

THE SPOKE 'n WORD

Volume 25, No 5

June 2005

INSIDE THIS ISSUE:

Race Weekend	3
July Century	4
Race Weekend Photos	5

And welcome to the following new members:

Chris Andrews
 Chris Arnold
 Beth Casler
 Brian Casler
 Bonnie Charles
 Danietta Charles
 Grant Charles
 Jack Charles
 Jim Corbett
 Greg Drumm
 Gary Fish
 Jim Grago
 Ginny Longacre
 Jim Markert
 Greg Morgans
 John Murphy
 Bob Panuto
 Matt Panzarella
 Kyle Polzella
 Beth Powell
 Alisa Robinson
 Margo Ross
 Ben Salibra
 Peter Schaefer
 Kevin Solan



OCC: The Onondaga Cycling Club, is a Central New York non-profit organization which facilitates participation in the sport of bicycling. The club schedules and conducts bicycle rides, tours and sporting events from March through November. Meetings and social occasions are held throughout the year.

Club Officers

President..... Jochen Woicke
 Vice-President/Ride Schedule.. Bill Goffe
 Secretary..... Kelly Wheeler
 Treasurer..... Deb Leal

Board of Directors

Advocacy/Ride Schedule.. Gianfranco Vidali
 Fall Century..... Mike Mansfield
 Membership/Insurance... Bob Ruth
 Merchandise..... Claire Reichl
 Newsletter Editor..... Deb Virgo
 Points/Miles..... Jim Price
 Social/Mailing..... Carolyn Sterritt
 Time Trials..... Eric Flanders
 Racing/USCF Liaison.... Chuck Dominick
 Web Developer Marcello Pratico
 At Large..... Jaqueline Martello
 At Large..... Bob Spear

Other Positions

Picnic..... Chad Bradshaw
 Cyclocross..... Jeremy Burton
 Long Distance/July Century... Jennifer Barber
 Cartographer/ July Century..... Bill Stiteler
 Vacation Ride..... Joan Yungwirth
 Equipment..... Jack Lancette
 E-Map Designer..... Jeff Palmer
 Listserv Administrator Tim Bingham

OCC on the Internet... Our Web site can be found at <http://onondagacyclingclub.org>. The OCC email discussion list (listserv) can be subscribed to from our Web site.

The Spoke 'n Word newsletter is distributed free of charge to all OCC members. It is an open forum and members are invited to submit items. The newsletter is published monthly March-December. Submissions will be due the 2nd Saturday of the month and can be emailed to dvirgo@twcny.rr.com or mailed to Deb Virgo. Contact me at 446-0266 with questions.

IS THIS YOUR LAST SPOKE-N WORD?

For those who receive The Spoke-n Word via postal mail, the mailing label on this issue will tell you if your membership is current or not. An S2004, F2004, Y2004, or C2004 in the upper right corner of the mailing label indicates your 2004 dues were paid but NOT for year 2005 (BAD). Anything with a 2005 or greater indicates your dues are current (GOOD) and you are all set till the next renewal in early 2006. For those who read The Spoke-n Word via the web, your membership is not current if you have not yet received the Ride Schedule for 2005. Same rules apply as discussed above. Remember, memberships must be current to receive the Ride Schedule and the Spoke-n Word.

RIDE SCHEDULES AND MEMBERSHIP CARDS

The Ride Schedules were mailed to current (2005) members in March 2005. If your dues are current, you should have received it by now. Membership cards were enclosed with the ride schedule.

PROBLEMS?

If you have paid year 2005 dues and the mailing label on this issue of the Spoke-n Word indicates 2004, if you have not paid year 2005 dues and have lost the renewal form, if you did not receive the Ride Schedule (and were supposed to), if your address is incorrect or your name is spelled wrong, etc. please contact **Bob Ruth**, membership chair at (315) 451-0685 or email at ruthrob@twcny.rr.com.

Mark your calendars! Lots of history and beautiful scenery! It's never too early to plan your summer vacation! Enjoy great riding...friends...fun. Travel, sightsee, shop! Guaranteed adventure! This year's format is different from past years.

OCC Summer Vacation Ride: August 7-13, 2005

Two sites: Frederick County, MD (3 nights...August 7-9) www.fredericktourism.org and Lancaster County, PA (3 nights...August 10-12) www.padutchcountry.com

Game plan: Drive (optional: carpool) to MD, "bunk and ride/tour" from Mount St. Mary's College/University campus dormitory in Emmitsburg, MD; then mid-week drive to PA and "bunk and ride/tour" from the Quality Inn & Suites in Lancaster, PA. Yes...good news! The dorms are air-conditioned!

