



2017 Newsletter

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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

bike@southerntierbicycleclub.org

STBC is on the Internet:

www.southerntierbicycleclub.org

New this year:

Ride calendar in Google

See article inside

Editor – Roger Westgate

PRESIDENT'S LETTER

The Southern Tier Bicycle Club has a very proud history that dates back to our inception in 1969. It is rich in the significance of the work our club contributes to the cycling community. We are looked upon for our leadership in local cycling issues and for presenting great rides from our annual events to our weekday and weekend rides. We are welcoming to both the new cyclist just getting into the sport as well as the experienced with years in the saddle. We are privileged to play a role in our ever-growing bicycling community with all that we do. There has never been a better time to be a member of the STBC! We have so much to offer to our members and, if you haven't been riding with us lately, you will find out in this Newsletter all that you will be missing. Also, please always feel free to contact me if you should have any questions, comments, suggestions, or if you would like to volunteer for any of our activities. We're going to have a great 2017 season, together! So Stay Safe ...

Respectfully,
Steve

2017 Great Finger Lakes Bicycle

Mark your calendars for June 9 – 11, 2017 for the 37th Great Finger Lakes Bicycle Tour. We will have some new rides this year that cater to all level of riders, from entry level to those looking for a challenging Century ride. The event is held at the Hidden Valley Group Camp of Watkins Glen State Park.

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 east of Seneca Lake and will range from approximately 15 miles to 100 miles. This year we are attempting 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. For those that prefer quiet bike path rides, the newly opened Black Diamond Trail and the Catherine Valley Trail offer some very nice options.

The cost of \$92 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, maps, sag support and most importantly, the company of a few hundred likeminded cyclists for a full weekend of riding and camaraderie. 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 www.greatfingerlakesbiketour.com for full details and registration. We have both online and mail in registration options. Please feel free to contact Dick Porterfield at 607-323-3236 or rporterfield@gmail.com with any questions or with suggestions to improve the event.

STBC Group on YAHOO!

For up to the minute information about new rides and ride changes/cancellations, subscribe to the STBC Yahooogroup Listserv. To subscribe to the STBC Yahooogroup, follow instructions posted on the STBC website www.southerntierbicycleclub.org by clicking on "email listserv / Yahooogroup".

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

STBC Donates Bike Rack

The STBC donated a rack to the Vestal Rail Trail near the playground on the east end of the Trail.



Studies have shown that riding a bicycle everyday makes you more awesome than the general population.



your cards
www.cards.com

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

Saturday, May 13, 1-3 PM is the 10th annual Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away. Over the past nine years, STBCers have helped distribute over 1800 bicycles. We will need much help to fit, make adjustments on the bicycles for specific individuals, fit free helmets to those getting a bicycle, properly inflate tires, instruct the recipient

On how to lock up the bicycle, and to 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 11 a.m. the morning of the event. More specifics will be posted on the STBC listserv. Our motto is "We have to give back!" All of us have gotten much from our bicycling! 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 or 607 722 6005 to offer help!

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 listserv, so you'll need to be

signed up at the Yahoo Group Site for the STBC group. Details for each ride are announced a day or two prior. Questions? **Contact Cheryl Brown, or Greg Laskowski at: cbrown@binghamton.edu greglaskowski15@gmail.com** For Tuesday rides, and

Pat and Carolyn Gilligan: cgilligan@stny.rr.com for Thursday rides. We welcome newcomers, so come and join the rides!

Roadside Cleanups

Saturdays, April 29 and September 30. 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 Mona at girllovesbikes@gmail.com ahead of time so she has a count for breakfast and clean up.

Entry Level Rides – Easy Riders

Easy Riders will offer biking options for beginners, those who desire short, relatively flat rides and families looking to increase their activity level. Some rides will take place on trails and will be appropriate for young riders under the age of 10. Some rides will utilize roadways and would be best for children ages 10

and up who have taken a safety course and understand the rules of the road.

The rides are offered on Sunday afternoons, starting at 3:30. These rides will be rated YC for children under age 10 and OC for children over the age of 10. Many of our rides will involve stops at local ice cream shops so bring money for a frozen treat.

Questions?

Contact Renee at reneesammic@yahoo.com

Note: the Entry Level Rides will be updated on the ride calendar during the cycling season.



