

Thursday Night MTB Rides

Scott Wright and David Madonna

Looking for an off-road group ride that will help you satisfy both your social and fitness interests? Well we've got the ride for you! Starting on Thursday, **April 9th**, David Madonna and Scott Wright will be running a MTB ride at **Skytop** on the S.U. hill. The ride will leave the upper parking lot just after **6 p.m.** A main goal of these rides is to provide a group ride where **all** riders have support. These rides will be fitness and technique oriented thus providing the climate to encourage hard work while also insuring that each ride member will be "looked after." Advanced recreational riders to established racers will find this ride perfect for them. If you'd like to share your love of cycling and pass something on to others, we hope you'll join us. For any additional information you can contact either **Scott at 698-9502** or **David at 455-7119**.

Spring General Meeting

The OCC Spring General meeting will be held Wednesday, April 8 at the Syracuse Suds Factory at 220 West Water St. Dinner will be at 6:00 with the meeting at 7:30. Mark Perrin from the Bikery will be there talking about introductory and general bike maintenance. Call Bill Johnson at 422-7570 for more info.

Race Team Meeting

There will be an OCC Race Team organizational meeting on Monday, April 20. Topics to be discussed include sponsorship, jerseys, and the annual criterium. All are encouraged to attend and contribute their ideas. Contact Jeff Koontz at 424-1293 for exact time and location.

HAPPY RIDING!

OPEN ROAD IS MOVING

OPEN ROAD IS EXPANDING

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Onondaga Cycling Club, Inc.
P.O. Box 6307 Teall Station
Syracuse, NY 13217-6307

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The Spoke 'n Word Newsletter

The Spoke 'n Word is distributed to households of OCC club members free of charge. This newsletter is an open forum for club announcements, activities, and for articles by club members. Members are invited to submit items for publication to the club address or editor address before the deadline dates below. Electronic format is preferred. Photos submitted will be made available for pick-up or returned via SASE. Club members may submit cycling-related classified ads free of charge.

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Advertise in the Spoke 'n Word

OCC invites individuals and businesses to advertise in The Spoke 'n Word. We offer competitive rates for ad sizes from business card to full page. Discounts are available for larger ads and for half-year (6 issues) and full-year (11 issues) runs. Please contact the editor for information.

Spoke 'n Word Submission Deadlines

May Issue, arriving in late April - Friday, April 10
June Issue, arriving in late May - Friday, May 8
July Issue, arriving in late June - Friday, June 5

OCC on the Internet

Our home page is www.cny.com/OCC/. The OCC email discussion list address is occ@list.hscsy.edu. To subscribe to the list, send email to majordomo@list.hscsy.edu with the line

subscribe occ John Doe

in the body of the email message.

To Become an OCC Member

Fill out this application form and send it to the OCC with the appropriate fee. Make checks payable to: Onondaga Cycling Club, Inc.

Name: _____ ☐ Single \$20.00
BirthDate: ____/____/____ ☐ Family \$30.00
Phone: _____ ☐ Youth \$5.00
Address: _____ ☐ Contributing \$10.00

City: _____ State _____ Zip _____
Email: _____
Occupation: _____
Bus Phone (opt): _____
Other Family Members:
Name: _____ DOB: _____
Name: _____ DOB: _____
Name: _____ DOB: _____
Name: _____ DOB: _____

Waiver:

In consideration of my membership in the Onondaga Cycling Club, Inc., I do hereby waive myself, my heirs, executors, administrator and assigns all rights and claims for damages I might have against the Onondaga Cycling Club, Inc., its officers or members and assigns for any and all injuries suffered by me while participating in any scheduled activity of the Onondaga Cycling Club, Inc. I will be completely responsible for any minor that I may bring to a scheduled activity. This waiver pertains equally to traveling to and from any scheduled activity.

