

SPRING 2013

**The GFLBT is June 7 - 9
Sign up now!**



2013 Great Finger Lakes Bicycle Tour

Again this year...

A full century ride!

*Excursions to Seneca Falls and Cayuga Lake State Park,
and Sampson State Park!*

Hikes to Watkins Glen State Park gorge from camp!

Enjoy three days of bicycle touring and hiking in the beautiful Finger Lakes region of New York State while staying at secluded Watkins Glen State Park Hidden Valley Group Camp. Choose a ride that is just right for YOU from 7 to 109 miles. Hike to Watkins Glen gorge from camp. Gather with friends.

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

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

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

\$75 Fee includes: tent or camper or RV campsite Friday and Saturday nights, catered meals Friday evening, Saturday morning and evening and Sunday morning in modern dining hall. Hot showers in two large restrooms. Also includes maps, sag wagon support, limited repair service (excluding parts) and parking. **The event fee is 100% refundable prior to May 28.**

Current Southern Tier Bicycle Club (STBC) membership (\$3/individual -\$5 family) and helmet is required to participate.

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

OFFICERS:

President: Regina Losinger • (607) 222-8235
reglosinger@gmail.com
Vice President: Steve Bruno • (570) 465-2169
newmildfordbike@yahoo.com
Secretary: Joan Hebb • (607) 729-9352
jinana@earthlink.net
Treasurer: Samuel Russo • (607) 729-7687
samuelrusso@yahoo.com

BOARD OF DIRECTORS:

Dennis Uhlig • Dick Porterfield • John Gerty
Nancy Botting • Johanna Lovell • Lorraine Loitsch

VOLUNTEERS:

The STBC runs on volunteers. Make sure you acknowledge your gratitude to the leader of your next STBC ride!

STBC ADDRESS:

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

STBC is on the Internet:

www.southerntierbicycleclub.org

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

About This Newsletter:

This newsletter is published three times a year in the Spring, Summer, and Fall. Items for the Summer 2013 issue must be submitted by May 1st. Please send submissions to Mona at girllovesbikes@gmail.com.



STBC Group on Yahoo!

The club has created a Yahoo! Group appropriately named "SouthernTierBicycleClub" The Yahoo group listserv enables the club members to communicate ride announcements, ride cancellations, advice on biking matters, and anything else that is cycling related that may be of interest to STBC members.

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

Even if you haven't signed up for a Yahoo! user ID and registered for the STBC group listserv, you can use your browser to check out the club messages. Direct your browser to the following address and you can use the on-screen controls to scroll through and browse the club posts from the most current to the oldest. Go to: <http://sports.groups.yahoo.com/group/SouthernTierBicycleClub/messages> (case sensitive)

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

How to Sign Up for the STBC Yahoo! Group Listserv

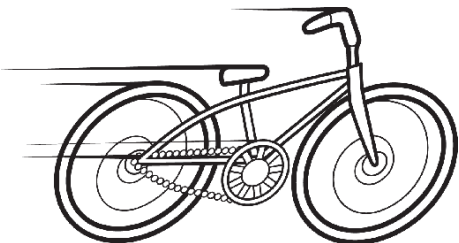
- Go to: www.groups.yahoo.com
- Where it says: New to Groups? - click Sign Up.
-or-
Already a Yahoo!Groups member? - click Sign In.
- After you have registered with Yahoo, then in the search box that says "Find a Yahoo! Group", type in **Southern Tier Bicycle Club** - click search.
- Our group will be the first one listed- click **join this group**, and then follow the prompts.

Nearby clubs with home pages:

Finger Lakes Cycling Club: <http://www.flcycling.org/>
 Tioga Velo Club: <http://tiogavelo.com/>
 Onondaga Cycling Club: <http://www.onondagacyclingclub.org/>
 Finger Lakes Mountain Bike Club:
<http://www.fingerlakesmountainbikeclub.com/>

LOOKING FOR NEW RIDE LEADERS

If interested in leading a ride, please contact Steve Bruno at (570) 465-2169 or at rides@southerntierbicycleclub.org.



