



2020 Newsletter

PRESIDENT'S LETTER

I'm excited to become President for our 51st year! I'm trading places with Steve Bruno.

We have returning officers Vice President David Wells, Secretary Cheryl Brown, and Treasurer Lorraine Loitsch. Also we have continuing Board members Don Doornbos, Greg Laskowski, Wayne Matthews, Ivan Pewterbaugh, and Mina Tio. Steve Bruno will also be retaining a position on the Board.

Many of the Club members might not know me, so here is some background. Bicycling has been a keen interest since my earliest memories. My first supported distance ride was in 1976 in Memphis as an 8th grader, a 50-mile charity ride. I rode a Sunset Orange Schwinn Continental 10-speed, and felt I was the coolest kid on the road.

My first ride with the Club was the 1986 GFLBT, recruited by friends from work, on an Ice Blue Ross Signature 12-speed. I have ridden most of the GFLBTs since then. I love the comradery of companion bicyclists for riding, resting, dining, and telling whopping stories; it's always an adventure. Bicycling is therapy to clear my head and to relieve stress.

I live with my lovely wife Liz in Apalachin and have two awesome daughters. I work at Lockheed Martin (retiring soon).

A primary concern for the Club for the coming years is recruitment of new members. Our membership numbers are declining, and continued vitality of the Club requires participation of younger riders. Any ideas for recruitment are welcome. Please feel free to contact me or the Officers or the Board with questions, concerns, or comments. Contact information is on the side panel and on the Club website.

I look forward to a personal introduction on a ride. I usually ride a Blue Velvet Surly Long Haul Trucker 27-speed with my first name on a license plate under the saddle. And I still feel like the coolest kid on the road. — Respectfully, Mark Goodwin

2020 Great Finger Lakes Bicycle Tour

Mark your calendars for June 12– 14, 2020 for the 40th Great Finger Lakes Bicycle Tour!

Come any time after noon on Friday and get set up. Registration will open at 2:00 with a guided walk through the gorge at Watkins Glen leaving at 3:00. At 4:00, we will launch two traditional rides, an easy ride to the Watkins Glen International Raceway and a more challenging ride to the Sugar Hill Fire Tower. Saturday, the rides will be West of Seneca Lake and will include distances of about 20, 30, 40, 50 and 60 miles. By combining routes, distances up to 110 miles are possible. Like last year we are aiming to give you more reasons to get off the bikes to explore all that the Finger Lakes Region offers. Sunday will again feature the traditional favorite rides around Keuka Lake but with some new roads to enjoy. The routes will be similar to 2019, which are posted on the Tour website link below.

The cost of \$95 includes camping (tent or RV) with clean bathrooms and hot showers, catered meals with dinner Friday and Saturday evenings and breakfast Saturday and Sunday in the comfortable dining hall. Also included are maps, sag support and most importantly, the company of a few hundred likeminded cyclists for a full weekend of riding and camaraderie. The Great Finger Lakes Bicycle Tour experience also includes after-dinner presentations, campfire, and music.

For those that would prefer, there is a cabin option for an additional \$10 for the weekend. The cabins and bunks are simple but adequate; you will need to bring sleeping bags or bedding.

Helmets and current STBC memberships are required. This event is a great way to introduce your friends to the pleasures of cycling with our club. Please help get the word out and encourage others to join us.

Go to <https://sites.google.com/site/greatfingerlakesbiketour/home> for full details and registration. We have both online (PayPal) and mail in registration options. Please feel free to contact Don Doornbos at 607-765-6597 or ddoorn@gmail.com with any questions or with suggestions to improve the event.

This is the STBC's only Fund Raiser which supports all that goes back to the community to enhance biking. locally as well as on the state and national level.

OFFICERS:

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mark@goodwins.us

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severin1@roadrunner.com

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VOLUNTEERS:

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

bike@southern-tierbicycleclub.org

STBC is Online:

www.southern-tierbicycleclub.org

Editor – David Wells

Week Day and Evening Rides

Monday Morning Turf n' Surf

This is a ride for endorphin junkies who just want a somewhat difficult weekly fix.

Same route every week, five flat miles out and back with hills in the middle; Chenango, Nowlan, Crocker and Old State roads, 21 miles, overall C pace. Ride your own pace on the hills. Riders will regroup at hilltops, and at all turns.

Come strain on the uphill, some beautiful vistas at the tops; although you probably won't notice the scenery as you fly on the downhill!

Meet at 2 Catherine Street,

Mondays in July and August, 10 AM, park on the street. Check STBC Googlegroup for last minute changes.

Questions? girllovesbikes@gmail.com

Monday Night Ice Cream Rides

Who wants to cycle their way to one of the several local ice cream stands for a tasty treat?

