

THE SPOKE 'n WORD



Paris. Photo by C.F.Vidali

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

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 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.

Welcome to these new members !

- Sal Acosta
- Anna Alvarado
- Izack Alvarado
- Lindsey Bishop
- Mike DeVito
- Nikki DeVito
- Rachel DeVito
- Rich DeVito
- Susie DeVito
- Cristin Engineri
- John Fritzen
- David Grucza
- Ryan Lowrie
- Tom Macera
- Susan Machamer
- Dick Merrill
- Russ Messineo
- Cheri Moricone
- Eric Schepis
- Warren Schoeberlein
- Ray Smith
- Kathy Spottek
- Kath Sullivan
- Isaac Virag
- Joseph Wiedenbeck

2006 paid members: 549

2007 paid members: 379

Members who are not paid for 2007 will be dropped from the membership list as of July 1. If they get the newsletter by postal mail, this would be their last newsletter. **To renew your membership, see page 2**

Renewal Information

MEMBERSHIP REMINDER

The Ride Schedules are all printed and have been mailed to all members whose membership is current.

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

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 minor release on the back.

The treasurer collects mail from the Post Office box. He deposits the checks and sends 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

.....

Syracuse Race Weekend: A Thank You Note

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.

If you've lost the form, it is OK to use a regular OCC application form. The form is on the OCC web site and available at the major bicycle shops in the Syracuse area.

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@twcny.rr.com.



Crescentino, Italy. Photo by G.Vidali

The Race Weekend was quite successful with something like 280 coming to the three events. I can't remember how many times someone gave me a complement on how much they enjoyed it or how well they felt it was organized. This is particularly notable as Chuck Dominick "retired" and handed over the reigns of organizing it to Sam Sampere and in particular Marcello Pratico.

They deserve a special round of thanks. In addition, Doug Taylor organized the pace and wheel cars for the road race on Saturday, Mike Lyon did yeoman's work with everything from tents to equipment to organizing road marshals for the road race to paying winners, Jochen Woicke and his crew ran a very efficient registration desk, Bob Spear drove the pace car all day today, and Wayne Miner did publicity. I would like to thank all of them.

I'd also like to thank those who were road marshals today at the crit (I happened to organize this group): Andy Longacre, Matt Howey, Amy Kneale, Jason Haight, Dan Voutsinas, Anne Diekema, Kate Stewart, Mark Roemer, Wayne Miner, Ed Chin, Paul Swinburne, Carolyn Sterritt, Bob Swizdor, Brian Hahn, Gaetane Perreault, Sue Atwood, Don Healey, Tim Bingham and Bill

Stiteler. Without their help today's successful event wouldn't have occurred.

I apologize for anyone I'm forgetting here. I also hope that others who recruited members will thank them here as well. I also hope that next year we can expand the number of volunteers. I'm convinced that many would really enjoy the work. Very little of it takes anything in the way of skills; all it takes is your time.

The club should be very proud that it can not only put on but successfully run such a large event over three locations over two days.

- Bill

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

The Almost 4th of July Century

Come on out for this year's Almost 4th of July Century on July 7 at 9:00 am in Chittenango! The Hudson Valley Cycling Club will be joining us for the traditional near-holiday day of cycling. We'll be riding Chitt-11 which has a metric century and a full century option. A 30 mile and nov-option will also be provided. If you have questions call me at 684-7280 or email me at jenn@distancerider.net!

Reminders.....

The Annual OCC Family Picnic and Swap Meet

Mark Your Calendar - **The Annual OCC Family Picnic and Swap Meet is Saturday July 28th from 11 AM to 4 PM at Highland Forest.**

We are again using the Torbert Shelter located above the main parking lot across from the office

(there'll be a sign). We do NOT have to pay the \$1.00 parking fee since parking is included in the shelter rental fee. Bring the family, friends, something to grill and, if you're feeling sociable, a dish or treat to pass. In the past, deserts have been the main "pass-arounds". Soda, beer, and chips will be provided as will hot dogs for those who forget to bring something. Bring your mountain bikes to try the great trails or to pre-ride the race course for the following week's Highland Forest Classic. Last year's bike-parts swap meet was a success, so if you have extra parts or swag you'd like to sell or trade, bring them along – your old stuff might be just what somebody else needs to fix or complete a bike!

The Saturday morning club road ride will leave from the lower parking lot at the foot of the sledding hill and should return just in time for lunch. Since there will be some extra food and drink, come on up the hill and relax with your friends after the ride. Last year we had a great turn-out and a good time was had by all. Call Chad Bradshaw (446-0936) for info or questions.