HOW TO LEAD A RIDE

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

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

www.southerntierbicycleclub.org/rideschedule/ridesignupform.html

8. Once you've completed the ride, return the form to the STBC address.

ATTENTION

Participation in all STBC activities is at your own risk. The club cannot take any liability for personal injury or loss of property occurring during these activities. Due to the inherent dangers of riding on the highways, STBC requires the use of a CPSC, ASTM, ANSI, or Snell approved helmet and the observance of all traffic laws.

RECOMMENDED EQUIPMENT:

ID, water bottles, spare tube, patch kit, pump, basic tools, food, spending money, appropriate clothing, sunglasses, and sunscreen and don't forget your helmet. Cell phones and walkie-talkies can also help to improve communications during the ride.

RIDE CATEGORIES / SPEED & TERRAIN

Speed rating (pace on level ground):

- AA: Over 22 mph
 - A: 19-22 mph Advanced pace with few stops.
 - B: 16-19 mph Vigorous pace with occasional stops.
 - C: 13-16 mph Steady pace, rest stops every hour.
 - D: 10-13 mph Sightseeing pace, semi-frequent stops at key points to wait for riders.
 - E: Under 10 mph Relaxed pace, frequent stops to wait for everyone.
- MBR: Mountain Bike Ride

TERRAIN

1. Multiple long and/or steep climbs.
2. Multiple and/or large hills.
3. Rolling with some hills.
4. Generally flat or rolling.

Ride Rating Example:

"D/4/30" 10-13 mph over flat terrain, 30 miles.

If maps and/or cue sheets are provided for all riders, the leader is not obligated to wait for slower riders on AA, A, B, and C rides. Otherwise, ride leaders on all rides are expected to keep track of riders (consider a volunteer rider serving as sweep).

EVERY SUNDAY MORNING BREAKFAST RIDE



We meet at 8 a.m. at the Park Diner on Conklin Avenue for breakfast overlooking the Rockbottom Dam: Rain/Shine/Warm/Cold. Arrive by bicycle, foot or other. After breakfast (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.

WEDNESDAY NIGHT HILL RIDES

How about something a little different? Join Doug Williams for some hill riding training, we will go up and we will come down, again and again. The ride will be 18 to 25 miles, average pace is about 12.5 mph, total feet of climbing can be from 1,600 to 3,500 depending on how much you'd like to do and it will take 1-1/4 to 2 hours. This is not for the faint of heart, bring plenty of liquids and lots of intestinal fortitude. Meet at the Union Center Christian Church located at 950 Boswell Hill Road in Union Center. We will ride at 6pm sharp unless there's bad weather, every Wednesday night beginning May 1st. Questions? Contact Doug (607) 760-2406



WHEELS TO MEALS - TUESDAY AND THURSDAY RIDES

There's a group of dedicated club members that ride on Tuesday and Thursday as often as they can during the riding season. Lunch is an integral part of the ride, consequently, the name Wheels to Meals. The rides are of a modest pace and vary from week to week. The average ride length is between 25 and 30 miles, but often there are shorter options possible. If you are available 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 sign up at the Yahoo Group Site for the STBC group. See details on Page 2 in this newsletter on how sign up for the listserv posts. Choose to receive the list e-mail and you'll get details for each ride in your in-box a day or two prior to each event. The groups logo, W2M, will always be in the subject line.

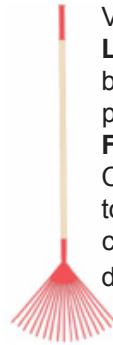
We welcome newcomers, so come and join the rides.

This year Don and Lonnie Gillespie (bikes325@cs.com) will be coordinating the Tuesday rides and Pat and Carolyn Gilligan (cgilligan@stny.rr.com) will be coordinating the Thursday rides. Please contact us if you have questions.

