

Make Your Banquet Reservations Now

Look on page 3 to find the reservation form for the January 22 Annual Banquet. The annual OCC Banquet will be hosted at the Glen Loch restaurant in Jamesville, NY beginning at 7:00. A buffet dinner will be served. Entrees include boneless breast of chicken sauteed in lemon, fresh thyme, mushrooms and olive oil and Roast Prime Rib. Other items include Peel n Eat Shrimp, Scottish Meatballs, Penne Pasta, Carrot & Raisin Salad, Fresh Fruit Bowl, Potato Du Juor, Vegetable Du Juor, Tossed Salad, Tri Color Italian pasta salad, German Potato Salad, Macaroni Salad, Relish Trays, homemade bread and more. Cost is \$25 per person. Reservations including name, number of attendees, and a check for \$25 per person should be mailed to the OCC P.O. Box address. The dinner will also include awards presentations, short programs, an auction, door prizes, the board meeting, raffle drawings, the introduction of next year's board members, and a "sizing party". Samples of next year's clothing will be on hand for you to try on to determine what sizes you need!

Call for Auction Donations

In addition to various door prizes and raffles, there will also be a short auction of 5-6 items at the banquet again this year. Individuals and businesses are invited to donate merchandise and/or services of at least a \$25 value for this year's auction. Proceeds from the auction will be donated to the **ESF College Foundation, in memory of Bill Johnson**. Interested parties are asked to contact Tim Bingham at binghamt@hcsyr.edu or 478-7750.

Classified Ads

Wanted: TT stuff: Aero front wheel, clincher preferred. Contact Tim 478-7750, binghamt@hcsyr.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

For Sale: Performance rollers with mag attachment, used, in excellent condition. \$80. Time shoes, new, size 43 (9-10 mens) with both red and black cleats,

and time pedals, used. Ideal for toeclip to clipless upgrade. \$130. Proceeds to benefit the William Johnson Memorial Fund. Contact Bill at 475-8956, wmsitel@syr.edu

Upcoming Events

Items in italics are not confirmed. The next BOD meeting is Sunday, January 9 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, NY

Race Results

Greene Cyclocross Race
Masters 35+: 7th Ed Luban, Pro/1/2/3:
? Jeremy Burton

Vote!

Look in this newsletter for the official 2000 ballot for next year's Board of Directors. Make your vote count!

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.

Free Membership at Golds Gym

Team Syracuse is holding a raffle for four three-month memberships at Golds Gym. Tickets are only \$2 each, or 3 for \$5. A maximum of 400 are being sold, so your chances are no worse than 1/100. Pretty good, huh? Pick up tickets at Bicycle Alley in Nottingham Plaza or at the OCC banquet. The drawing will be held at the banquet on January 22.

New Web Address

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

Tug Hill Weekend

February 25-27, 2000, Pioneer Lodge in Turin, NY. Cost (\$90 per person) includes: 2 nights, 2 breakfasts, 2 dinners X-C ski on state land, downhill ski at Snow Ridge, snowshoe anywhere! Reservations and deposit (\$40 per person) required. Think cold snow and warm friends! Call us! Jim Ryan and Joan Yungwirth 451-1616.



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 Pratico
Mountain Bike Coordinator: Scott Wright

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.

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

March Issue, arriving in late February - Sunday, Feb 6
 April Issue, arriving in late March- Sunday, Mar 5
 May Issue, arriving in late April - Sunday, April 2

OCC on the Internet

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

subscribe occ John Doe

To Become an OCC Member

Fill out this application form and send it to the OCC with

Cycling Club, Inc.

Single \$20.00
 Family \$30.00
 Youth \$5.00
 Contributing \$10.00

Name: _____
 BirthDate: ____/____/____
 Phone: _____
 Address: _____
 _____ Apt _____
 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 travel- ing to and from any scheduled activity.

Signed: _____ Date _____

Consent for Individual Youth member:

Signed: _____

D	C	S

Time Trial Trivia

Bill Kocher

For ten years we have been doing our time trials on Caughdenoy road. So, after more than ten minutes of looking through all the record sheets, here are our top ten women and men plus a few others.

Women

- 1) Pam Pasciak 23:19 1994
- 2) Lindsay Williams 23:29 1998
- 3) Laura Miller 23:40 1995
- 4) Kathy Same 23:59 1990
- 5) Mary Handley 24:28 1996
- 6) Christy Saint 24:36 1999
- 7) Karen Weyssman 25:31 1992
- 8) Cindy McNott 25:39 1990
- 9) Lisa Nojaim 25:42 1992
- 10) Kate Stewart 25:50 1999

Men

- 1) Sean Tompkins 20:46 1997
- 2) Jeremy Burton 21:10 1994
- 3) Rob Coapman 21:22 1999
- 4) Mike Hopper 21:26 1997
- 5) Ron Nelson 21:41 1994
- 6) Dennis Williams 21:50 1991
- 7) Chris DeVito 21:54 1995
- 8) Tim O'Shay 22:07 1993
- 9) Greg Tall 22:08 1994
- 10) Andy Ross 22:18 1991

Most Time Trials

- 1) Norm Ashbarry 161
- 2) Gail Ferat 148
- 3) Paul Ashbarry 139
- 4) Bill Kocher 114

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**

- 5) Bob Hinman 111
- 6) Jim Price 96
- 7) Larry Comfort 90
- 8) Chuck Dominick 86
- 9) Dick Mathews 83
- 10) Dave Resseguie 76

Records for Mature Time Trialers

Women 56+ Gail Ferat 29:19 1997
Women 61+ Barb Mautz 36:56 1995
Men 61+ Bob Hinman 25:17 1994
Men 65+ Bob Hinman 26:09 1997

The 1999 time trial award winners have been notified and will get their awards at the banquet on the 22nd of January. This will be my last article as the Time Trial Director so may we never have another flat tire and always have the wind at our backs. The year 2000 is right around the corner and all you skaters and skiers had better get ready because all us ice fishermen and turkey hunters are coming to the start line in prime shape.

OCC Annual Banquet Reservation Form

Name _____

Number of Attendees _____

Price per Attendee x \$25.00

Total Included _____

Send completed form and a check or money order made out to Onondaga Cycling Club, Inc. to:

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

Sizing Party! Don't forget that sample clothing items will be at the banquet for you to try on to determine what size you need. Clothing orders will be taken at the banquet. Bring your checkbook!