

Urschel Finds New Challenge At Transcontinental Triathlon

Lynne Tolman

Blind and deaf Paralympian Kathy Urschel had been across the country on a tandem bicycle before and was looking for a new challenge. The 1998 Transcontinental Triathlon fit the bill.

Urschel, 34, of Baldwinsville, N.Y., biked, ran and swam for 65 days, from Santa Monica, Calif., to New York City, with a handful of other athletes, some disabled, some not. For Urschel, who won a silver medal in track cycling in the 1996 Paralympic Games in Atlanta, cycling was her strong suit but not necessarily a cakewalk.

"It all depends on my partners," she explained. "I went through seven partners, and it was really, really challenging. The cool part was they were willing, but they all really didn't know how to ride a tandem. I spent a lot of time at bike shops and spent about \$900 on components."

For two weeks, from Denver to St. Louis, she mostly biked, and ran short distances, with her longtime tandem pilot Mike Hopper of Syracuse, her pilot in the mixed tandem pursuit in the Paralympics. Urschel had been a competitive 10km runner before she got into cycling, but running with Hopper was new.

They started off tethered by a rope, "but I couldn't get my natural form that way," Urschel said, "so Mike said, 'Just go. just run!' I felt so free!"

Hopper would run alongside her and tap her shoulder to guide her through curves, or, in a race, through a pack of runners.

She covered 80 to 120 miles a day, mostly biking; she ran about 150 miles of the total distance (about 3,500 miles) across the country. There were 5km running races in Las Vegas, Chicago, Cleveland and St. Louis. The athletes took one day off per week.

Urschel hears voices with the aid of a cochlear implant, but she couldn't use the electronic processor while swimming, "and I hadn't swum in open water since I became blind 13 years ago," she said.

In the Colorado River in Utah, the rope connecting her to another swimmer came undone, and she was on her own. The current gave her a very clear picture in her mind of her surroundings, and she kept her head up and "kicked like crazy with my strong cycling legs," she said, to complete the quarter-mile swim.

"People think I can't see and hear, and boy, I saw it all!"

Other swims included a half-mile in the waves in Lake Michigan in Chicago, and a similar stretch in Lake Erie.

In Pittsburgh, Urschel suffered a running injury.

"My partner ran me off a curb, a foot and a half down," she said. "I developed patella tendonitis.

"I kept going, but then I caught my toe in railroad tracks and lurched forward. I kept myself from falling but I pulled my tendons. The next day I couldn't even walk. Naturally, doing something like this, there is a risk. But if I don't take a risk we'll never know how to do it.

"That was one of the hardest mental things that happened to me, because I had to stop to recuperate. I couldn't run for two weeks, but I kept cycling. And I did run into New York (for the finish on June 22). I think it's the hardest thing for
(continued on page 3)

Thursday Mountain Bike Ride Schedule

The Thursday evening Mountain Bike Rides will be meeting at Skytop for the remainder of the season until October 1. Contact Scott at 698-9502 for more information.

Tuesday Road Ride Schedule

The Tuesday evening Road Ride schedule is as follows: September 1 Jamesville; 8 Time Trial; 15 Green Hills; 22 Minoa. All are welcome. Contact Tim at 478-7750 for more information.

Tour de Grasshopper Race and Picnic

The annual Tour de Grasshopper Race and Picnic has been tentatively set for Sunday, September 13, 10:30am at Chuck Dominick's house. The only admission charge is a dish to pass. Last year Ano Garcia claimed the yellow jersey and annual trophy for the big win. Riders this year can expect a friendlier course and lots of fun. No tandems will be racing this year. For more information and a final date, contact Chuck Dominick at 423-4321 days or 469-0484 evenings. Even if you're tired from the previous day's century, come out for a pleasant ride, great picnic, and maybe a dip in the hot tub!

NYS Cyclocross Series News

Lisa Nojaim

Planning for the NYS Cyclocross series is well underway, with three new venues to be added (Buffalo, Rome, and Albany), and some big plans for the Syracuse race.

(continued on page 3)



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.

