

THE SPOKE 'N WORD



Welcome to these new members !

- Pat Forken
- Helen Jarvi
- Mike Lammey
- Pete Lammey
- Laura Panzarella

2006 paid members: 461
 2007 paid members: 190

To renew your membership, see page 2

Award Ceremony at the Annual Banquet

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NOTE: The next issue will be out in the second week of April

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. Our Web-site is at: <http://www.onondagacyclingclub.org>. The OCC email discussion list (listerver) can be subscribed to from our Web site.

Renewal Information

MEMBERSHIP REMINDER

The Ride Schedules will be mailed to paid members on Monday, March 5th 2007. Membership cards for all family members will be enclosed with the ride schedule.

WILL YOU GET ONE?

If you get your Spoke-n Word via USPS, check the mailing label on this issue to see if your membership is current or not. An S2006, F2006, Y2006, or C2006 in the upper right corner of the mailing label indicates your 2006 dues were paid but **NOT** for year 2007 (**BAD**). Anything with a 2007 or greater indicates your dues are current (**GOOD**) and you are due a Ride Schedule.

THE RENEWAL FORM

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

The waiver at the bottom of the form (and the

1. you do not have under age children listed as family members, you can skip signing the minor release on the back.
2. The president collects mail from the Post Office box. He sends checks to the 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 be.

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 minor release on the back.

The president collects mail from the Post Office box. He sends checks to the 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.

PROBLEMS?

If you have paid year 2007 dues and the mailing label on this issue of the *Spoke-n Word* indicates 2006, or if your address is incorrect, your name is spelled wrong, etc., please contact **Bob Ruth**, membership chair at (315) 451-0685 or email at ruthrob@twcnny.rr.com.



Remember to sign in and sign out at scheduled rides!

News for Riders and Ride Leaders

Attention Ride Leaders:

If you prefer to pick up the package (maps, sign-in sheets, insurance forms) as hard copy instead of downloading them from the internet, please contact me, Bill Goffe , either by e-mail or by phone

goffe@oswego.edu , 315-720-1064), ideally approximately two weeks before the ride. Please let me know as soon as possible to schedule the pick up.

Thank you,
Bill Goffe

New Rides and Centuries:

As we had last year, leisure rides will be held in conjunction with the Saturday rides in June, July, August, and the first week of September. These rides are designed for the less experienced cyclist: the routes will be 10-14 miles, the pace moderate, and the terrain generally flat. They have their own ride leader and they will ensure that no one is dropped. These rides are ideal for friends or family members who are curious about cycling but don't cycle very much. If you know of anybody fitting this category, please encourage them to come to these rides.

Bill Goffe

Onondaga Cycling Club: March 2007 Ride Schedule

Date & Time	Ride (Terrain), Distance, Starting Location Rider Leader, Telephone, e-mail	Map*
March 10 or 11**, 2007; 11 a.m.	Oneida Lake – Cicero Tour, 18 or 35 miles, Cicero, Gillette Rd. Middle School, off Thompson Rd. Sam Sampere, 698-9601, sampere@physics.syr.edu	Cic-1
March 17 or 18**, 2007; 11 a.m.	River Road Rides (flat), 6, 17, or 23 miles, Onondaga Lake Park, Long Branch Rd./Teneck Dr. Parking Lot Jim Ryan/Joan Youngwirth, 451-1616, jryano05@twcny.rr.com/jmyung@twcny.rr.com	OLP-1

March 24, 2007; 11 a.m.

Clay-Central Square-Mallory Tour (flat), 22 or 32 miles,
Great Northern Mall Park & Ride area, NY31 @ I 481 Euc-2
Donald Healey, 598-1168, dojorun@americu.net

March 25, 2007; 11 a.m.

Camillus Airport to Van Buren, Jordan or Weedsport (generally rolling), 16, 28, or 39 miles
Camillus Airport, Cessna Dr. off Pottery Rd., North of Camillus Cam-1,
Jim Ryan/Joan Youngwirth, 451-1616, Cam-1L
jryano05@twcny.rr.com/jmyung@twcny.rr.com

March 31, 2007

Marcellus Park Rides, Figure 8 (generally rolling),
9, 13, 23 or 19, 35 miles, Mar-1,
Marcellus Park, Platt Rd. off NY175, South of Marcellus village Mar-2
Doug Taylor/Pat Reid (leisure) 454-9944
info@douglaswtaylor.com/pat Reid@mailblocks.com

- * Maps will be provided by the Ride Leader at the ride, they can also be downloaded from our website: onondagacyclingclub.org
- ** For the first two rides of the season, the ride leader will select either Saturday or Sunday, based on (weather) conditions. Thursday or Friday before the ride, the selected day will be posted on our website and on the listserv or the ride leader may be contacted for information.



