

THE SPOKE 'n WORD

March 2006 issue
Vol. 26 No.1

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Welcome to the following NEW members:

Jack Boettger	Brendan Jackson
Jennifer Jackson	Seth Jackson
Liz Lockwood	Kathi Sampere
Timmy Sampere	Freddie Santucci
Steven Santucci	Susan Santucci
Maya Schnall	Nada Schnall
Craig Shaub	

Next Board of Directors meeting: March 5,
Jochen Woicke's house, 6 PM. Any member
is welcome to attend. E-mail Jochen for
directions.



March 11 or 12	Chit-4 20-33 miles F 11 am – Check the Web-site www.onondagacyclingclub.org for announcements
March 18 or 19	Cic-1 35 miles F 11 am
March 25	Euc-2 22-32 miles F/R 11 am
March 26	Man-2 19-35 miles R-H 11 am
April 22	Earth Day: Highway Clean Up
April 25	First Time Trial of the '06 season
April 26	First Wednesday-Night Ride of the '06 season
May 27/28	Syracuse Race Weekend
July 29	Picnic @ Highland Forest
July 30 – August 5	Vacation Ride
September 9	Bill Johnson Memorial Century (Annual Charity Ride)
October 15	Cyclocross Race: Onondaga Lake Park, Liverpool

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. Submissions are due the second Saturday of the month. Mail material to **OCC Newsletter Editor, PO Box 6307 Teall Station, Syracuse, NY13217-6307**; or e-mail submissions to Gianfranco Vidali, gvcycling@yahoo.com. Material submitted is subject to editing and is not returned.

RIDE SCHEDULES AND MEMBERSHIP CARDS

The 2006 Onondaga Cycling Club Ride Schedule will be mailed to current (2006) members about March 7, 2006. Membership cards will be enclosed with the ride schedule in order to save on postage.

WILL YOU GET ONE?

The mailing label on this issue will tell you if your membership is current or not. An S2005, F2005, Y2005, or C2005 in the upper right corner of the mailing label indicates your 2005 dues were paid but **NOT** for year 2006 (**BAD**). Anything with a 2006 or greater indicates your dues are current (**GOOD**) and you are due a Ride Schedule.

PROBLEMS?

If you have paid year 2006 dues and the mailing label on this issue of the *Spoke-n Word* indicates 2005, or 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@twcnv.rr.com.

THE RENEWAL FORM

If you need to renew, remember that the Renewal Form needs to be returned. This is important for two reasons:

1. The waiver at the bottom of the form (and the MINOR RELEASE on the back) needs to be signed and dated in order for us to provide insurance coverage for all our members. Anyone 18 or older must sign this waiver to renew membership. If you do not have under age children listed as family members, you can skip signing 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. Then, I will send you a form to complete anyway because we need the waiver to be signed and dated.

OCC: Onondaga cycling Club is a Central New York State non-profit organization that facilitates the 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.

OCC on the Internet – Our Web-site vane be found at:

<http://www.onondagacyclingclub.org>.

The OCC email discussion list (listerver) can be subscribed to from our Web site.

The 2006 Club Officers and Board of Directors

Club Officers

493 Members!

President	Jochen Woicke
Vice-President/Ride Schedule	Bill Goffe
Secretary	Claire Reichl
Treasurer	Mike Lyon

Board of Directors

Fall Century	Mike Mansfield	Vacation Ride	Bob Spear
Membership/Insurance	Bob Ruth	Merchandise	Kelly Wheeler
Newsletter Editor/Advocacy	Gianfranco Vidali	Time Trial	Sam Sampere
Social/ mailing	Carolyn Sterritt		
Racing/USCF Liaison	Chuck Dominick		
Web Developer	Marcello Pratico		
Summer Centuries	Anne Diekema		

Other Positions

Earth Day Clean-up	John Baker	Equipment	Jack Lancette
Picnic	Chad Bradshaw	E-map Designer	Jeff Palmer
Long Distance Riding	Jennifer Barber	Listserver Admin	Tim Bingham

Message from the President

Dear Members,

What a strange warm but cycling-friendly January we had! February brings back some flavor of winter, but eventually, spring will come and it is time to get prepared. This is a particularly busy time for club officials to get ready for the new season. We have a new Board of Directors and I want to take the opportunity to thank the departing members for their enormous dedication and hard work they offered to our club during their service. These members are (in alphabetic order): Eric Flanders, Deb Leal, Jaqueline Martello, Jim Price (who will continue to administer the points and miles for us), and Deb Virgo. Thank you again in the name of the OCC, you surely did a great job!

