

June 4-7: Four Days of Events in Syracuse

The end of the first week of June will be a big one for cycling in Syracuse. The **Empire State Senior Games** cycling events begin on Thursday, June 4 and run through Saturday, June 6. Time trials will be Thursday and Friday afternoon beginning at 4:00, with the road races on Saturday. Volunteers are needed! If you wish to volunteer, please call Bill Johnson at 422-7570.

Green Lakes will officially open to mountain bikes after the ribbon-cutting ceremony around 1:00 Saturday afternoon. There will be a general trail maintenance session beforehand sponsored by the park headed up by EMS and CNY DIRT. Volunteers are asked to meet at the main office off the route 290 entrance at 9:00 AM.

Finally, Pomco presents the 3rd annual **Syracuse Festival of Cycling**, featuring the **1998 Pomco Syracuse Criterium** and the **Syracuse Kids Challenge Bicycle Races**. All the fun will happen at Onondaga Park around Hiawatha Lake. The first event begins at 9:00 AM and races run all day long through 4:00 PM. Volunteers are needed! Please call Tim Bingham at 478-7750 if you wish to volunteer or come to the volunteers' meeting at 6:00 PM, Monday, June 1 at C.A. Dominick Agency Insurance offices on West Genesee just east of Geddes St.

Advocacy Note

Chad Bradshaw

Advocacy Note: It appears that Centro will be installing bus racks for bikes. They're interested in input to help them decide which routes to equip. Give them a call if you have any priorities. Because bus racks may not be of much use if other necessary bicycle facilities or upgrades are not in place (e.g., improved road access/safety, sidewalk bike racks, employer facilities, etc.) now is the time to lobby your local pols and employers for more bike friendly measures. Last week's Vision Fair visitors overwhelmingly voted for more bike paths as the number one priority for improving Syracuse, so the momentum is there. For those who are motivated and have some time, please contact your State (not US) Senator and Assemblyperson to pass Senate bill S5515 and Assembly bill A8398. These bills would require the state DOT to set aside funds from existing funding sources for local govt. to conduct on-street bike/ped improvements. Thanks.

1998 OCC Clothing Has Arrived

If you ordered 1998 clothing, look for Tim Bingham at OCC events or call him at 478-7750 to arrange a time when you can pick up your orders.

IS THIS YOUR LAST SPOKE-N WORD?

Bob Ruth

LAST CALL FOR RENEWALS!

Those whose memberships are up for renewal this year but have not yet sent in renewal forms with payment are reminded that this will be the LAST newsletter you will receive until 1998 dues have been paid.

HAVE MY DUES BEEN CREDITED?

The mailing label on this issue will tell you if your membership is current or not. A S1997, F1997, Y1997, or C1997 in the upper right corner of the mailing label indicates 1997 dues were paid but NOT 1998 (BAD). A S1998, F1998, Y1998, or C1998, indicates your dues are current (GOOD) and you are all set till the next renewal in early 1999. In case you were wondering, the S stands for Single, F for Family, Y for Youth, and C for Contributing (non-riding) membership.

RIDE SCHEDULES AND MEMBERSHIP CARDS

The Ride Schedules were mailed to current (1998) members on Monday, April 6, 1998. If all went well, you should have received it long ago. Membership cards are enclosed with the ride schedule in order to save postage.

PROBLEMS?

If you have paid 1998 dues and the mailing label on this issue of the Spoke-n Word indicates 1997, if you have not paid 1998 dues and have lost the renewal form, if you did not receive the Ride Schedule (and were supposed to), if your address is incorrect, if your name is spelled wrong on the membership card, etc., please contact Bob Ruth, membership chair at (315) 451-0685.



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

Board of Directors

President: William Johnson
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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.

Tim Bingham
126 Jamesville Ave Apt E4
Syracuse, NY 13210
315.478.7750
binghamt@hscsy.edu

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

July Issue, arriving in late June - Friday, June 5
August Issue, arriving in late July - Friday, July 10
September Issue, arriving in late August - Friday, August 7

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: _____

D	C	S

**Syracuse Festival of Races
1998 POMCO Syracuse Criterium
Syracuse Kids Challenge
June 7, 1998
Onondaga Park, Syracuse, NY**

Pomco Syracuse Criterium

Races for beginners through pros with a total prize list of \$4450! Pre-register before May 28 to avoid \$5 late fee and to get a free T-shirt. Registration closes 1/2 hour before each race. Highlights include the Fastest Lap of the Day Prize, the Pro 1-2-3 Team Prize, and the Miss & Out. Entry fees are \$25 for Pro/1/2/3, \$10 for Miss & Out, and \$15 for all other categories. One-day licenses are available for \$5. Send a standard athletes release form with payment to Onondaga Cycling Club, P.O. Box 6307, Teall Station, Syracuse, NY 13217-6307. Contact Jeff Koontz at 315-424-1293 for more information.