SPRING ROADSIDE CLEANUP

Saturday, April 27, 2013

This Spring we will once again make our section of NY 12 shine!



Volunteers can meet at **7:30 AM 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 clean up at **9:00 AM**. As in recent clean-ups, equipment will be passed out at the diner, and at the Fishing Access.

Contact Mona at girlovesbikes@gmail.com ahead of time so she has a count for breakfast and clean-up.

Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away

Saturday, May 11, 1-3 p.m. is the 6th annual Sarah Jane Johnson Memorial UMC Dream Center Bicycle Give Away. Over the past five years, STBCers have worked with the social worker and director of the Dream Center, Patti Cardin, in distributing over 700 bicycles to children and adults who have requested a bicycle from this program.

As usual we will need much help on May 11 to fit, make final adjustments on the bicycle for a specific individual, fit free helmets to those getting a bicycle, properly inflate tires, instruct the recipient on how to lock up the bicycle, run a minor skills rodeo and more.

We also need assistance in transferring the bicycles to the UHS Parking Lot site across from the church and across from the JC Post Office. Many are presently stored nearby in an apartment house basement. The transport will take place starting at 10 a.m. the morning of the event. More specifics will be posted on the STBC listserv.

Our motto is "We have to give back!" All of us have gotten so much from our bicycling experiences! NOW is the time to pass it on! Seeing the smiles on the faces of those getting their very own bicycle is most rewarding. In the meantime, look for those abandoned bicycles for us to refurbish.

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

STOP AND SMELL THE FLOWERS RIDES

Again this spring, Joan Hebb will lead several Sunday rides designed for new, recovering and/or occasional riders. These rides will be at a D/E pace on generally flat/rolling terrain and start out less than 20 miles. If you're a "gentle" rider for whatever reason, dig out the bike and come on out! (Joan will be posting the starting location and ride details the Thursday before the ride on the STBC listserv; directions to sign up for the listserv posts are in this newsletter on page 2.)



Please contact Joan at jinana@earthlink.net or 607-729-9352

STBC MEMBERSHIP

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

Date of birth _____

FAMILY MEMBERSHIPS

NAME (other adult) _____

Minors: _____ Age _____

_____ Age _____

☐ Individual - \$3 x _____ yrs = \$ _____☐ Family \$5 x _____ yrs = \$ _____☐ Individual Lifetime (under 50 yrs) \$60.00☐ Individual Lifetime (50 yrs and older) \$30.00☐ Student (age 18-21) free
(must be renewed yearly)

Make checks payable to : STBC, Inc.

Mail to: STBC

PO Box 601

Binghamton NY 13902

☐ Check if you would like STBC newsletters to be mailed to you (they are available online at www.southerntierbicycleclub.org)☐ Do not include my name on the membership roster which may be available to other club members

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 or Guardian for minor under age 18) _____

Date: _____ Printed name: _____

STBC 2013 Annual Dinner

Saturday, April 13, 2013 - 6 to 9 pm

ENDWELL GREENS

3675 Sally Piper Road, Endwell, NY

Buffet Dinner

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

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

(If dinner deadline of 3/29/13 has passed call to see if space is available 729-9352.)

To register for the 2013 STBC annual dinner, complete this form and mail with check payable to

STBC to PO Box 601, Binghamton, New York 13902

Number attending _____ x \$15 (Members) = \$ _____ (STBC subsidizes half the cost for members)

Number attending _____ x \$30 (Guests) = \$ _____

Total Enclosed = \$ _____

Name(s) _____

Phone # _____ e-mail _____

APRIL RIDE SCHEDULE 2013



Tuesday and Thursday Morning Rides

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

SAT April 6, 11:30 AM

"It's Never too Early for Hills"

Jim C. 607-759-3325

C/2/30 – Meet on CFJ Blvd. in Johnson City, NY next to the carousel at 11:30 AM 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 April 13, 10:00/11:00 AM

Marathon Maple Syrup Festival

Helen & Joyce D. 607-648-9467

D/4/18-38 - Meet at 11:00 AM at the Whitney Point McDonalds, Whitney Point, NY and park in the left rear corner of lot. Join Joyce & Helen (607-687-2511) for this traditional ride to Marathon, NY for the Maple Syrup Festival. The terrain is mostly flat, but there are hilly return options if needed to work off the pancakes. For a longer ride meet at the old Charlotte Kenyon School (now closed) on Route 79 at 10:00 AM. Dick P. (607-648-6081) will lead the longer option.

