

# SUMMER 2008



## **OFFICERS:**

<b>President:</b>	Dennis Uhlig • (607) 563-7822 uhligden@stny.rr.com
<b>Vice President:</b>	Don Gillespie • (607) 748-7635 bikes325@cs.com
<b>Secretary:</b>	Maria Thomas • (607) 798-6898 riajt@hotmail.com
<b>Treasurer:</b>	Regina Losinger • (607) 222-8235 ReginaLosinger@stny.rr.com

## **BOARD OF DIRECTORS:**

Bob Dannecker Sr. John Gerty Nancy Botting  
Peggy Sniezek Tom Nickerson Don Robertson Joan Hebb

## **VOLUNTEERS**

The STBC runs on volunteers. Note all the ride leaders that help us get out there and have fun. Here are some of the people who worked on the 2008 GFLBT: Dan & Mona Wysoki, Don & Lonnie Gillespie, Don Robertson, Nancy Botting, Bill Armstrong, Dennis Uhlig, Augie Mueller, Regina Losinger, Steven Bard, Steve Bruno, and probably others I've missed.

## **STBC ADDRESS:**

STBC, Inc.  
PO Box 601 • Binghamton, New York 13902-0601  
email: [bike@southerntierbicycleclub.org](mailto:bike@southerntierbicycleclub.org)

### **STBC is on the Internet.**

Thanks to Regina Losinger and John Gerty for their efforts in keeping the home page up to date:

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

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

### **New STBC Group on Yahoo!**

The club has recently created a Yahoo! group appropriately named "SouthernTierBicycleClub". The group enables the club list server so that club members can communicate ride announcements, ride cancellations, advice on biking matters, and anything else that would be of general interest to STBC club members. Club members can join to contribute to the conversation or just listen in.

In addition to the list server function, the site contains sections for posting photos, comments on camping site reviews, the ride calendar, and more.

## **How To Sign Up For The STBC Yahoo! Group**

1. Send a message to [SouthernTierBicycleClub-subscribe@yahoo.com](mailto:SouthernTierBicycleClub-subscribe@yahoo.com) You will get an e-mail back from yahoo with further instructions. OR
2. Go to [www.yahoo.com](http://www.yahoo.com) Click on groups. Enter *Southern Tier Bicycle Club* in the *Find a Yahoo! Group* field, click on Search, which will bring you to the *SouthernTierBicycleClub* page. Click on blue highlighted portion. Select *Join This Group*, and follow instructions. At the *Join This Group* page, it will ask you to sign in.

To visit the discussion list, use this link: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

To post a message on the discussion group via an e-mail use this address: [SouthernTierBicycleClub@yahogroups.com](mailto:SouthernTierBicycleClub@yahogroups.com)

### **Nearby clubs with home pages:**

CNY D.I.R.T: <http://bikeloft.com/page.cfm?PageID=34>  
Finger Lakes Cycling Club: <http://www.flcycling.org/>  
Tioga Velo Club: <http://tiogavelo.com/>  
Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>

## **ABOUT THIS NEWSLETTER**

This newsletter is published 3 times a year: spring, summer, and fall. Items for the fall issue must be submitted by August 1<sup>st</sup>. Send all submissions to: STBC NEWSLETTER • PO BOX 601 • Binghamton, NY 13902-0601, or email: [bike@southerntierbicycleclub.org](mailto: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 on-line at <http://www.southerntierbicycleclub.org/rideschedule/ridesignupform.html>
8. Once you've completed the ride, return the form to the STBC address.

## **LOOKING FOR NEW RIDE LEADERS**

If interested in leading a ride, please contact Don Gillespie at 748-7635 or at [bikes325@cs.com](mailto:bikes325@cs.com).

## **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.

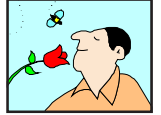
E: Under 10 mph Relaxed pace, frequent stops to wait for everyone.