Cycling in Syracuse, NY in February 2007

Board of Directors

Club Officers

President	Bill Goffe
Vice-President	Bob Spear
Secretary	Claire Reichl
Treasurer	Mike Lyon

Board of Directors and Assignments

Fall Century	Bill Goffe/Anne Diekema	Cyclocross	Jochen Woicke
Membership/Insurance	Bob Ruth	Merchandise	Kelly Wheeler
Newsletter Editor/Advocacy	Gianfranco Vidali	Time Trial	Sam Sampere
Banquet/Mailing	Carolyn Sterritt	Publicity	Wayne Miner
Racing/USCF Liaison	Sam Sampere/ Marcello Prattico	Cartographer	Bob Spear
Web Developer	Marcello Prattico	At Large	Chuck Dominick
Ride Schedule	Rich Veenstra		

Other Positions

Earth Day Clean-up	John Baker	Almost 4th of July	
Annual Picnic	Chad Bradshaw	Century	Jennifer Barber
Vacation Ride	Jim Price	Equipment	Jack Lancette
Point and Mileage	Jim Price	E-map Designer	Jeff Palmer
Long Distance Riding	Jennifer Barber	Listserver Admin	Tim Bingham

Participation Awards for 2006

New for 2006, participation points are earned for each ride or time trial a member rides in. Top earners are in the "Groups des Grande Rouler." Volunteer points are also new this year. 4 points are awarded for leading a ride, 2 for assisting at time trials, and 5 points for working half a day at a race. Points carry

over from year to year. This year's leader receives a jersey or jacket of their choice. The Board is fine-tuning this program. Jim Price does most of the work in compiling this data and he deserves a special thanks. Bob Spear assisted in the final compilation.

Participation		Volunteer		Mileage	
Gummer	58	Price, J	105	Mautz	2456
Luban, E	57	Stewart	54	Ryan	2016
Mautz	49	Goffe	51	Luban, E	2000
Mathews	47	Luban, E	44	Vidali	1925
Stewart	47	Sampere	44	Swinburne	1790
Ryan	45	Wennberg	38	Yungwirth	1774
Price, J	44	Spear	37	Gummer	1730
Vidali	44	Swinburne	37	Mathews	1684
Yungwirth	41	Luban, A	34	Goffe	1598
Baker, D	40	Prattico	34	Ronnow	1528
Healey	39	Ruth	34	Wheeler, M	1479
Swinburne	39	Healey	33	Taylor	1413
von Zwehl	37	Diekema	31	Stewart	1407
Wheeler, M	35	Woicke, K	29	Van Wie	1360
Van Wie	34	Howey	27	Madonna, M	1325
Goffe	33	Wheeler, K	27	Healey	1320
Ronnow	33	Ashbarry, P	25	Baker, D	1306
Wheeler, K	32	Flanders	24	Woicke, J	1283
Grover, Jeff	31	Voutsinas	22	Spear	1194
Taylor	31	Gummer	21	von Zwehl	1132
Lyon	30	Woicke, J	21	Goette	1120
Longacre	29	Ryan	20	Wennberg	1115
Comfort	28	Vidali	20	Komenecky	1096
Dominick	28	Ashbarry, N	19	Price, J	1078
Wennberg	28	Ferat	19	Veensta	1042
Goette	27	Kocher	19	Grover, Jeff	1008
Madonna, M	27	Yungwirth	16	Roemer	992

Woicke, J	27			Swizdor, B	966
Reid	26			Wheeler, K	959
Woicke, K	26			Longacre	854
Spear	26			Woicke, K	826
Fernandez Paul	24			Ruth	818
Kneale	24			Kneale	817
Ruth	24			Dominick	810
Swizdor, B	24			Reid	766
Cardinale	23			Price, C	711
Falso	23			Comfort	521
Price, C	23				
Sampere	22				
Swizdor, MJ	22				
Flanders	21				
Casler, Brian	20				
Kocher	20				
Mercer, Jason	20				
O'Neil	20				
Sterritt	20				
Diekema	19				

