



WALK-N-ROLL 2005 ∞ (May 14 - 21) CALENDAR OF ACTIVITIES

All Week:

BROOME COUNTY PUBLIC LIBRARY

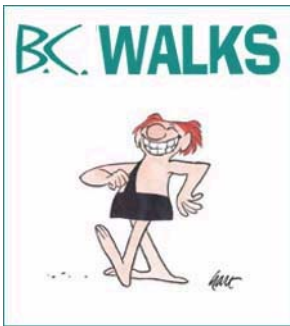


The Broome County Public Library is happy to participate in the Walk-N-Roll week of activities. Look for the sign announcing the observance. A table display of bicycling and walking books will be located in the library's colonnade section.

Storytime scheduled for **May 14th at 3:00 P.M.** will feature two books on bicycling (*Bike Rider* and *Bike Trip*).

For more information, please contact the Library at 778-6400 or mkennelly@co.broome.ny.us.

B.C. WALKS



United Health Services and the Broome County Health Department invite you and your family members to participate in a fun and easy way to improve and protect your health. Starting with only 10 minutes a day, the *B.C. Walks* program encourages everyone to enjoy walking as the excellent method of physical fitness that it is. Walking ten minutes a day.... not a big investment in time, but a huge investment in health; then twenty minutes each day.... then thirty minutes a day to create a lifelong habit which can help prevent obesity, diabetes and heart disease. Walking is free exercise requiring only a good pair of sneakers or walking shoes and the desire to commit to improved health. Join in our efforts for a healthier and happier community.

Join B.C. Walks today, **and Pledge to Start Walking 10 Minutes a Day!**

To participate: Go to www.bcwalks.com or call the UHS Stay Healthy Center at **(607) 763-6159**

MALL WALKING (Oakdale Mall, Johnson City)

Weekdays & Saturday: 7:00 AM – 9:00 PM

Sundays: 9:00 AM – 6:00 PM

For more information: http://www.oakdalemall.com/mall_walkers.htm or (607) 798-9388

NATIONAL BIKE TO WORK WEEK



The League of American Bicyclists is promoting **May 20th as Bike to Work Day, May 16th-20th as Bike to Work Week, and May as National Bike Month**. This is your chance to show that the bike is more than just a recreational toy. What other vehicle will help you protect the environment, reduce foreign oil dependence and keep you fit all at the same time?

For more information: Go to www.bike-to-work.com or contact Scott Reigle at 778-2443 / sreigle@co.broome.ny.us



Join the SOUTHERN TIER BICYCLE CLUB

www.southerntierbicycleclub.org

STBC is a recreational bicycling club in upstate New York with over 350 members ranging in age from 8 to over 80 years old. The club was founded in 1969, and its goal is to enhance member's enjoyment of cycling by offering organized rides and events of varying distance, speed, and terrain. The club promotes and encourages cycling by providing safe, pleasant opportunities to bicycle.

STBC membership is required to participate in all club rides and events. Annual membership dues are \$2 for individuals and \$3 for families. The club publishes three newsletter ride schedules per year, and it is open to anyone interested in cycling, from a beginning cyclist up to an expert. STBC requires the use of a CPSC, ASTM, ANSI, or Snell approved helmet and the observance of all traffic laws while participating in club rides. All club members must sign a release and waiver of liability form for bicycling before participating in club rides.



TRIPLE CITIES HIKING CLUB

www.tier.net/~tchc/ (see website for schedule of hikes & membership information)

New York's Southern Tier has many wonderful hiking destinations. Join us in the Triple Cities Hiking Club to visit the best spots in the area. Our Club has been active for 57 years in promoting access to the great outdoors. We schedule hikes on weekends (and sometimes special events on weekdays) throughout the year. Hikes are of varying degree of challenge from easy outings to more strenuous scrambles in areas like the Catskill Mountains.



FINGER LAKES REGION VOLKSSPORT CLUB

<http://bingweb.binghamton.edu/%7Echailey/flrvc.html>

What is volkssporting or volksmarching? A volksmarch is a non-competitive 6.2 mile (10 kilometer) walk. It's not a pledge walk, it's not a race, it is a fun activity you do with a club, with your family, with your pet, or all by yourself. The goal is to have fun, get outdoors, and get some exercise. Volksmarching got its name from its origins in Europe. Today there are thousands of volkssport clubs around the world, allied in the International Volkssport Federation, the IVV.