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

October Issue, arriving in late September - Friday, Sep 11
November Issue, arriving in late October - Friday, October 9
December Issue, arriving in late November - Friday, Nov 6

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 _____
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Occupation: _____
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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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(Urschel - continued from page 1)

athletes to listen to their bodies, but I knew I had (cycling) nationals and worlds coming up."

Urschel was planning to ride the 40km time trial with Hopper at the Masters National Championships in Tallahassee, Fla., in July, to defend the U.S. Association of Blind Athletes title they won there last year - first place in the mixed tandem time trial. For the IPC World Cycling Championships in September in Colorado Springs, Colo., she hopes to find a cat. 1 male track pilot to ride with her in the pursuit.

Beyond that, her goals include winning a gold medal in the 2000 Paralympics in Australia and competing in the Ironman Triathlon.

"The most frustrating thing is working out a buddy system because of my athletic style. I could say 'because of my disability' but I don't want to word it that way because it sounds like I'm blaming my disability," Urschel said. "I'm in the mainstream, and I don't want people to think of me as any different. I can keep up."

Urschel was the only woman on the cross-country trip until Chicago, when runner Sarah Reinertsen from Long Island, N.Y., a leg amputee, joined the group.

"The guys called me Turbo Legs," Urschel said.

Other athletes included marathoners Paul Martin, who lost his lower left leg in a car accident six years ago, and Al Kovach, who broke his neck in a parachuting accident in 1991. The team leader was Jim Howley of Santa Barbara, Calif., who founded the Transcontinental Triathlon in 1997. Howley, who tested HIV-positive in the 1980s, has since completed an Ironman Triathlon and last year's transcontinental crossing.

Through sponsorships, the cross-country event raised money for several charitable causes, and along the way the athletes educated people about the benefits of exercise in overcoming life's challenges.

"We gave out Athlete Spirit Awards," Urschel said. "I got to give a 7-year-old boy in Denver a mountain bike and a cochlear implant and a heart-rate monitor. He was just ecstatic."

For more information, check the Transcontinental Triathlon web site at www.tri4life.org.

Lynne Tolman is bicycling columnist for the Telegram & Gazette in Worcester, Mass.

[This article appeared in August 1998 Bike Racing Nation. Reprinting was encouraged. -Ed]

Tug Hill Weekend

Come enjoy a great OCC event. There will be road biking, mountain biking and hiking on beautiful state forest/park lands. Sightseers and tourists are welcome. Simply enjoy the fall foliage and all the north country has to offer (lakes, historic homes, antique shops). Relax, read, knit, play board games, sleep, talk with friends! Golf course nearby too! For more information or to make reservations for accommodations, please call Joan and Jim Yungwirth at 315-451-1616.

(Cyclocross - continued from page 1)

Like last year, Van Buren Park in Baldwinsville will host the Syracuse 'Cross Grand Prix. The race, which will benefit the Lance Armstrong Foundation, is scheduled for Saturday, October 31. A cycling pro has also expressed interest in the race. Litespeed mt. bike racer, Bob "Bobke" Roll contacted me in July to get info on the event. The chances are very good that he will show up if everything goes as planned.

There are several things that need to be accomplished in order for this race to be a success. Most importantly, we need sponsors! It has been very difficult to secure corporate sponsors. Although our budget is pretty small, we still need money for a respectable prize purse, and a well designed, secure race course (the "bridge" needs to be improved at the stream crossing). We also need a considerable amount of donation money. Our contribution goal for the Foundation is between \$5,000-\$10,000. I believe this is a conservative goal, especially if there are businesses willing to make sizeable contributions.

If you know of a business that would like to take part in this event, and would enjoy some Northeast PR, please let me know soon, as time is short. Any donation amount will be appreciated, and without contributions this event will not happen.

Contact me at (315) 446-1052 or Nojaimla@maple.lemoyne.edu

Thanks, Lisa Nojaim

1998 New and Improved-For first-time 'crossers, there will be a separate Beginner race at the Syracuse event, so come out and support cyclocross. There will also be a prize purse for Cats. 3/4. This will not reflect on series points.

