

# THE SPOKE 'n WORD

Volume 24, No 6

July 2004

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***Welcome to the following new members:***

Mary Austin  
 Amy Buck  
 Paul DuFlo  
 Jason Feulner  
 Heather Gleason  
 Kevin Gleason  
 Erin Johnson  
 Kathleen Johnson  
 Lynne Johnson  
 Adam Lawson  
 Sabine Meyer  
 Scott Severance  
 Todd Terpening



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.....	Jim Price
Vice-President.....	Jochen Woicke
Secretary.....	Kelly Wheeler
Treasurer.....	Deb Leal

***Board of Directors***

Advocacy/Merchandise...	Zeke Ronnow
Cartographer/ Racing....	Bill Stiteler
Fall Century/Equipment..	Jack Lancette
July Century/Vacation....	Bob Spear
Long Distance/Insurance..	Jennifer Barber
Membership.....	Bob Ruth
Newsletter Editor.....	Deb Virgo
Social/Mailing.....	Carolyn Sterritt
Ride Schedule.....	Bill Goffe
Ride Schedule.....	Gian Vidali
Time Trials.....	Mary Thomas-Madonna
Web Developer .....	Marcello Prattico

***Other Positions***

John Baker.....	Earth Day Cleanup
Chad Bradshaw.....	Picnic
Jeremy Burton .....	Cyclocross
Chuck Dominick .....	Criterion Director
Jim Price.....	Points/Miles

**OCC on the Internet**

Our Web site can be found at <http://www.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](mailto:dvirgo@twcny.rr.com) or mailed to Deb Virgo. Contact me at 446-0266 with questions.

## IS THIS YOUR LAST SPOKE-N WORD?

The mailing label on this issue will tell you if your membership is current or not. An S2003, F2003, Y2003, or C2003 in the upper right corner of the mailing label indicates your 2003 dues were paid but **NOT** for year 2004 (**BAD**). Anything with a 2004 or greater indicates your dues are current (**GOOD**) and you are all set till the next renewal in early 2005. Remember, memberships must be current to receive the next *Spoke-n Word*.

### RIDE SCHEDULES AND MEMBERSHIP CARDS

The Ride Schedules were mailed to current (2004) members April 14, 2004. If all went well, you should have received them by now. Membership cards were enclosed with the ride schedule in order to save on postage.

### PROBLEMS?

If you have paid year 2004 dues and the mailing label on this issue of the *Spoke-n Word* indicates 2003, if you did not receive the Ride Schedule (but should have), 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](mailto:ruthrob@twcny.rr.com).

### THE FORM

Forms are important for two reasons.

1. The waiver at the bottom of the form (and the MINOR RELEASE on the back) needs to be signed in order for us to provide insurance coverage for all our members. If you do not have under age children you can skip the back.
2. The president collects mail from the Post Office box. He sends checks to Treasurer and the forms to me. If you just send a check, it may wind up as a donation since I may not get the necessary information to update your records and you are counting on someone to remember to tell me that a membership has been received.

So -- -- Please include the form, even it you just stick a return address label on it! Of course, we like the other information to determine award winners and contact information.

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

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## OCC Picnic

The Annual OCC Club Picnic and Swap Meet is Saturday July 24th from 11 AM to 4 PM at Highland Forest. We are again using the Torbert Shelter located above the *old* main parking lot; across from the old office building, museum and farm house. We should be able to park in the old lot (go straight up the entrance road rather than turning left into the new facility). We do *not* have to pay the parking fee since parking is included in the shelter rental fee. Bring family, friends, and something to grill. A dish or treat to pass around is always welcome. In the past, desserts have been the main "pass-arounds". Soda, beer, chips, etc, will be provided, as well as hotdogs for those who can't get it together to bring a grill-item.

If motivated, bring your mountain bike to try the great trails or to pre-ride the race course for the following week's Highland Forest Classic mountain bike race. Groups of riders, both expert and novice alike, tend to gather and go out at intervals. Last year's bike-parts swap meet was a success, so if you have extra parts or swag you'd like to sell, trade or just get rid of, bring them.

The Saturday morning club road ride (Joichen Woicke, ride leader) will leave from the lower parking lot at the foot of the sledding hill and should return just in time for lunch. Last year we had a great turn-out and a good time was had by all. **Call Chad Bradshaw (446-0936) for info or questions.**

## Banquet and Bananas

Carolyn Sterritt

The annual Onondaga Cycling Club Banquet will be held at Traditions at the Links at Erie Village on January 22, 2005.

This year, we have a new category of awards. The Banana Awards will be presented to the most humorous cycling stories and or weird happenings on the road and on the trails. Get your pencils out, jot them down, and email your nominations for this prestigious award to Carolyn Sterritt at [cbri2@juno.com](mailto:cbri2@juno.com). Dates are important (rather than, Once upon a time...). The award will be usable and unique; "A

must for every cyclist." as quoted by Deb Virgo.