SUN April 14, 10:00 AM

The Bunny Ride

Johanna L. 607-372-3653

C/1/29 - We will meet at Binghamton's Recreation Park, Beethoven Street parking lot, Binghamton, NY, for a repeat of the original Bunny Ride. We take upper Court St to Colesville Rd. Our journey will take us to visit a few local parks. A gradual hill takes us up to Nathan Cole Park for lunch. From there we will go to Port Dickinson Park and then back to Recreation Park. The Loop is just shy of 29 miles. These are some ambitious hills for the beginning of the season but it was a lot of fun last year.

MON April 15, 5:00 PM

President's Shared Leadership Ride

Regina Losinger 607-222- 8235

C/4/15-20 - Meet at Binghamton's Recreation Park, Beethoven Street parking lot, Binghamton, NY, ready to ride. Share your thoughts, ideas, and concerns about STBC with your new President as we ride along! Riders will pick a general direction together at ride start, then any rider can change the route as we go by 'calling out' a change.

SAT April 20, 10:00 AM

Hamley Maple Ride

Bob D. 607-687-2511

C/2/35 - Meet at the Owego Rite Aid parking lot and ride with Bob to Hamley's Maple Farm Open House for a lunch of pancakes and maple syrup. Includes several big hill climbs to work up your appetite.

SUN April 21, 10:00 AM

Earth Day in PA

Steve B. 570-465-2169

D/3/20 – We will meet at New Milford Bike at 10:00 AM for a tribute to Earth Day 2013 and bring back souvenirs collected from the roadside. Prizes voted on by the riders will be awarded for some of the coolest items found along the route. Ride the flatland of Route 11 North to the NY boarder and Old Route 11 back for 20 easy paced miles.
<http://newmilfordbike.com/EarthDayRide.htm>

SUN April 21, 1:00 PM

Exploring Binghamton's Bicycle Boulevards

Steven B. 607-754-4756

D/4/15 – The ride will start at Recreation Park, Beethoven Street parking lot, Binghamton, NY at 1:00 PM and will follow city streets, exploring routes to avoid automobile traffic and to get to various destinations.

SAT April 27, 10:30 AM

Post Roadside Cleanup - President's Ride

Regina Losinger 607-222- 8235

C/4/20 - Come on out at 8:30 and pick up garbage along our stretch of highway on Route 12 with our new STBC President, then join her at 10:30 at the Chenango Forks fishing access for an EASY ride along Rt. 79 to Whitney Point and back. Lunch in Whitney Point as decided by the group. Share your thoughts, ideas, and concerns about STBC with your new President as we ride along!

SUN April 28, 1:30 PM

Stop and Smell the Flowers Ride

Joan H. 607-729-9352

D/4/12-15 - Slow paced ("D") ride on flat terrain, for 12 to 15 miles, for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv the Thursday prior to the ride.

**MAY RIDE SCHEDULE 2013****Tuesday and Thursday Morning Rides**

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

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

SAT May 4, 10:00 AM Ithaca Hills with the Letter B, Part 1 Chip 607-275-3361

C/1/40 – Meet at the parking lot behind Ithaca High School, at 400 Lake St, Ithaca, NY. It'll be an early hill training, climbing ride: 40 miles, 4700 feet of beautiful downhills. There are stores, ice cream shop etc at miles 23 and 32. Here is the profile: <http://ridewithgps.com/routes/921754>.