MBR: Mountain Bike Ride

**STOP AND SMELL THE FLOWERS RIDES**

On Sunday afternoons, 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 12 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! Call Joan (729-9352) for more information. Check the ride schedules and pick the rides that suit your preferences.

This summer, Anne Marie Ruspantini is also leading several short rides around the Binghamton neighborhoods. Check the schedule for those rides as well.

**EVERY SUNDAY MORNING  
BREAKFAST RIDE**

We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam; Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast riding varies, but often includes a back roads ride to the Broome Industrial Park, returning via a variety of optional routes, including but not limited to NY 7, NY11 or the route taken out. On occasion we might do the streets of Binghamton to Dickinson and Otsiningo Park bike paths. Participant determined.

**WHEELS TO MEALS -  
MIDWEEK, MIDDAY RIDES**

Recently retired or otherwise free for the summer and looking for some midweek bicycling adventures? Then you should know about "Wheels to Meals". This group offers a great selection of midday rides on Tuesdays and Thursdays. We ride to lunch, and on occasion to picnic and/or swim. As you might surmise, our pace is modest, the company is lively, the scenery can be sublime and even hills can't deter.

The particulars of each ride - where and when to meet, destination, distance and difficulty - are announced via e-mail rather than through the club newsletter. If you haven't already signed up at the Yahoo Group Site for STBC please do so. You'll see the details for each ride announced a few days prior to the event - <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/> You must be an STBC member for this. Also, send a note to [plainj@ieee.org](mailto:plainj@ieee.org) and I'll add you to the "Wheels to Meals" e-mail list, which is used for special events and weather cancellations!

Still uncertain? Here is a recap from previous rides. Typical rides are between 15 and 40 miles, with the shorter rides more frequent early in the season. Some rides have an alternate start to provide shorter rides for some. Last year the average ride of all riders was just over 28 miles round trip. We always ride to lunch. One highlight in previous years has been a ride with picnic and swim following. That's coming again on Tuesday July 1st! If you still have any questions, contact me at [plainj@ieee.org](mailto:plainj@ieee.org)

For great cycling fun - Meals to Wheels. See you on the road!

Jay K.

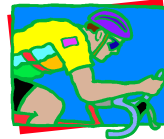
**MONDAY EVENING RIDE SERIES**

"In search of recumbent legs"

Join Regina Losinger on Monday evenings at 5:30 as she searches for "recumbent legs" on a 20 to 25 mile C pace ride. Regina is new to recumbent riding and is working on developing the muscles needed to ride one well. As the summer progresses and her muscles develop, the rides will get hillier and perhaps a bit faster. Regina promises test recumbent rides to anyone who wants to give it a try, and she plans to "lead the rides from the rear, as usual!" This ride is often topped off with a stop for snacks and refreshments.

**TUESDAY & WEDNESDAY  
EVENING RIDES**

Middle of the week riders can participate in a varied set of Tuesday and Wednesday evening rides this summer. Nancy MacNeill will be leading Tuesday evening rides from Vestal and Endicott. All her rides are all different, so you will get to see new territory each time. In July Don Robertson will be leading Wednesday rides from Binghamton's Sandy Beach Park. Check the ride schedule now so you can participate in these mid-summer evening rides.

**THOUSAND ISLANDS RIDE WEEKEND**

**Friday, August 29<sup>th</sup> – September 1<sup>st</sup>, 2008**  
**Spend Labor Day Weekend in Cape Vincent, NY.**

There will be a variety of rides in the area around Chaumont, Point Salubrious, Sackets Harbor, Clayton, Wolfe Island, Kingston, Ontario, Gananoque, and more. Ride distances range from 25-60 or more.

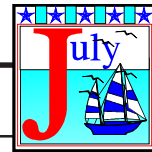
Karen Koscianski is taking reservations for the stay at American Youth Hostel at Tibbetts Point Lighthouse. The cost of a bed in the hostel is \$15.00 per night. She can also provide other suggestions for places to stay that weekend.

