

# THE SPOKE 'n WORD

Volume 24, No 5

June 2004

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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.

## *Welcome to the following new members:*

Todd Alessandri  
Brian Berry  
Bryan Blake  
Hugh Byrne  
Timothy Byrne  
Michelle Dellilo  
Verne Doctor  
Lindy Ellis  
Bob Fisk  
Bob Langkemmerer  
Scott Leuthauser  
Ellen Leuthauser  
Mark Manders  
Geri Muckelbauer  
Sarah Oster  
Tom Platten  
Katina Sayers  
Kurt Schmidt  
Michelle Schmidt  
John Stuhlman  
James Szczygiel  
Adam Walburger



### *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.

## OCC Week-Long Tour Announcement

Since 1985, the purple and teal have taken an extended bicycle ride to further explore the more distant roads of New York State. Recently, the club has extended into Pennsylvania and Vermont. This year, on July 11-18, we're going to Canada to cycle along the St. Lawrence River, explore the Rideau Lakes chain, and get a taste of rural, as well as, cosmopolitan Ontario.

The touring covers between 50 and 70 miles each day. We stay in hotel/motels along the route and a van usually accompanies the group to carry luggage, a few spares and provides sag support.

The tentative itinerary currently includes overnight stays in Sackett's Harbor, Kingston, Gananoque, and Perth. Kingston will serve as a base for three days of riding, not to mention, sightseeing, dining and pub-crawling. A passport, or birth certificate, is required to enter/exit Canada [via the Cape Vincent-Wolfe Island ferry].

The tour is limited to twenty people and a deposit of twenty dollars will reserve your spot. These moneys are non-refundable and will be used for the sag support. A more detailed route, specific overnight locations, etcetera upon receipt. Questions, suggestions, answers, and most importantly your reservation deposit, to:

Bob Spear  
637 Stinard Ave  
Syracuse, NY 13207  
Ph: 474-3801  
Email: [Rspear1@twcny.rr.com](mailto:Rspear1@twcny.rr.com)

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

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## Earth Day Clean-up a Success

On April 24 we held our annual road side clean-up for Earth Day on Caughdenoy Rd. We started at the Jerome fire equipment building and cleaned the 5 miles of road that we use for our time trial course. 47 volunteers showed up for the event. Thanks to John Baker for his tireless efforts in organizing this event. He put in many hours contacting stores and writing letters on behalf of our club. He received donations from Dunkin' Donuts, Wegmans, and Burger King. Jerome fire equipment is also to be thanked for their continued support by letting us park in their lot.

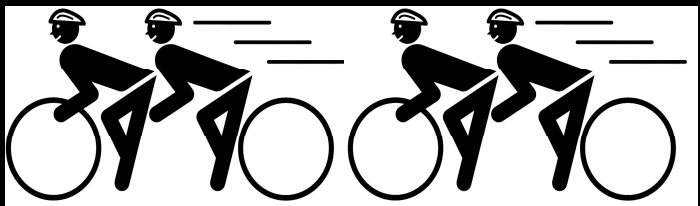
Thanks of course to those who spent some time picking up trash. As we do our time trials this year your efforts will be appreciated. If you missed volunteering for this event, we will have many more opportunities throughout the summer for you to get involved.

*Submitted by Mary Thomas-Madonna  
Time Trial Director*



Photo by Paul Swinburne

Town of Clay Supervisor, Mark Rupprecht shares breakfast pizza with John Baker as Mary Thomas-Madonna looks on.



## Gear-To-Go Tandems

Elmira, NY

607-732-4859

[Rich@gtgtandems.com](mailto:Rich@gtgtandems.com)

[www.gtgtandems.com](http://www.gtgtandems.com)

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## Celebrate the 10 Year Anniversary of State Bicycle Route 5...Niagara Falls to Albany on June 7 to 11, 2004

We are looking for riders on any or all days, a timeline is below. If you have any questions feel free to contact Jen Thorne at the New York Bicycling Coalition [knoxplanner@aol.com](mailto:knoxplanner@aol.com). We hope you and others can join in this fun ride.

Thanks.

New York Bicycling Coalition  
5 New Scotland Avenue  
Albany, NY 12208  
518.436.0889

### Timeline of Events for Tenth Anniversary Ride of State Bike Route 5

**Day 1-Monday, June 7:** Total Distance 83 miles  
Leave Niagara Falls at 8:00 am

*(Continued on page 5)*

## How to Read the Spoke n' Word Online

We are now offering this newsletter 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. You do not need to provide your email address.

Questions, suggestions and nice comments can be sent to Deb Virgo at [dvirgo@twcny.rr.com](mailto:dvirgo@twcny.rr.com)

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*Chad Kagy*

**Customer Satisfaction Is Our Highest Priority**

(Continued from page 4)

Arrive in Medina for lunch break at 12:00pm  
Leave Medina at 12:45pm  
Arrive in Rochester/Brighton at 4:45pm.