Come join us on Monday nights at 6:00 throughout the summer for conversation, camaraderie and a cool reward for the miles you put in.

Each week we will pick a different ice cream stand and ride between 16-21 miles at a pace between 12-16 mph. Some rides will be out-n-back where we'll stop to eat ice cream at the halfway-mark; other rides will be complete loops before indulging our taste buds.

Even if you're not interested in the ice cream, the loop rides are good opportunities to take an evening ride with club members and then simply leave upon returning to your car.

Since cyclists of all ages and abilities enjoy ice cream, these rides will be more of a "go at your own pace". But as the ride coordinator, I will make sure that no one is left. So come join us! These rides are intended to be fun, social and tasty!

First ride of the 2020 summer season is scheduled for Monday, June 22nd; details of each weekly ride will be announced by email via the STBC Googlegroups.

Contact Mina for further questions: hmtio93@gmail.com.

Wheels to Meals – Tuesdays and Thursdays

There is a group of dedicated club members that ride on Tuesdays and Thursdays 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 40 miles, but often there are shorter options. If you are available

weekdays to ride, then you should give these rides a try.

Details of each ride are announced via the club

Googlegroup a day or two prior.

Questions? **Contact Greg**

Laskowski at:

greglaskowski15@gmail.com

for Tuesday rides, and Pat and Carolyn Gilligan:

carolyn.gilligan.cg@gmail.com

for Thursday rides. We

welcome newcomers, so come and join the rides!

Thursday Evening Cranks n' Comestibles

Dave Wells will be leading weekly rides each Thursday evening starting May 14, ending Aug 27.

The rides will start at 6 pm from locations to be announced each week, rotating between Sidney, Gilbertsville, Norwich and Oxford. Ride distances will vary 15 to 25 miles with terrain of easy to moderate character. Less and more strenuous route options also available. After the ride you're invited to join me for local food offerings. See the Google rides calendar for more details about starting locations and check STBC Googlegroups for last minute changes.

Questions? Contact Dave at severin1@roadrunner.com

Ride Calendar on Google

The STBC ride calendar continues to use a Google Calendar to make the ride calendar more easily accessible and visible to all!

Riders can also 'merge' the STBC calendar with their own personal Google calendar.

The ride calendar is found by accessing the STBC website, southerntierbicycleclub.org, and then clicking on the "Ride / Event Calendar" tab.

Alternatively, here is the direct address to access the STBC ride calendar:

<https://calendar.google.com/calendar/embed?src=crwbike@gmail.com>

The ride calendar will be periodically updated as new rides and events are submitted. ***Please submit your ride or event*** by sending the appropriate information to bike@southerntierbicycleclub.org

STBC Riding Apps

STBC membership provides you access to premium club accounts with Strava and Ride with GPS apps to enable route planning and sharing of routes and ride data with fellow club members.

- The RwigGPS account is at <https://ridewithgps.com/organizations/1935-southern-tier-bicycle-club>. Contact Dick at rporterfield@gmail.com for access and instructions.
- The Strava account is at <https://www.strava.com/clubs/southern-tier-bicycle-club-stbc-536375>. Contact Jason at hernejj@gmail.com for access and instructions.

Sunday Morning Breakfast

Park Diner, Comklin, 8 am. Join veteran club members Augie Mueller, Lee Colville, Manny Mayer and Steve Bard plus other drop ins for breakfast overlooking Rockbottom Dam. Always something to see and discuss and who knows, an ad-hoc bike ride might even be in the offing!

What are PB & J Rides?

Rides are on Wednesdays and may start in the morning, midday, or afternoon. The ride leader will look at the weather forecast before posting on Monday. Yes, riders do bring PB & J instead of energy bars. They are about 20 miles in length, and have an average ride speed of around 10 mph, a sightseeing and conversational pace. Semi-frequent stops are made at key points to collect riders. Nobody rides alone!

Questions? Contact Ride Coordinator Gary Vanderbles at g_vanderbles@stny.rr.com

STBC on Google

For up to the minute information about new rides and ride changes or cancellations, subscribe to the STBC Googlegroup email distribution.

To subscribe to the STBC Googlegroup, follow instructions posted on the STBC website www.southerntierbicycleclub.org by clicking on "Email / Googlegroup".

Please contact the Googlegroup moderator, Larry Blumberg at LBlumberg@stny.rr.com if you have any questions or run into any problems with your subscription.