2017 Great Finger Lakes Bicycle Tour • June 9-11

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 27 with a \$10 cancellation fee. Current Southern Tier Bicycle Club Inc (STBC Inc) membership is required to participate. See www.southerntierbicycleclub.org and <https://www.greatfingerlakesbiketour.com> 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://www.greatfingerlakesbiketour.com>

Name(s) _____

Address _____ City _____ State/Province _____

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

| | | | | | |
|--|---|---|---|-------|---|
| Event fee until May 10 * | Age 10 and over | # participating = | x | \$92 | = |
| | Age under 10 | # participating = | x | \$57 | = |
| Event Fee May 11 or later (late registration) | Age 10 and over | # participating = | x | \$102 | = |
| | Age under 10 | # participating = | x | \$62 | = |
| 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 (includes children up to age 18) | | \$10 | = |

*

TOTAL EVENT, CABIN, MERCHANDISE 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** on our on-line registration at

<http://www.greatfingerlakesbiketour.com>

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

Questions? -- contact Dick Porterfield at 607-323-3236 or at rporterfield@gmail.com



BOB DANNECKER MEMORIAL RIDE AND PICNIC

On September 24, 2017 STBC will again hold its Bob Dannecker Memorial Ride and Picnic in Owego at the Hickories Park! The century ride will begin promptly at 7:00 AM (as daylight hours will be getting shorter) and the metric century will begin at 10:00 AM. There will be multiple routes from 15 to 100 miles, and all return to the starting pavilion. Regardless of the mileage you would like to ride, there will be an option for you! All rides are supported with sag wagon and maps. Join us for a catered picnic FREE to all STBC

members (guests welcome at \$6). Please join us even if you are not riding!

The softball game which will begin at 3:00 PM. will be considered a pick-up game, so you can come anytime afterwards and join in on a team. It would be rated as a Slow Pitch, No Stealing, Fun Game. We have all the equipment and some extra

gloves for those in need, but please bring whatever equipment you may have. See you there....

Check

www.southerntierbicycleclub.org
in September for the latest updates.



Life is like riding a bicycle. To keep your balance you must keep moving. ~ Albert Einstein

Sunday Morning Rides

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 (9am), riding varies, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including but not limited to NY 7, NY11 or the route taken out. On occasion, we ride the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.

2017 Chris Thater Memorial Races

The 34th Annual Chris Thater Memorial Races will take place in Recreation Park in Binghamton on a date to be determined. Thater, a 23-year-old cycling enthusiast and Binghamton University graduate who was killed by a drunk driver in Broome County on October 16, 1983.

In 1984, the Broome County STOP-DWI Program started an annual local bicycle race to remember Chris and to elevate public awareness of substance abuse and traffic safety. Since 1984, the event has grown from a local bike race of a couple dozen riders to a nationally recognized event.

The STBC has supported the Chris Thater from the early years and in 2017, we will again host an information tent at Recreation Park as part of our community relations campaign. There will be self-directed group rides starting and finishing at the STBC tent and the theme of this year's rides will focus on Southern Tier Parks. A rider sign-out/sign-in and mileage board will be posted outside the tent along with detailed queue sheets. The rides will be posted on the STBC calendar.

So check the ride calendar and show your support for the STOP-DWI program and our STBC mission of promoting cycling and healthy living in the Southern Tier.

Ride Calendar Moves to Google

For 2017, the STBC ride calendar continues to use a Google Calendar to make the ride calendar more easily accessible and visible to all!

Riders will also be able to '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 and 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

Check Your Address Label

(Seeing Red?)

Please check the mailing label on this newsletter and, if it is not current through 2017, your status will be printed in **RED**. Please go to the website and RENEW by PayPal or RENEW by mail using the membership application found in this Newsletter.

That will keep you active.



Southern Tier Bicycle Club, Inc. 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 (between 18 and 23 years of age) - Free - to be renewed annually

Where the student is enrolled: _____

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: _____

LOOKING FOR NEW RIDE LEADERS **AND HOW TO LEAD A RIDE**

If interested in leading a ride, please contact Roger 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).

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.