**Day 2-Tuesday, June 8:** Total Distance 80.6 miles  
Leave Rochester at 8:00am  
Arrive in Clyde for lunch break at 12:30pm  
Leave Clyde at 1:00  
Arrive Baldwinsville-Syracuse at 4:45pm

**Day 3- Wednesday, June 9:** Total Distance 76 miles  
Leave Baldwinsville-Syracuse at 8:00am  
Arrive in Verona for lunch break at 12:00pm  
Leave Verona at 12:45  
Arrive in Utica at 2:00pm for media event  
Leave Utica at 2:30 Arrive Herkimer at 5:00pm

**Day 4-Thursday, June 10:** Total Distance 63.4 miles  
Leave Herkimer at 8:00 am  
Arrive in Fonda/Fultonville for lunch break at 12:00pm  
Leave Fonda/Fultonville at 12:45pm  
Arrive in Schenectady 3:00pm

**Day 5-Friday, June 11:** Total Distance 18 miles  
Leave Schenectady at 10:30 am  
Arrive in Albany for 12:00 pm press/media event

# Sign up now to bike Five hundred miles Across New York

## It's the 4th Annual Great Big FANY Ride!

Tear off this form, fill it in & send it with a check or money order (U.S. funds) to:  
The Great Big FANY Ride, 1510 State St., Schenectady, NY 12304 Must be postmarked by 7/1/2004

Name \_\_\_\_\_ Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_ (we'll e-mail confirmation & info, no mailed info)

emergency contact name \_\_\_\_\_ emergency contact phone \_\_\_\_\_ circle T-shirt size XS S M L XL XXL

READ & INITIAL: I understand and agree that at registration I will be required to sign a Release of Responsibility Form in which I will also agree to use my own medical coverage if I am injured. \_\_\_\_\_

### SORE FANY OPTION

\_\_\_ I'll use the shorter (250 miles) "Sore FANY Option" scheduled SAG to midpoint each day, \$25./wk

### MEALS INFO

\_\_\_ I'll eat dinner "on-site" (Sun-Fri) to support a local community group, \$50 \_\_\_ I'm a vegetarian  
\_\_\_ I'll make my own "off-site" dinner arrangements each night (or may elect to eat on-site \$10./dinner)

### TOWEL OPTION

\_\_\_ I'll rent a fresh towel each afternoon (Sat - Fri) and turn it in to be laundered each night. \$15/wk

### HOTEL OPTION

\_\_\_ FANY will transport one bag to hotel, I'll bike to & from hotel. Single nights \$10/night S,S,M,T,W,T, Hotels for whole week are sold out - single nights may still available. (e-mail FANY for details)

\_\_\_ I'm an adult over 18 years of age \$200.

\_\_\_ I'm a Charter Member (rode in original 2001 ride) \$150.  
I can't wait to do it again!

\_\_\_ I'm 13-17 and have a guardian who'll bike \$150.  
(+ Guardian's Sign-Up must be attached. + \$200.)

\_\_\_ I'm Signing-up as part of a group of 6 or more. 10% discount (15% discount for college teams) To qualify for discount all 6+ Sign-Ups must be attached & submitted together.

\_\_\_ I'm signing up as a Driver for friend or team vehicle, \$75.  
license # \_\_\_\_\_. (no hook-ups available)  
\_\_\_ it's a camper/trailer \_\_\_ it's a car/van

**Cancellations prior to 7/1/04 may request 50% refund.  
No refunds for weather or missed transportation.**

Special Thanks to  
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### TRAVEL INFO

\_\_\_ I'll ride Charter Bus from Syr. Exit 35 to Niagara Falls start on 7/24/04 \$45,  
\_\_\_ I'll return on the Charter Bus back to Syr. Exit 35 on 7/31/04 \$35

### OTHER FUN STUFF

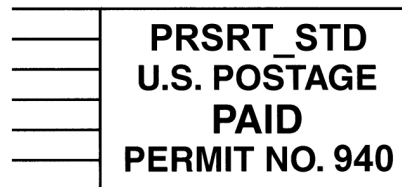
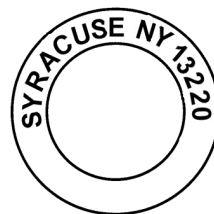
\_\_\_ I want a really cool FANY Ride baseball cap, 100% cotton twill,  
6 panel, sewn grommets, unstructured crown, pre-curved bill,  
fabric strap \_\_\_ stone wash black \_\_\_ khaki \$19./ea. inc.T&S

\_\_\_ Send me a VHS copy of Ben Katz's (Columbia Film Student)  
FANY 2003 documentary \$25.

**July 25-31, 2004**

**www.FANYride.com**

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)

### Vintage Clothing

- Pre-95 Jacket \$20 (M)
- Pre-94 Short \$10 (XS, XL)
- 94-97 Long Sleeve Jersey \$25 (XXL)
- 94-97 Jersey \$20 (S)

Contact Zeke Ronnow at 445-1221 or 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.

## Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday June 6th at 6 PM** at **Jochen Woicke'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.