19. A great ride with three distances of 5K, 40 miles and 61 miles. This is a new course that includes an exciting down hills and some fantastic climbs. For more info see: www.southerntierbicycleleague.org

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

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

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. 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 see: www.bikesyracuse.org.

Heritage Explorer Bicycle Tour, Saturday, June 16. Peckville, PA (near Scranton) For more info 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.

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.

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

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

14th Annual Colgate University Bicycle "Camp" Weekend, July 5-8. 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.

See <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/message/3856>

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/

7th Binghamton Historic Bridge Pedal, Saturday, July 14. 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. We'll ride a relaxed pace under 10 mph over flat terrain for a total of ten miles. Registration of \$2 prior to the event, \$3 day of the event. Pre-register at Babcock's Bikes in Endicott, Chenango Point Cycles in Binghamton, or contact Scott Reigle at 778-2443 for details.

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

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. For more info see: www.massbikepike.org

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.biketiooga.com

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.

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 breathtaking Finger Lakes Wine Country in Upstate New York.

For more info see: www.highlandercycletour.com

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/

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 so it can continue to provide supportive services to HIV+ persons and state of the art prevention education. For more info see: www.aidsrideforlife.org.

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 Board walk. Named by Bicycling Magazine as the "Best Cycling Getaway in NJ" See www.ms150biketour.org

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

2012 Great Finger Lakes Bicycle Tour • June 8-10

Watkins Glen State Park Hidden Valley Group Camp, NY

Registration Form

Welcome booth opens at 4 pm Friday. Facilities open until 4 pm Sunday. Fee includes tent campsite Friday and Saturday nights, catered meals Friday night social - Saturday morning - Saturday evening - and Sunday morning, modern dining hall, rest rooms with showers, maps, sag wagon support, repair service and parking.

The event fee is 100% refundable prior to May 28. Current Southern Tier Bicycle Club (STBC) membership (\$3/household) is required to participate.

See HYPERLINK "<http://www.southerntierbicycleclub.org>" for more information about STBC and the tour.

Name(s) _____

Address _____ City _____ State or Province _____

Country _____ Zip _____ Phone (____) _____ – Email Address _____

	# Participating	x Fee	= Total \$
Event fee until May 11th (age 10 and over)		x \$75	= _____
for ages <10		x \$40	= _____
Late registration fee after May 10th, \$10 (after June 5th, \$20)		x \$10/\$20	= _____
Cabin bunks (\$10/person/weekend)		x \$10	= _____
T-shirt (100% wickable) #S____ #M____ #L____ #XL____		x \$15	= _____
# Vegetarian Meals			
STBC membership fee (required), if not current member		x \$3/Household = _____	
		Total Event Cost = _____	

STBC jersey will be on sale at the event for \$40 (see club website for picture)

Make checks payable (in US funds from a US Bank) to STBC. *Do not send cash.*

(Our Canadian guests can send a Postal Money Order, in US Dollars.)

Send registration form and check to: **STBC, PO Box 601, Binghamton, NY 13902-0601.**

You will be asked to sign a waiver of liability upon registration.

For any questions regarding the Great Finger Lakes Bicycle Tour please contact Augie Mueller at (607) 722-6005, amueller1@stny.rr.com.

The STBC newsletter and ride schedule can be viewed online at www.Southerntierbicycleclub.org.

If you want a printed copy mailed to you, check here _____.

Include _____ do not include _____ my name on the membership roster available to other STBC members.



DIRECTIONS TO WATKINS GLEN STATE PARK GROUP CAMPGROUND

The Watkins Glen State Park group campground is located 3 miles west of Watkins Glen, NY at the end of NY 329.

From the north, drive south through the village on NY 14 and turn right at the traffic light just past the Watkins Glen State Park (lower park) entrance onto NY 329. Follow NY 329 three miles to the end of NY 329. Turn right at the end of 329 onto Whites Hollow Road. Cross the stone bridge and turn left into the Hidden Valley camp ground.

From the south, follow route 14 north to the first light past Burger King and turn left on NY 329.

Follow NY 329 three miles to the end of NY 329. Turn right at the end of 329 onto Whites Hollow Road. Cross the stone bridge and turn left into the Hidden Valley camp ground.



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



Spring
2012

LOCAL BICYCLE SHOPS

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



All Members to Receive Printed Spring Newsletter



Even if you opted out of printed newsletters in the past, we are sending this edition out to you so that you have the GFLBT registration and Annual Dinner information! As usual, Summer and Fall printed newsletters will only be mailed to those who have requested this to continue; newsletters are available online at www.southerntierbicycleclub.org. Please check the label on this newsletter to see if your dues are current; remember lifetime membership is a bargain! Any questions, or to be sure you are signed up for the printed newsletters, if that is what you prefer, contact our membership chairperson, Nancy Botting, at snail84@aol.com, being sure to put STBC newsletter in the subject line.
