

## Rescue Mission Freedom Tour 1999

*Greg Low*

A new cycling event is coming to the greater Syracuse area this autumn. The inaugural Rescue Mission Freedom Tour will take place on September 18, 1999. Starting and finishing at Long Branch Park in Liverpool, this 25 mile tour and race promises to add a late season spark to the Syracuse cycling scene. The Freedom Tour is a charity event to benefit the many programs of the Syracuse Rescue Mission. Strong corporate sponsorship and community support is already behind this event. With a lot of work and a little luck, the Freedom Tour can become an annual event to bolster cycling in the area.

The name "Freedom Tour" highlights the purpose of the Rescue Mission. The Mission provides freedom to those persons affected by chronic poverty, mental illness, hunger, and substance abuse. Money raised from pledges in the Freedom Tour will be used to fund programs right here in our communities. Can you think of anything better than taking a Saturday morning ride in early fall and helping a charity in your hometown, all at the same time?

In addition to the non-competitive charity event, the Freedom Tour will lead off with a road race. A USCF permitted event for Categories 3, 4, 5, Women, Masters, and Juniors will take the course before the tourists. With the addition of this event to the racing calendar, we will have a local road race to complement the Syracuse Criterium and Cyclocross Grand Prix. Organizers plan to grow the race in succeeding years to include a longer, more challenging course. With this support and enthusiasm, the Freedom Tour road race can soon become as well organized and successful as the Criterium and Cyclocross Grand Prix.

A meeting for anyone interested in volunteering to help at the Freedom Tour will be held at the Rescue Mission (155 Gifford Street, Syracuse) on Thursday, August 26 at 6:15 PM. To entice you to come, pizza will be served! While many volunteers are already committed to assisting the tour, the expertise of OCC members would be very much appreciated. If you have any questions, or cannot attend the meeting but still want to volunteer, please contact Greg Low at (315) 457-5983 or by e-mail at [GregL64@aol.com](mailto:GregL64@aol.com).

Entry forms for the Freedom Tour are available throughout the area at bike shops and health clubs. If you haven't seen an entry form, please call Joanna Peters at the Rescue Mission at (315) 472-6251 ext. 322.

## 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)**.

**FALL CENTURY FORM and MEMBERSHIP  
DIRECTORY included in this newsletter!**

## New Editor Found

*Tim Bingham*

Andrew Diekema has graciously volunteered to serve as copy editor for The Spoke 'N Word. As copy editor, Andrew takes on the most time consuming part of the editing process, that of collecting articles, ads, pictures, and the like and making sure they are in order. I'll still be the layout editor, plugging what Andrew gives me into my computer. From now on, any submissions to the newsletter should be sent to Andrew at the following addresses:

**Andrew Diekema**  
227 Westminster Avenue  
Syracuse, NY 13210  
[diekema@textwise.com](mailto:diekema@textwise.com)

I assume Andrew prefers electronic copy as I did. Thank you, Andrew, for giving me back a few hours every month!

## Call for Jersey Designs

*Ed Keplinger (EKeplinger@aol.com)*

Calling all creative OCC member's, we are looking to prepare a new and completely different design for the club jersey for next year. If you are interested in submitting a design for the new jersey or would like to provide some input as to what you would like for a design, colors, etc...., feel free to email me or call me with your comments and designs. We may even have a design team meeting next month to develop, review, and fine tune submissions.

What I would like to do is take all the quality jersey design ideas and post them on our web page and let the club members critique and comment and finally vote for the OCC 2000 jersey. To get your creative juices flowing, the winner of the jersey contest will receive at least half off their jersey.

The entire process needs to be complete my mid-October so that we may receive the new jerseys by the banquet.