Daily routes: We will be using the local bike clubs' cue sheets!

Let me know if you are interested. Several people have already contacted me and are "officially" signed up. Joan Yungwirth
jmyung@twcny.rr.com or 315.451.1616

We would like to thank our sponsor Saturn and ask you to give them your support...



Race Weekend 2005

It was a great event again. A big hug and thank you to Chuck Dominick, who put things piece by piece together and made this a good experience for everybody: Racers, officials, organizers, and - very if not most important – volunteers.

Our volunteers did a wonderful job and contributed greatly to the success of the race weekend! This is one of the few opportunities for our club to be presented to the public, and you folks made the best out of it! I cannot thank you enough for serving as road marshals at the road race and crit, driving pace- and wheel-cars, managing the registration and prize money, setting up and tearing down the sprint and crit course, serving as start holders at the sprint, and, last not least, fitting the helmets for kids. It was great to see that some of you worked very hard on both days, that individuals who were not assigned, volunteered "on the spot", and even non-club members stepped up to help us with this event! Again, thank you all very, very much for a demanding job well done!

Even the weather cooperated, we were so lucky in this respect; one could not ask for more ...

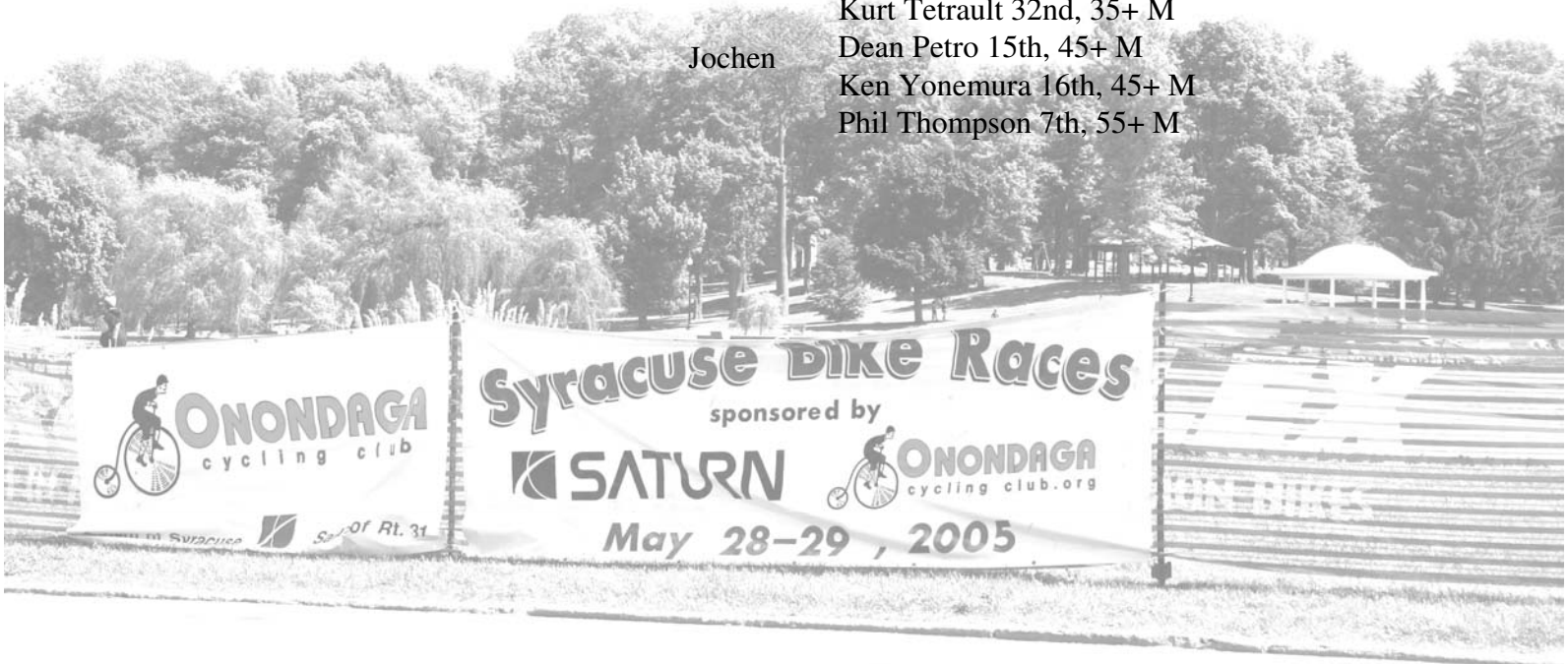
Jochen

Syracuse Race Weekend Results

Here results of our (adult!) club members who raced. Full race results can be found on the club website.