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 or Snell approved helmet and the observance of all traffic laws

SHOP TALK

Lubrication

Maintaining your own bike can be fun. Take a look at the chain. Hundreds of small moving parts, dedicated to making your bike go. Assuming everything, like alignment, wrap, and tension are correct, there stands one critically important word involving your chain, "Lubrication". Without it risks disaster. A properly "Lubed" chain will aid in shifting and performance. One that is left unattended, will result in excess chain ring wear, nipping of cassette cog teeth and premature chain stretch. Whatever your favorite lube is, and there are many, it comes down to the matter of using it. To save \$8 every couple of months and 5 minutes of maintenance for every ride, you will be replacing rings, cogs and chain in about half of their expected lifetime if not properly lubricated.

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

-Steve – New Milford Bike



"Few articles ever used by humans have created so great a revolution in social conditions as the bicycle."
US Census Report, 1900

"Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel...the picture of free, untrammelled womanhood."

Susan B. Anthony

STBC 2017 Annual Dinner
Saturday, April 22, 2017: 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, complete this form and mail with check payable to:

STBC to PO Box 601, Binghamton, New York 13902

FIRM DEADLINE – April 15, 2017

No last minute calls will be accepted

You may also go to the STBC website and register using Pay Pal
2017 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 = _____

OUT OF BOUNDS RIDES

Tour de Scranton

Sunday April 23rd Five varied rides from 4 miles to 65 miles. See:

<http://tourdescranton.com>.

Tour of the Scioto River Valley

May 20-21. Over 2,500 cyclists, 210 or 105 mile, 2-day tour. The \$70 basic fee includes food, places to stay, transportation of your Sleeping gear, SAG, and more. See:

"<http://tosrv.org>" <http://tosrv.org>.

The Ride to Montauk 2017

Saturday May 20th. Beautiful, flat routes for beginners and experts with distances of 30, 73, 108, and 150 miles. Adult cost is \$195-395, kids under 12 are free. See:

www.ridetomontauk.com.

Get Your Guts in Gear

June 11th one day ride, distances of 30, 62.5, and 100 miles. Beautiful views and quaint towns/villages along the Hudson River. Benefits Crohn's and Colitis; fundraising required. See:

www.ibdride.org

or: www.igotguts.org

Heritage Explorer Bicycle Tour and Festival

TBA in September 2017

Pecksville, PA

Choice of 4 routes from 5-44 miles. Hybrid or Mountain bikes recommended. See:

www.heritageexplorer.org

or www.lhva.org

Bike Virginia

June 23 – 28. The Annual Bike Virginia event.

Riders will enjoy varied ride length each day.

See: www.bikevirginia.org

Tour de Ulster/Kingston

Sunday June 26th Rides of 5, 12, 25, and 50 miles. Also a 16 mile road/railtrail option. Free cookout. See: www.tourdeulster.com

Bay to Bay Ride

Sunday June 25th -Five routes between 27-104 miles. Tour the Upper Eastern Shore of Maryland and Delaware. See:

www.chestertownlions.org

Erie Canal Tour

July 9-16th Cycle the Erie Canal, a supported tour across NY State along the scenic and historic Erie Canal. 40-60 miles per day, most days on level ground. See:

www.ptny.org/canaltour/

Great Big FANY Ride

July 23-29th 500 miles across upstate New York. A camping bike tour. See:

www.fanyride.com

Annual Highlander Cycle Tour

July 23rd Bristol Mountain Ski Resort Rides from 15-120 miles, with vertical climbs of to 11,000 ft. held over Two days in the breathtaking Finger Lakes Wine Country. See:

www.highlandercyclotour.com

The Bon Ton Roulet

July 23-29th Seven day, fully supported bicycle tour through the Finger Lakes region of New York State. Short and Long daily routes. See:

www.bontonroulet.com

Mass BikePike Tour Aug 5-11th Supported camping tour with motel/b&b. Starts and ends near Ayer, MA. See: www.massbikepike.org

IDIDARIDE! Adirondack bike tour. July 30th

75 mile loop with 6,840 ft elevation gain, or shuttle supported 20 mile option with 1,340 ft elevation gain through beautiful Adirondack scenery. Four rest stops with snacks, water along the route. SAG wagon and mobile mechanical support provided. See:

www.adk.org

Finger Lakes Tour de Cure

August 13th A ride, not a race. A day full of fun and Excitement where riders of all levels join force in the fight to stop Diabetes and raise critical funds for research, education and advocacy in support of The American Diabetes Association. See: www.facebook.com/tdcflx

2017 AIDS Red Ribbon Ride

August 17-21st. Five day, 400 mile fundraising event through the Finger Lakes Region.