For Information: Call or e mail Karen Koscianski 786-5619, [kkoscianski@stny.rr.com](mailto:kkoscianski@stny.rr.com).





## RIDE SCHEDULE SUMMER 2008 - JULY



### Tuesday and Thursday Morning Rides: Wheels to Meals

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

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

<b>WED July 2<sup>nd</sup> 6:00 PM</b>	Sandy Beach Park, Binghamton	Don Robertson 725-9481
From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.		
<b>SAT July 5<sup>th</sup> Noon</b>	CFJ Park Binghamton	Jim Conroy 759-3325
C/2/45 Let's celebrate our Independence by riding to Whitney Point via Airport Rd and NY 26, Return via NY 79 and Kattelville Rd.		
<b>MON July 7<sup>th</sup> 7:00 PM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR – Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>TUE July 8<sup>th</sup> 5:30 PM</b>	Four Corners, Vestal	Nancy MacNeill 748-1026
C/4/22 Meet at 4 corners parking lot, Vestal, for a flat ride out NY 434 and side roads to Marshland Rd.. Return via same route.		
<b>WED July 9<sup>th</sup> 6:00 PM</b>	Sandy Beach Park, Binghamton	Don Robertson 725-9481
From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.		
<b>FRI July 11<sup>th</sup> 6:00 PM</b>	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/10 Ice Cream Ride: Meet at Confluence Park and from there, ride to Hillcrest for ice cream at Suzy Q's.		
<b>SAT July 12<sup>th</sup> 10:30 AM</b>	Norwich	Bob & Joyce Dannecker 648-9467
C/3/45 Meet at S. Broad St. Park in Norwich (south edge of town, across from McDonald's). We'll ride north to Sherburne for lunch, then west on NY 80 through Smyrna to Otselic and back to Norwich.		
<b>SUN July 13<sup>th</sup> 9 AM</b>	Confluence Park	Binghamton Historic Bridge Pedal
This is a ride for people who don't ordinarily go on bike rides. Experienced bikers should bring inexperienced friends. As last year the start will be at the South Washington Street bridge. Start gathering at 9 AM. With a police escort we will ride the streets and bridges of Binghamton doing some sight seeing along the way and ending back at the same bridge around 11 AM. We'll ride a relaxed pace under 10 MPH over flat terrain for a total of six miles. Registration of \$2 prior to the event, \$3 day of the event with proceeds donated to the MLK Pavilion. Pre-register at Babcock's Bikes in Endicott, Aeros Cycle in Conklin, Chenango Point Cycles in Binghamton or contact Steven Bard, 754-4756, for details. (This is a non-STBC sponsored ride.)		
<b>SUN July 13<sup>th</sup> 1:30 PM</b>	St. Rita's Church, Chenango Forks	Joan Hebb 729-9352
D/3/20 Check out the Binghamton Bridge Pedal in the morning then head out to Chenango Forks to stop and smell the flowers to Whitney Point for ice cream. This is one of the "harder" Flowers rides! Meet at St. Rita's Church (now closed), NY 12, Chenango Forks.		
<b>MON July 14<sup>th</sup> 9 AM</b>	Fillmore Glen State Park, Moravia	Steve Bruno 570-465-2169
Park at Fillmore Glen State Park, NY. We want to be Riding by 9:00 AM. Ride heading north up the west side of Owasco Lake, and cross over to the east to Skaneateles. Head south on the west side of Skaneateles Lake and cross over to Burtis Point on Owasco Lake and back down the east bank to Moravia. 50 miles at a flowing pace, but will stop and smell the roses, and have a swim after the ride at Fillmore Glen. More information including car pooling details at <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a> .		