SUN May 5, 1:30 PM Stop and Smell the Flowers Ride Joan H. 607-729-9352

D/4/15 - Slow paced ("D") ride on flat terrain, for 15 miles, for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv the Thursday prior to the ride.

SAT May 11, 4:00 PM President's Shared Leadership Ride Regina Losinger 607-222- 8235

C/4/15-20 - Meet at the UHS Parking Lot across from the JC Post Office / SJJMUMC as we will ride after the Dream Center Bicycle Give Away. Share your thoughts, ideas, and concerns about STBC with your new President as we ride along! Riders will pick a general direction together at ride start, then any rider can change the route as we go by 'calling out' a change.

SUN May 12, 10:00 AM Bridgewater / Three Lakes Loop Steve B. 570-465-2169

MBR C/1/22 – We will meet at New Milford Bike at 10:00 AM, for the Bridgewater / Three Lakes Mountain Bike Loop. We will head up the Summit Hill to the Three Lakes Road. Then ride over to Alford for the Bridgewater Trail to Heart Lake. Visit Johnson Pond to head home off Schoolhouse Road. Good mix ride with steady climbs for 22 miles. <http://newmilfordbike.com/Bridge3lakes.htm>

MON May 13, 5:00 PM President's Shared Leadership Ride Regina Losinger 607-222- 8235

C/4/15-20 - Meet at Binghamton's Recreation Park, Beethoven Street parking lot, Binghamton, NY, ready to ride. Share your thoughts, ideas, and concerns about STBC with your new President as we ride along! Riders will pick a general direction together at ride start, then any rider can change the route as we go by 'calling out' a change.

WED May 15, 6:00 PM The Ride of Silence Yvonne N. 607-222-6091
& Regina Losinger 607-222-8235

D/4/10 – Meet at Recreation Park, Beethoven St. parking lot, Binghamton, NY for the Ride of Silence in honor of Dottie Rice. STBC joins cyclists nationwide in a silent slow-paced ride in honor of those who have been injured or killed while cycling on America's public roadways to raise awareness that we are here, and to ask that we all share the road safely. This year we will be honoring STBC member Dottie Rice on our ride. Dottie was struck and killed by a car last October while bicycling well onto the shoulder of Route 434.

SAT May 18, 10:00 AM Harpursville to Deposit Sharon B. & Paul N. 607-727-4186

B/3/50+ - Meet at the Harpursville High School, Harpursville, NY and ride Route 7 to Nineveh, then cross the bridge and pick up County Road 26 to Route 41. We will take 41 to Old Route 17 to Deposit. Rolling hills, nothing too steep or long. Lunch is in Deposit and anyone wishing, we can ride a couple of miles along the Delaware River to see if we can spot any eagles in the nest just outside Deposit.

MAY RIDE SCHEDULE 2013**Tuesday and Thursday Morning Rides**

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

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

SUN May 19, 9:00 AM

Jimay's Flea Market

Augie M. 607-722-6005

D/3/26 - Meet at Confluence Park at the South Washington Street Bicycle/Pedestrian Bridge in Binghamton, NY at 9:00 AM and ride the back roads to Jimay's Flea Market.

SUN May 19, 1:30 PM

Stop and Smell the Flowers Ride

Joan H. 607-729-9352

D/4/15 - Slow paced ("D") ride on flat terrain, for 15, miles for those wanting a leisurely outing. Joan will post the starting point and route on the STBC listserv the Thursday prior to the ride.

SUN May 25, 9:00 AM

Owego to Richford

Rob & Gary 607-754-9527

C/2/49 - Will meet at the Owego Price Chopper, 42 West Main Street, Owego NY and head up Route 38 to Richford, then across to West Creek Road via Route 79. West Creek will bring us back to Route 38, but we'll take Park Settlement Road to Lord Hill and Anderson Hill, dropping back down to Route 96 and across to Glenmary Drive for the return to the start. Some spectacular views (with climbs to get there) and peaceful back roads (except for Route 38 to Richford.)