**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 - Friday, Nov 5  
 October Issue, arriving in late September - Friday, Sep 3  
 November Issue, arriving in late October - Friday, Oct 8

### 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: \_\_\_\_\_  
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 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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## Bill Johnson, 1950-1999

On August 7, Bill Johnson, the club's immediate past president, lost his battle with cancer. Bill was an active member of the club for many years. He served the board of directors as time trial director, treasurer, vice-president, and president. He also ran the cycling events for the Empire State Senior Games. Despite his illness, he volunteered to remain on the board, continue to run the Senior Games, and coordinate special events for the club. Of course, he was also a ride leader and an active participant on club rides.

Bill carried out his responsibilities in a remarkably organized and efficient manner. Even more striking was his easygoing attitude. Whether it was a bureaucratic snafu at the State Parks Department or an irate motorist on Caughdenoy Rd., nothing seemed to phase him. He displayed the same positive attitude toward his illness. Whatever he may have felt inside, he was open and matter-of-fact about his cancer, and he was determined to fight it.

In the past few weeks, many of us have been celebrating the incredible story of another cyclist who battled cancer. Bill's passing is a very sad reminder that many cancer victims are not as lucky. He will be missed.

### Rides Remembered

*Bob Spear, OCC President*

Everyone has particular rides which are unforgettable. Some are club-sponsored events. I was initially going to describe a couple of recent OCC circuits which, while not particularly unforgettable, were quite pleasurable outings. On August 7, I once again thought of a club ride which is truly memorable. It was my first club ride. Everyone remembers those, right? What made that ride so memorable was my mentor. Coach. Advisor. Guide might be the appropriate word. The club President that year had suggested that a member would sort of "ride along" with this newbie. Bill Johnson was that member. Talk about a "no-drop" policy. Bill provided the perfect riding companion. Not always along side coaching, sometimes ahead in the group chit-chatting, but always looking out for the new guy! The ride was the Jordan Jaunt, a.k.a. the Camillus Airport ride. Of course, I later learned that Bill had done his usual exemplary job, of course, and had gone well beyond the usual club support for new riders! You undoubtedly know that we lost Bill's presence among us on this August seventh when he succumbed to the cancer which he had been fighting for the past two years.

Bill was a member of OCC for more than a decade. He was a member of the club's BOD for the past eight years, serving as TT Director in 1991-92, treasurer from 1993-96, VP in '97 and President in 1998. He also was the special events coordinator for many of your club's activities such as the annual banquet. He was instrumental in the initial organization of cycling events at the Empire State Senior Games. The list goes on and on. Don't forget him when you're out on a club ride. I know I won't. The club will undoubtedly be sponsoring a future event in his remembrance so stay tuned to these pages.

The "couple of rides" which I had planned on describing at the top of this column were just the sort of bicycling that Bill so enjoyed. The Manet-esque summer fields of chicory, cornflowers & Queen Anne's lace growing right up to the not yet mowed shoulder of country roads. Field corn so high at some corners that extra precaution had to be used before entering the intersecting road. The view while in the Tioughnioga River valley and then from the ridge above it. The chimes ringing from the steeple of the church while indulging in one of the 22 ice cream flavors available at the stop in Polkville. Bill loved his ice cream! The cardinal flowers, Oswego tea and primroses blooming in the Salmon River watershed. The huge osprey nest with parents and fledglings high above the reservoir as a doe and her two fawns came to drink. These are things Bill always took the time to point out to his cycling companions. Keep riding and remember his lessons.

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## Time Trial Triva

*Bill Kocher*

**Ladies Ladies Ladies:** I need your help to establish an informal time trial record. After researching all the time trial logs back through the year 1993, it was learned that on June 13, 1995, ten women rode that evening and that to my knowledge is the most women to ever do an O.C.C. Time Trial on a single night. So, on September 14, 1999, which is the final TT for this year, let's see as many women as possible come out and give it a try. Time Trials are you against the clock so you don't have to worry about what anyone else does. Most of the riders who time trial every Tuesday find it to be an enjoyable experience.

