

## **Third Annual Syracuse Cyclocross Grand Prix**

*Greg Low*

The third annual Syracuse Cyclocross Grand Prix will take place on Sunday, November 7 at LeMoyne College in DeWitt. The race is part of the New York State Cyclocross Championship Series. Proceeds from the race will benefit the Lance Armstrong Foundation in its fight against cancer.

Cyclocross combines road cycling with elements of cross-country running, mountain biking, and hurdling. The 'cross race will be held on a 1.25 mile course that combines pavement, gravel and dirt roads, non-technical singletrack, grassy fields and slopes, and forced run-up sections. Small wooden hurdles force the riders to dismount and carry their bikes at several points on the course. If you've never competed in or spectated at a 'cross race, come on out and see what the excitement is all about.

Cyclocross is the fastest growing competitive cycling discipline. It originated in Europe as a way for bicycle racers to maintain their fitness in the cold winter months. Since 'cross races are shorter and slower than road races, the competitors get an intense off-season workout without spending too much time in the cold and wind.

In the past two decades, cyclocross has become very popular in America. California 'cross racing in the '70's actually helped give rise to mountain biking. Today, US 'cross racers are among the best in the world. Matt Kelly from Wisconsin won the junior world championship title in Slovakia last January and Tim Johnson from Massachusetts got the bronze medal in the espoirs (under-23) event.

After two years at a Baldwinsville location, the Syracuse Cyclocross Grand Prix has moved to LeMoyne College. This centrally located suburban venue should prove popular with racers and spectators alike. Lisa Nojaim used hard work and enthusiasm to convince LeMoyne officials to host the race. Ed Luban has laid out a traditional, fast course which competitors will relish.

The Syracuse Cyclocross Grand Prix kicks off with registration at 10:30 AM behind the LeMoyne Athletic Center. The beginner/citizen event starts at 12:00 noon and the open, women, masters, and juniors events start at 1:00 PM. Make plans to spend the afternoon of November 7 riding or cheering as racers from all over the northeast push themselves to their limits!

If you would like to volunteer to help make the 'cross race a success, please contact Greg Low at (315) 457-5983, or e-mail [GregL64@aol.com](mailto:GregL64@aol.com).

## **Mark Your Calendars! OCC Banquet Scheduled**

The annual Onondaga Cycling Club banquet is scheduled for January 29th, 2000, at the Glen Loch Inn, the pleasing site of last year's banquet. Mark your calendars now and look in future newsletters for more information.

## **Spinning Classes**

This is a reminder to contact me if you are interested in doing a Spinning class over the fall and winter. So far, there are enough for half a class and there's still room for 5-6 people. The most likely time is Tuesday at 7 p.m.. I'm working on a price with the program director, but anticipating approximately \$3 per class purchased as a 10 pack. This will be held at Pine Grove Health Club in Camillus. Mark Wheeler 476-4637

## **Time Trail Trivia**

*Bill Kocher*

On September 14, the 1999 Time Trial season came to a successful conclusion. A total of 22 riders showed-up that night but only 4 were ladies so we were unable to establish a new record for female riders. Two people were able to set new life time personal records that night and they were Sean Kesselring with a 26:34 and Kate Stewart with a 25:50. Only the week before, Kate did a 26:15 and both rides were on a borrowed bicycle. The 1999 season saw 70 different people ride 362 times and 11 of these people set new personal records for themselves. In the past three years, a total of 236 riders rode 1,158 time trials and not one accident occurred. Thank you one and all for making everything safe. This year, award winners will be notified in the future and more trivia will follow as I now have all the time trial time sheets since we moved to the Caughdenoy road site in 1990. If anyone has any questions, feel free to call.

## **New Time Trial Director Needed**

Many thanks to Bill Kocher for running the Tuesday night time trials over the past years. Bill is retiring from his time trial duties in 2000, and the club needs someone to take his place. If you'd like to spend a little time on your Tuesdays helping out by running the time trials, please contact Bill directly or contact any other board member.



**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  
 Time Trial Director: William Kocher  
 Cartographer: Ed Luban  
 Membership Director: Robert Ruth  
 Mailing Coordinator: Kathy Same  
 Ride Schedule: Bob Swizdor  
 Fall Century Director: Steve Ransford  
 Merchandise Director: Ed Keplinger  
 Director: Russ Zackevich  
*Newsletter Editor: Andrew Diekema*  
*Mountain Bike Coordinator: Scott Wright*  
*Criterium Director: Chuck Dominick*

### 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

December Issue, arriving in late November - Sunday, Nov 7  
 January Issue, arriving in late December - Sunday, Dec 5  
 March Issue, arriving in late February - Sunday, Feb 6

### OCC on the Internet

Our home page is [www.hscsy.edu/binghamt/occ/](http://www.hscsy.edu/binghamt/occ/). The OCC email discussion list address is [occ@list.hscsy.edu](mailto:occ@list.hscsy.edu). To subscribe to the list, send email to [majordomo@list.hscsy.edu](mailto:majordomo@list.hscsy.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.

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 to and from any scheduled activity.**

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Consent for Individual Youth member:

Signed: \_\_\_\_\_

D	C	S

---

## **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**

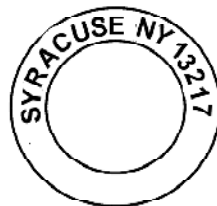
## **Report of Board Meeting**

*Gian Vidali, Vice President*

Held at Bob Spear's home on Oct. 4 1999. In attendance were: Bob Spear, Bob Swizdor, Erik Wennberg, Ed Luban, Ed Keplinger, Bill Kocher, Steve Ransford, Tim Bingham, Chad Bradshaw, Greg Low, and Christy Saint. Gianfranco Vidali agreed to take notes and act as secretary. The meeting started at 7:10 p.m.