2020 Great Finger Lakes Bicycle Tour • June 12-14

Registration Form

Watkins Glen State Park Hidden Valley Group Camp, NY

Welcome booth opens at 2 pm Friday. Facilities open until 4 pm Sunday. Fee includes tent or camper or RV campsite for both Friday and Saturday nights, catered meals Friday evening, Saturday morning and evening and Sunday morning in modern dining hall. Hot showers are available in two large restrooms. Fee includes maps, sag wagon support, limited repair service, and parking. The event fee is refundable prior to May 26 with a \$10 cancellation fee. Current Southern Tier Bicycle Club Inc. (STBC Inc.) membership is required to participate. See www.southerntierbicycleclub.org and <https://sites.google.com/site/greatfingerlakesbiketour/home> for more information about STBC Inc. and the tour, including directions to the group camp.

Confirmation of your registration will be sent by email. Please be sure your email address is legible.

Please note that online registration using PayPal is available on <https://sites.google.com/site/greatfingerlakesbiketour/home>

Name(s) _____

Address _____ City _____ State/Province _____

Zip _____ Phone (____ - ____ - ____) Email *(Print clearly)* _____ *

Event fee until May 10 *	Age 10 and over	# participating =	x	\$95	=
	Age under 10	# participating =	x	\$59	=
Event Fee May 11 or later <i>(late registration)</i>	Age 10 and over	# participating =	x	\$105	=
	Age under 10	# participating =	x	\$64	=
Cabin bunks (optional)	Per person	# participating =	x	\$10	=
T-Shirts - wickable (optional)	\$15 each	Men: S____M____L____XL____ Women: S____M____L____	x	\$15	=
STBC Inc. Membership	Required if not a current member	Individual		\$5	=
		Family <i>(includes children up to age 18)</i>		\$10	=

TOTAL - EVENT, CABIN, MERFCHANDIZE and MEMBERSHIP COST = \$ _____

* Mail registration form postmarked by the dates listed above and a check or money order (no cash) payable to:

STBC Inc., PO Box 601, Binghamton, NY 13902-0601.

To our Canadian guests: send Postal Money order (US \$) or check in US\$ drawn on a US bank or use PayPal

Our Pay Pal on-line registration is at

<https://sites.google.com/site/greatfingerlakesbiketour/home>

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

Questions? – Please contact: Don Doornbos (607) 765-6597 or email - ddoorn@gmail.com

(Please leave a message with your telephone number and I will get back to you)

Looking Forward to Riding with You – Thanks, the STBC

The 2020 STBC Weekend Ride Schedule

Listed are brief descriptions for all rides – Please check the STBC Google Calendar for updates, more details, and directions to the meeting locations: <http://www.southerntierbicycleclub.org/aboutstbccalendar.html>

If you would like to lead a ride at any time during the year, please submit the appropriate information to bike@southerntierbicycleclub.org to have it posted in the online calendar.