The FLRVC sponsors three types of walks, "event", "year-round", and "seasonal". Event walks are held at specific dates and times. Year-Round walks can be done at your own convenience at any time during the year. Seasonal walks are restricted to specific months of the year. Always check the starting point hours before setting out to do a walk.

Our typical walk is 10 kilometers and lasts around 2 to 2 1/2 hours depending on your walking pace. All of our walks also have a shorter 5 kilometer option. Many "new" walkers feel that they can't walk 10 Ks, but soon find that it is very possible and doing it at YOUR OWN pace does not tire you to the point of exhaustion. Most walks take place on weekends. The walking routes range from forest paths to paved city streets. Walks are [rated for difficulty](#) on a scale of 1 to 5.

The Finger Lakes Region Volkssport Club is just one of hundreds of similar walking clubs throughout the world. Anyone is eligible to participate and there are no fees required unless you wish to receive an award or credit for a specific event. You do not have to be a club member to participate in a club walk. To join the Finger Lakes Volkssport Club, either mail in a [membership form](#), or sign up at one of our Regular Event walks.

Each individual club walk has a point of contact (POC) who can answer specific questions that you may have about the walk. For general information, contact

FLRVC President
Steven Thomas
36 Sherwood Valley Road
Windsor, New York 13865
Telephone 607-775-9060

Thursday, May 19th

WORKSHOP: “HOW TO CONDUCT A BICYCLE RODEO” 🚲 🚲 🚲

4:00 – 6:00 PM

Johnson City High School - Large Cafeteria.
666 Reynolds Rd., Johnson City

The public is invited to attend this **FREE** WORKSHOP.

Come and learn from **Lois Chaplin**,
Bicycle Safety Specialist at Cornell University.



- 🚲 Learn how to conduct a “Bicycle Rodeo”, which is an event used to teach children and their parents about bicycle operation skills and safety.
- 🚲 As demand has grown for more Bicycle Rodeos in the Greater Binghamton area, the supply of volunteers needed to conduct them has been in short supply. You can help your community to continue to encourage safe bicycling by taking advantage of this training, and ensuring that bicycle rodeos will continue to be conducted.

Everyone is encouraged to **BRING YOUR BIKE AND HELMET!**

Please register by contacting Scott Reigle at 778-2443 or sreigle@co.broome.ny.us

Saturday, May 21st

7th Annual “Earth Day on Wheels”

Noon to 4:00 PM

Midtown Park, Main Street, (Route 11), New Milford, PA

A focus on Ecology, wrapped in a Bicycle theme. Community youth groups, whose interest are enjoying and preserving our lands and waters, will join in activities and displays with local groups who maintain safety and well-being. Targeted for today's youth, to enlighten them on the situation with our environment.

Entertainment includes Pro Bicycle Stunt Team, NBL Racing Team, Unicycling & Juggling.

Bicycle Rodeo including safety inspection by AAA and the PA State Police

Bike Contest - (prizes for 3 categories: Race, Freestyle, and Mountain)

To acknowledge May as Bike safety Month & to kick off Bike to Work Week

Special Attractions - Special Guest - Games - Challenges - Activities - Demos

Good Food from the Good Earth and much more...

Win a new Freestyle Bike (FREE ticket to Children)

Family Fun - **All FREE Events**

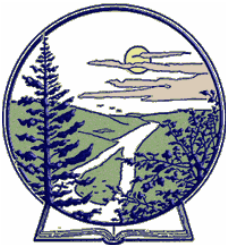
For more info call

New Milford Bike Shop (570) 465-2169

or visit <http://www.newmilfordbike.com>

Other MAY Events

WATERMAN CONSERVATION EDUCATION CENTER



For Information about MAY Events:

Waterman Conservation Center
403 Hilton Road
Apalachin, NY 13732
607-625-2221 • info@watermancenter.org
<http://www.watermancenter.org/pubevnts.htm>

JULY Events

B.C. BICYCLE RACE FOR SIGHT – JULY 16, 2005

THE 12TH ANNUAL B.C. BICYCLE RACE FOR SIGHT

The "Race For Sight" is a 26 mile long "Citizen" (non-licensed) bicycle road race. The course winds through the gently rolling terrain of the beautiful Susquehanna River Valley near Windsor, New York. Men and women of all ages and all levels of experience race together in a friendly, informal competition, with medals and plaques awarded by separate sex and age groups. There are no cash prizes, but there are drawing prizes.

