

I Challenge Rob

Brian J. Kelly

One evening in late July I was watching the local evening news on WTVH5 and I saw the station's sports director Rob King do a segment called "I Challenge Rob." In that segment Rob was bouncing up and down on a trampoline. This was cute indeed and Rob did make a fool of himself, but as I watch I thought to myself, "Big deal, how about a real sport. He should try doing a time trial." So a few days later I emailed Rob. I challenged him to be like Lance and try the club's Tuesday night time trial.

About a month went by and I didn't heard anything. Then on Monday the 16th of August I got a call from Rob. He said he wanted to do it. He asked, "When is a good day?" I responded, "Tomorrow."

So the date was set. Tuesday, August 17 Rob would show up to do the time trial at Caughenoy Road. But there was a catch. Rob didn't have a bike or helmet. I told him I would find something. So I got his measurements and I rounded up some equipment. Rob then told me that he ran every day and that he was in pretty good shape but he did add, "Will I be done in forty minutes?" I just said, "Sure."

Now the bad news. Tuesday afternoon Rob called. He sounded upset and disappointed. He informed me that he couldn't do it that night because he couldn't get a camera. He asked if we could do it the following week. So the following week was scheduled.

A whole week gave us time to set Rob up very well. Rob told me there was a bike shop right near where he lived that would be very convient for him. So off to Bicycle Alley Rob went. Eric, Brian and Fran set Rob up on a beautiful Lemond product with Rolf wheels and Durace components. When I saw this bike I knew that Rob's ride was lighter and newer than my trust worthy Bottecchia. (Of course we all know that Greg Lemond beat Fignon in the 1989 Tour de France on a Bottecchia). Nice bike, but even with that ride I still had a few advantages over Rob.

There was a hearty thunder and lightning storm at the time trial at 6:00 PM the night of the "Challenge." So Bill Kocher delayed the start. He didn't want anyone getting hit by lightning. This worked out great because Rob wasn't going to arrive until 7:00 PM. (Something about doing the 6:00 PM news). Lucky for us the rain, thunder and lightning stopped around 7:00 PM as Rob and the camera crew arrived. So everyone who was there started to warm up and line up.

Rob was a little nervous. He initially was nervous about the bike. He didn't want to crash the \$3000.00 ride entrusted to him. He even had me pull it out of the truck. As we all gawked at the bike Bill explained to Rob the format of the time trial.

Rob was the first person to go. He seemed somewhat tense but gung-ho too. Rob seemed not to be too sure about what to expect from his body and this super bike. I guess he knew he wasn't going to be bouncing on a trampoline. But he was committed. So off he went with a big cheer.

Three people later (or 1minute 30 seconds later) I started. The camera was there as I rolled out on the course. I rode the time trial like every other time trial I've ridden. Me versus myself watching my heart rate, clock and speed. I caught the two riders who left before me at about 2 miles or so. Soon after passing
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Time Trial Trivia

Bill Kocher

After 18 weeks, the Time Trials are still going well and have been accident free, thanks to everyone using their safe riding skills. In the past four weeks the following people have had lifetime PRs:

Peter Nicola 25:55, Paul Kocher 26:19, Christy Saint 24:36, Rob Coapman 21:22, Ken Sieperman 25:24, Sean Kesselring 26:44

On the 24th of August we waited and hour for a much-needed rainstorm to pass and it was worth the wait as four of the above riders achieved their PRs as they hydroplaned over the course. A little more trivia is that Chuck Dominick is now the fastest male over 50 and 55 to ride our course. I'm sure that the guy who is second fastest in these age groups is very happy for C.D. I now have in my possession all the Time Trial records from 1991 - 1999 and most of the 1990 results which was the year we started the Time Trials on Caughdenoy Rd.

Kathy Urschel Fundraiser

Chuck Dominick is organizing a fundraiser for Kathy Urschel. At publishing time, plans are in place for a cycling-related movie showing at Westcott Theater. Check in this newsletter for tickets to the event. Local sports celebrities may be on hand for visits in the lobby.



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
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 Cartographer: Ed Luban
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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

November Issue, arriving in late October - Friday, Oct 8
 December Issue, arriving in late November - Friday, Nov 5
 January Issue, arriving in late December - Friday, Dec 10

OCC on the Internet

Our home page is www.hscsyr.edu/binghamt/occ/. The OCC email discussion list address is occ@list.hscsyr.edu. To subscribe to the list, send email to majordomo@list.hscsyr.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- ing to and from any scheduled activity.

Signed: _____ Date _____

Consent for Individual Youth member:

Signed: _____

D	C	S

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*New York State's
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them I could see Rob up the road. He looked to be trying. As I came up behind him I could see how tight he was riding. His hands were clenching the handbars as if he was trying to break them. I thought about yelling, "Relax," but I didn't want to startle him. So I quietly motored by him somewhere between miles three and four. After the turn around I saw Rob on the opposing side of the road. This time I did I yell across the road to him. I yelled, "Just relax," but I don't think he heard me.

I continued my race finishing in a time of 24:14. Respectful. Having a camera out on the road with you can be slightly disconcerting. At one point I was gaining on the camera truck. At that point I was thinking, "Should I slow down or should I yell to them to speed up."

Rob crossed the line a few minutes later with a time of 29:32. He had broken 30 minutes. Not too bad for a first timer you didn't have arrow bars or biking shorts. Rob did complain about how sore his butt was following the ride and that his legs would be sore the following day. I tried to assure

Bill's Bikes

Eddie Luban

I am selling Bill Johnson's bikes for his family, who are from out of town. One bike sold right away, the other is still available. It's a Trek 1420 sport/touring bike, size 58 cm. It has Shimano 105/Deore components with downtube shifters and a triple chainring, Shimano SPD pedals, Matrix rims, Continental tires, a rear rack, and a computer. Bill took great care of his bikes and this one is in excellent condition.