- SAT April 4, 10:30 AM** **Sanford to Sidney River Loop** **Vinny C 607-467-5460**
C/3/40 – Meet at my home at 1354 Route 41 midway between McClure and Afton, NY at 10:30 AM. For those who want a shorter, flatter ride, you can join up in Afton or Bainbridge, NY. The route is not very hilly with moderate traffic on paved roads. Plenty of food options.
- SAT April 11, 10:00 AM** **Vestal to Marshland** **Jason H. 607-727-0440**
C/4/25 - Meet at east end of Vestal Rail Trail. Park in the Michael's /Home Goods Plaza. We'll take the two rail trails, and then the 434, to Marshland Rd. We'll ride Marshland out and back and then return the same way we came. If there is interest we'll stop at Tasty Cream for ice cream on the way back. Will split into multiple groups to accommodate riders of all speeds.
- SAT April 18, 10:00 AM** **Hamley Maple Ride** **Bob D 607-223-8941**
C/2/35 - Tioga County Office Building, 56 Main Street Owego (park around back off of Academy Street).at 10:00 AM for a hilly ride to Hamley's Maple Farm for a pancake lunch.
- SUN April 19, 10:00/11:00 AM** **Marathon Maple Syrup Festival** **Jim C 607-759-3325**
C/4/38-18 - Meet at 11:00 AM at the Whitney Point High School, Whitney Point, across from McDonalds. For the longer option, meet at 10:00 AM at the Chenango Forks fishing access. This is the traditional ride to Marathon, NY for the Maple Syrup Festival.
- SUN April 19, 10:00 AM** **Earth Day in PA** **Steve Br 570-465-2169**
D/4/20 - On Sunday April 19, 2020 we will meet at 10:00 AM at New Milford Bike and will Ride for a tribute to Earth Day 2020, as we will bring back souvenirs collected from our roadsides. Prizes will be awarded for some of the coolest items found which will be voted in by us, the Riders. We will ride the flatland of Route 11 North to the NY boarder and back by way of Olde Rt. 11 (20 miles) Easy Pace, mostly Flat and a festive atmosphere will make this a Fun outing, and show that we the Riders of the Endless Mountains, care about our environment. Suitable for any type of Bike.
- SAT April 25, 10:00 AM** **Post Highway Clean Up Ride** **Jack Y 607-773-0617**
C/4/24 – After the Highway cleanup we will meet at the Chenango Forks Fishing Access, Chenango Forks, NY at 10:30 AM for an EASY ride along Route 79 to Whitney Point, through Dorchester Park and back.
- SUN April 26, 10:00 AM** **~~CANCELLED-COVID 19~~ Earth Fest and Bike Ride** **Steve Br 570-465-2169**
~~Starts at Broome Community College (SUNY Broome). STBC table – need volunteers. River Trails Bike Cruise to start right at the Earth Fest Main Entrance at 1:00 PM for the public to participate in. It will be a short Flat 10 Miles Ride at an easy pace. Helmets are required.~~
- SAT May 2, 10:00 AM** **Candor to Brooktondale** **Karen K 607-239-9691**
C/3/28 – Meet at 10:00 AM at the Candor High School, Candor, NY and ride to Brookton's Market, Brooktondale, NY via Coddington Road and return on White Church Road for a very scenic, rolling loop. Lunch and/or snacks at Brookton's Market.
- SUN May 3, 11:00 AM** **It's Never too Early for Hills** **Jim C 607-759-3325**
C/2/30 – Meet at 11:00 AM on CFJ Blvd. in Johnson City, NY next to the carousel for Jim's "It's never too early for hills" ride. The ride will be up past the airport to Dunham Hill and US Route 11. Bring your drinks, as there are limited stop opportunities.
- SAT May 9, 3:30 PM** **Sarah Jane Perquisite** **Dave W 607-316-6625**
D/4/10 – Meet at the Sarah Jane Bike Give-a-way at 3:30 PM to unwind after volunteering for this community project. Enjoy an easy flat ride on a spring afternoon through Johnson City and Binghamton. The route has many eating and beer options near the end.
- FRI May 23, 10:00 AM** **Binghamton River Loop** **John R 607-743-1063**
D/4/28- Meet at Confluence Park in Binghamton. Ride to Chenango Bridge on bike path along river, then on River Road and return to Confluence Park on Chenango Street.
- SAT May 16, 10:30 AM** **Cincinnati to So. Otselic Fishing Heritage Ride** **Dave W 607-316-6625**
C/4/30 – Meet at the Dave's Dairy Treat on State Route 26 then head north to South Otselic to attend their annual Fishing Heritage Day celebration. The celebration includes food, demonstrations and tours of the several fish hatcheries. operating in South Otselic. Afterward we'll return to our cars at Dave's Dairy Treat.
- WED May 20, 7:00 PM** **The Ride of Silence** **John N 607-785-1166**
D/4/8 – Join cyclists worldwide who will take to the roads in a silent procession to honor cyclists who were killed or injured while cycling on public roadways. Start and finish at the Beethoven Street parking lot of Binghamton's Recreation Park beginning at 7:00 PM. Learn more about the Ride of Silence at <http://www.rideofsilence.org/main.php>

SUN May 30, 10:00 AM **Cincinnati Taylor Valley Loop** **Greg L 607-427-6298**
C/2/36 - Meet at the park just north of Cincinnati, NY on Route 26. This loop ride on quiet country roads goes through the scenic Taylor Valley to Cortland and back to Cincinnati by way of Route 41 and Telephone Road. Mostly flat and rolling with one steep hill.

SUN May 31, 10:00 AM **Candor to Brooktondale** **Karen K 607-239-9691**
C/3/28 – Meet at 10:00 AM at the Candor High School, Candor, NY and ride to Brookton's Market, Brooktondale, NY via Coddington Road and return on White Church Road for a very scenic, rolling loop. Lunch and/or snacks at Brookton's Market. This is a repeat of the ride Karen is leading on May 2.

SUN Jun 7, 12:00 PM **Greene to Norwich featuring Rt. 32** **Regina L 607-222-8235**
B-C/3-4/50 Meet at Great American parking lot - right back corner, South Chenango Street. Featuring quiet gently rolling rural Rt 32. A lunch stop is planned in Norwich Will split into groups based on pace.

