Volume 19, No 10

December 1999

Syracuse Grand Prix Cyclocross

Greg Low

Sunday November 7th dawned cold and grey with a hint of snow in the air. The weather was just perfect – perfect for a cyclocross race! Thanks to 63 hot-blooded competitors and 20 warm-hearted OCC volunteers who braved the elements, the Third Annual Syracuse Cyclocross Grand Prix was a great success.

After two years at the Van Buren town park near Baldwinsville, the Syracuse 'cross race moved into a more suburban setting at LeMoyne College. Thanks to the hard work of course designer Ed Luban and Lisa Nojaim, a fast and challenging venue was laid out over paved and gravel roads, wooded singletrack, energy-sapping run-ups, and grassy fields. The praise from the competitors was almost universal for this traditional cyclocross course.

The racing started out with a large beginner field of 15 taking the course a little after 12:00 noon. OCC racer Rob Coapman won over fellow OCC members Andrew McNaughton and John Woods in the men's race. The stage was set for a great main event. (continued on page 3)

Advocacy Note

Chad Bradshaw

The Post Standard was kind enough (and insightful enough) to print my following commentary in the November 8th edition. In the wake of the B/PAC's demise, we may be the only organized spokesgroup for bike issues. I invite any club members that are interested in advocacy issues to contact me. Let's keep up the momentum! Bike-pedestrians Panel's Demise Shows Syracuse's Lack of Vision

The Syracuse Metropolitan Transportation Council's (SMTC) decision to disband the Citizens' Bicycle/Pedestrian Advisory Committee (B/PAC) "to be called upon if needed" is a shameful example of the city's lack of vision for the future. (*continued on page 4*)

Thank You

Kath Uschel

Words cannot express my appreciation to all who donated to the fundraiser that Chuck Dominick organized. My life unfortunately has drastically changed from "On the road to the Olympics" to trying to get my own wheels fixed to even get on the road! As some may be aware of the extensive complications that occurred from a cycling fall, I am so very desperately trying to train again and be ready for Sydney. I have gone from being told I would never walk again to basically bolting my right foot into the pedal to spin away. At times I think that this is an impossible dream but I then try to refocus, which at times is unbelievably difficult with my brain injury. I know that I have reached this dream once and that I can do it again. A lot of the doctors know that I am on a timeline to recover and kind of shake their heads but this just raises my fur even more. (continued on page 5)

Mountain Bike Race Team Forming

Chad Bradshaw

A number of interested OCCers are forming a mountain bike race team. All interested riders are encouraged to participate. Skill level beyond beginner is not important – if you participate you will improve(*continued on page 5*)

Banquet Date Changed

The annual banquet originally scheduled for January 29 is now scheduled for Saturday, January 22 at the Glen Loch Inn in Jamesville. More information will be available in the January newsletter.

Call for Nominations

We are looking for members interested in serving on the Board of Directors next year. There are several positions available. We are looking for people to fill general, 'at-large' type of positions and to fill two specific openings: bike advocacy, and time trials coordinator. If you are interested in being on the Board, or would like to nominate someone, please call Deb Virgo at 446-0266 or dvirgo@ariseinc.org.

Order Y2K Clothing

A catalog including descriptions, prices, and an order form for 2000 OCC clothing is included in this newsletter and can be found on our website at www.astrochimp.com. OCC will be placing the final order shortly after the January banquet in order to receive the clothing the first week of April.

Call for Information

I am interested in gathering information on non-recreational use of bikes (e.g. commuting) in the area, for inclusion on the new website. If you use your bike for commuting, or are interested in doing so, please contact Ted Diamond at tdiamon1@twcny.rr.com or 315-422-2988.

New Web Address

The OCC web page has changed to **www.astrochimp.com/occ**, hosted and designed by Marcello Prattico.



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

Board of Directors & Other Club Positions

President: Bob Spear

Vice President, Fourth o' July Century: Gianfranco Vildali

Secretary: Deb Virgo Treasurer: Erik Wennberg

Newsletter Layout, Contact to USCF: Tim Bingham Bicycle Advocacy, Contact to LAB, SMTC: Chad Bradshaw

Media Relations: Mary Ellen Johnson Merchandise Director: Ed Keplinger Time Trial Director: William Kocher

Cartographer: Ed Luban

Fall Century Director: Steve Ransford Membership Director: Robert Ruth Mailing Coordinator: Kathy Same Ride Schedule: Bob Swizdor Director: Russ Zackevich

Newsletter Editor: Andrew Diekema Criterium Director: Chuck Dominick Web Designer: Marcello Prattico

Mountain Bike Coordinator: Scott Wright

The Spoke 'n Word Newsletter

The Spoke 'n Word is distrubuted 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.