The route can be viewed at MapMyRide at: <http://www.mapmyride.com/routes/view/68405314>

SUN May 26, 1:00 PM

Exploring Binghamton's Bicycle Boulevards

Steven B. 607-754-4756

D/4/15 - The ride will start at Recreation Park, Beethoven Street parking lot, Binghamton, NY at 1:00 PM and will follow city streets, exploring routes to avoid automobile traffic and to get to various destinations.

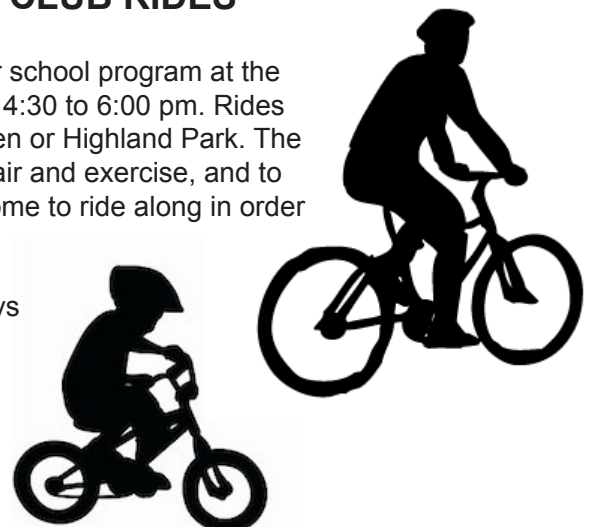


ENDICOTT BOYS AND GIRLS CLUB RIDES

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

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

Please contact Steven at sbard@binghamton.edu or 607-754-4756 if you have any questions.





OUT OF BOUNDS



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

TOUR de SCRANTON, Sunday April 28th. Benefits E.J. Moreken Drug & Alcohol Treatment Program, Five varied rides from 4 miles to 65 miles. For more info see: <http://www.tourdescranton.com>

Five Boro Bike Tour of NYC, Sunday May 5th. 42 miles, 32,000 cyclists. Lottery Registration for the 2013 TD Five Boro Bike Tour is now closed. You can still register for 2013 Charity Program or Gran Fondo Giro d'Italia Five Boro. For more info see: <http://www.bikenewyork.org/>

Tour of the Scioto River Valley, May 11-12th. 2500 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: tosrv.org.

The Ride to Montauk 2013, Saturday June 1st. Beautiful FLAT routes for beginner and experts with distances of 30, 73, 108 and 151 miles. Adult Cost \$125; kids under 12 free. See: www.ridetomontauk.com

Get Your Guts in Gear, June 7-9. One or two day ride with optional century loop, beautiful views and quaint towns/villages along Hudson. Benefits Crohn's and colitis; fundraising required. For more info see: www.ibdride.org

Heritage Explorer Bicycle Tour and Festival, Saturday, June 15. Peckville, PA (near Scranton) Choice of four routes from 5-44 miles, hybrid or mountain bikes's recommended. For more info see: <http://www.heritageexplorer.org/bike-tour-overview.html>

Bike Virginia, June 21-26. The Annual Bike Virginia event. Riders will enjoy an average of 50 miles of riding per day for 6 days. The 2013 Bike Virginia Tour will visit the beautiful Central Blue Ridge of Virginia. For more info see: <http://www.bikevirginia.org/> or (757) 645-1861.

Tour de Ulster/Kingston, Sunday June 23. Rides of 5, 12, 25 and 50 miles and a new 16 mile road and railtrail options; free cookout. For more info see: www.tourdeulster.com

Bay to Bay Ride, Sunday June 23. Five routes between 27-104 miles, including flat loop. Tour Upper Eastern Shore of Maryland and Delaware to the Chesapeake Bay. Go to club website at www.chestertownlions.org

The b.i.k.e. Syracuse CYCLE De 'Cuse' Swinburne Memorial Ride, A Charity Bike Ride, Sunday, June 23rd. Come anytime from 9 AM to 3 PM and ride the 10, 25, or 40 mile Cycle De 'Cuse route through the neighborhoods of Syracuse. There is also a flat, fun, family-friendly 5 mile option. Burnet Park, beside the pool, is the beginning and ending point and there are water stops along the routes. Parking is available in the park. Registration - \$25. Kids 17 and under ride free with an adult. For more information see: www.bikesyracuse.org.