F, S & S June 12-14 **Great Finger Lake Bicycle Tour** **Don D 607-765-6597**
The STBC will host the GFLBT at the Hidden Valley Campground - <https://sites.google.com/site/greatfingerlakesbiketour/home>

SAT Jun 20, 10:00 AM **Gripen Park to Maine** **Don B. 607-296-9126**
C/3/18 – Meet at 10:00 AM at Gripen park, Endicott. Tavel neighborhood streets to N. Nanticoke St (RT26 N) to old Nanticoke Rd. to Rt 26 at Union Center. North on RT.26 to Pollard Hill Rd, right turn off Rt 26 in Maine. to Edson Rd. back to Union Center to rt. 26 back to start.

SUN June 21, 1:00 PM **Owego to Speedville featuring West Creek Road** **Regina L 607-222-8235**
B-C/3-4/25 Meet at DSS on Rt. 38 just north of Owego. Featuring quiet, flat to gently rolling rural West Creek, Rejmer, and Back West Creek Rds. A snack stop is planned at the Speedville General Store.

SAT June 27, 10:00 AM **Greene to Oxford** **David W 607-316-6625**
C/3/29 – We will meet at 10:00 AM at the Great American in Greene and ride to Oxford for a brief stop and perhaps ice cream and return on Route 32 on a good and relatively quiet back road. This is a favorite of the W2M group during the week and offered for those who can only ride on the weekends.

SUN Jun 28, 9:30 AM **Marathon to Cortland** **Dick P 607-323-3236**
C/3/50 - Meet at 9:30 AM at Brink Street in Marathon (by the baseball fields) and ride to Cortland, NY via Greek Peak with return via Marathon, NY for 34 miles with 1,140 feet of climbing. Beautiful view from the hilltops between Virgil and Cortland. We will make a stop in Cortland for lunch. No one left behind. We will regroup at all turns. Consider starting in Whitney Point to make it 50 miles.

SUN Jul 5, 10:00 AM **JC to Whitney Point** **Jim C 607-759-3325**
C/2/45 - Meet at 10:00 AM on CFJ Blvd. in Johnson City, NY next to the carousel. We'll ride to Whitney Point and back exploring some hills. Route will include portions of NY26 and US11. Snack stop in Whitney Point

SAT July 11, 10:00 AM **The Triangle Valley Ride** **Logan H 607-656-9842**
C /3/35 – Meet at the Great American parking lot in Greene, NY at 10:00 AM. We will ride to Smithville Flats, NY via Route 2 and 41 for inspiring panoramic view. Experience gentle rolling hills to Triangle, NY for a break. Then past Black Bear Winery back to Greene.

SUN July 12, 11:00 AM **Ride the Carousel Circuit** **Steve Br. 570-465-2169**
D/2/25 - Join in on Riding to Ride the Carousels. Meet at C. Fred Johnson Park in Johnson City, and enjoy a 25 Mile Bike Ride to 5 more Carousels at Highland Park, Endwell, George W. Johnson Park, Endicott, West Endicott Park, Endicott, Ross Park, Binghamton & Recreation Park, Binghamton. After we rode on all six of the Carousels, we will be cool & earn the "I Rode the Carousel Circuit" Button. Easy Pace with just the one Steady Climb to Ross Park Zoo.

SAT Jul 18, 9:00 am **A Scenic Ride to Owego** **Kevin M. 607-341-6296**
C/3/25 – We will meet at 9:00 AM at Weis Markets on Day Hollow road and Rt. 26 in Endicott and ride out Day Hollow Road until 17c and then ride into Owego. We'll stop briefly at Carol's Cafe for coffee and/or snacks and then have a relatively flat ride back to Endicott on 17c.

SAT July 25, 10:00 AM **The L'Amore Loop** **John N 607-785-1166**
C/3/47 - Meet at George W. Johnson Park in Endicott, NY at 10:00 AM. We will ride to Route 17C and head west to Owego. Then we will ride our way to Gaskill Rd, continue to Owego, across to 434 and Marshland Road to Vestal, and back to GFJ Park.

SUN Aug 2, 10:00 AM **Nicholson Viaduct** **Steve Br 570-465-2169**
D/4/42 We will meet Sunday, Aug. 2 at New Milford Bike at 10:00 A.M. and go to the Nicholson Viaduct. Road Bike Ride starting in NewMilford, heading South on Route 11 to the Viaduct and then return on North Route 11. Pancake Flat and Relaxing Ride for 42 Enchanting Miles.

SAT Aug 8, 10:00 AM **Norwich to South Otselic** **David W. 607-316-6625**
C/3/45 Meet at Northeast corner of Tops parking lot, E. Main Street, Norwich, for a nice ride to South Otselic and back.

SUN Aug 9, 10:00 AM **Birthday Ride** **Steven Ba 607-754-4756**
C/3/20 – We will meet at 10:00 AM at Sandy Beach in Conklin, NY and ride the modest back hills to Little Snake River to check water quality and then on to Jimay's flea market. Then back to Kirkwood, NY to Route 11, then over to Route 7 to get back to Sandy Beach.