Andrew Diekema 227 Westminster Avenue Syracuse, NY 13210 diekema@textwise.com

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

January Issue, arriving in late December - Sunday, Dec 5 March Issue, arriving in late February - Sunday, Feb 6 April Issue, arriving in late March- Sunday, Mar 5

OCC on the Internet

Our home page is **www.astrochimp.com/occ/**. The OCC email discussion list address is occ@list.hscsyr.edu. To subscribe to the list, send email to majordomo@list.hscsyr.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.

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(Syracuse Cross, continued from page 1)

The big guns came out for the main event, the combined Open Men's/Open Women's/ Master's/Junior's race. The good reputation of the Syracuse Cyclocross Grand Prix attracted the largest field in the history of the New York State Cyclocross Series. Among the contenders was Rob Walters, a pro road rider with the Navigators team. Walters' achievements as a four-time Canadian national champion and World Championship team member made him

the man to watch in the Open race. Multiple US national champ (and Ithaca resident) Glenn Swan was the favorite in the Master's race. Not to disappoint, Walters ran away with the Open race. Local resident Dan Timmerman finished an excellent 5th and OCC member Dave Faso put in an outstanding performance to finish 8th. Glenn Swan did indeed finish 1st in the Master's 35+ event, but not without a strong challenge from OCC's Paul Ashbarry in 2nd place. Course designer Ed Luban showed he knew his



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

the Master's 45+ event. Kate Stewart finished 4th in a tough Women's field to round out the OCC placings.

Special thanks to our sponsors, without whom this event would not have been possible: Saturn of Syracuse, Rural Metro Medical Services, K2 Bikes, Advance Cyclery, Papa John's Pizza, Wegmans, and of course LeMoyne College for a near-perfect race venue. Please support these businesses and organizations, they helped make the race

a big success! Thanks to all the hard working OCC volunteers who braved the cold -- you all did a great job. With a team like this, success was ensured! Please forgive me if I missed anyone: Jenn Barber, Tim Bingham, Chad Bradshaw, Jude Burke, Rob Coapman, Ted Diamond, Andy Diekema, Chuck Dominick, Bob Hinman, Ed Luban, Pat McHale, Lisa Nojaim, Marcello Prattico, Christy Saint, Bob Spear, Kate Stewart, Bill Stiteler, Deb Virgo, and Erik Wennberg.

Available in local bookstores & bicycle shops or order direct...
607-547-CRANK... 888-49-CRANK... crankmail@usa.net

(Advocacy Note continued from page 1)

The B/PAC concept was developed to assist local metropolitan planning organizations develop federally funded "transportation enhancement" projects and Congestion Mitigation and Air Quality Improvement Programs (CMAQ) by promoting increased bicycle/pedestrian use. Millions of dollars in federal

made available through the U.S. Intermodal Surface Transportation Efficiency Act of 1991 (ISTEA) to create walking and biking related facilities. With the help of its B/PAC, neighboring Rochester used ISTEA enhancement funds to plan bicycle and pedestrian lanes, paths and facilities (e.g., bike

highway funds were

Over the seven-year life span of the ISTEA highway-funding bill, Syracuse had no B/PAC. A B/PAC was finally formed in the fall of 1997 to take

racks downtown).

advantage of ISTEA's successor, TEA21, in which an estimated \$26 million per year was to be earmarked for New York State transportation enhancement projects. This summer, before the B/PAC presented the SMTC with a community-based bike/pedestrian plan, the committee was effectively disbanded. Prior to that, the committee was informally told that most of the available enhancement funds had already been allocated for non-bike/pedestrian projects. With its ever-shrinking industrial base and its population fleeing to the suburbs or leaving the area, Syracuse needs to attract new people and businesses to survive. Quality-of-life factors attract people to an area. Businesses are attracted to areas where potential employees want

to live, not to rust belt cities offering tax incentives. So-called Renaissance cities have turned around their economic slumps by creating cities in which people can lead rewarding life styles, not by building megamalls. The provision of bicycle/pedestrian accommodations is one means of making a community more attractive. Potential newcomers see the pres-