<b>MON July 14<sup>th</sup> 5:30 PM</b>	Recreation Park, Binghamton	Regina Losinger 222-8235
C/4/22 Join Regina as she searches for "recumbent legs" on an evening ride out Conklin Ave to Maines. Meet at the Beethoven St. parking lot, Westside of Binghamton.		
<b>WED July 16<sup>th</sup> 6:00 PM</b>	Sandy Beach Park, Binghamton	Don Robertson 725-9481
From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.		
<b>SAT July 19<sup>th</sup> 2:00 PM</b>	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/10 Saturday ice cream ride! Meet at Confluence Park and from there go to Joey's Italian Ice on Main Street.		
<b>SUN July 20<sup>th</sup> 12 noon</b>	Taylor Valley loop	Jim Conroy 759-3325 Regina Losinger 222-8235
C/2-3/38 Join Jim and Regina as they ride from Cincinnatus through Taylor Valley State Forest and along East River Road into Cortland, returning along Route 41 and Telephone Road. This is one of the club's favorite rides - it has it all: quiet roads through the forest and along the river, beautiful vistas, and swooping down hills. There is at least one good uphill, and we will wait for everyone at the top. Be sure to bring plenty of water and a snack as the first store is 22 miles into the ride. A snack stop at a pavilion in the state forest is planned.		
<b>MON July 21<sup>st</sup> 7:00 PM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR – Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>TUE July 22<sup>nd</sup> 5:30 PM</b>	Four Corners, Vestal	Nancy MacNeill 748-1026
C/3/20 Meet at 4 corners parking lot, Vestal for a hilly ride. We'll head out Main St. to Glenwood Rd and up Powerhouse Rd to the top. We'll return the same route.		
<b>WED July 23<sup>rd</sup> 6:00 PM</b>	Sandy Beach Park, Binghamton	Don Robertson 725-9481
From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.		
<b>SUN July 27<sup>th</sup> 10:30 AM</b>	Keuka Lake	Steve Bruno 570-465-2169
Group will meet at the Switzerland Inn, Hammondsport. We want to be riding by 10:30 AM. Ride from the Switzerland Inn to Hammondsport, then up the west side of Keuka Lake and cross at Banchport over to Keuka Lake State Park. Down to the tip of Bluff Point and back up over to Penn Yan. (Swimming available at the park on NY 54 in Penn Yan.) Then south on the east bank back to the starting point for food, fun & festivities. 56 miles at a steady pace, with R&R at key rest stops. More information including start location and car pooling details at <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a> .		
<b>SUN July 27<sup>th</sup> 1:30 PM</b>	Whitney Point	Joan Hebb 729-9352
D/4/16 Picking up from where we left off last time....Stop and smell the flowers to Marathon and back. Meet at Whitney Point, McDonald's Rear Parking lot.		
<b>MON July 28<sup>th</sup> 5:30 PM</b>	Recreation Park, Binghamton	Regina Losinger 222-8235
C/3/22 Join Regina as she continues her search for "recumbent legs" on an evening ride around the Chenango Bridge River Road loop. Meet at the Beethoven St. parking lot, Westside of Binghamton.		
<b>TUE July 29<sup>th</sup> 5:30 PM</b>	Four Corners, Vestal	Nancy MacNeill 748-1026
C/4/25 Meet at 4 corners parking lot, Vestal, for a flat ride out NY 434 to the Apalachin bridge to NY 17C to Owego. We'll return the same route.		
<b>WED July 30<sup>th</sup> 6:00 PM</b>	Sandy Beach Park, Binghamton	Don Robertson 725-9481
From Binghamton, take Conklin Ave. (NY7) east. Sandy Beach Park is on the left just across the railroad bridge and before the Binghamton city line.		



