

Nationals Racing Report

Lindsay Williams

Thanks so much for helping me out with my trip to Nationals. San Diego was quite an experience. Did some serious suffering as well as some serious shopping while I was there!

The first race was the time trial and I was dealing with lots of nerves. The day before, I should've been chillin' with my feet up but I was running all around San Diego trying to find a wheel to use for the hilly time trial because UPS had lost my tt bike. Luckily, I brought my aerobars with my other bike on the plane. Spent the evening trying to set up a position on my road bike that felt like my tt bike. Stem down, saddle up, saddle forward... you get the point. I forgot about all of this on the line - just thoughts of working hard and my breathing would be the only thing on my mind now. Once I was 10 minutes working through the desert air, the heat seemed to rob me of my mental focus, and all I could think about was how hot it was and how dry my mouth was. I would have to bring myself back... you're at Nationals. Make yourself suffer. Usually with time trialing I can settle in, work hard and just sorta zone out. This day I was just fighting to make myself go. It was the toughest time trial I've ever done. Finally I saw the long awaited 1 KM to go sign. Then I couldn't remember where I was. I thought I saw my dad standing by the side of the road - hey dad you're supposed to be in New York - I must really be losing it! Well, came across the line, stole someone's Gatorade out of their hand, got real sick... well I won't go into that. Ended up 7th out of 29. Guess I had to be happy because it was all I could do.

The next day was an off day, just messed around. Drank a lot before the crit the next day.

The crit was surprisingly really fast. It was the second hardest crit I've done next to Somerville. I worked by butt off chasing down breaks, covering attacks, or trying to get away myself. Everyone seemed to have the same idea, so nothing really worked. My coaches said I rode smart, but I guess I just ran out of steam at the end. With 2 laps to go, I kept telling myself I have to get to the front... but I never really could again. I finished in the middle of the pack.

The next day was the road race. Each lap we had to climb the wall (in all 18 times) and people would drop off every lap. I was with the lead group until 5 laps to go. Seven riders got away. I finished 9th. I was relieved it was just over. I did all the suffering I cared to try and handle. I really feel like I peaked about 3 weeks before Nationals, and was riding better then, but I did what I could.

Overall, had a lot of fun, and am fairly happy with how things went. I'm psyched for next year with Nationals being in Ohio and everyone being seniors that beat me in the time trial and road race.

Thanks again for making it all possible.

Yours, Lindsay Williams

OCC Century Coffee Mugs For Sale

The extra 1998 Dick Richards Memorial Century coffee mugs are now for sale. Even if you didn't do the ride, these colorful mugs will make a great addition to your breakfast table or office desk. Mugs are \$5 each. Contact Bob Swizdor at 252-2127 to get yours.

Call for Directors

OCC Board of Directors elections are approaching. Some officers and directors are retiring, and their positions need to be filled. The board is currently made up mostly of OCC members who participate in the weekly road rides. We would like to encourage people with interests in a variety of cycling's facets to join the board for 1999. If you would like to serve OCC as a director or officer, please contact Nomination Committee member Bob Spear at 474-3801.

Win Stuff!

OCC is holding an ongoing raffle for a couple great prizes. A single dollar buys you a chance to win an autographed Lance Armstrong jersey or a Softride mountain bike donated by **Bicycle Alley** in Nottingham Plaza. Four dollars gets you five chances. The drawings are tentatively planned to be held during the club banquet in January. If you wish to buy tickets, send a check to the club PO box and we'll reserve tickets for you.

Schedule Change

Please note that the OCC road ride scheduled for October 31 has been moved to November 1 so it doesn't conflict with the OCC Cyclocross Race at Van Buren Park in Baldwinsville. Come out and race or watch during the cyclocross race on Saturday, then do the OCC road ride on Sunday. Halloween costumes optional (but encouraged) on Saturday.

Race Results

Chenango Valley Challenge MTB

Spt Sen: 14th Joe Pechacek, Exp Vet: 1st Paul Ashbarry

Holland Patent Cyclocross

11 Dan Ogut (open M), 13 Bill Krichbaum, 15 Jeff Koontz, 20 Eddie Luban (1st 45+), 25 Lisa Nojaim (3rd F)



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

Board of Directors

President: William Johnson
Vice President: Bob Spear
Secretary: Deb Virgo
Treasurer: Erik Wennberg
Newsletter Editor, Contact to USCF: Tim Bingham
Bicycle Advocacy, Contact to LAB, SMTc: Chad Bradshaw
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Time Trial Director: William Kocher
Cartographer: Ed Luban
Membership Director: Robert Ruth
Mailing Coordinator: Kathy Same
Century Director: Bob Swizdor
Director: Gianfranco Vidali
Director: Russ Zaczekwycz

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 (12 issues) runs. Please contact the editor for information.