(continued on the next page)

At the same time, we welcome the new elected board members: Anne Diekema, Mike Lyon, and Sam Sampere. I am pleased that you joined us, and your board fellows and I are looking forward to working with you! For the new assignments of board members – there are some changes in responsibilities - please refer to the revised listing in this issue of the newsletter.

This year, we also are going to introduce some changes to other aspects of the OCC club life: At our most recent board meeting, we finally agreed on a volunteer incentive program, which will become effective this year. Details will be laid out in one of the upcoming newsletters, on our Web site, and in the 2006 Ride Schedule. The general idea is that volunteers, including ride leaders, time-trial, race, and other volunteers, earn a certain number of points for their activity. Points will accumulate over time and will be redeemed when a certain number have been collected. In addition, the points and miles program for road-ride and time-trial participation will be completely restructured. The particulars will also be announced soon.

With the membership renewals, we received some proposals for improvements. All of them were discussed at our most recent BOD meeting, and some of them have been implemented already. For instance, from this season on, leisure rides will be held on Saturdays and efforts will be made to advertise these rides outside of the club community. We all hope that this will boost participation significantly. If you have any suggestions for us, please contact any BOD member. Remember that BOD meetings are open to members. Please feel free to join us at anytime and make your proposal or opinion heard. I am looking forward to new rides and old rides brought to life again. Maps and cue sheets are either on-line now or will be soon. A cordial thank you to Jeff Palmer who sacrifices numerous hours for this task.

As always in past years, the Club will host the Syracuse Race weekend. Chuck is again in charge for this event and needs a Volunteer Coordinator, who recruits and assigns tasks to the volunteers during the race weekend. This is not as difficult as it may sound. I can attest to that from my own experience, because I did it last year. If I can do it, anybody can! This year, I will be in charge of registration; therefore, we need somebody else as a coordinator. If you have some time to spare, that you can dedicate to the club, please consider assuming this responsibility. Of course, I'll be happy to assist anybody who is willing to do the job this year, and I am sure that others, e.g., Tim and Chuck will share their experience as well and give advice when wanted and/or needed. Please let Chuck or me know if you want to volunteer for this task, and we can get started. By the way, I truly enjoyed the job very much!

Finally, it may be some weeks before the season starts, but already at this early point in time I wish you all a great, enjoyable, successful, and safe cycling season 2006.

Hope to see you all on the road!

Jochen

The Annual Banquet

This year marks the first of a Special Awards Category named Banana Awards after the yellow and purple banana guards that were given to the recipients. The winners were:

1. Helmet Head - Marcello Practico for his perfectly sunburned head in the pattern of his helmet.
2. Cleanest Bike – Brian Elphick. Runners up are Jochen Woicke and Bill Goffe who received new cleaning brushes for their efforts.
3. Crashing at the Crit with an added surprise – Christy Saint (found out she was pregnant at the ER, baby arriving around the time of the banquet).
4. “Flat as a Pancake” Award – Jenn Barber for her inaccurate description of the century ride she planned around the hills of Munnsville. (Presented with a real big pancake made by Bob Spear)
5. M&P Award (mooning and peeing on Moon Hill) – Chuck Dominick
6. Best Legs – Paul Komanecky, Chuck Dominick (Chuck was nominated as the person who would be most likely to nominate himself for this award)
7. Sea Biscuit Chronicles – Paul Komanecky
8. In-Style Award – Jeff Walker for the day he wore the unforgettable white cycling shorts.
9. Biggest Saddlebag – Sabene Meyer, runners up: Joan and Gail
10. Best use of a Bike and its Parts – Joe Mautz
11. Late Arrival Award – Bob Ruth. The runners up, Kate Stewart, Rich Petrie and Eddie Luban received a heart shaped magnetic clock to let them know they are in out hearts even though they're not at the start.
12. Time in the Trailer Award – Lauren Burton
13. Keeper of the Ibuprofen Award – Kelly Wheeler
14. Where in the World Award – Andy Hadley for getting lost even with a GPS.

The Board of Directors presented a special thank you to Kathe Woicke for her delicious pre and post BOD meeting food and desserts. We love you Kathe - even more than the food.