Signed: _____ Date: _____

Consent for Individual Youth member:

Signed: _____

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SMTC Bike/Pedestrian Advisory Committee Update

Chad Bradshaw

The Syracuse Metropolitan Transportation Council's B/PAC has finally gotten rolling. We have spent our first two meetings in an educational mode, learning about the role we can play in our advisory capacity and hearing about what other programs have done so that we do not "re-invent the wheel". In our last meeting, representatives from the New York State B/PAC and the Rochester B/PAC presented their programs, showing what can be done if a bike/ped attitude is present in the local MTCs. It was obvious that the enthusiasm and full-time advocacy efforts of the Rochester B/PAC's leader made the difference in Rochester. Unfortunately the SMTC's B/PAC leader (a paid SMTC employee) recently quit so the SMTC is trying to recruit someone for that role. If anyone knows of a potential candidate with a transportation background, enthusiasm for bike/ped issues and lots of energy, let me know. Also, keep me posted with your ideas and/or concerns about our local bike infrastructure. E-Mail me at Bradshac@mailbox.hscsyr.edu or call me (446-0876).

Membership Drive

Do you know just one person who is a little interested in cycling but isn't a member of the club? We bet everyone does. Now is the time of year to get them signed up as a member. Imagine if everyone in the

Edward Luban *Attorney at Law*

General civil practice, with an emphasis on education and immigration law

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club were able to sign up just one person! Cut out the membership application in this newsletter and give it to that one interested person today.

Monday Recovery Rides

Jude Burke

Starting on May 4th and each first Monday evening of the month at 6:00 PM, Jude Burke and Laura Miller will be leading a Beginner Racer/Recovery/Junior/Women's Ride. Rides will last approximately one hour at a slow recovery pace. We will meet at the Kirkville Road canal parking lot. Call Jude Burke for directions at 453-7455.

1998 Membership Cards

Renewing members should take note that they will receive their membership cards along with the annual ride schedule coming in early April. Also, don't forget to put your suggestions and comments on the renewal form. OCC depends on your input to help improve the club.

Local Ride and Race Series Start Dates

Several local series rides and races start soon. They include:

4/1 Wednesday Night Worlds

Jeremy Burton 638-9768

4/7 Tuesday Team Rides

Tim Bingham 478-7750

4/9 Thursday MTB Rides

Scott Wright 698-9502

4/23 Weekday Lunch Rides

Jim Price 753.8892

5/4 Monday Recovery Rides

Jude Burke 453-7455

5/5 Tuesday Time Trials

Bill Kocher 487-7373

5/6 Wednesday Supper Rides

Jack Lancette 454-0852

Check the Upcoming Events calendar on page 5 for contact information.

Road Work Ahead

Bob Spear

The complete 1998 ride schedule, with over 100 rides, will be mailed to all dues-paying OCC members on April 7. **Have you paid your dues?** There's something for everyone from flat, easy rides to very hilly metric centuries. Family outings, rides for newbies, picnics, and more. As you read this, we have already started venturing forth into the 12 counties surrounding Syracuse for fun and pleasure.

Do you remember the keys for deciphering each ride? No? Well, call the ride leader (RL) or the schedule-meister's hotline (474-3801). The 1998 schedule lists weekday lunch rides, the Wednesday supper get-togethers with the Geezers, up to 7 potential centuries and 12 new adventures. Look for the teasers (in italics) for the cognoscente. This is part of the first page from the new booklet and, remember, don't look back, someone may be gaining.