MON Aug 10, 9:00 AM**Owasco Lake Ride****Steve Br 570-465-2169**

C/3/50 – We will meet at Fillmore Glen StatePark, Moravia, NY at 9:00 AM and head North up the West Side of Owasco Lake and cross over to the East to Skaneateles. Head South on the West Side of SkaneatelesLake and cross over along Owasco Lake and back down to Moravia. 50 rolling miles at a flowing pace with swimming and hiking at the Glen..

SUN Aug 16, 10:00 AM**Chenango Forks to Smithville via Willet****Dick P 607-323-3236**

C/3/40 - Meet at 10:00 AM at Chenango Forks Fishing Access, Chenango Forks, NY at Route 12, near Route 79 and ride to Smithville Flats via Willet, NY for 40 miles with 1,000 feet of gradual climbing. We will stop at the store in Smithville Flats for drinks and snacks.

SAT Aug 22, 9:00 AM**Binghamton Bridge Pedal & Local Food Fest****Adam P. 240-328-7647**

D/4/7 – This is a non-STBC ride in which club members often participate. Meet at the Center for Technology and Innovation. 321 Water Street, Binghamton, NY for an easy ride through Binghamton Streets with ice cream and more at the Center for Technology and Innovation. Intended for new riders and children and those who would like to get a glimpse of Binghamton. Adults - \$15; 18 & under - FREE. All participants receive a t-shirt.. – To register online see <http://www.bmtsonline.com/bridgepedal>.

SAT Aug 29, 10:00 AM**The Quality Ride for Hill Lovers****Logan H 607-656-9842**

C/2/42 - Meet at the Great American parking lot in Greene, NY at 10:15 AM for a small detour on Route 32 and Hogsback Rd before heading east on Route 206 to Moran Road. We will head north on Moran, passing the Silo Restaurant, to Route 32 and continue on to Oxford, NY for a lunch stop. After lunch we have a long, steady climb heading west on Route 220 which circles through McDonough, NY and Smithville Flats. Then a final climb and restful downhill on Route 41 before ending our journey back in Greene.

SAT Sept 5, 9:00 AM**Windmills of Madison County****David W 607-316-6625**

C/2/68 Meet at Northeast corner of Tops parking lot, East Main Street, Norwich for a scenic metric century including up-close ride-bys of wind turbines and a look down into the 19th century hide-out of the infamous Loomis Gang of horse-thieves, the Nine-Mile Swamp. First half is generally uphill with some challenging hills in the middle of the ride. Last half is generally rolling downhill.

SUN Sept 13, 11:00 AM**Bullthistle Ramble****Jim C. 607-759-3325**

C/2/50 Meet at 11:00 AM at the South Broad Street Park across from McDonalds on NY Route 12 in Norwich, NY. We'll ride the HILLS through Sherburne, Smyrna and South Plymouth, snack stop along the way. Be sure to bring your snack and drinks as this gets a wee bit remote. Little or no cell service most of the route.

SAT Sept 21, 10:00 AM Rt. 32 quiet rural loop from Chenango Forks for everyone**Regina L 607-222-8235**

All paces. Meet at Living Word Christian Center parking lot at base of the "Wall." Distances of 12 - 56 miles depending on your loop:

12 miles - to Greene (and back);

22 miles - to Brisben (and back);

38 miles - to Oxford (and back);

56 miles - to Norwich (and back)

Will split into groups depending on Ppace. B and C groups welcome and D riders for 12 miles Featuring quiet rural Rt 32.

Turnaround points in Greene, Brisben, Oxford, Norwich, and Hamilton, and food stops all along the route. There is a ride for everyone - PB&J, W2M, recreational weekenders, and racers... we have it all!

SAT Sept 26, 10:00 AM**Post Highway Clean Up Ride****Ride Leader Needed**

C/4/24 – After the Highway cleanup we will meet at the Chenango Forks Fishing Access, Chenango Forks, NY at 10:30 AM for an EASY ride along Route 79 to Whitney Point, Dorchester Park, and back.

SUN Sep 27, All Day**Memorial Ride & Picnic****Don D 607-765-6597**

A celebratory remembering of all past members of our club! Join us for a day of rides, food, and camaraderie! All rides are loops that start from Hickories Park in Owego, NY. Please watch the GoogleGroups email distribution for more details.

SAT Oct 17, 1:30 PM**Whitney Point to Willet, NY****Don D. 607-765-6597**

C/3/25 - Meet at 1:30 PM at the Whitney Point High School, Whitney Point, NY. Ride the Bicycle Paths and the scenic back road..