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dtaylor@servtech.com

ence of such features as a sign that the community cares about its families and their life-style needs. It reflects community's interest in public safety and indicates an interest in tackling the issues of increased highway congestion and related pollution. The results of a poll asking what would make our community more "live-able" at a recent Syracuse Vision Fair indicated that the respondents' foremost concern was for the development

of more and better bicycle and pedestrian paths. Toward this end, B/PAC members mapped out and designed a viable pathway connecting the Dewitt and Camillus ends of the existing Erie Canal pathways and explored realistic means of funding the project, including private funding sources; the county subsequently agreed to sponsor the project for possible TEA21 funding. Central New York has fantastic year round recreational opportunities and is one of the most beautiful rural regions in the country. Capitalizing on these factors and emphasizing the potential for an attractive small-city life style in a familyfriendly community may be our greatest asset for residents attracting new and businesses. With the availability of millions of dollars in potential funding to enhance the quality of life in Syracuse through the creation of transportation enhancement and CMAQ projects, the SMTC's decision to ignore public sentiment and to disregard this avenue of community revitalization by effectively disbanding the Citizen's Bicycle/Pedestrian Advisory Committee is a loss for the future of our community.

I encourage members to write follow-up letters to the Post Standard or similar letters to the Herald to keep the issue in the public eye.

(Thank You continued from page 1)

I continue with my outpatient rehab, basically learning to walk again. It is amazing what we take for granted, something that is there one second and totally gone the next. I continue to wear a brace on my leg to keep my foot inline with my body. I just started using my dog, Opie, as he and I needed to get in tune again. He has been wondering why his mother has been so lazy! Mike and I have started training a few times a week and I continue with my personal trainer lifting weights. What would I do without these friends, family and people like the club who believe in me?

I thank you all again for your support. Just remember, believing in yourself is an endless destination. Believing you have failed is the end of your journey.

[10/19/99 -- Unfortunately, since the writing of this note, Kath has had yet one more huge set back. She currently is in the hospital again with more complications. Please keep her in your thoughts as they struggle this time to find out what is wrong. Thanks, Maryjo]

(Mountain Bike Race Team continued from page 1)

regardless of your current ability level. We have tentatively planned a training regimen combining road and trail work that includes the Tuesday night race team ride or TT, the Wednesday night club ride or "World's," and a day for trail riding – either skill building or racing. The core group at this point is a master's squad who've been training together to "hit the trail running" in the spring. We're hoping that other riders of all ages will join us so that we can form squads of like-skilled riders to enjoy training together. We would especially like to find someone

in taking charge (i.e. developing) a Junior Team. This is something our enthusiastic sponsor, Bicycle Alley, is particularly keen on. Any takers?

With regard to our sponsorship, Eric at Bicycle Alley has generously agreed to provide prep support before races, race support at the local races (Highland Forest, Frozen Ocean, Song Mt.), a 15% discount on parts, etc. and he's trying to get a factory deal for team riders to allow him to give team members a \$500 discount on a couple of select top-end racing bikes (you may want to lobby for your personal favorite now). Selected entry-level race bikes will also get comparable deep discounts.

We're looking forward to this new club project and know that it will only get better as it grows. Stay tuned!

Time Trial Trivia Bill Kocher

It took me approximately four hours of searching 10 years worth of our time trial records to come up with the following trivia. The most riders to participate in single O.C.C. time trial were 67 and that occurred twice in 1991. The most riders to participate in one season were 684 and that occurred in 1992. In the 10 years we've been doing time trials on Caughdenoy road, 5,393 riders have ridden somewhere around 53,000 miles. I didn't count-up all those who did not finish but I believe the mileage total is accurate. Below are the best tandem times.

Co-ed Tandems:

- 1) Cath Urschel/Mike Hopper 16 July 1996 21:25
- 2) Cath Urschel/Jeremy Burton 4 August 1998 22:01
- 3) Joan Yungwirth/Jim Ryan 11 June 1992 23:10
- 3) Lindsay Williams/Ed Keplinger 6 August 1996 23:10

Men's Tandems:

- 1) Jim Ryan/Andy Ross 1990 21:07
- 2) Zeke Ronnow/B.J. Windhausen 16 July 1996 21:30
- 3) Zeke Ronnow/Jim Ryan 28 June 1994 21:45

Team Diabetes Needs Athletes

The American Diabetes Association is currently looking for people who would like to run, walk or skate a full or half marathon for Team Diabetes at

the fol⁵

lowing locations:

Mardi Gras, Louisiana Ottawa, Canada Kona, Hawaii Quebec, Canada

We'll provide you with the support you need to complete a whole or half marathon. Then we will fly you to one of four races, where you will join other members of Team Diabetes for a weekend of fun. By joining Team Diabetes, you will provide much needed money and moral support to the nearly 16 million Americans suffering from diabetes. The program raises funds for diabetes research, information and advocacy. The program is open to runners, walkers and in-line skaters of all abilities. Training will be tailored to meet your ability level. Team members will have the opportunity to participate in:

Personalized training programs conducted by Team Diabetes

Personal walking/running coaches

Group runs/walks

Weekly walking/running/skating schedules

Training seminars and clinics

Fund raising and Diabetes 101 clinics

Fund raising support and resources

Team social events

Team clothing ... and much more.

For information, please call 1-888-488-9864 ext. 425

Race Results

SuperCup Cyclocross, Wantagh, NY

Masters 35+: Eddie Luban 35th

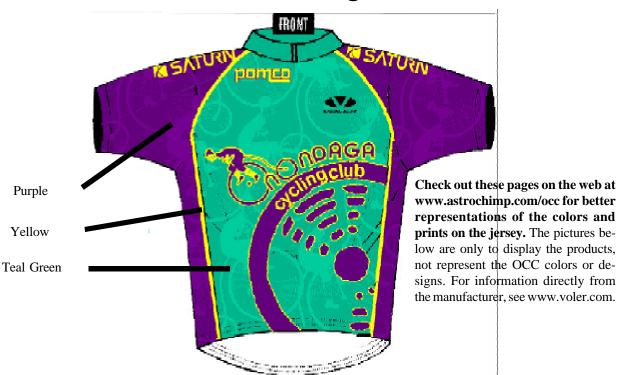
Northern Villa Cyclocross, Barneveld, NY

Beginners: Erik Wennberg 4th, Open Women: Lisa Nojaim 4th, Master Men: Eddie Luban 5th, Open Men: Dave Faso 14th

Syracuse Grand Prix Cyclocross, Syracuse, NY

Beginner Men: Rob Coapman 1st, Andy McNaughton 2nd, John Woods 3rd, Open Men: Dave Faso 8th, Open Women: Kate Stewart 4th, Master Men 35-44: Paul Ashbarry 2nd, Master Men 45+: Eddie Luban 2nd, Special thanks to Greg Low for organizing the event and everyone who volunteered.

Order OCC Clothing for 2000



OCC will be ordering new clothing items for 2000. There are a number of items available including jerseys, shorts, skinsuits, jackets, and more. Descriptions of all items follow. We will have sizing samples for anyone who wants to try them at the annual banquet in January. We will be placing a final order shortly thereafter to have the items shipped to us by the first week in April. Please use the included form to place your order. Pre-payment is required.



Short Sleeve Jersey (sleeveless available): \$45.00

Fabric: Fieldsensor 100% filament Microfiber wicking Polyester

Fit: Raglan, Club-Raglan, Womens Raglan

20" zipper, 3 large rear pockets, optional full zipper add \$2.00

Short Sleeve Skinsuit: \$70.00

Fabric: Top: 6oz breathable Poly/Lycra, Short: 8oz Lycra

Fit: Raglan, Womens Raglan

Chamois: Baseball, Monolith, Cantara Optional single welt pocket add \$10.00



Fabric: 8oz Nylon Lycra, 8 panel anatomical cut, sublimated side panel, woven gripper at leg hem, clean hemmed elastic at waist

Fit: Team or Womens

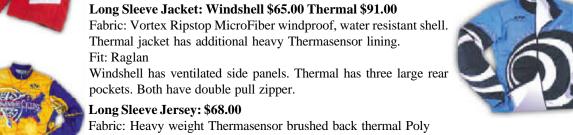
Chamois: Baseball, Monolith, Cantara



Fit: Raglan, Club Raglan, Womens Raglan

20" zipper, 3 rear pockets, optional full zipper add \$2.00





Vest: Windshell \$38.00 Thermal \$75.00	Siz
Fabric: Vortex RipStop Microfiber wind proof, water resistant	\mathbf{M}
shell. Thermal has addiotional heavy weight Thermasensor lin-	
ing.	XS
Fit: Raglan	
Windshell has ventilated mesh side panels. Thermal has three	\mathbf{S}
large rear pockets. Both have double pull zipper.	
T CI CI + 400000	3.5