Race Schedule

9:00 AM Cat 5/Juniors - Medals
10:00 Masters 35/45 - \$500/\$250
11:00 Cat 3-4 - \$750
12:00 Kids Races - Medals & Ribbons
1:15 Miss & Out Pro-1/2/3/4 - 100% payback
2:15 Women 1-3/4 - \$600/\$150
3:15 Pro/1/2/3 - \$2000

Volunteers are needed!

Contact Tim Bingham at 478-7750 or come to the June 1, Monday, 6:00PM volunteer meeting at C.A. Dominick Agency offices on West Genesee just east of Geddes St.

Syracuse Kids Challenge

Kids race for free! There are separate kids races for ages 2 up to 14. Distances vary from 20 yards for the 2 year olds up to 2 miles for the 11-14 year olds. Registration from 10:00-11:30. Helmets required. All participants receive ribbons. Pre-register by May 15 to guarantee a T-shirt. After May 15, T-shirts are available while supplies last. T-shirts are only \$5. To register, send your name, address, child(ren)'s names, number of T-shirts ordered, T-shirt sizes (XS-L) and \$5 per T-shirt to Onondaga Cycling Club, P.O. Box 6307, Teall Station, Syracuse, NY 13217-6307. Contact Jude Burke at 315-453-7455 for more information.

The Onondaga Cycling Club would like to thank the following sponsors.

C.A. Dominick
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Upcoming Events

Items in italics have not yet been confirmed.

The next BOD meeting is Sunday, May 31 at 7:00PM at Bill Johnson's house. Any member wishing to attend is invited. Call Bill at 422-7570 for more information.

Series Events

Mondays: Recovery Rides. Burke 453-7455

Tuesdays: OCC Time Trials. Kocher 487-7373

Tuesdays: Road Training Rides. Bingham 478-7750

Wednesdays: Wed Night Worlds. Burton 638-9768

Wednesdays: Supper Rides. Lancette 454-0852

Thursdays: Mountain Bike Rides. Wright 698-9502

June 1998

3 Not-so-Lazy Figure Eight. 454-0852

4-6 Empire State Senior Games. Johnson 422-7570

6 Whitney Point Road and MTB race. 607-692-3844 or 607-692-4630

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 Caughdenoy-Mallory-Brewerton Loop 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 Plainville-Jack's Reef Ride. 454-0852