Note: Marcello will not be allowed on this board because so far most of the humorous stories are about him. We will keep you posted about the banquet, please keep us posted on the humor.

## Syracuse Race Weekend Results

Congratulations and thanks to all of you who made this weekend a success. If you didn't come out race, help or just to watch then you missed a great event.

Following are the final General Classification (GC) results for the OCC Race team. Go purple/yellow/teal!

Place	Name	Total	RR	SS	Crit
<b>Women Pro/1/2/3</b>					
21	Kate Stewart	19	2	7	10

### Women 4

16	Sue Nicholson	32	12	9	11
17	Jennifer Barber	27	9	11	7

### Men 4/5

9	Timothy Bingham	38	6	10	22
32	Jeffrey Beyer	7		7	
39	Michael Mansfield	0			
39	Sam Sampere	0			
39	John Saint	0			

### Master Men 35+

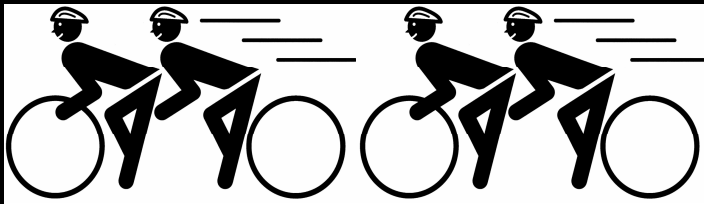
39	Erik Wennberg	0			
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### Master Men 45+

7	Eddie Luban	45	18	9	18
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### Junior Men

1	Andrew Stummer	89	37	15	37
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## Bicycles and the Arts in CNY

Cool Art in Ithaca and on the Web:

<http://www.bicyclepaintings.com/shows/upstairs04index.html>

### Author Signing and Discussion:

THE RACE: A Novel of Grit, Tactics, and the Tour de France

By Dave Shields

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7:00 PM Discussion, Signing to Follow

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## Balloon Festival 2004

By Carolyn Sterritt

The 93Q/Coors Light, Jamesville Beach Balloon Festival was better than ever thanks to Coleen Masucci of Saturn of Syracuse, Jenn Barber, and The Trialsin Action Mountain Bike Stunt Team featuring Kevin Brody, Scott Estee, and Trevor Young.

The Bike Stunt Team, sponsored by the OCC, put on nine fantastic shows over the weekend. For those of you who are not familiar with this sport, it involves the strength of a weight lifter, the balance of a tight-rope walker, and the humor of a stand-up comic. [www.kevinbrody.com](http://www.kevinbrody.com) for more info on the team.

Coleen had 2 great cars on display, and OCC had Bike Maps of Onondaga County, and NYS Bike Routes to hand out.

Thanks to the OCC volunteers who manned the OCC/Saturn of Syracuse booth over the 3 day event: Chuck Dominick, Bill Stiteler, Deb Leal, Joseph Ronnow, Carolyn Sterritt, Carolyn Blount, Mike Murphy, and Bob Spear. They each received volunteer points (well, toward an item we haven't chosen yet!) – keep up the good work, maybe it will be something good!



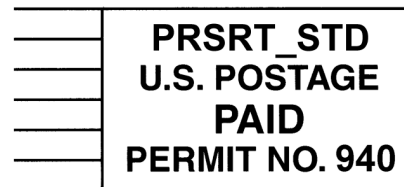
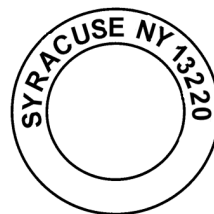
### How to Read the Spoke n' Word Online

This newsletter is on on the OCC Web site <http://www.onondagacyclingclub.org/occ/>. A note will be sent to the club listserv (you can 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@twcny.rr.com](mailto:ruthrob@twcny.rr.com) with your request!!!



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



RETURN SERVICE REQUESTED

## Club Clothing

The following OCC Apparel is for sale:

- Mens Club Jersey \$52 (M, L, 2XL)
- Mens Race Jersey \$52 (S, M, L, XL)
- Womens Jersey \$52 (S, L, XL)
- Women Sleeveless Jersey \$52 (Large Only)
- Mens Long Sleeve Jersey \$67 (M, 3XL)
- Men Skinsuit \$95 (Large Only)
- Womens Short \$37 (Large Only)
- Mens Jacket \$65 (Large Only)
- Armwarmers \$22 (S, XL)
- Socks \$6 (All Sizes, Both Colors)

Contact Zeke Ronnow at 445-1221 or [zronnow@yahoo.com](mailto:zronnow@yahoo.com) for more information. Size and selection on some items is limited. All apparel is sold on a first come, first serve basis.

*Don't see your size? We're getting ready to place a new order. Contact Zeke with your wish list.*

## Next BOD Meeting

The next Board of Directors meeting will be held on **Thursday July 1st at 6 PM at Zeke Ronnow and Debra Leal's house**. Any member is welcome to attend. Call or email Jim Price for information.

## Advertising Rates

**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.