Time Trial Results for 2006

Overall Place	Name	Ride Time	Place in Age	Age Group
1	Timmerman, Dan	0:20:52	Wow!	
2	Tomkins, Sean	0:21:40	1M	
3	Hahn, Brian	0:22:12	2M	
4	Fasso, Dave	0:22:34	3M	
5	Delillo, Jason	0:22:43	1	30-34
6	Grover, Jeff	0:22:50	2	30-34
7	Ashbarry, Paul	0:23:03	1	45-49
8	Bingham, Tim	0:23:20	1	35-39
9	Sampere, Sam	0:23:40	1	40-44
10	Cooney, Bob	0:23:53	2	45-49
11	Deyle, Greg	0:24:01		
12	Howey, Matt	0:24:03	3	30-34
13	Dominick, Chuck	0:24:08	1	60-64
14	Blake, Bryan	0:24:12	2	35-39
15	Mense, Mark	0:24:14	3	45-49
16	Luban, Eddie	0:24:15	1	50-54
17	Hoover, Jeff	0:24:20	4	30-34
18	Thibodeau, Matt	0:24:27	5	30-34
19	Donzella, Ben	0:24:31	2	60-64
20	Bonk, Noel	0:24:53	6	30-34
21	Derx, Justus	0:24:56	2	40-44
22	Stonecipher, Lance	0:24:57	4	45-49
23	Luke, Doug	0:25:17	2	50-54
24	Hirmstra, Matt	0:25:19		
25	Jones, Scott	0:25:24	1	20-25
26	Ludden, Chris	0:25:25	3	35-39

27	Wennberg, Eric	0:25:25	4	35-39
28	Voustinas, Dan	0:25:28	3	40-44
29	Krischbeaum, Bill	0:25:30	5	35-39
30	Inoue, Keisuke	0:25:32	7	30-34
31	Wright, Scott	0:25:33	4	40-44
32	Schaffer, Scott	0:25:35		
33	Gummer, Mark	0:25:37	3	50-54
34	Herring, Andrew	0:25:40	1	20-24
35	Stewart, Kate	0:25:40	1F	
36	Markert, Jim	0:25:46	4	50-54
37	Ashbarry, Norm	0:25:48	1	55-59
38	Swizdor, Bob	0:25:51	5	40-44
39	Swizdor, MJ	0:25:51	2F	
40	Swinburne, Paul	0:26:00	2	55-59
41	Flanders, Eric	0:26:01	6	40-44
42	Kneale, Amy	0:26:04	3F	
43	Perry, Derek	0:26:12	7	40-44
44	Casler, Brian	0:26:14	8	40-44
45	Austin, John	0:26:15		
46	Miner, Wayne	0:26:22	5	45-49
47	Cardinale, Jim	0:26:22	5	50-54
48	Healey, Don	0:26:23	3	55-59
49	Norton, Billy	0:26:23		
50	Knepley, Paul	0:26:31		
51	Perkins, Dan	0:26:35	6	45-49
52	Luban, Eddie and Adam Tandem	0:26:35	1	Tandem
53	Fenwick, Paul	0:26:40	6	50-54
54	Szczygiel, Jim	0:26:52	7	45-49
55	Baker, Dave	0:27:01	8	45-49
56	MacKenzie, Lisa	0:27:01		

57	Wiedenbeck, Joe	0:27:01		
58	Goetke, Brian	0:27:02	9	45-49
59	Uizethann, Jeff	0:27:03		
60	Griffin, Mike	0:27:04	10	45-49
61	Weidman, John	0:27:06	6	35-39
62	Bernstein, Scott	0:27:10	9	40-44
63	Kocher, Paul	0:27:11	1	65-69
64	Hayes, Kevin	0:27:13		
65	Perrault, Gaetane	0:27:14	1	40-44
66	Burton, Bob	0:27:14	4	55-59
67	Ryan, Jim	0:27:15	3	60-64
68	Frost, Bob	0:27:20	7	50-54
69	Hradil, Joe	0:27:22	10	40-44
70	Allen, Kurt	0:27:26	11	40-44
71	Matthews, Dick	0:27:30	4	60-64
72	Ludden, Kyran	0:27:32	1	35-39
73	Watson, Tim	0:27:38	11	45-49
74	Salibra, Ben	0:27:45	1	10-14
75	Price, Jim	0:27:45	1	70-74
76	Bowles, Laura	0:27:45		
77	Brode, Kevin	0:27:50	12	45-49
78	Lyon, Mike	0:28:00	5	55-59
79	Balfort, David	0:28:02	6	55-59
80	Atwood, Susan	0:28:05	2	35-39
81	Maranda, Ralph	0:28:16		
82	Newton, Jason	0:28:18	1	25-29
83	Stummer, Andrew	0:28:24		
84	Prill, Larry	0:28:27	7	55-59
85	Terpening, Todd	0:28:27		
86	Taroli, Gary	0:28:45	8	50-54