Erie Canal Tour, July 7-14. Cycle the Erie Canal, a supported tour across New York State along scenic and historic Erie Canal, 40-60 miles per day; most days on level ground. For more info see: www.ptny.org/canaltour/

Colgate University Bicycle "Camp" Weekend, July 11-14. Hamilton, NY. Country road bicycling and meeting great bicycling people. Stay in Colgate residence halls and eat at their very nice cafeteria before riding. Camp questions to Brian Berry and Geri Muckelbauer, 845-679-3205 or brianberry@earthlink.net. See: <http://www.midhudsonbicycle.org/node/458> or watch STBC Yahoo Group Listserv for details.

Great Big FANY Ride, July 21-27. 500 miles across upstate New York; a camping bike tour. For more info see: www.fanyride.com



OUT OF BOUNDS



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

The Bon Ton Roulet, July 21-27. Seven-day fully supported bicycle tour through the Finger Lakes Region of New York State, short and love daily routes. For more info see: www.bontonroulet.com

Rails-to-Trails Conservancy Greenway Sojourn, June 23-27th. Five day sojourn on the Great Allegheny Passage from Pittsburgh to Cumberland.

For more info see: www.wilderness-voyageurs.com/rails_to_trails_greenway_sojourn.html

MASS BikePike Tour, August 1-4. Supported camping tour with motel and campitel options; starts and ends in Fitchburg, MA with shorter 25-45 and longer 45-70 mile routes.

For more info see: www.massbikepike.org

Bike Tioga, August 3. Experience Tioga County's beautiful countrysides and attractions; rides from 26-102 miles on Saturday. For more info see: www.biketiago.com

IDIDARIDE! Adirondack Bike Tour, August 11, 75 mile loop with 6,840 elevation gain or shuttle supported 20 mile option with 1340 elevation gain through beautiful Adirondack scenery. Four rest stops with snacks, water provided along the route. SAGwagon and mobile mechanical support provided. Go to: <http://www.adk.org/page.php?pname=ididaride>

Finger Lakes Tour de Cure, August 17th. A ride not a race: a day full of fun and excitement where riders of all levels join forces in the fight to Stop Diabetes and raise critical funds for research, education, and advocacy in support of the American Diabetes Association.

For more info see: http://main.diabetes.org/site/TR?fr_id=8606&pg=entry

2013 AIDS Red Ribbon Ride, August 21-25. Five day 400 mile fundraising event through Finger Lakes Region) For more info see: www.aidsredribbonride.org

Chris Thater Memorial Races, August 24-25. Recreation Park, Binghamton, NY. Benefits BC Stop DWI. For more information see: <http://bcstopdwi.com/bcstopdwi/thater> or call 607-778-2056.

Annual Highlander Cycle Tour – Bristol Mountain Ski Resort, September 6th & 7th. Rides from 15 miles to 120 miles with vertical climbs of up to 11,000 feet held over two days in the breathtaking Finger Lakes Wine Country in Upstate New York. For more info see: www.highlandercycletour.com

Aids Ride for Life, Saturday, September 7th. A 42, 50, 90 or 100 mile bicycle ride around Cayuga Lake. Cyclists raise funds for the Southern Tier AIDS Program so it can continue to provide supportive services to HIV+ persons and state of the art prevention education.

For more info see: www.aidsrideforlife.org.