These are final GC placings (and they're based on points). Master/cat 3 women are listed twice because they did 2 races in the crit and it's an omnium, meaning you don't have to race all 3 events and GC is based on total points in whatever races you do

Paul Komanecky 6th, pro/1/2 M
 William Nicholson 8th, cat. 3 M
 Seth Torrice 14th, cat. 3 M
 Kate Stewart 8th, cat. 3 W, 3rd 35+ W
 Katina Walker 9th, cat. 3 W, 2nd 35+ W
 Margaret Thompson 10th, cat. 3 W, 1st 35+ W
 Sue Bingham 6th, cat. 4 W
 Christy Saint 11th, cat. 4 W
 Jason Dellilo 16th, cat. 4/5 M
 Tim Bingham 23rd, cat. 4/5 M
 Bob Swizdor 40th, cat. 4/5 M
 Sam Sampere 40th, cat. 4/5 M
 Andrew Stummer 4th, junior M
 Ryan Karr 9th, junior M
 Dave Faso 21st, 35+ M
 Kurt Tetrault 32nd, 35+ M
 Dean Petro 15th, 45+ M
 Ken Yonemura 16th, 45+ M
 Phil Thompson 7th, 55+ M



Owasco Stage Race Results

May 14-15, Auburn

I'll just give you the final GC.

Jeremy Burton 80th, Pro/1/2 Men
 William Nicholson 33rd, Cat. 3 M
 Margaret Thompson 4th, Cat. 3/4 W
 Kate Stewart 15th, Cat. 3/4 W
 Christy Saint 16th, Cat. 3/4 W
 Sue Bingham 18th, Cat. 3/4 W
 Dave Faso 25th, Master M 35+
 Eddie Luban 44th, Master M 35+
 Dean Petro 45th, Master M 35+
 Ken Yonemura 48th, Master M 35+
 Tim Bingham 13th, Cat. 4/5 M



Compiled by Eddie Luban

The Almost July 4th Century on Saturday July 2nd

This year's Almost 4th of July Century will start from the new Barber-Stiteler residence at 5137 Glass Factory Rd, Munnsville, NY. The ride will start at 9:30 am and will have 100, 60, 30 and 15 mile options. The ride may not go to Cooperstown as advertised due to the extreme hilliness of the area, but a spiffy route will be provided either way. There will be a party following the ride at the house. Bill and I are looking forward to sharing our new house with the club! Please bring your meat option and a dish to pass. Apple Pies and refreshing non-alcohol drinks will be provided. Be sure to bring comfy shoes for wandering the trail! We look forward to seeing you there. Note: .my email is jenn@distancerider.net and no longer jenn@swats.net as listed in the schedule!

Jenn Barber

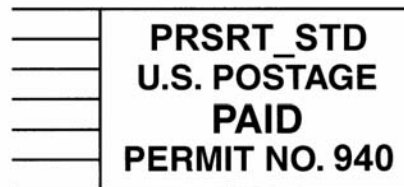
Did we set a record?

At a recent Wednesday night ride at Enders Road we had 87 riders. Were you there?





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



RETURN SERVICE REQUESTED

Classified:

Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday June 19th at 6 PM** at Jochen Woicke's house. Any member is welcome to attend. Call or email Jochen for information.

Classified Ads: OCC members...free! Non-members \$5 for 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 or digital format ads follows:

- Full Page..... \$68
 - Half Page..... \$36
 - Quarter Page..... \$19
 - Business Card..... \$10
- Discounts available for larger ads and multiple issue ads. Please contact the editor for more information.

How to Read the Spoke n' Word Online...

at our Web site <http://onondagacyclingclub.org/>.
A note is sent to the club listserv (sign up through the Web site) when the newsletter is ready. If you are still receiving a paper copy and wish to discontinue you can send email to Bob Ruth at ruthrob@twcnny.rr.com