## RIDE SCHEDULE SUMMER 2008 - AUGUST

### Tuesday and Thursday Morning Rides: Wheels to Meals

See page 2 in this newsletter for more details about the Tuesday and Thursday morning rides.  
For ride announcements see <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages>

<b>SAT August 2<sup>nd</sup> 10:00 AM</b>	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/10 Meet at Confluence Park and ride to Rec. Park and around the vicinity.		
<b>SUN August 3<sup>rd</sup> 10:00 AM</b>	Windsor, NY	Nancy Botting 237-6952
C/3/25 THEME RIDE - Today's theme is "It's a JUNGLE out there!" This ride was scheduled for last year, but got rained out - and by popular request I have re-listed it for this year! All participants must wear something JUNGLE related... palm tree leaves, jungle print bike shorts, leopard skin loin cloth... You may also decorate your bike if you wish, to match your chosen jungle theme. Meet at 11 AM in Windsor at the Windsor Middle school parking lot - 213 Main St - (north of the village on route 79 - across from the bus garage). We will ride to Susquehanna PA - grab a bite to eat there, then return. (PS- if you choose to ride in just your jungle loin cloth, please bring a shirt- as shirts and shoes are required - yes, even in PA they are required)		
<b>MON August 4<sup>th</sup> 7:00 PM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR - Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>TUE August 5<sup>th</sup> 5:30 PM</b>	Four Corners, Vestal	Nancy MacNeill 748-1026
C/3/28 Meet at 4 corners parking lot, Vestal for a hilly ride out NY 434 to the Apalachin bridge to NY 17C to Owego. We'll return via Day Hollow Rd (good climb) and Glendale Dr.		
<b>SAT-SUN Aug 9<sup>th</sup>-10<sup>th</sup></b>	Bike Tioga 2008	Hickories Park, Owego, NY
Get out your wheels as the Owego Rotary Club and Tioga County Tourism Office sponsors the 6th Annual "Bike-Tioga" bicycle event on August 9 and 10, 2008 beginning at Hickories Park, Pavilion #1, Owego, NY. This event provides experienced and non-experienced bicycle riders with the choice of rides ranging from 25 to 106 miles on Saturday, and 26 to 70 miles on Sunday. Since this is not a race, riders will have the opportunity to stop along the ride for rest and refreshments. Rides include flat to hilly terrain dependent on the ride selected. Stops may also include visits to select tourism attractions along the way. Riders may also visit the Newark Valley Depot Days celebration on Saturday, and the En-Plein Air Arts Festival in Owego on Sunday. Food will be available after the rides for a donation. Interested participants may also call the Tioga County Tourism Office at 607-687-7440 / 1-800-671-7772 or email for more information. See <a href="http://www.biketiooga.com/">http://www.biketiooga.com/</a> for more details.		
<b>TUE August 12<sup>th</sup> 5:30 PM</b>	Grippen Park, Endicott	Nancy MacNeill 748-1026
C/4/25 Meet at Grippen Park in Endicott. We'll ride out Glendale Dr. to Nanticoke Dr to Edson Rd to Maine (stop for Ice Cream if interest). Return the same route.		
<b>SAT August 16<sup>th</sup> 9:30 AM</b>	Deposit, NY	Bob & Joyce Dannecker 648-9467
C/2/42 Meet in the public parking area across from the State Theater on Front St. We'll ride south climbing into the Pennsylvania hills, then enjoy a great downhill run to Hancock for lunch. After lunch, it's a long, easy climb to the Cannonsville Reservoir and back to Deposit via NY 10.		
<b>SUN August 17<sup>th</sup> 1:30 PM</b>	Port Dickinson Park	Joan Hebb 729-9352
D/4-3/15(approx.) Stop and smell the flowers out to and around the River Road Loop. Start at Port Dickinson Park, out Chenango St. toward Hillcrest or meet up with the group at the Chenango Bridge Park and Ride for a shorter, 7 mile loop.		
<b>MON August 18<sup>th</sup> 7:00 PM</b>	New Milford Bike Shop	Steve Bruno 570-465-2169
MBR - Meet at the Bike Shop in New Milford. Bring your mountain bike and lights for an evening of Pennsylvania dirt roads and rail beds. <a href="http://www.newmilfordbike.com/">http://www.newmilfordbike.com/</a>		
<b>MON August 18<sup>th</sup> 5:30 PM</b>	Grippen Park, Endicott	Regina Losinger 222-8235
C/3/23 Join Regina as she continues her search for "recumbent legs" on an evening ride from Grippen Park to Hickories Park in Owego.		
<b>TUE August 19<sup>th</sup> 5:30 PM</b>	East end of Rail Trail	Nancy MacNeill 748-1026
C/2/25 We'll ride up African Road, to the top of Rano and Jensen. Down Fuller Hollow, up and over Powerhouse Rd, down Glenwood Rd. and Main St and back to Rail trail. Lots of hills.		
<b>SAT &amp; SUN August 23<sup>rd</sup> &amp; 24<sup>th</sup></b>	Chris Thater Races	Recreation Park Binghamton
The STBC is planning to have a tent at this event again this year. The event provides visibility to the club by the many people who attend the races. Joan Hebb is looking for volunteers to help at the STBC tent on either Saturday or Sunday. Contact Joan (729-9352) if you can help for a short time that weekend. See Out of Bounds listings for more information on the event itself.		
<b>MON August 25<sup>th</sup> 5:30 PM</b>	Recreation Park, Binghamton	Regina Losinger 222-8235
C/2/20 Join Regina as she continues her search for "recumbent legs" on an evening ride from Recreation Park to the Broome County Airport to watch a few planes land. Hopefully by now she will have the muscles needed to do some serious hill climbing!		
<b>FRI August 29<sup>th</sup></b> - See the article entitled "Thousand Islands Ride Weekend" in this newsletter for details on a Labor Day weekend event.		
<b>SAT August 30<sup>th</sup> 10 AM</b>	Confluence Park, Binghamton	Anne Marie Ruspantini 237-7568
D/4/10 This will be a slow paced ride from Confluence Park in Binghamton and will include the Otsiningo Park Trail.		