Spoke 'n Word Submission Deadlines

December Issue, arriving in late November - Friday, Nov 6
January Issue, arriving in late December - Friday, Dec 11
March Issue, arriving in late February - Friday, February 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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XC Skis are now in!
Come in now to get
some great deals
on last years skis!
Limited inventory.
Snowboards by NITRO

OCC Discount
On All Non-
Sale Merchandise

OPEN ROAD SPORTS
3530 Erie Blvd. E.
315-446-3287

OCC Clothing For Sale

The OCC clothing inventory is buldging with some items that are now available at a reduced price. If you want to place an order for something in stock, contact Tim Bingham at 478-7750 or send the order with a check or money order to the OCC PO box. Include an additional \$5 for shipping if you need the clothing sent to you.

Size	Item	Qty	Price
XS	Pre-94 Shorts	2	\$20
S	97 Jersey short sleeve w/ sponsors	2	\$30
S	94-97 Jersey shrt slv w/o sponsors	3	\$30
M	94-97 Jersey shrt slv w/o sponsors	3	\$30
M	Pre-94 Jacket	5	\$25
M	Pre-94 Jersey shrt slv, no logos	1	\$15
M	98 Jersey short sleeve	1	\$50
L	98 Jersey short sleeve	1	\$50
L	94-96 Jersey shrt slv w/ sponsors	1	\$30
L	Tights plain black, no logos	1	\$15
XL	Pre-94 Shorts	2	\$20
XL	Pre-94 Jacket	1	\$25
XL	Pre-94 Jersey lng slv w/o sponsors	1	\$20
XXL	94-97 Jersey lng slv w/o sponsors	3	\$35

Adirondack X-Country Ski Weekend

February 5-7, 1999. \$175.00 per person. We will be staying in North Creek. Trip includes: Friday night dinner; 2 nights

lodging (includes bed linens & towels); Sat. night gourmet smorgasbord; Sat/Sun. gourmet breakfasts; 3 days trail fees; all taxes and gratuities; complimentary beverages and snacks; free workshops; free bus shuttle service - "Ski down - ride back". I have rooms for singles and couples. Family rooms are available. Contact Dawn Bennett at 437-7464.

Adirondack Ski Weekend

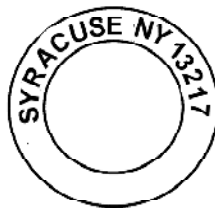
March 5-7, 1999. \$99.00 per person. We will be staying in Keene Valley. Trip includes: 2 nights lodging; 2 breakfasts; 2 trail lunches; Saturday dinner; complimentary beverages and snacks; ski maps and area info. Located 20 minutes from Lake Placid. Downhill ski Whiteface; x-country ski the Garden, Jack Rabbit Trail, Mt. Van Hoevenberg, Cascade. Ice skate on Olympic rinks. I have rooms for couples, singles and family rooms. Contact Dawn Bennett at 437-7464.

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ONONDAGA CYCLING CLUB, INC.
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SYRACUSE, NY 13217-6307



RETURN SERVICE REQUESTED

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is November 1 at 7:00pm at Bill Johnson's house. Any member wishing to attend is invited. Call Bill at 422-7570 for more information.

November 1998

01 An Urban Halloween 474-3891
08 NYS Cyclocross Greene
716.786.2186
07 or 08 Fall in the Muck 449-1722
14 or 15 Last Official OCC Ride 474-3801
15 NYS Cyclocross Warsaw
716.786.2186
23 NYS Cyclocross Championships
Warsaw 716.786.2186

Classified Ads

For Sale: 18" GT Zaskar w/Shimano XTR/XT, Judy Shock w/White Brothers Spring Kit, Professionally maintained, Rapid fire shifters. Asking \$750. Also, 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! Will sell both bikes above for \$1100. Magura hydraulic brakes ready to go only \$50. Call Anne and Scott Wright @ 698-9502.

For Sale: Cannondale Tandem 21 x 19 frame, 700 c wheels, Sun Tour components, rear drum brake, showroom condition, b.o. Call Rick @ 446-5729

For Sale: Cannondale 2.8 60cm w/ Ultegra STI. \$650 o.b.o. Call 564-7701 after 5pm

For Sale: Cannondale ST600 2S, 25" frame. Excellent Condition. \$400. Trek 420, 22" frame. Excellent Condition. \$300. Offers will be considered. Mary or Tom at 683-9443.

For Sale: Miscellaneous Yakima rack

parts. 4 towers for cars with raingutters, short wheel trays and fork mounts, 48" crossbars, assorted "snaparounds" and hardware. Everything is old but usable. Call Eddie at 449-1722 (h), 472-1935 (w) or email, eluba@dreamscape.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.