Special thanks to Bob Swizdor for the custom designed and personalized wine bottle labels for the awards this year.

Until next year, keep watching for memorable banana award activity and keep me posted of any strange or amusing sightings.

Points and Miles for 2005			
1.	Jim Ryan	64	2937
2.	<i>Dick Matthews</i>	62	2294
3.	<i>Joe Mautz</i>	60	2980
4.	Joan Yungwirth	54	2382
5.	<i>Brian Elphick</i>	48	2291
5.	<i>Gian Vidali</i>	48	2094
7.	<i>Bob Spear</i>	46	2223
8.	<i>Jochen Woicke</i>	42	1975
9.	<i>Bill Goffe</i>	39	1894
9.	<i>Eddie Luban</i>	39	1703
9.	<i>David Van Wie</i>	39	1733
12.	<i>Andy Hadley</i>	38	1190
13.	<i>Paul Swinburne</i>	37	1836
13.	<i>Kathe Woicke</i>	37	1260
15.	<i>Anne Diekema</i>	36	1633
15.	<i>Mark Wheeler</i>	36	1642
17.	<i>Pat Reid</i>	34	1047
17.	<i>Bob Ruth</i>	34	1272
17.	<i>Doug Taylor</i>	34	1654
20.	<i>Kate Stewart</i>	32	1318
21.	<i>Jim Price</i>	30	963
21.	<i>Zeke Ronnow</i>	30	1314
23.	<i>Jacqueline Martello</i>	29	870
23.	<i>Kelly Wheeler</i>	29	887
25.	<i>Claire Reichl</i>	28	883
26.	<i>Mary Madonna</i>	27	1107
26.	<i>Rich Petrie</i>	27	878
28.	<i>Mike Mansfield</i>	26	873
28.	<i>Carolyn Sterritt</i>	26	740
28.	<i>Rich Veenstra</i>	26	1192

Points awardees are in *italics*. Mileage awardees in boldface.
 The total mileage at scheduled rides was 107,106 miles ridden with 359 riders.

<u>2005 Time Trials</u>		
RIDER	Points Total	Place
<i>Doug Luke</i>	22.5	1
<i>Eric Flanders</i>	22	2
<i>Paul Ashbarry</i>	21.5	3
<i>Larry Comfort</i>	19	4 (tie)
<i>Mark Gummer</i>	19	4 (tie)
<i>Red Donzella</i>	19	4 (tie)
<i>Paul Kocher</i>	18.5	7
<i>Bill Deyle</i>	18.5	7
<i>Ben Donzella</i>	17	9 (tie)
<i>Jim Markert</i>	17	9 (tie)
<i>Bryan Blake</i>	16.5	11

Awardees are in *italics*.

Class	Place	F/M	DATE	RIDER	Time
60-69	1	F	9/6	<i>Red Donzella</i>	33:45:00
50-59	1	F	9/6	<i>Jacqueline Martello</i>	34:55:00
40-49	1	F	8/30	<i>Kate Stewart</i>	25:52:00
40-49	2	F	6/28	<i>Gaetane Perreault</i>	26:53:00
40-49	3	F	6/21	Robin Cotrell	29:44:00
30-39	1	F	5/24	<i>Christy Saint</i>	26:15:00
30-39	2	F	8/16	Alisa Robinson	30:09:00
<i>Tandem</i>	1		8/30	<i>Eddie and Adam Luban</i>	27:48:00
Tandem	2		8/23	Sam & Tim Sampere	30:28:00
70-79	1	M	8/16	<i>Jim Price</i>	27:16:00
70-79	2	M	8/23	Larry Comfort	29:28:00
60-69	1	M	9/6	<i>Chuck Dominick</i>	24:27:00
60-69	2	M	9/6	<i>Ben Donzella</i>	25:29:00
60-69	4	M	8/16	<i>Paul Kocher</i>	27:19:00
60-69	5	M	9/6	Bob Ruth	29:00:00
60-69	6	M	9/6	Bill Deyle	31:08:00
50-59	1	M	6/07	<i>Norm Ashbarry</i>	25:15:00
50-59	2	M	7/26	<i>Doug Luke</i>	25:20:00
50-59	3	M	8/30	<i>Ed Luban</i>	25:21:00
50-59	4	M	8/6	Paul Fenwick	25:33:00
50-59	5	M	8/6	Paul Swinburne	25:48:0
50-59	6	M	9/6	Mark Gummer	26:21:00
50-59	7	M	7/26	Jim Markert	26:24:00
50-59	8	M	9/6	Joe Salibra	26:57:00
50-59	9	M	4/26	Don Healey	27:47:00
50-59	10	M	8/30	Gary Tarolli	28:31:00
50-59	11	M	4/26	Richard O'Neil	30:29:00
50-59	12	M	8/23	Gary Jones	34:31:00
40-49	1	M	8/30	<i>Paul Ashbarry</i>	22:59
40-49	2	M	8/30	<i>Sam Sampere</i>	23:56:00
40-49	3	M	6/14	<i>Eric Flanders</i>	25:34:00
40-49	4	M	9/6	Jim Szczygiel	25:40:00
30-39	1	M	6/14	<i>Jeremy Burton</i>	22:56:00
30-39	2	M	6/28	<i>Bryan Blake</i>	25:38:00
30-39	3	M	6/28	John Saint	25:55:00
20-29	2	M	5/03	Matt Parsons	31:32:00
11-19	1	M	6/28	David Shubsda	26:22:00
<10	1	M	8/09	Adam Luban	37:20:00