The past four weeks the weather has been more ideal for the T.T. riders and that has helped us in two ways. First of all, more people have been showing up and two new P.R.'s have been set. One was by Peter Nicola with a 26:26 and the other was by Rob Coapman with a 22:11. Also, to let everyone know, Rob's 22:11 is the fastest time of the year. [*The next week after this article was written, Rob shaved more time off and took the course in 21:44! - Ed.*]

## Midseason Report

Jim Price

This is the report for miles ridden and number of rides through the weekend of July 4th. Three rides are not included. The weather may have been such that nobody rode. In one case I know the record exists because I rode that day. It will be included in the report at the end of the season but it is not here. There has been concern that club membership is down, but ridership is not down. My impression is that ridership is substantially greater than over most of the time that I have been keeping these records. It is still true that many people ride very little with the club and a few people (even if more than in the past) ride a great deal. The results follow below.

### OCC Mileage Standings

1032 pete vonzwehl  
1012 jim ryan  
986 kevin mathewson  
973 eddie luban  
957 joan yungwirth  
941 dick mathews  
856 michael religa  
836 bob swizdor  
810 mark wheeler  
756 joe mautz  
735 m j urschel  
731 kate stewart  
715 ron beckman  
681 bob spear  
667 randy kolb  
607 dick blume  
593 gail ferat  
593 brian elphick  
591 jim virgo  
563 erik wnnberg  
552 zeke ronnow  
540 jim price  
528 andy hadley  
517 deb virgo  
508 tom shatraw  
490 kevin kyhos  
485 tony kossa  
480 gian vidali  
466 ed keplinger  
451 paul kocher  
436 j bowen  
431 rob coapman  
413 jeff palmer  
399 m e johnson  
383 brian tappon  
374 bob feak  
368 brian kelly  
358 jack lancette  
356 ilona hochmuth  
343 chad bradshaw  
324 dennis stelzner  
299 paul swinburne  
295 tim bingham  
289 doug taylor  
288 ned roulston  
286 steve ransford  
286 lisa nojaim  
276 john baker  
273 jackie feak  
258 sandy paimer  
258 ken zoanetti

### OCC Points Standings

27 pete vonzwehl  
26 dick mathews  
24 jim ryan  
23 kevin mathewson  
23 joan yungwirth  
22 eddie luban  
20 michael religa  
20 bob swizdor  
19 m j urschel  
18 joe mautz  
18 gail ferat  
17 ron beckman  
17 mark wheeler  
17 kate stewart  
16 tony kossa  
16 dick blume  
16 deb virgo  
16 bob spear  
16 andy hadley  
15 jim virgo  
15 jim price  
15 j bowen  
15 erik wnnberg  
13 zeke ronnow  
13 randy kolb  
12 m e johnson  
12 kevin kyhos  
12 gian vidali  
11 jack lancette  
11 brian tappon  
11 brian elphick  
11 bob feak  
10 tom shatraw  
10 john baker  
10 ed keplinger  
9 rob coapman  
9 paul kocher  
9 jeff palmer  
9 ilona hochmuth  
9 deb leal  
9 chad bradshaw  
8 ned roulston  
8 jackie feak  
8 brian kelly  
8 bob ruth  
7 tim bingham  
7 sandy palmer  
7 mary handley  
7 lisa nojaim  
7 john panagakis  
7 al sunderwirth

## Race Results

### B.C. Race for Sight, Windsor, NY

7 Eddie Luban (2nd, 40-49), 11 Tim Bingham (3rd, 20-29), 14 Rob Coapman (5th, 20-29), 15 Greg Low (3rd, 30-39), 16 Chuck Dominick (1st, 50-59), 21 John Saint (6th, 20-29), 25 Bill Stiteler (10th, 20-29), 26 Christy Saint (2nd F, 1st 20-29), 36 Todd Carrier (11th, 20-29)