Fundraising required. See:

www.aidsredribbonride.org

Chris Thater Memorial Races

Date TBD Recreation Park, Binghamton, NY.

Benefits BC Stop DWI programs. See:

www.bcstopdwi.com/bcstopdwi/thater

Aids Ride for Life

September 10th 42, 85, 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 prevention education. See:

www.aidsrideforlife.org

The 2017 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. If you would like to lead a ride at any time during the year, please contact Roger W at:

bike@southerntierbicycleclub.org to have it posted in the online calendar.

- | | | |
|--|---|------------------------------|
| SAT April 1, 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 2, 3:30 PM | Entry Level Ride – Otsiningo Park | Renee N 607-242-7808 |
| D/4/5 Meet at the North end of Otsiningo Park. Appropriate for young children (YC). | | |
| SAT April 8, 10:00 AM | Hamley Maple Ride | Bob D 607-687-2511 |
| C/2/35 - Meet at Town Square, 160 Main St, Owego, NY at 10:00 AM for a hilly ride to Hamley's Maple Farm for a pancake lunch. | | |
| SUN April 9, 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. | | |
| SUN April 9, 3:30 PM | Entry Level Ride – Vestal Rail Trail | Renee N. 607-242-7808 |
| D/4/7 Meet at the Castle Garden end of trail. Appropriate for young children (YC). | | |
| SAT April 15, 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. | | |
| April 22, 11:00 AM | Recreation Park to New Milford | John R 607-651-9939 |
| C/3/46 – Meet at Recreation Park for a Ride to New Milford on Route 7 and return on Route 11 | | |
| SUN April 23, 10:00 AM | Earth Day in PA | Steve Br 570-465-2169 |
| D/3/20 – Meet at New Milford Bike, 910 Main Street, New Milford, PA at 10:00 AM, for a tribute to Earth Day 2017. Prizes will be awarded for some of the coolest recyclable items found along the route. Ride Route 11 North & the hills of Old Route 11 back. | | |
| SAT April 29, 10:30 AM | Post Highway Clean Up Ride | Roger W 607-773-1233 |
| C/4/20 – After the Highway clean-up 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 and back. | | |
| SUN April 30, TBD | Earth Fest Ride | Joe W 607-693-2426 |
| Starts at Broome Community College. More information will be posted on the online calendar. Support of the STBC table and ride is needed. | | |
| SUN April 30, 3:30 PM | Entry Level Rides Owego | Renee N 607-242-7808 |
| D/4/12.8 - Meet at Hickories Park and ride to Big Dipper Ice Cream – 12.8 miles, relatively flat- appropriate for older children. (OC) | | |
| SAT, May 6, 10:00 AM | Cincinnatus Taylor Valley Loop | Greg L 607-427-6298 |
| C/2/36 - Meet at the park just north of Cincinnatus, NY on Route 26. This loop ride on quiet country roads goes through the scenic Taylor Valley to Cortland and back to Cincinnatus by way of Route 41 and Telephone Road. Mostly flat and rolling with one steep hill. | | |
| SAT May 13, 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 our biggest community project. Enjoy an easy flat ride on a spring evening through Johnson City and Binghamton. The route has many eating and beer options near the end. | | |
| SUN May 14, 9:00 AM | Jimay's Flea Market Express | Augie M 607-722-6005 |
| D/3/26 - Meet at 9:00 AM at the South Washington Street Pedestrian /Cyclist Bridge and Conklin Avenue, Binghamton NY. Will take the back roads to Corbettesville, NY to visit this ever-growing outdoor market. | | |

Renee N 607-242-7808

D/4/5 – Meet at North End of Otsiningo Park. Appropriate for young children. We can ride over to Hoopla after for frozen yogurt. (YC)

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 have been 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.