Awardees are in *italics*.

First RAW ride of the 2006 season

This 06 January exhibits one of the weirdest weather patterns I can remember since we came into the US in 1998. While the ski folks are complaining, the "RAW cyclists" are getting in their first outdoor miles of the season.

Before our banquet, plans were made for skiing on the Sunday after, but very soon, a small group decided to go riding instead. Seven brave souls started the first 06 ride-all-winter (RAW) ride from the Jamesville train station at 11 a.m. on Sunday, January 22. Conditions were quite good for this time of the year: Sunny, dry, temperatures between 34 and 39°F. Tights, booties, warm gloves and wind breakers (over several layers of base, jerseys, jackets, etc.) were appropriate and sufficient gear. Marcello brought what he called "Euro-style retro booties from the Eddie Merckx era"; photos from the ride including two shots of these "booties" are posted on our web site. This gear made Marcello again a hopeful candidate for a 2006 banana award. (To be honest, I really wonder what he is going to do with all his banana holders.)

Back to the ride: We headed out south on Apulia Road; after only 1 or 2 miles, we met another OCCer riding on his own: Paul DuFlow was apparently headed back home; we were waving and cheering at each other, what a nice coincidence! Our ride continued on Palmer Road, Clark's Hollow, Berry Road (S), Rt 80 (W) and back North on Sky High Road, Meeker Hill, Rt. 11, and Rt. 20 (E). The group turned left onto Palmer and continued on Apulia Rd. back to Jamesville (I suppose), while I stayed on Rt. 20 and rode up the hill to Pompey. This early in the season, this climb really did hurt! From Pompey, I took Henneberry and Broadfield Rd. back home to Manlius.

It was a great ride, great work out, and, most importantly, great company! Who can ask for more!

Jochen

The Vacation Ride

This year's cycling vacation will be taking place July 30-Aug. 5. The venue includes three days in the Genesee River area with visits to Conesus Lake, Letchworth State Park and loops through Livingston and Wyoming Counties. Accommodations will be in dormitories at Geneseo College. Loops are of 30-65 miles with extensions, as desired. This terrain would be considered somewhat hilly by OCC standards.

The second three-day part will center at Mayville on the Northern tip of Chautauqua Lake. Again, loops are of 30-65 miles with extensions in rolling to very hilly terrain depending on which loops you choose, such as a wine tour, a venture to Allegheny State Park, or a ride around the lake. Motel accommodations.

The tour is limited to twenty participants. You must be a member of OCC [for insurance purposes, sorry; not a member? become a member!]. More details will be announced later.

Overall cost will be around \$275-\$300 [double accommodation], plus meals.

\$65 deposit to address below reserves your spot.