20 Salmon River Tour. 454-0852

21 *Owasco Lake Flyer RR. 253-5304*

21 Ridges of Madison County 449-1722

21 Tug Hill MTB Series. 599-7377

24 Silk Road Ride 454-0852.

26-28 Tour de Sea Serpent 716.786.5786

26-28 Wine Country Bike Tour. 716-422-4260

27 NYS MTB Series #5. Pasciak 437-2246

27 Four Brooks & a Hill 252-2127

27-28 *Columbia County Two Day*

28 Tour of Oswego County. 342-2359

July 1998

01 Granby Grind. 454-0852

2-5 Fitchburg-Longsjo Classic Stage Race, MA 508-582-0226

04 Firecracker 100. 445-2864

05 Rebel Range Ride. 298-5378

08 Pedal Palermo 454-0852

10-12 *Tour de Fran Stage Race. Boston, NY Larry Reade 716-633-7712.*

11 The Push to Pompey 487-7373

11 *Fulton County Cup Gloversville Criterium 800-676-3858*

12 *Fulton County Cup Johnstown Road Race 800-676-3858*

12 NYS MTB Series #6 437-2246

12 Skinny Atlas Loops 445-1221

15 Lafayette-Apulia 454-0852

18 NYS MTB Series #7 437-2246

18 Fly-by-Night Cookie

Company Call 422-6918

18 *Broome County Race for Sight. 607-771-0489*

19 The Skyline Drive. 449-1722

19-25 OCC Western Finger Lakes Fling 454-0852

22-26 Empire State Games

22 Skaneateles Supper (nee'B'fast) Ride 454-0852

25 OCC Picnics at Highland Forest 446-0876

26 Sun Harvard Classic. MA

26 Railroad Ride 607-753-8892

26 Tug Hill MTB Series. 599-7377

29 Tuscarora Lake Loop 454-0852

29-2 Tour de 'Toona Stage Race. PA 814-949-7223

August 1998

01 Chittenango Creek Ride. 656-8591

02 Tour de petit France. 474-3801

02 NYS MTB Series #8. 437-2246

05 Van Buren Medley. 454-0852

08 Westward, ho! from Memphis. 689-3502

8 *TEC-CRIT. Ren Szarek 315-865-4832*

09 JR's Infamous, V. Hilly Western Ride. 451-1616

9 *The Canal Classic. 315-823-0031*

12 Central Square-Brewerton. 454-0852

15 Of Silk and Swamps. 458-4593

15 *Tour de Loop. 315-343-1981*

15 NYS MTB Series #9. 437-2246

16 Southwick's Beach-Henderson Harbor Tour. 298-5378

19 Plainville or Cross Lake Ride. 454-0852

Edward Luban**Attorney at Law**

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

**317 Montgomery Street
Syracuse, New York 13202
(315) 472-1935**

*19-23 Tour de Toona Stage
Race. 814-949-7223*
22 Tour of 9-mile Creek. 487-7373
23 On the Trail of the Loomis Gang. 495-2911
23 Tug Hill MTB Series. 599-7377
26 Jordan Jaunt. 454-0852
29 Otisco Lake Loop. 252-2127
29 Tour de Tug. 599-7377
30 Ridges of Madison County, Vol III. 449-1722
30 Chris Thater Memorial Criterium. James May 607-778-2056
30 NYS MTB Series #10. 437-2246

Race Results!**Binghamton Spring Series**

Women: 1st Lindsay Williams, 2nd Jenn Barber

Cat 4/5: 2nd Jeff Koontz, 4th Tim Bingham

Cat 3/4: 5th Jude Burke

Pearl River Criterium

Cat 3/4: 12th Jude Burke

Hollenbeck's Virgil Road Race

Cat 1/2/3: 3rd Jeremy Burton

Cat 3/4: 3rd Dave Faso, 12th Scott Wright, 14th Joe Pechacek, 22nd Jeff Koontz

Cat. 4/5: 2nd Tim Bingham, 11th Greg Low, 12th Fred Koegel, 13th Fran Williams, 22nd Bill Stiteler, ? Jim Carr

Masters 35+: 9th Eddie Luban

Women: 11th Mary Handley, 12th Jenn Barber

Fallbrook Annual Spring Thaw MTB Race

Expert: 2nd Paul Ashbarry, 9th Dave Faso

Sport: 4th Joe Pechacek

Tug Hill Weekend Tour

Anyone planning to ride October 9-11 in the Tug Hill Weekend Tour is encouraged to send in your reservation deposits soon. Enjoy road and mountain biking, hiking, and otherwise taking in all the North Country has to offer. For more information, contact Joan Yungwirth at 451-1616.

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

BULK RATE
U. S. Postage
PAID
Syracuse, NY
Permit No. 940

ADDRESS SERVICE REQUESTED

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.

For Sale: 19" Red Softride Contour MTB. Owned new since 1/98. Lots of changes: 46cm road bars w/bar end shifters; AL Softride stem; 180mm Ritchey Logic cranks; STX fr der./LX rear der; Jands MTB panniers + rack; computer, etc. Ride anywhere, anytime. Incl. slicks and knobbies. Asking \$1300 Jamie 315-497-0913

For Sale: Specialized Ti bottom bracket. 106 mm. Never used. Very nice piece. \$50. Chad 446-0876

For Sale: Zipp 530 wheels. The lightest, fastest, best. Brand new front, slightly used rear. \$575/pair. Chad 446-0876.

Wanted: Used baby jogger stroller. Please call Kathy at 655-8628 or e-mail WooHa@aol.com.

For sale: Proflex 856, 14" (like 16"), full XT components, Magura brakes. \$800 or best offer. Call Pam at 437-2246.

For sale: Profile Air Stryke 2B aero bars; new, in excellent condition. \$75 or best offer. Call Brent at 461-9198.

Wanted: Used child trailer (attaches to bike). Also, used tandem under \$500 or thereabouts. Please call Bob at 487-2703 or e-mail bbuttner@tactair.com

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.