Eric C 607-760-3731

C/3/46 - Meet at Tioga County Public Health, 1062 NY Route 38, Owego, NY for a 10:00 AM ride on good roads through the valley of Newark to Speedsville, NY. Then we will head further north, up, over a long, gentle rise, and down in to the Cayuga Lake Valley to Brooktondale, for a respite at Brookton's Market. We will return via wide shouldered Route 79 and south on West Creek Road.

Steve Br 570-465-2169

MBR C/1/22 – We will meet at New Milford Bike, 910 Main Street, New Milford, PA at 10:00 AM, for the Bridgewater / Three Lakes Mountain Bike Loop. We will ride the Dirt Roads and Trails in Susquehanna County, PA. Good mix ride with steady steep climbs.

Renee N. 607-242-7808

D/4/8.6 - Meet at Schnurbush Park in Conklin – meet near the playground- ride to Pop’s Sugar Shack. Appropriate for older children.
(OC)

Renee N. 607-242-7808

D/4/10 - Memorial Day Ride- Recreation Park to Otsiningo Park- relatively flat – utilizes both trail (River Walk and Otsiningo Park) and roadways, appropriate for older children- 10 miles (OC)

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

Renee N 607-242-7808

D/4/7 – Meet at meet at Castle Garden End- stop at Coal House – appropriate for younger children. (YC)

Richard P 607-648-6081

The STBC will host the GFLBT at the Hidden Valley Campground - <https://sites.google.com/site/greatfingerlakesbiketour/home>

Renee N 607-242-7808

D/4/12.8 – Meet at Hickories Park and ride to Big Dipper Ice Cream – 12.8 miles, relatively flat- appropriate for older children. (OC)

Paul N 607-727-4186

C/2/35 – Meet at 9:00 AM in Moravia, NY at the high school on Route 38. Ride Route 38 to Route 38A in Auburn, NY. Pickup Rockefeller Rd which takes a scenic country road with fantastic lake overlooks. Then we will take Sam Adams Rd. back to Moravia.

Dominic S 607-748-3824

C/4/20 - Meet at 1:00 PM at the West End of the Vestal Rail Trail parking lot at Castle Gardens, Vestal. We will ride Route 434 to Marshland Road in Owego, NY. There will be a rest stop at the boat launch on Marshland Road and we will return via Route 434

Renee N 607-242-7808

D/8/4 – Meet at Otsiningo Park near the upper pavilion go to Susie Q’s Ice Cream, relatively flat, utilizing service roads and roadways (OC)

Sherry B 607-648-4608

C/2/54 or 34 - Meet at 10:00 AM at the Wendy's parking lot in Deposit, NY or at Trout Creek Fishing Access at 11:00 PM for those that want a shorter 34-mile ride. Ride through the reservoir and watch for bald eagle sightings. Lunch is in Walton with optional routes back.

Greg L 607-427-6298

C/3/40 - Meet at 10:30 AM in the park in Scott, NY at the southern end of Skaneateles Lake. Ride a scenic circumference of Skaneateles Lake at a moderate pace with rolling hills and a spectacular 5-mile downhill finale. We will stop for lunch at the north end of the Lake.

Renee N. 607-242-7808

Sam and I are going on a bike trip with AMC in Cape Code – we encourage families to join us.

<http://activities.outdoors.org/search/index.cfm/action/details/id/94295>

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.

David W 607-859-2505

C/3/29 – We will meet at 1:00 PM 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 is offered for those who can only ride on the weekends.

John R 607-651-9939

C/2/15 MTB - Meet at the fishing access in Chenango Forks for a 2-hour mountain bike ride through State Park.

Regina L 607-222-8235

C/4/22 - Meet at 11:00 AM at Confluence Park, Binghamton, NY where the Chenango and Susquehanna Rivers converge. We will ride north along the River Walk, and at the River Road loop, split into clockwise and counterclockwise groups for interest.

Dick P 607-323-3236

C/3/50 - Meet at 9:00 AM at Whitney Point High School in Whitney Point, NY and ride to Cortland, NY via Greek Peak with return via Marathon, NY for 50 miles with 1,140 feet of climbing. Beautiful view from the hilltops between Virgil and Cortland for lunch.

John N 607-785-1166

C/3/31 - 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 into some hills eventually descending into West Corners and back to GFJ Park. Lunch will be at Joey's.

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.