CONTACT: R. Spear 637 Stinard Ave Syracuse, NY phone: 315-474-3801 e-mail:
Rspear1@twcny.rr.com

Report from a Cyclocross Race

My dad and I, along with Erik and Konrad Wennberg, went to the Cyclocross Nationals on Dec. 9-11 in Providence, Rhode Island. They were held in beautiful and spacious Roger Williams Park. The park was snow-covered and the course was muddy. The course was also filled with ruts and everyone was vying for position for the ruts that weren't frozen solid. This caused lots of crashes in the beginning of the race when there was a large group. One hill, the "Adidas Black Hill," had soft mud and a 90 degree turn at the bottom, so everyone, including the pros, had to put their feet out for balance when descending. On the last day of racing, the course was frozen solid for warm-ups, which made it nearly impossible to ride. Luckily it began to thaw out before the racing started—emphasis on the word "began"—because the B women definitely didn't race on an ice-free course. The following were my favorite parts of the weekend:

1. Elite Men

Over 150 elite men sped around the course. It was amazing to see them fly along, speeding up hills that everyone else had to walk up. Some of them even bunny-hopped the barriers. Tim Johnson threw his glasses off when they got muddy. My dad caught them and returned them to Tim while he was doing several post-race interviews. Eventually Todd Wells won, beating out favorites Jonathan Page (3rd) and Ryan Trebon (2nd). Tim Johnson finished 5th.

2. The Pancakes

On the third day of racing, Konrad and I went to the Mavic Breakfast of Champions (a/k/a the Mavic Pancake Breakfast). The pancakes were cooked by Jesse Anthony (U-23 men's 2nd place finisher), Tim Johnson, Lyne Bessette, (Canadian national champion), and a few Mavic mechanics. The pancakes were excellent and since we got there early, the chefs made our pancakes to order. When we came back later there were no pancakes left, but the cooks generously substituted a bowl of chocolate chips.

3. The Schwag

Konrad and I also got lots and lots of schwag. We traversed the course, occasionally stopping back at the main expo area to see if there was anything we hadn't gotten yet. The fruits of our labors were hats, toy buses, shirts, water bottles, horns, and cowbells. The whole event was sponsored by Liberty Mutual (Liberty Seguros) and they gave out Liberty Seguros mini team buses and water bottles.

4. Autographs

I got autographs from Ryan Trebon, Tim Johnson, Lyne Bessette, Mark McCormack, and Chris Horner. Yes, Chris Horner was there. This year he tried one 'cross race in California and then rode the Nationals. I got his autograph in the oddest of places—a port-a-potty line. I had to wait for Mark McCormack's autograph while he changed his clothes in the back of his minivan—just like one of us!

When we left everyone was sad to go, but we are happy to know that the cyclocross nationals will be back in Providence next year.

Adam Luban

RUSA MEDALS & AWARDS



Brevet Medals \$9 ea

- 200 km – Bronze
- 300 km – Silver Plate
- 400 km – Vermillion
- 600 km – Gold
- 1000 km – Silver

Current RUSA members are eligible for a medal upon successful completion of a brevet. Medals must be ordered from the organizer upon completion of the brevet.

1000-5000 km Awards \$7 ea

Completion of 1000 km to 5000 km of RUSA and/or ACP sanctioned events between January and October of one year qualifies for these awards. A brevet, populaire or permanent may count only towards one medal. This award does not require completion of a series.



Super Randonneur Award \$7

Completion of a full ACP sanctioned brevet series in one year (200, 300, 400, and 600) qualifies for this award. Apply for the award through RUSA prior to September 15 of the completion year.



Randonneur 5000 Award \$7

Completion of 5000 km of ACP sanctioned brevets in a four-year period including a full brevet series, a 1000 km, PBP, and a Flèche to qualify.



Only current RUSA members are eligible for awards. Applications are available at www.rusa.org or from the organizer.

RULES OVERVIEW

This is an overview of the rules and regulations for brevets. Refer to the RUSA web site for a complete listing of the rider rules: www.rusa.org.

1. Participants are considered on a private excursion and are responsible for themselves and for any accidents in which they are involved. Riders are required to have medical insurance and sign a release.

2. Participants must obey all applicable laws and rules of the road, and conduct themselves in a reasonable manner as representatives of the Onondaga Cycling Club and of RUSA. **HELMETS ARE MANDATORY.**

3. Every effort has been made to have complete and correct routes; however the organizer is not responsible for participants becoming lost or being stranded by fatigue. **BE PREPARED.**

4. Riders **MUST** complete the route in the allotted time. Participants are responsible for their own needs (i.e. no sag), but may receive personal or mechanical aid at contrôle points. Riders leaving the course are required to return to their departure point.

5. Participants must present the issued card at each contrôle point to receive the official certification. Loss of the card or any irregularities is cause for disqualification. Each member of a tandem will have a contrôle card issued.