Time Trial Trivia

Bill Kocher

After 14 weeks the time trials continue to be going safely and successfully. The number of people having life time personal records this season is very impressive. In the last four weeks since the last newsletter the following people have been added to this year's list:

Larry Comfort 28:05
Skip Carr 27:34
John Saint 24:56
Christy Saint 24:54
Jose Battle 24:50
Tim Bingham 23:09
Jeff Koontz 22:38
John Baker 27:45
Peter Nicola 27:22

For this season the last time trial will be on September 15 so if you have never done one come on out and give it a try. The top point leaders are Peter Von Zwehl with 18.5, Paul Ashbarry with 16.5, Paul Kocher with 16, and Dave Resseguie with 15.

Race Results!

Broome County Race for Sight

Tim Bingham 2nd men overall; John Saint 4th overall, 1st men 20-29; Ray Woodford, 1st men 40-49; Bill Stiteler, 2nd men 20-29; Christy Saint, 2nd women overall; Todd Carrier, 3rd men 20-29

Lebanon Crit

3/4 Race Dan Ogut 22nd; Jeff Koontz 26th; 4/5 Race Jeff Koontz 6th

USCF Masters National Road Championships

Mike Hopper/Kathy Urschel 2nd USABA tandem TT

ESG Time Trial

Lindsay Williams 3rd, Open Women; Jeremy Burton 23rd, Open Men

ESG Road Race

Lindsay Williams 2nd, Open Women; Jeremy Burton 27th, Open Men; Eddie Luban 13th, Masters 45+

ESG Criterium

Lindsay Williams 6th, Open Women; Jeremy Burton pack finish, Open Men; Eddie Luban 9th, Masters 45+

Highland Forest Mountain Bike Race

Expert Men 17. Dave Faso

Expert Vets/Masters 2. Paul Ashbarry; 5. Dave Resseguie

Sport Vets/Masters 9. Fran Williams

Sport Women 5. Lynn Decker; 11. Mary Handley

Beginner Men B 3. Tim Bingham; 12. Bill Stiteler; 19. Greg Low

Beginner Men Clydesdale 1. Mike Armani

Beginner Men A 6. Pat McHale

Burlington Crit

7th Jeff Koontz Cat 4

Tug Hill MTB Challenge # 3 (6 hour team event)

Joe Pechacek/Jay Scott: 1st place overall

Canal Classic Road Race

4 Dave Faso (3rd seniors 18-34); 10 Dan Ogut; 12 Scott Wright; 14 Tim Bingham; 19 John Saint; 20 Fred Koegel (3rd masters 35-44); 22 Joe Pechacek; 26 Bill Krichbaum; 28 Greg Low; 29 Ed Luban (1st masters 45+); 40 Fran Williams; 42 Sepp Herbert; 45 Chuck Dominick; 47 Bill Stiteler; 56 Jose Batlle; 65 Christy Saint (2nd women 18-34)

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**

Upcoming Events

Items in *italics* are not confirmed.

The next BOD meeting is on a date to be determined 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

September 1998

02 Chitt-5. Lancette 454-0852

05 Minsi Lake RR, PA 478-7750

05 Triple Threat Throwdown #1 437-9280

06 Triple Threat Throwdown #2 437-9280

07 Triple Threat Throwdown #3 437-9280

12 OCC Dick Richards Memorial Fall

Century 315-252-2127

12 Tour de Grasshopper OCC Race and Picnic. Chuck Dominick 469-0484

19 Apple Festival Bike Races, Montrose, PA 717-278-2516

October 1998

31 Syracuse Gran Prix Cyclocross Race.

Lisa Nojaim 446-1052

Training in Colorado

Kevin Krayna

The rumble was unmistakable. I had heard it many times before. It vibrates a body right down to the pit of the stomach. It is the essence of power. The long black, snake-like train was again making it's way through the heart of Colorado, between Denver and Colorado Springs. And once again, this time by a train, I was dropped.