- | | |
|----------------------------|---|
| 21-22 Mar
Sat or Sun@12 | <u>OLP-10</u> 12-32mi F/R RL: Bob Swizdor 252-2127
First Spring! ride. The "Buille" Diner Dash. where only the fries are "French." Lopes along the Seneca R. [<i>Milano-San Remo</i>] |
| 28-29 Mar
Sat or Sun@12 | <u>G.Lk-1</u> 18-42mi F/R RL: Bob Spear 474-3801
Gee, It's New Boston already? The penultimate start from the soon-to-be-grassed-over parking lot. One of the club's original rides now with an extension passing the 1826 church in Whitelaw. |
| 05 Apr
Sun@12 | <u>Cam-1</u> 9-39mi F/R RL: Joan Yungwirth 451-1616
Jack's Reef Ride: Five mileage options along the old Erie Canal; passes through often overlooked way stations such as Ionia, Peru and Memphis not-to-mention picturesque Jordan. |
| 12 Apr
Sun@12 | <u>Brew-1</u> 15-44mi F/R RL: BS, Sr. 474-3801
The Jelly Belly Breakout: Wind along Big Bay Creek to Mud Settlement, Carley's Mills and Catfish, looking for the <i>cobbles</i> , hunting for bunny eggs. Extension to Dutch Hill; return along the Oneida River. |
| 18 Apr 1
Sat@ <u>11</u> | <u>Chit-4</u> 20-35mi F RL: Eddie Luban 449-1722
Spring Tour of the Mucklands. Begin the celebration of Earth Week as we explore the black dirt between the the six creeks draining this area. Weather on this ride has usually been so bad that we decided to schedule it spring and fall! |
| 19 Apr
Sun@11 | <u>B'ville-1</u> 27-52mi gR RL: Jack Lancette 454-0852
Cross Lake Tour. The pros are bearing down on <i>Bastogne</i> as we look for Bonta Bridge. Last year's tourists got lost before Slab City. |
| 25 Apr
Sat@11 | <u>Euc-2</u> 10-35mi F/R RL: BS, Jr. 252-2127
Mallory Mosey. Ridden so many times in this decade, with so many variations, who knows which ones the RL will use today?
<i>No Amstel Gold</i> at the old Mallory Hotel. |
| 26 Apr
Sun@11 | <u>Be.Lk-1</u> 14-50 gR RL: Eric Wennberg 457-8668
Cruise the OnOsCay Border. Rolls around the county lines to our northwest with a visit to Ira Hill and the dinglehole.
<u>N</u> Also, an optional ride for novices, families. RL: Jim Virgo 422-6918 |

Upcoming Events

Items in italics have not yet been confirmed.

The next BOD meeting is Monday, April 6 at 7:00PM at Bill Johnson's house. Any member wishing to attend is invited. Call Bill at 422-7570 for more information.

April 1998

1 Wed Night Worlds Begin. Burton 638-9768
5 Jack's Reef Ride. 451-1616
5 Marblehead RR, MA. Chris Finn 781.631.1570
7 Racing Team Training Rides Begin. Every Tuesday @ 6pm. Bingham 478-7750
9 MTB Rides Begin. Every Thursday @ 6:00. Wright 698-9502/Madonna 455-7119.
12 Binghamton Spring Series RR. Andrew Van Kuren 607.748.3819
12 Jelly Belly Breakout. 474-3801
12 Genesee Valley RR, Rochester. D. Burnside 716.865.4402
12 NYS MTB Series #1. Pasciak 437-2246
18 Spring in the Mucklands. 449-1722
19 Cross Lake Tour. Spear 474-3801
19 Binghamton Spring Series RR. Andrew Van Kuren 607.748.3819
23 Week Day Lunch Rides begin. Price 607.753.8892.
25 Mallory Mosey. 252-2127
26 Whitney Point RR. Dan Driscoll 607.692.3844
26 Ira & the Dinglehole Ride. 457-8668

May 1998

2 Jiminy Peak RR, Pittsfield, MA. Mike Ward 413.499.0462
2 Canaseraga Creek Crawl. 495-2911
3 Virgil Spring Classic RR, D. Andersen 607.758.3481
3 Four Corners Cruise. 445-1221
4 Recovery Rides Begin. Every Monday @ 6pm. Burke 453-7455
5 OCC Time Trials Begin. Every Tue at 6pm. Kocher 487-7373
6 Supper Rides Begin. Lancette 454-0852
9 Albany Tulip Festival Crit. G. Toth 518.766.5280
9 Muskrat Love Dalliance. 458-4593
10 Panther Lake Tour. 476-4637
13 JR's hilly or El's Flat. 454-0852
16 Breakfast at the Beach. 422-7570
17 Bristol Hills RR, F. Hoyle 716.394.9106
17 Tomkins County Tour. 448-0286
20 DeRuyter Reservoir Ride. 454-0852
23 Eddie's Choice. 449-1722
24 NYS Championship RR, Glen Spey, P Stephens 914.856.2747
24 Tex-Mex Tour. 458-4593.
24 NYS MTB Series #2. Pasciak 437-2246
25 Lancaster Crit, PA. Tom Goldbach 717.295.2598

(continued on page 6)

NYS MTB Championship Series

As you will see in the calendar of events, the NYS Mountain Bike Championship Series begins on April 12 and continues through the year at various locations around New York State. One must compete at eight race venues to receive points for the series. Call Pamela Pasciak at 315.437.2246 or visit <http://members.aol/thompbike/index.html> for more information.