87	Baldwin, Marsha	0:28:48	2	40-44
88	Bright, Jim	0:28:49	13	45-49
89	O'Neil, Rich	0:28:54	8	55-59
90	Piscitelli, Pat	0:29:00	9	50-54
91	Read, Chris	0:29:04	10	50-54
92	McCarthy, Phillip	0:29:20	8	30-34
93	Comfort, Larry	0:29:29	2	70-74
94	McCormick, Steve	0:29:38	9	55-59
95	Knaebel, Dave	0:29:46	14	45-49
96	Ruth, Bob	0:29:47	5	60-64
97	Salibra, Joe	0:29:57	10	55-59
98	Prezepiora, John	0:29:59	11	50-54
99	Perkins, Matt	0:30:03	1	15-19
100	Burton, Jeremy and Lauren	0:30:11	2	Trailerbike
101	Kiggins, Mary Jo	0:30:15	3	40-44
102	Stonecipher, Lance and Buttolph, Steve	0:30:17	1	TTT
103	Roik, Doug	0:30:27	2	20-24
104	Cottrell, Robin	0:30:40	1	45-49
105	LaPrate, Ron	0:30:50	15	45-49
106	Deyle, Bill	0:31:10	2	65-69
107	Piscitelli, Mickey	0:31:14	1	50-54
108	Dellilo, Michelle	0:31:29	1	30-35
109	Hayes, Keith	0:31:30		
110	Oster, Sarah	0:31:31	1	20-24
111	Cuyler, Monique	0:31:42	3	35-39
112	Drew, Allen	0:32:22	6	60-64
113	Donzella, Red	0:32:34	1	60-64
114	Storinge, Dana	0:32:38	4	35-39
115	Alexander, Ed	0:32:48		

116	Luban, Adam	0:32:56	2	10-14
117	Burton, Ginny	0:33:01	1	55-59
118	Clark, Jerry	0:33:03	12	50-54
119	Knoop, Don	0:33:15	16	45-49
120	Klotz, Audie	0:33:20	4	40-44
121	Delia, Abby	0:33:24		
122	Timmerman, Allen	0:34:31		
	Jarvi, Rich	DNF		
	Markowski, Vince	DNF		
	Sampere, Tim	vol		
	Sampere, Matt	vol		
	Prattico, Marcello	vol		
	Saint, Christy	vol		
	Goffe, Bill	vol		
	Clark, Kathy	vol		
	Harding, Michael	DNF		

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 prior to July 1 in the year of the 1200km+ event.

Brevets are held nationwide and internationally. A series does not need to be completed within the same region; nor must 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.

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 control points. Riders leaving the course are required to return to their departure point.
5. Participants must present the issued card at each control 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 control 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



(315) 254-5164

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
To qualify for PMP you must be a member prior to your first qualifying brevet.

EVENT FEES

ACP-Sanctioned Events	
200km 28 Apr	\$15 _____
300km 11 May	\$15 _____
400km 19 May	\$20 _____
600km 9 Jun	\$50 _____
TOTAL	_____

Checks payable to Jennifer Barber
Send to: Jennifer Barber 513Z 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.

Ride Statistics

If you want to report on a recent ride (distance, elevation gained, number of riders, etc.) , send an email to the editor.

The Advocacy Page

Update From the New York Bicycle Coalition

by: Joshua Poppel
Executive Director
NY Bicycling Coalition

Hopefully by the time y'all are reading this, the snow will be gone and the warmer temperatures will be ushering in the early riding season. The spring tends to be the busiest time of year for us here at the Coalition and this year is no exception. For the past few months, we have been talking about our legislative agenda for the year and we are hard at work to introduce a Safe Passing Law for NYS and require the mandatory inclusion of Share the Road material in all Drivers' Education curriculum. Our long term goal is to pass "Complete Streets" legislation which would dictate that all new or reconstructed roads contain routine treatments for people bicycling and walking.

Another initiative which we are promoting is the statewide Safe Routes to School program. Unfortunately, NYS is falling behind the curve in the implementation of this program but we are working with NYSDOT to roll out the early

phases of the program and finally make the money available to interested schools. Over the past few months, we have also been working with different tourism resources to promote NYS as a premier bicycle touring destination. As many of you know, our scenic and natural resources are a true treasure and we'd like to share that with the rest of the bicycling community.

The annual NYBC Events Calendar will be out at the beginning of April and if the club has any events that you would like listed make sure you send them in so we can include them on both the printed and online versions of the calendar. The last thing that I want to mention is NYBC's upcoming Road I and League Cycling Instructor (LCI) classes. Some of you may be familiar with the League of American Bicyclists' Education curriculum and we are trying to expand that education here in NYS. On April 13th and 14th we will be offering our first Road I class of the spring season and then we plan to offer an LCI class as part of our National Bike Week activities in May.

For more information on the classes or any of the above mentioned programs, please drop us a line at nybc@nybc.net or 518.436.0889. The Coalition is a registered 501c3 organization (all donations are tax deductible) whose mission is to provide a coherent, credible voice for the interests of all bicyclists in the state and encourage the use of bicycles for transportation, sport, recreation, and health.



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.

Photo Credits: Carole Vidali, Gianfranco Vidali, & Anonymous

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 as 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.

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



RETURN SERVICE REQUESTED