It looks like any other piece of road in Colorado. Actually between my hometown, Castle Rock and the small town twelve miles south, Larkspur, the road actually looks like it is going downhill. But, as is typical with the terrain in Colorado, what you see is not exactly what you get. In many places what appears up is down and what is down is up. That is the case between Castle Rock and Larkspur. On a calm day it is just a long, big-ring, depressing grind. It is usually just the kind of grade that makes you stop and check the air pressure in the tires "they must be soft". But, of course, they are not.

On that particular Saturday the grade was not the only problem. It was the wind. It really should not be called the wind, for on that day it was a sustained gale. Of course, as is common in the spring here, the wind was blasting out of the south. Coincidentally, just the direction I was attempting to go. The same direction 'the train', was heading.

As mentioned earlier, this is no ordinary train. Several of these behemoths rumble through every hour, transporting coal from Wyoming and Colorado to...somewhere south. It snakes it's way alongside Interstate 25, paralleling the service roads that are on both sides of the Interstate.

I was just plugging away on my road bike, south on the service road that is on the eastern side of I 25. Plugging may be an exaggeration. I was in my 39 x 23, struggling for dear life into the 'headgale', going up a road that appears to be down. Talk about depressing. At times like this we ask ourselves, "what am I doing our here"? This is fun? As I heard that familiar rumble in the pit of my stomach, I looked across to the other side of the interstate to the train. We were neck and neck. Neither one would budge, neither would give the other an inch. We were just-a-jamming, for all we were worth. As stated, this is no ordinary train. It is a coal train, well over a mile and a half long. Five engines, three in the front pulling, two in back pushing. I have since verified the specs. There are 116 coal cars, each at 260,000 pounds, equaling 30,160,000 pounds. Next we have the five engines at 216,000 pounds each, equaling just 1,080,000 pounds, for a grand total of 31,240,000 pounds! Each engine generates 4,400 horsepower, totaling 22,000 hp! Through this stretch of road each engine is full throttle, gobbling up an amazing 500 gallons of fuel an hour. My Serotta weighs in at a scant 20 pounds. Me? A whopping 138. But yet here we are, neck and neck, just hammering at about 10 miles an hour.

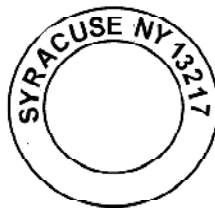
Halfway to Larkspur the grade backs off a hair, in fact, it looks downhill. Here is my chance. But wait...it just cannot be. Inch by inch, car by car, that black behemoth is pulling away. I could almost see the engineer, sneering at me with a toothpick in his mouth. I shifted, still hammering, now in my 39 x 21. But to no avail. With black smoke pouring out of fifteen different exhaust stacks, the long, black snake of a train pulled away.

But I will be back again, to fight another day. I've been dropped before. I'll be dropped again. Hopefully, next time, the wind will at least be at my back.

(The 40 year old author, father of four, has been riding since the early 70's. He has done several of the toughest climbs in the U.S., having participated in numerous Mt. Washington Hill climbs, Assaults on Mt. Mitchell, and Mt Evans. He is currently scheduling a climb of Red Mountain Pass, one of only two potential category 1 climbs in the U.S.)

ONONDAGA CYCLING CLUB, INC.
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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: NEW: Vittoria Tigre Cyclocross Tire, \$15; Onza Aggro front MTB Tire, 2.1, \$10; Continental Town & Country MTB/Touring tire, 2.1, \$6; Avenir Race seatpost, \$12; Specialized Self-Seal MTB tube, 2.1, \$3; USED: GT rigid MTB fork, black, used once, \$12; Troxel Diva ladies helmet, size small, \$7, Look clipless pedals, as is, \$9. Call Lisa @ 446-1052

For Sale: Cannondale R600, 54 frame size. Excellent condition. \$525 AI, 682-5636. Leave message.

For Sale: Zipp 530 wheels (aero-clinchers). Like new. Make me an offer. They're temperamental (hard to fill tires) and I'm fed up with the hassles so I'll take well under what they're worth (over \$1k new). Chad 449-0876

Wanted: Inexpensive rattrap type standard MTB pedals with toe clips. Call Tim 478-7750.

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.