The Race For Sight is presented by the Association for Vision Rehabilitation and Employment, Inc., the Binghamton Lions Club and the Windsor Lions Club. All proceeds will benefit people in the Twin Tiers who are blind and visually impaired, as well as the Lions Clubs' vision programs.

For more information see <http://www.avreus.org/bike-race.asp> or call (607)724-2428.

AUGUST Events

BIKE TIOGA 2005



For registration information, see www.biketioga.com
or call 607-687-7440 or 1-800-671-7772.

SCHEDULE

Saturday, August 13

7:30-noon - Registration
8:00 am - Century ride begins.
10:00 am - 62 mile ride begins.
11:00 am - 35 mile ride begins.
12:00 am - 15 mile ride begins.
3:00 - 5:00 pm - Chicken BBQ

Sunday, August 14

8:30-11 am - Registration
9:00 am - 62 mile ride begins.
10:00 am - 35 mile ride begins.
11:00 am - 15 mile ride begins.
2:00 - 4:00 pm - Pizza and drinks

CHRIS THATER MEMORIAL

August 27 - 28

Purpose: The Chris Thater Memorial is dedicated in memory of Chris Thater, an avid cyclist, who was killed by a drunk driver. The event is a project of the Broome County STOP-DWI Program to heighten awareness about the drunk-driving problem. The race attracts over 1,500 participants from local athletes to world-class competitors with crowds of over 15,000 spectators. The Chris Thater Memorial consists of the Pro, Elite and Novice cycling events, a 5K Run, as well as a 3 on 3 basketball tournament. The Chris Thater Memorial also features a large Expo area with numerous vendor displays, sports/health clinics, demonstrations and other youth sports and special events.

When: August 27-28, 2005

Where: Binghamton, NY

Competition: National Racing Calendar Cycling Event, American Criterium Championship Series Event, Public Cycling Races, and USATF 5K Event.

Other Events: 3 on 3 Basketball Tournament, Volleyball Tournament, and Bicycle Rodeo and Skills Clinic for kids.

For more information, go to

http://www.gobroomecounty.com/bcstopdwi/StopDWI_Thater.php or contact

BC STOP DWI

P.O. Box 1766

Binghamton, NY 13902

Phone: 607.778.2056

Fax: 607.778.2908

bcstopdwi@co.broome.ny.us



CHECK-OUT THESE AREA FACILITIES

The list below provides names of just some of the facilities in Broome and Tioga Counties. For additional information on these and other facilities, contact your local, county, and state government parks departments.

Also see: BC Walks – Where to Walk - <http://www.bcwalks.com/wheretowalk.htm>

New York State Parks - <http://nysparks.state.ny.us/>

Broome County Parks - <http://www.gobroomecounty.com/community/Parks.php>

Tioga County – <http://www.visittioga.com>

City of Binghamton - <http://www.cityofbinghamton.com/parks.htm>

Town of Conklin - <http://www.townofconklin.org/parks.htm>

Town of Kirkwood - <http://www.townofkirkwood.org/departments/parks.asp>

Town of Union - <http://www.townofunion.com/parks/index.htm>

Town of Vestal - <http://www.vestalny.com/parks.htm>

Village of Endicott - <http://www.endicottny.com/depts.htm#Parks>

Village of Johnson City - <http://www.johnsoncityny.org/pandr.html>

- Alexander Lake, Newark Valley
- Arnold Park, Vestal
- Chenango Valley State Park, Fenton
- Community Park, Port Dickinson
- Finch Hollow Nature Center, Maine
- Hawkins Pond Nature Area, Windsor
- Jones Park, Vestal
- Marsh Pond State Forest, Sanford
- NYSDOT Bike Route 17
- Aqua-Terra Park, Town of Binghamton
- Binghamton Metropolitan Bike Routes, BMTS
- Chugnut Riverwalk, Endicott
- Ely Park, Binghamton
- Greenwood Park, Nanticoke
- Jenksville State Forest, Newark Valley
- Ketchumville State Forest, Newark Valley
- Nathaniel Cole Park, Colesville
- Oakley Corners State Forest, Owego

- Oquaga Creek State Park, Sanford
- Recreation Park, Binghamton
- Struble Sport Facility, Union
- Table Rock Ridge, Vestal
- Vestal Rail-Trail, Vestal
- Whitney Point Lake, Triangle

- Otsiningo Park, Dickinson
- Skyline Drive State Forest, Windsor
- SUNY Binghamton Nature Preserve
- Tracy Creek Forest, Vestal
- Waterman Conservation Center, Apalachin
- Wolfe Park, Chenango