6. Any human muscle powered cycle is allowed.

7. Each cycle must have a securely mounted primary lighting system consisting of a white front light and a red or amber steady rear light. This requirement is waived for the 200 km. Back-up lighting must be carried. Either two spare bulbs and batteries, or a fully redundant system are acceptable. Riding without lights at night or in low visibility are grounds for disqualification. A reflective safety vest and ankle straps will be worn at all times lights are operational.

8. Brevets will take place regardless of weather. **BE PREPARED.**



Jennifer Barber
info@distancerider.net

EVENT INFORMATION

DATES	EVENT	LIMIT	TIME	SITE
29 Apr	200 km	13.5 hrs	07:00	M
13 May	300 km	20 hrs	07:00	M
3 Jun	400 km	27 hrs	04:00	M
24 Jun	600 km	40 hrs	04:00	M
8 Jul	400km	27 hrs	04:00	T
16 Jul	200 km	13.5 hrs	07:00	M

Registration will begin one hour before the official start time given above. The pre-ride meeting is 15 minutes before the start. The brevet will start **ON TIME**, if you are late you must still be at each checkpoint within the designated times. **Showers** are available at the end of all routes except the Tully 400km.

STARTS

Munnsville (M): 5137 Glass Factory Rd
Munnsville, NY
Parking along road

Tully (T): Tully Best Western
NY 11 & 80 just off US 81 Exit 11
Parking along west side of hotel lot

More information, including maps to the starts and lodging options, is available at: www.distancerider.net



Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being permitted to participate in any way in the Central/Western New York Distance Cycling Series on the published dates, a Bicycling Activity ("Activity") sponsored by Distance Rider, Onondaga Cycling Club, Inc., Rochester, Bicycling Club ("Clubs") and Randonneur USA ("RUSA"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and consent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity; I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that, fit, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE Clubs, the League of American Bicyclists, RUSA, their respective administrators, directors, ride leaders, volunteers, agents, officers, members, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that, if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation, expenses, attorney fees, loss, liability, damage, or costs which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Date: _____

Participant's Signature: _____

CNY/WNY BREVET ENTRY FORM
(please print clearly)

NAME _____

ADDRESS _____

CITY _____ **ST** _____ **ZIP** _____

PHONE _____

EMAIL _____

CLUB _____

RUSA # _____

If you have applied for RUSA membership, enter APPLIED

EVENT FEES

ACP-Sanctioned Events	
200km 29 Apr	\$15
300km 13 May	\$15
400km 3 Jun	\$20
600km 24 Jun	\$40
400km 8 Jul	\$20
200km 16 Jul	\$15

TOTAL _____

Checks payable to *Jennifer Barber*
Send to: *Jennifer Barber 5137 Glass Factory Rd*
Munnsville, NY 13409

EMERGENCY PHONE _____

CONTACT _____

RUSA Membership is not required, but is encouraged.
Please apply at www.rusa.org or at the event.

WHAT IS A BREVET?

A Brevet is a long distance cycling event in which participants must complete a predetermined distance within a set time limit. These events are not competitions. Professional racers are disqualified from participation.

Cyclists participating in the events are termed randonneurs. The naming reflects the French origin of the events. Indeed the largest brevet is Paris-Brest-Paris, held every four years, in which cyclists must complete 1200 km in 90 hours. To qualify for the "ultra" events, riders must successfully complete a full brevet series of 200km, 300km, 400km, and 600km between April 1 and July 1 of a single year.

Brevets are held nationwide and internationally. A series does not need to be completed within the same region; however the rides must be completed in distance order to qualify for 1200 km events such as PBP, Boston-Montreal-Boston, the Gold Rush Randonnée (CA), the Last Chance Randonnée (CO), and the Cascade 1200 (WA).

More information is available online at the Randonneurs USA web site: www.rusa.org.



WHY RIDE CNY/WNY?

Central and Western New York have wonderful rolling terrain that is similar to the terrain encountered in PBP. Routes wind around the famous Finger Lakes, through the Ithaca area known for its spectacular gorges, south-east into the Catskill Mountain region and north into the Tug Hill plateau. The landscape is a mixture of farms, forests, and picturesque towns. There are many historical markers along the routes to add interest to the rides. The roadways are well maintained and most roadways have a wide clean shoulder.



**Central/Western
New York
Distance Cycling
Series 2006**

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Sanctioned by:
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Not riding? Volunteers needed
For all events,
Email info@distancerider.net
to sign up.



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