Personals

Although the "Spoke n Word" doesn't regularly have a personal ad section, I thought it'd be nice to offer some sort of service to help match up those single people in the club. Just fill out the form below and our CompuMatch 7000 computer will automatically pair you up with your dream date!

Name _____ Phone _____
Sex (circle all that apply): Male Female Rarely A.S.A.P.

Circle Your Preferences:

- 1) Male Female Neither, I'm too busy riding
- 2) Steel Aluminum Carbon Fiber Titanium
- 3) Mountain Road Track Cyclocross
- 4) Radial Two-Cross Three-Cross
- 5) Helmet Leather Hairnet Baseball Cap Fedora
- 6) Synthetic Chamois Real Leather Raw Steak
- 7) Look Time Sampson Spuds
- 8) Shimano Campagnolo Suntour All three at once
- 9) Tubies Clinchers Never heard of either one
- 10) Personality Type: Anquetil Giove Lemond Merckx

Newsletter Submissions

Tim Bingham

As you may be able to tell from the "Personals" section above, sometimes, no matter how I move things around or how big I make the font, there is some empty space in the newsletter and I don't have enough material to fill it. That's where you, the OCC member and newsletter reader come in. My newsletter time is spent editing, so I can't do the reporting too. I know there are plenty of cycling events, news, photos and personal stories being made out there. It doesn't have to be a gripping saga or a laugh-a-minute tale. Hearing stories about your rides will give us who ride a smile and will encourage those who don't ride to come out and join in the fun. So send in your lusty tales of adventure and allow everyone to share your experiences.

ONONDAGA CYCLING CLUB, INC.
P. O. BOX 6307 TEALL STATION
SYRACUSE, NY 13217-6307

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Classified Ads

For Sale: 17.5 in. Scott Boulder Mtb. This bike is only 8 months old. It has Shimano LX components, Rapid-fire shifters, Avid "V" style brakes, Mavic rims, and many more quality components. The bike has been ridden very easy and is in showroom condition. We hate to get rid of it but, it is slightly too big. Paid \$800. Asking \$500! Magura hydraulic brakes ready to go only \$50. Call Anne and Scott Wright @ 698-9502.

For Sale: Trek 1400 56" white excellent condition; totally reconditioned. 700 wheels matrix rims, new triple crank, bar end shifters, shimano 105 components, \$600. Call 434-9545.

Advertisement Rates

Classified Ads: OCC Members can submit classified ads free of charge. Non-members can submit classified ads for \$5 for the first 30 words and \$5 for each additional 10 words. These fees can be applied towards the cost of full OCC membership in the same year.

Commercial Ads: Rates for one-issue camera-ready ads follow:

Full Page.....	\$68
Half Page.....	\$36
Quarter Page.....	\$19
Business Card.....	\$10
Calendar Entry (25 words).....	\$2

Discounts are available for larger ads and multiple issue ads. Please contact the editor for more information.

(Upcoming Events...from page 5)

27 Peter Scott Swamp Ride. 454-0852.
29-31 Enchanted Mtn SR, Olean, NY. B Walsh 716.372.2352
30 Six Lakes Sojourn. 468-2343.
31 OCC's Giro d'Italia. 252-2127
31 NYS MTB Series #3. Pasciak 437-2246
June 1998
3 Not-so-Lazy Figure Eight. 454-0852
4-7 Empire State Senior Games. Johnson 422-7570
6 NYS Crit Championships. Foster 914.452.1557.
7 Syracuse Challenge Criterium. Koontz 424-1293.
7 Cape Vincent Spring Classic RR. Patti Sanford 654.2481.
10 Euclid Hotel Again? 454-0852.
13 Hans Huddle RR and Tour. Geneseo.
13 Pleasant Valley Ride. 472-8137
13 NYS MTB Series #4. Pasciak 437-2246
14 ESG Central Qualifiers
14 Cross County Challenge. 437-9280
17 Cross Lake Ride. 454-0852
20 Salmon River Tour. 454-0852
21 Owasco Lake Flyer RR. 253-5304
26-28 Tour de Sea Serpent 716.786.5786
27 NYS MTB Series #5. Pasciak 437-2246
27-28 Columbia County Two Day