Regina L 607-222-8235

C/4/34 – Meet at 11:00 AM at Confluence Park, Binghamton, NY where the Chenango and Susquehanna Rivers converge. We will ride south on Conklin Ave. to Hallstead, PA for a break and return on Court Street, taking a loop around the downtown roundabout.

C/3/50

– We will meet at Fillmore Glen State Park, Moravia, NY at 9:00 AM and head North up the West Side of Owasco Lake and cross over to Skaneateles, NY for lunch. Then do the West Side of Skaneateles Lake and cross over to Owasco Lake and back to Moravia.

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.

Augie M 607-722-6005

D/4/7 - Meet at 9:00 AM at the Center for Technology and Innovation. 321 Water Street, Binghamton, NY for a Fund Raiser Ride.

Roger W 607-773-1233

C/3/26 – Meet at the fishing access in Chenango Forks to a nice ride to Greene and return via Route 32

OPEN

.Joe W 607-693-2426

C/3/42 - Meet at the Great American parking lot in Greene, NY at 9:30 AM for ride to Norwich, NY via Route 32. The time spent at the event is determined by the group. Mostly flat with a few modest hills. Some have met family at the venue and driven back.

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 Sept 23, 10:00 AM **Butternut Valley** **Eric C 607-760- 3731** C/3/47-
31 - Meet at the McDonalds in Sidney, NY at 10:00 AM to enjoy the Butternut Valley on a ride from Sidney, thru Gilbertsville, NY to Morris, NY for lunch. For the shorter ride, meet at the Mt. Upton Park at 11:00 AM where we will pick you up.

SUN Sept 24, All Day **Bob Dannecker Memorial Ride & Picnic** **Don D 361-779-1130**
Join us for a day of rides, food, and camaraderie! All rides are loops that start from Hickories Park in Owego, NY. The century ride will begin promptly at 7:00 AM and the metric century will begin at 10:00 AM. Please watch the listserv for more details.

SAT Sept 30, 10:30 AM **Post Highway Clean Up Ride** **Roger W. 607- 773-1233**
C/4/20 – After the Highway clean up 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 and back.

SAT Oct 7, 10:30 AM **Richford, Greek Peak, Marathon Loop** **Greg L 607 427-6298**
C/2/36 – Meet at Michigan Hill State Forest at 10:30 AM for a nearly total rural road ride past Greek Peak to Marathon, NY where we can refuel. Mostly rolling hills until a sustained climb out of Marathon on the return leg of the ride

SUN Oct 8, 10:00 AM **\$1,000,000 MTB Ride** **Steve Br 570-465-2169**
MTR D/1/25 - 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 then roll along the Susquehanna River before getting into the hills back home.

SAT Oct 21, 10:00 AM **Downsville-Delhi-Pepacton Reservoir** **Eric C 607-760- 3731**
C/2/55 – We will meet at the Downsville Central School on Route 30 in Downsville, NY at 10:00 AM for a gentle paced ride through this lovely area. Will stop near Delhi, NY, then to Andes, NY for lunch. Then a quiet ride along the Pepacton Reservoir, to Downsville.

SUN Oct 29, 12:30 PM **Stop and Smell the Pumpkins** **Ride leader needed**
D/4/22 - We will meet at Rite Aid Drug Store, Main Street, Owego, NY at 12:30 PM for the annual Halloween ride.
Ride to Iron Kettle Farm for ice cream or hot chocolate. Check out the goats, pumpkins and fall fun. Costumes optional!

SUN Nov 6, 1:30 PM **Whitney Point to Willet, NY** **Augie M 607-722-6005**
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 roads.

SAT Nov 18, 1:30 PM **OPEN**

THUR Nov 23, 8:00 AM **16th Annual Cranksgiven** **Steve Br 570-465-2169**
D/4/20 - Meet at Jane's Diner, 591 Conklin Ave, Conklin, NY at 8:00 AM, for the 16th Annual Cranksgiven Ride to Pennsylvania via Route 7 South to Hallstead, PA and then back on Route 11, to Jane's Diner for breakfast. Ride the bike of your choice and enjoy.

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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

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

Main Street Bike Shop..... 3809 Main Street, Burdett • 607-342-6098 •
www.mainstreetbikeshop.com

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

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