The Great Peanut Tour, September 6-8. Tbd 2 or 3 day event. See: www.greatpeanuttour.com

NYC Century Bike Tour – September 8. The nation's only all-urban 100-mile bike tour. Choose between 15, 35, 55, 75 and 100 mile route options, with fully stocked rest stops and safety marshals throughout the course. Supports Transportation Alternatives' work for better biking in New York City.

For more info see: www.nyccentury.org/

Bike MS 150 City to Shore Bike Tour – September 28th & 29th, Cherry Hill, NJ, Various mileage options ending in Ocean City; 1 or 2 days. Enjoy flat terrain as you ride through the blueberry fields of Hammonton and South Jersey pine barrens to the Ocean City Boardwalk. Named by Bicycling Magazine as the "Best Cycling Getaway in NJ" See www.ms150biketour.org



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



Spring
2013

LOCAL BICYCLE SHOPS

Aeros Cyclery
Babcock Bicycles
BC Bicycles
Bick Rack
Chenango Point Cycles
Gear-To-Go Tandems
Main Street Bike Shop
New Milford Bike
Swan Cycles

- 640 Conklin Road, Binghamton • 607-724-7313
- 108-110 W. Main Street, Endicott • 607-754-0886 • www.babcockbikes.com
- 215 Vestal Parkway East, Vestal • 607-785-3772
- 409 College Avenue, Ithaca • 607-272-1010 • www.thebikerackonline.com
- 125 Park Avenue, Binghamton • 607-724-7481 • www.chenangopoint.com
- 1 Dahinda Road, Saranac Lake • 518-891-1869 • www.gtgtandems.com
- 3809 Main Street, Burdett • 607-342-6098 • www.mainstreetbikeshop.com
- 910 Main Street, New Milford, PA • 570-465-2169 • www.newmilfordbike.com
- 226 Mount Pleasant Road, Freeville • 607-277-0495



All Members to Receive Printed Spring Newsletter

**NOW
READ
THIS!**



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



2013 Great Finger Lakes Bicycle Tour • June 7-9 Registration Form



Watkins Glen State Park Hidden Valley Group Camp, NY

Welcome booth opens at 4 pm Friday. Facilities open until 4 pm Sunday. Fee includes tent or camper or RV campsite Friday and Saturday nights, catered meals Friday evening, Saturday morning and evening and Sunday morning in modern dining hall. Hot showers in two large restrooms. Also includes maps, sag wagon support, limited repair service and parking. The event fee is 100% refundable prior to May 28. Current Southern Tier Bicycle Club (STBC) membership (\$3/individual - \$5 family) is required to participate. See www.southerntierbicycleclub.org for more information about STBC and the tour.

Name(s) _____

Address _____ City _____ State/Province _____

Zip _____ Phone(____) _____ - _____ Email _____

Event fee until May 10	Age 10 and over	# participating=	x	\$75	=
	Age under 10	# participating=	x	\$40	=
Event Fee May 10-June 3	Age 10 and over	# participating=	x	\$85	=
(late registration)	Age under 10	# participating=	x	\$50	=
Event fee after June 3	Age 10 and over	# participating=	x	\$95	=
(very late registration)	Age under 10	# participating=	x	\$60	=
Cabin bunks	(\$10 per person)	# participating=	x	\$10	=
T-Shirts- wickable	\$15 each	S____M____L____XL____	x	\$15	=
STBC Membership	Required if not a Current member	Individual membership or		\$3	=
		Family membership		\$5	=
No charge to eat vegetarian meals. # people requiring veg meals =					

TOTAL EVENT COST \$ _____

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

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

Send Registration form and check or money order to: STBC , PO Box 601, Binghamton NY 13902-0601

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

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

Directions to the Watkins Glen State Park Group Campground as well as the STBC Newsletter can be viewed online at www.SouthernTierBicycleClub.org

If you would like a printed copy of the newsletter mailed to you, check here _____.

Include____Do not Include____my name on the membership roster available to other STBC members.

DIRECTIONS TO WATKINS GLEN STATE PARK GROUP CAMPGROUND

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

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

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

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