### Empire State Games

**Open Men:** Brian Hahn: Time Trial--?, Road Race--33rd, Points Race--53rd, Team TT--?; **Open Women:** Christy Saint: Time Trial--6th, Road Race--11th, Points Race--6th, Team TT--2nd; **Masters Men 45-54:** Eddie Luban: Road Race--7th, Criterium--3rd; **Masters Men 55+:** Chuck Dominick: Time Trial--2nd, Road Race--flatted, Criterium--3rd

### Highland Forest MTB Race

**Men Beginner B:** 1 Chad Bradshaw, 15 Bill Stiteler, DNF Tim Bingham; **Women Beginner:** 4 Jenn Barber; **Many others** placings unknown: Joe Pechacek, Dave Faso, Paul Ashbarry, Lisa Nojaim, Pam Pasciak, Fran Williams, Pat McHale, Brian Hahn

## Edward Luban

### Attorney at Law

General civil practice, with an emphasis on education and immigration law

317 Montgomery Street  
Syracuse, New York 13202  
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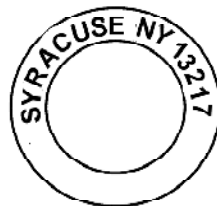
[rich@gtgtandems.com](mailto:rich@gtgtandems.com)

Elmira, NY

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



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## Upcoming Events

**Items in italics are not confirmed.**

The next BOD meeting is Sunday, August 29 at 7:30pm at Gian Vidali's house. Any member wishing to attend is invited. Call Gian at 445-2864 for more information.

**September**

- 1@5:30 5 Bays, the other Way  
Cic 20-35 F or sH 458-4593
- 2@10 Jim's Choice: Sixty River  
OLP 40 R 607-753-8892
- 4@9 The Triple Threat Throwdown Part I  
Fay 32-64 gR 437-9280
- 5@9 The Triple Threat Throwdown Part II  
Fay 30-62 sH 437-9280
- 6@9 The Triple Threat Throwdown Part III  
Fay 33-65 F 437-9280
- 8@5:30 Sit-down @ Sam's  
Brew 20-35 gR 454-0852
- 9@10 Jim's Choice: Grist Mill  
Par 35 R 607-753-8892
- 11@10 Oneida Lake Excursion  
Cic 12-65 F 458-4593. Includes NOVICE ride 445-2864.
- 12@8 The Dick Richards Memorial Century  
CarBrk 62-101 R-H 446-2380. Profits go to the American Red Cross.

- 12 NYC Tour. [www.transalt.org](http://www.transalt.org)
- 15@5:30 Hiatus after Hinmansville  
OLP 17-32 F/R 451-1616
- 16@10 Jim's Choice: Skaneateles Lake  
Skan 40 H 607-753-8892
- 18@10 Oracle at Delphi II  
Man 14-33 F or R-H 449-1722
- 18 Freedom Tour. See front page
- 18-19 Masters Race Weekend.  
[www.sencomp.com/mcvelo/flyers/masters.htm](http://www.sencomp.com/mcvelo/flyers/masters.htm)
- 19@10 CrOs-we-go  
Brew 30-65 F/R 298-5378
- 23@10 Jim's Choice: The Phoenix  
Phx 30 R 607-753-8892
- 25@10 Thy Kingdom Come  
Phx.A 21-50 gR 638-9544. Includes NOVICE ride 445-2365.
- 25 AIDS Work Ride for Life, Ithaca, New York 607-272-4098 [www.aidswork.org](http://www.aidswork.org)
- 26@10 Lake View  
Skan 40-65 R-H 445-2864
- 30@10 Jim's Choice: Little York  
Preb 36 H 607-753-8892

## Classified Ads

**For Sale:** KHS Mountain Bike w/XT/XTR, Rock Shox, 19 inch, cromoly, \$550. Mavic CXP30 deepdish clincher wheelset, 8spd \$195. Mavic GL330 tubular wheelset, 8 spd, \$95. Frank @ 475-9831

## 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.