THUR Dec 3, 6:30 PM**Johnson City Christmas Parade****Narani S 917-692-9340**

Meet at 60 Lester Ave, Johnson City. Description: Ride your decorated bike or walk your decorated self, hand out candy if you like, especially if you don't bring your bike. I will have some candy to share to give out to the kiddies; if you have left over Halloween candy, here's your chance to unload! After the parade, we will meet at Sharky's for Pizza and refreshments.

STBC Good Deed Doings

Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away!!

Saturday, May 9, 1-4 PM is the annual Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away. Over the past thirteen years, STBCers have helped distribute over 3500 bicycles. We will need help to fit, make adjustments on the bicycle for specific individuals, fit free helmets, properly inflate tires, instruct the recipient on locking the bicycle, etc.

Thursday, May 7, 5:30 - 7:30 PM. Move bicycles from storage to SJJMUMC Dream Center. Need help with pickups and trailers to move 300 bikes two blocks from STORAGE to the church.

Please contact Augie at amueller@binghamton.edu or 607-722-6005 to offer help!

Bicycle Safety Education for Youth

On May 20 the Maine-Endwell Key Club will be sponsoring a summer safety fun event at Maine Memorial School, 4:30-7:30. Part of this will be a bike safety event which the Safety Committee of the STBC is supporting. **VOLUNTEERS ARE NEEDED** to help with helmet checks, bike safety checks, and to oversee bike handling exercises in parking lot area. **Contact Dave Wells at severin1@roadrunner.com for more information.**

Roadside Cleanups

Saturdays, April 25 and September 26. Mark your calendar! Join us once again make our section of NY 12 shine!

Volunteers can meet at 7:30 AM (early - birds okay) at Laura's Luncheonette, 1080 Chenango Street, for breakfast on the club (and sign up for a starting place and direction).

Or, meet at Chenango Forks Fishing Access on NY 12 (just before downtown Chenango Forks and near the old St. Rita's church) to begin the cleanup at 8:45 AM. As in recent clean-ups, equipment will be passed out at the diner, and at the Fishing Access.

Contact Susan Hendery at

shenderv@gmail.com

ahead of time so she has a count for breakfast and clean up.

Out of Bounds Rides

Coastal Ride, North Carolina

April 24 - 26 - Various loop routes from 5 to 100 miles, starting in Oriental, NC with an abundance of coastal wildlife & historic sites. https://ncsports.org/event/cyclenc_coastal Ride/

Tour de Scranton

April 26 - Six varied rides from 4 miles to 65 miles. See: <http://tourdescranton.com>.

Tour of the Scioto River Valley

May 16 - 17. Over 2,500 cyclists, 210 or 105 mile, 2-day tour. The fee includes food, places to stay, transportation of your sleeping gear, SAG & more. See: <http://tosrv.org>

Bike Virginia

June 19 – 23 The Annual Bike Virginia 6 Day Tour. See: www.bikevirginia.org

Erie Canal Tour

July 12 - 19 Cycle the Erie Canal, a supported tour across NY State along the scenic & historic Erie Canal. 40-60 miles per day, most days on level ground. See: www.ptny.org/canaltour/

Great Big FANY Ride

July 19 – 24 500 miles across upstate New York. A camping bike tour from Plattsburgh to Poughkeepsie with 50 mile per day average. See: www.fanyride.com

The Bon Ton Roulet

July 18 -25 Seven day, fully supported bicycle tour through the Finger Lakes region of New York State. Short and Long daily routes.. See: www.bontonroulet.com

Mountain Ride, North Carolina

Aug 7 – 9 Various loop route daily from 15 to 70 miles, starting in Forest City, NC through the Blue Ridge Mountains. - See: https://ncsports.org/event/cyclenc_mountain Ride/

Aids Ride for Life

September 12 Variety of mile rides starting from Ithaca, to raise funds for the Southern Tier AIDS program so it can continue to provide supportive services. See: www.aidsrideforlife.org

Mountains to Coast Ride, North Carolina

Oct 3 – 10 7 Day fully supported bicycle tour. Various distances daily from 50 to 75 miles across NC. See: https://ncsports.org/event/cyclenc_mountaintocoast Ride/

Saturday, April 25, 2020: 6 to 9 pm

at

Relief Pitcher, 197 Conklin Ave
Binghamton NY 13903

Buffet Dinner with Cash Bar

Please bring a non-perishable food item or cash to contribute to CHOW from STBC
To register for the annual dinner, go to the STBC website and register using Pay Pal,
or complete this form and mail with check payable to:

STBC to PO Box 601, Binghamton, New York 13902 (must be received before the deadline)