### GFLBT 2008 OBSERVATIONS FROM AUGIE MUELLER

We did it again!! The 28<sup>th</sup> time. Hot, but attitudes remained positive. Fantastic food, great views and varied activities counteracted the high temperatures.

To catch some of the flavor check these out: <http://tinyurl.com/5z8wd8> <http://home.stny.rr.com/hems/GFLBT2008> <http://www.cvtfriends.elmirampo.org/>

175 participants. So far, all comments have been positive. Reserve Jun 12-14, 2009 for our 29th GFLBT. apm

### EARLY BIRD RIDES



Starting the first week of July and running through August 6<sup>th</sup>, Dottie Rice will be leading early bird rides on each Wednesday morning. Rides will start sometime between 6:30 and 8:00 AM. On Sunday or Monday Dottie will post on the STBC Yahoo! discussion group the plans for the next Wednesday morning ride. If you enjoy the cool and peace of an early morning bike ride, come along and join Dottie. For questions contact her on 341-1774.

### ADOPT A BIKE PROGRAM

The Endicott Boy's and Girl's Club "Adopt a Bike" program offers bicycles to people who will use and take care of them. The price is right, zero dollars. Recipients do not need to be members of the Boy's and Girl's Club and a full range of styles and sizes is available, but sometimes may have to wait or compromise. Potential bike adopters can sign up at the club front desk giving name, age of person using the bike and a brief description of the kind of bike needed. The program will try to match the requirements and call when it's ready.

For more information: Endicott Boy's and Girl's club, One Clubhouse road, by the UE high school. 754-0225.

P.S. The program accepts unwanted bikes looking for a new home or for spare parts. People willing to help fix up damaged bikes are needed too and may leave names and phone numbers with the club desk. (Be ready to supply your own tools as ours may not meet your demands.)



### STBC MEMBERSHIP

Household Membership: 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 newsletter mailed to you.

Available online at <http://www.southerntierbicycleclub.org>)

(Sign and date release and waiver below.)