1. Reading of minutes of Board Meeting held in Gianfranco Vidali's home on August 29, 1999.
2. Treasurer's Report: a financial report for Sept. 99 is on file. Highlights of the financial report: Income (mostly memberships; it includes \$10.00 not accounted for): \$100.00; Expenses: \$390.00 (#300.00 of which for renting the movie "Breaking Away" for the fund raiser event for Kathie Urshel). Net Club balance: \$4,422.85. Erik checked into whether the Club could get a better deal (fewer fees) by doing business with other banks. M&T Bank, for example, requires a balance of \$7,500 and the first 100 transactions each month are not charged a fee. Key Bank charges 12cents/transaction and if the balance dips below \$5,000. Other options are being explored.
2. Membership's Report (read by Bob Sr.): 371 1999 members and 16 2000 members; 303 mailing labels.
3. Nominating Committee's report: the committee still doesn't have a chair. Bob Sr. pointed out that a slate of nominations should appear in the Dec. newsletter (to be delivered at the end of November).
4. Time Trial Coordinator's Report (Bill K.): this is the third year in a row of time trialing without an accident. In the past three years there has been an average of 18-19 riders/night. Bill K. has records about time trials on Caughdenoy Road going back to 1990 and will work to distill and analyze that information. A new person willing to be coordinator for the time trials is needed. Bill K. will continue to coordinate the bike races at the Senior Games, as he has done this year, for two more years.
5. Century Coordinator's Report (Steve R.): 46 riders participated at the Fall Century. A breakdown of income and (partial) expenses is on file. A check of the proceeds, income after expenses, will be mailed to the Red Cross, together with the proceeds of last year's century (which were not forwarded due to an oversight).
6. Bike Advocacy Coordinator's Report (Chad B.): see item in newsletter.
7. Club Jersey Selection Committee's Report (Ed K.): 20 designs for jerseys have been gathered from members and are displayed on the OCC Web page. Input from members is solicited. The committee will tally the responses and narrow down the selection to 3-4 jerseys. It is expected that members will be able to order jerseys for delivery at the banquet.
8. Greg Low: the cyclocross race at LeMoyne College will take place on Nov. 7. Lisa Nojaim was able to convince the new athletic director of LeMoyne College to go along with the agreement she had with the previous director about holding the race at LeMoyne. The event has been advertised in Velonews and Greg will seek local press and TV coverage.
9. Greg Low spoke about the racing team "Team Syracuse" and clarified its relation to OCC. Team Syracuse was founded by a group of OCC members in order to race competitively. No OCC funds were used. Team Syracuse will provide training and support for its members and encourage junior racers. A discussion ensued on whether it is possible to integrate these activities with the racing done by many other members of the Club, and whether it wouldn't make more sense to have all the racing activities under one banner, but no decision was made.
10. Old business: The date of the banquet has been pinned to Jan. 29. Location: the Glenn Loch Inn. Erik W. will get information about prices and menu options. Ed L. (Project Prism) reported that he hasn't heard from the Project Team contact person (Bob Dougherty).
11. New business: it has been suggested to look into the possibility of having Club T-shirts and sweatshirts made.
12. The date of the next Board meeting is Nov. 7 (Sunday), 7 p.m. at Bob Spear's home.
13. The meeting was adjourned at 9:37 p.m.

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



	<b>BULK RATE          U.S. POSTAGE          PAID          PERMIT NO. 940</b>

RETURN SERVICE REQUESTED

### Classified Ads

**For Sale:** LITESPEED OCOEE 17.5 INCH MTB FULL 1997 XTR KIT, SID SL TI FORK, CHRIS KING SEALED AHEADSET, MAVIC CROSSLAND WHEELS ETLITESPEED TI SEATPOST, HANDLEBAR \$2000.00 CONTACT: JOE 315-423-0835 jvinciqu@syr.edu

**Wanted:** Shift lever bridge mount for '93 Scott aerobars OR bar-end shifters, compatible with a 7-speed Shimano derailleur. Contact Tim 478-7750, binghamt@hscsyr.edu

### Race Results

**Bob Beal Masters Weekend Stage Race, Charlestown, RI**

Erik Wennberg (30-34): RR DNF, TT 18th, Crit 17th, overall 2 3 r d ; K e v i n Mathewson (35-39): RR DNF, TT 30th, Crit pulled, overall ?; Eddie Luban (45-49): RR 13th, TT 18th, Crit pulled, overall 17th; Chuck Dominick (55-59): RR 10th, TT 5th, Crit 8th, overall 9th

**Rescue Mission Freedom Tour**

Men Cat 3/4: 4 Brian Hahn; 5 Tim Bingham; Women: 2 Christy Saint; 3 Geatane Perrault; Men Cat 5: 1 Rob Coapman, 2 Andrew Diekema, 3 A. Joseph Vinciquerra, 10 John Saint, 17 Paul Swinburne, 21 Gian Vidali

### Upcoming Events

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

**November**

06 or 07@12 Sampling Central NY's climatic changes: Min 20-35 F 449-1722 13 or 14@12 Curtain Call.

SyrC 12-30 F/R 474-3801. Last official ride of '99.

**January**

29 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.

**Commercial Ads:** Rates for one-issue camera-ready ads follow:

Full Page.....	\$68
Half Page.....	\$36
Quarter Page.....	\$19
Business Card.....	\$10
Calendar Entry (25 words).....	\$2

Discounts are available for larger ads and multiple issue ads. Please contact the editor for more information.