FIRM DEADLINE – April 20, 2020
No last minute calls will be accepted
2020 STBC membership required to attend

STBC dinner reservation – Members, \$15.00; Guests, \$30.00 (STBC
Subsidizes the difference for membership required to attend dinner)

Email/Phone _____

Name _____ Number attending ____ X\$15.00 (member) = _____

Name _____ Number Attending ____ X\$30.00 (Guests) = _____

Total Enclosed = _____

LOOKING FOR NEW RIDE LEADERS AND HOW TO LEAD A RIDE

If interested in leading a ride,
please contact David W at,
bike@southerntierbicycleclub.org

HOW TO LEAD A RIDE

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

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

RIDE CATEGORIES, SPEED, AND TERRAIN

SPEED

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, and B rides**. Otherwise, ride leaders on all C, D and E rides are expected to keep track of riders (consider a volunteer rider serving as a sweep).

SHOP TALK

Well, now that some of you have not been riding your bike all winter long, this is the perfect time to check out your equipment. The sun is shining and you can't wait to get out, but your safety is important as things on your bike will change over time.

- Are your tires inflated to the correct pressure?

You can find the pressure range printed on the side of each tire.

- Is there any lube on your chain?

Remove any accumulated road grit and moisture from the chain by turning the pedals backwards and running a rag along the chain.
- Then, apply lube.

- Are your rims clean?

Wiping the rim's braking surface with any household cleaner on a rag and will do.

- How do your tires look? How are your brake pads, chain and spokes holding up?

Look things over, as components will wear down. Look closely at your tires for bald spots or cracking or any foreign objects that may cause you to have a flat in the future. Check to see if the brake pads still have grooves and are not worn down. Check to see if your chain is stretched and that the spokes on the wheels are tight. Grab and try to twist things like the seat and handlebars. Also, inspect your accessories like your helmet, emergency gear and lights.

As you ride with your heart – ride with your head.

Steve - New Milford Bike

Southern Tier Bicycle Club Membership Application

NAME _____ Date of Birth _____

ADDRESS _____

E-MAIL _____ PHONE (_____) _____

☐ Individual (18 years or older) - \$ 5 x _____ Yrs = \$ _____ (5 yrs. max)

☐ Family (individual's spouse/partner & children under 18) - \$10 x _____ Yrs = \$ _____ (5 yrs. max)

Adult Family Member Name _____ Name(s) / ages of minors: _____

☐ Full-time student - Free - to be renewed annually

University or college where student attends: _____

Make checks payable to: **STBC Inc.** - Mail to: **PO Box 601, Binghamton, NY 13902**

Or

Pay on-line using PayPal at: <http://www.southerntierbicycleclub.org/membership.html>

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Southern Tier Bicycle Club Inc. sponsored Bicycling Activities, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that 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. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (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 conditions 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 may incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Southern Tier Bicycle Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, 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, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I 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 (or Parent/ Guardian for minor under age 18)

Date: _____



(Seeing Red?)

Please check the mailing label on this newsletter and, if it is not current through 2020, your status is printed in **RED**. Please go to the website and RENEW by PayPal or RENEW by mail using the membership application found in this Newsletter.

This will keep your membership active.

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

Southern Tier Bicycle Club

STBC, Inc.
PO Box 601
Binghamton, NY 13902-0601

E-MAIL:
bike@southerntierbicycleclub.org

We are on the Web!

See us at:
www.southerntierbicycleclub.org

FACEBOOK
<https://www.facebook.com/SouthernTierBicycleClub/>

Local Bicycle Shops

Aeros Cyclery 640 Conklin Road, Binghamton • 607-724-7313
<http://www.actioncycleryllc.com>

Babcock Bicycles 108-110 W. Main Street, Endicott • 607-754-0886 •
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

Chenango Point Cycles 125 Park Avenue, Binghamton • 607-724-7481 •
www.chenangopoint.com

The Hockey Shop 1146 Upper Front St Binghamton • 607-724-8075
• www.thehockeyshopny.com

Gear-To-Go Tandems 1 Dahinda Road, Saranac Lake • 518-891-1869 •
www.gtgtandems.com

Guy's Bicycle Shop 7203 State Route 20, Madison • 315-893-7231 •
www.madbikeguy.com/index.html

Main Street Bike Shop 27 West Main Street Trumansburg, NY • 607-387-3252 •
www.mainstreetbikeshop.com

New Milford Bike 910 Main Street, New Milford, PA • 570-465-2169 •
www.newmilfordbike.com

Otsego Bicycles 74 Water Street, Oneonta • 607-432-1731 •
<https://www.otsegobicycles.com>

Swan Cycles 226 Mount Pleasant Road, Freeville, NY • 607-277-0495