### Release and Waiver of Liability for Bicycling



I will be participating in Southern Tier Bicycle Club activities, and:

1. I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. I fully understand that a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("risks"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.
3. I hereby release, discharge, and covenant not to sue the Southern Tier Bicycle Club, Inc, officers, directors, members, or volunteers from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, I or anyone on my behalf, makes a claim against any of the "releasees", I will indemnify, save, and hold harmless each of these "releasees" from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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

<http://www.southerntierbicycleclub.org>



### **OUT OF BOUNDS/AFFILIATED CLUB RIDES**

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

**Erie Canal Tour**, July 6<sup>th</sup>-13<sup>th</sup>, 400mi, Buffalo to Albany, 10<sup>th</sup> annual. <http://www.ptny.org/canaltour/>

**B.C. Bicycle Race For Sight**, July 19<sup>st</sup>, Windsor, NY. The "Race For Sight" is a 27 mile long Citizen (non-licensed) bicycle road race, with A & B fields. The course winds through the gently rolling terrain of the beautiful Susquehanna River Valley near Windsor, New York, and ends with a challenging uphill climb.

The race is presented by A.V.R.E., with assistance from the Tioga Velo Club and the Binghamton and Windsor Lions Clubs. All proceeds will benefit people in the Twin Tiers who are blind and visually impaired, as well as the Lions Clubs' vision programs. Website: [www.avreus.org](http://www.avreus.org) and click on "Bike Race."

**The 7th Annual Great Big FANY Ride**: July 20<sup>th</sup>-26<sup>th</sup>, Back roads tour across upstate NY. Benefits: Double H Ranch, a not-for-profit camp that exists to provide children living with a critical illness a chance to get away and just be a kid in an outdoor Adirondack Adventure. : [www.FANYride.com](http://www.FANYride.com), 518 461-7646

**BonTon Roulet**: July 20<sup>nd</sup>-26<sup>th</sup>, Enjoy the splendor of the unique Upstate New York Region, known as the Finger Lakes. <http://www.bontonroulet.com/>, 607-756-2893 (Cortland YMCA)

**D.I.R.T.** (mountain Bike), August 10<sup>th</sup>, Oakley Corners State Forest, Owego, N. 10-15 miles. Call 315-458-5260 for information.

**Empire State Aids Ride**: August 10<sup>th</sup>-16<sup>th</sup>, 560mi, Niagara Falls to NYC, [www.empirestateaidsride.org](http://www.empirestateaidsride.org)

### **OUT OF BOUNDS Continued**

**Chris Thater Memorial Criterium**: August 23<sup>th</sup>-24<sup>th</sup>, Recreation Park in Binghamton. Benefits BC Stop DWI, [www.bcstopdwi.com](http://www.bcstopdwi.com), 607 778-2056

**Southern Tier AIDS Program (STAP) AIDS Ride for Life**, September 13<sup>th</sup>, 100, 85, or 50-mile ride around Cayuga Lake, [www.aidsrideforlife.org](http://www.aidsrideforlife.org), or call STAP's Ithaca Office at (607) 272-4098

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

### **Local Bicycle Shops**

**Aeros Cyclery & Ski Center** 640 Conklin Road, Binghamton • 724-7313

**American Cycle Express** (WWW sales - <http://www.americancycle.com>)  
215 Vestal Pkwy. East, Vestal • 785-2477

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

**BC Bicycles** 215 Vestal Pkwy. East, Vestal • 785-3772

**Bicycle Technical Services** 824 SR17C, Waverly • 565-9049

**Bike Rack** 414 College Ave., Ithaca • 277-1010

**Chenango Point Cycles** 45 Washington Street, Binghamton • 724-7481  
<http://www.chenangopoint.com/>

**Gear-To-Go Tandems** 850 W Clinton St, Elmira • 732-4859

**Main Street Bike Shop** 3809 Main St., Burdett, NY 14818 • (607) 342-6098

**New Milford Bike Shop** 195 Main Street, New Milford • 570-465-2169  
<http://www.newmilfordbike.com/>

**Sport Tech** 166 Main Street Oneonta, NY • 432-1731  
(<http://www.sporttechonline.com/index.html>)