Long Sleeve Skinsuit: \$92.00

Fabric: 6oz breathable Poly/Lycra top, 8oz Lycra short

Fit: Raglan, Womens Raglan

Chamois: baseball, monolith, cantara

20" zipper, woven gripper at leg hem, optional single welt pocket add \$10.00

Bib Short: \$41.00, Knicker: \$41.00, BibKnicker: \$44.00

Fabric: 8oz Nylon Lycra, 8 panel anatomical cut, sublimated side panel, woven gripper at leg hem, bibs have T-back with low cut bib top, knickers are midcalf length

Fit: Team

Chamois: baseball, monolith, cantara

perforated

Alcantara

synthetic

Socks: \$6.00

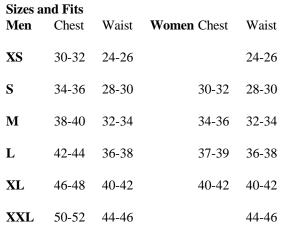
Defeet socks, gold top with "Onondaga Cycling Club".

Arm Warmers: \$22.00 12oz heavy weight thermal Poly/Lycra,

woven gripper at top of arm

Gloves: \$16.00 poly/lycra back, terrycloth thumb, synthetic suede palm

Gloves and Arm Warmer orders are subject to minimum quantities.



Raglan Fit

Raglan is a type of sleeve cut that extends from the collar down. The standard raglan fit is a tailored cut preferred by road racers.

Club Raglan Fit

This is a raglan sleeve design with a relaxed fit, preferred by mountain bikers, club riders, and weekend enthusiasts.

Womens Raglan Fit

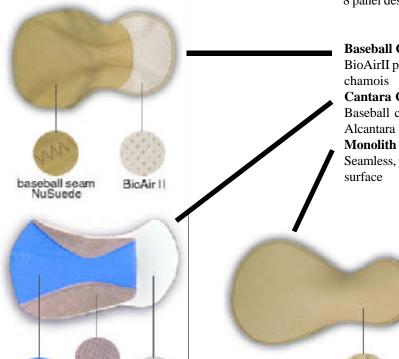
This is a raglan sleeve design with a narrower waist and shoulders, roomier hips and chest, and shorter in length.

Team Short

Team is an 8 panel anatomically cut unisex short design.

Womens Short

8 panel design with shorter legs, smaller waist, and higher rise.



antibacterial

quilted surface

Baseball Chamois

BioAirII perforated antibacterial foam pad, NuSuede synthetic

Cantara Chamois

Baseball cut design, antibacterial airstripe center panel with Alcantara perforated side panels

Monolith Seamless Chamois

Seamless, premolded synthetic pad with an antibacterial quilted



Jerseys and skinsuits have hidden zippers. Vests and jackets have visible, double pull zippers that unzip from the top and bottom for convenience.

antibacterial

AirStipe

OCC 2000 Clothing Order

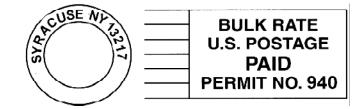
Fill out and send with check or money order to:

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

attn: Ed Keplinger

Item	Quar	ntity	y of	Each	Size		Full Zi	p Sknsuit	Price	Total
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Jersey Slvless Raglan Club	-							XXXXXXXX_	45	
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RETURN SERVICE REQUESTED



Classified Ads

Wanted: TT stuff: Specialized Trispoke front wheel, clincher preferred. Shift lever bridge mount for '93 Scott aerobars <u>OR</u> bar-end shifters, compatible with a 7-speed Shimano derailleur. Contact Tim 478-7750, binghamt@hscsyr.edu

For Sale: 1998 Small Gary Fisher Hoo Koo E Koo MTB, barely ridden, clipless pedals, great for growing kid or small beginner woman. \$450 or best offer. Jenn @ 475-8956, jlbarber@syr.edu

For Sale: 1969? Huffy Slingshot 3 chopper. Banana seat, ape hanger handlebars, sissy bar, 3 speed shifter, needs a loving home and some work. Best offer. Jenn @ 475-8956, jlbarber@syr.edu

Upcoming Events

Items in italics are not confirmed. The next BOD meeting is Sunday, December 5 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Bob at 474-3801 for more information.

January

22 OCC Banquet. Glen Loch Inn, Jamesville

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.