If you are interested in this bike, please call me at 449-1722 (h) or 472-1935 (w). Bill's family is donating all proceeds to the memorial fund at SUNY ESF.

Highlights of the September Board of Directors Meeting

Deb Virgo, Secretary

Gianfranco Vidali hosted the August 29 meeting.

Treasurer - Erik will look in to switching banks. We use Key Bank now and their check charges can come to \$300/year.

Membership - We currently have 369 members and 302 mailing labels.

Fall century - We're all set for Sept. 12. Socks have been ordered.

Memorial for Bill Johnson - We talked about a number of different ideas. Ideas included naming the time trials after him, designating a memorial ride, or holding a fundraiser. If members have any suggestions for a memorial for Bill, we'd love to hear them. The board will decide on a plan in the next few months.

Jerseys - Ed Keplinger received 16 responses so far to his request for jersey designs. He will place an order in October, so they should be ready for the banquet. We will look into having sample sizes available.

Fundraiser for Kathy Urshel - We are looking into doing a fundraising event for Kathy. Chuck Dominick will look in to some ideas.

Project Prism - We collected \$290 from club members, and spent \$125 on new bicycle tires. Ed Luban will contact the project director to discuss spending the remainder of the money.

Banquet - The board decided to hold the annual banquet at the Glen Loch this year. We liked the dessert table. Erik will look into dates and prices.

It's time to start thinking about nominations for next year's board of directors. Anyone who is interested should contact any board member!

The next meeting will be Monday, Oct. 4 at 7 PM.

Race Results

Central New Hampshire RR

Eddie Luban 22nd Masters 45+

Canal Classic, Little Falls, NY

10 Joe Pechacek (3rd 35-44), 14 Rob Coapman, 15 Brian Hahn, 28 Eddie Luban (3rd 45+), 30 Tim Bingham, 31 Andrew Diekema, 36 Andy McNaughton, 38 Chuck Dominick, 39 John Saint, 40 Bob Swizdor, 41 Kevin Mathewson, 42 Greg Low, 45 Todd Carrier, 47 Christy Saint (1st 18-34), 54 Bill Stiteler, 58 Doug Taylor, 61 Kate Stewart (3rd 35+), 70 Mary Handley, 75 Bryce Button

Tour de Loop, Oswego, NY

"A" Race

8 Tim Bingham, 20 Brian Hahn, 22 Eddie Luban

"B" Race

7 Norm Ashbarry, 12 Greg Low, 14 John Woods, 15 Dave Resseguie, 17 Mark Wheeler, 19 Bob Swizdor, 20 John Rizzo, 23 Andrew Diekema, 24 Kevin Mathewson, 27 Laura Miller (2nd F), 29 Ed Keplinger, 34 John Saint, 46 Christy Saint (3rd F), 51 Kate Stewart (4th F), 58 Paul Swinburne, 60 Ron Nelson, 65 Bill Stiteler, 82 Gian Vidali, 92 Chuck Dominick, 98 Paul Kocher, 127 Bob Hinman, 135 Mary Thomas, 147 Bryce Button

Chris Thater Criterium, Binghamton, NY

Brian Hahn 32nd, Senior Men Cat. 3/4; Eddie Luban 13th, Master Men 45-54; Chuck Dominick 7th, Master Men 55+

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is Monday, October 4 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Gian at 474-3801 for more information.

October

- 1-3 OCC Pioneer Lodge Weekend
Turin 451-1616
- 2@10 Spooks Woods Spin
CarBrk 20-45 gR 626-2310
- 3@10 The Very Best Ride of the Season
Preb 40-65 R-H 607-753-8892
- 7@10 Jim's Choice: Happy Valley
Par 36 R 607-753-8892
- 9@10 Tour of 9-mile Creek
SyrW 10-39 R-H 472-6468
- 10@10 Clark Hollow Foliage Check
Jms 22-52 R-H 449-1722
- 14@10 Jim's Choice: Pottery and Bricks
OLP 25 R 607-753-8892
- 16@11 The Pie Ride
Aub 27-50 R-H 252-2127
- 17@11 Triple Lakes Tour
Man 14-67 R-H 445-2864
- 21@10 Jim's Choice: Last One
G.Lk 35 F 607-753-8892
- 23 or 24@11 Roads And Wine
Wine 23-46 R-H 445-2864
- 31@11 An Urban Halloween
SyrW 13-30 R-H 474-3891

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.

Tug Hill Weekend

October 1-3, 1999

Road bike, mountain bike, hike...simply enjoy the fall foliage and all the north country has to offer. Experience country hospitality combined with delicious home style meals at the **Pioneer Lodge**. Maps provided. Reservations and deposit required. For more details call: **Joan Yungwirth and Jim Ryan (451-1616)**.

Project PRISM Update

Eddie Luban

The response to the call for donations to Project PRISM's cycling program has been great. We needed \$132 to buy the 18 tires we wanted. So far club members have contributed \$290! Much of this money was given by people who knew we had already met our initial goal and bought the tires. Other club members have donated bikes to the program.

The PRISM staff is grateful for our help. They are reviewing their needs to see how they can best use the additional money we raised.

Thanks to the following people who contributed:

Anonymous
Andy Hadley
Mary Handley/Eddie Luban
Tony Kossa
Kevin Kyhos
Pat McHale
Cheryl/Jim Price
Mike Religa
Bob Ruth
Bob Swizdor
Deb/Jim Virgo

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

RETURN SERVICE REQUESTED



Classified Ads

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.