The 2007 OCC Vacation Ride

The plans for the 2007 vacation ride are now complete. **It is August 12 to August 18.**

We will stay three nights, Sunday through Tuesday, in an historic hotel in Saranac Lake. I have maps and cue sheets prepared for four rides from that location. Two of these are over 50 miles and two are less than 50 miles. The longest ride has a remote start: a visitor's center near Paul Smith's College.

On Wednesday we will move to a motel near Wilmington. We will stay there three nights, Wednesday through Friday. The motel is two miles from town in a spectacular location. It works because there are two restaurants on the property. We will have a group meal Friday night in one of these restaurants. I have maps and cue sheets prepared for three rides from that location. Two of these are over 60 miles and one is less than 40 miles.

The price of the rooms at both locations is approximately \$95. That is per room, not per person. August is in the busy season for the Adirondacks. Therefore, the reservation and cancellation procedures are rather strict. Please reserve a place with me by sending a check for \$50 per person. (I have \$1,000 tied up in deposits since the middle of March.) The deadline for me to receive your \$50 per person deposit is July 15. I obviously would prefer to receive your reservation and deposit well before that. Send it to:
Jim Price, 2892 Hoxie Gorge Freetown Rd.,
Marathon, NY 13803-1613.

Both places charge one night for a late cancellation. Those dates are different for the two places but quite early for both. But to give me time to do something other than manage your affairs, July 15 would be a good date. So July 15 is the deadline for reservation deposit and deadline for cancellation without charge. The late cancella-

tion charge is the loss of the deposit plus a charge of approximately \$45 per person.

Upon receipt of your deposit for one of the 20 available spaces, I will send you more detailed information including the exact room charges. I will also send you the complete set of maps and cue sheets.

Jim Price

New Rides

Bike Tioga 2007

August 11-12 www.biketioga.com Two days of organized fun bike rides pedaling through Tioga and surrounding counties. Sponsored by the Owego Rotary Club. Rides begin and end at Marvin Park, Owego, NY. Choose from short and long routes of 25, 45, 63, 100 miles. Call 607-687-7440 or 1-800-671-7772.

Other Rides

Special Olympics Pedal for Medals 300 Mile Ride: June 27, 2007 through July 1, 2007

Pedal for Medals is a four-day bicycle ride of nearly 300 miles to raise funds for New York Special Olympics. Riders will gather in Dwyer Park near Preble on Wednesday, June 27 and are bused to Saranac Lake to begin four days of riding the following day by riding to Canton; day 2 to Watertown; day 3 to Oswego; and the fourth day -- Sunday -- will bring us back to Dwyer

Park, for a concluding barbecue. Each of the intervening days will be filled with beautiful views, great camaraderie, abundant food and drink, and the rewards of accomplishment.

Special Olympics New York provides a program of skill development, training, and competition for children and adults with mental retardation and other intellectual disabilities. As they prepare for and compete for medals at regional, state, national, or international games, these special athletes gain self-esteem and social skills that help them in educational, vocational, residential and community settings. Special Olympics' Healthy Athletes program provides the athletes health services ranging from hearing and vision screening to tobacco use prevention.

Special Olympics New York delivers all of these services year round at no cost to the athletes or their families. Funds raised through Pedal for Medals will help us to offset these costs and expand our programs and services throughout the Central Region of New York State. Please join us on this ride and in this very worthy cause.

Support and Accommodations -- Once they arrive in Saranac Lake, riders are fully provided for, with double-occupancy hotel rooms, breakfast, lunch and dinner, and water stops approximately every 20 miles throughout the ride. A nurse practitioner and sag vans accompany the riders each day, linked by ham radio operators, and a mechanic provides repair and maintenance support before and after the ride each day. Riders can park their cars at Dwyer Park on Wednesday, June 27, and return to their cars at the end of the ride.

Fund-raising -- Riders must raise a minimum of \$650 to participate in the four-day ride. To make fund-raising easy, a special website is set up where each rider can have a special account. Riders raising \$900 will receive a commemora-

tive ride shirt and those reaching \$1500 will receive a ride jersey.

Sign-up and Information – Check out the ride website at <http://pedal4medals.org>. More information can be had by contacting Laurie Kennedy, Special Olympics Regional Director, at 315-473-2933 or 585-766-2758.

Ride for the Rescue

As The Pedal Turns (vol 3):



Last episode our hero was in a quandary as to which ride to do at the Ride for the Rescue on July 15th. Well, the situation has changed. He now can join the OCC Geezer Team. He realizes that this is the chance of a lifetime. He can actually ride with and become part of the Geezer team. You know that most of you all aspire to join the Geezers (you all will be geezers at some point in your life). Well here's your chance. For OCC members of the Geezer team the entry fee has been, are you sitting down, lowered to just \$75.00. Holy cow!! Did I just say \$75.00? YES I DID. There is only one drawback to this entry fee. You can't register online for under \$100. But what the heck, you can likely raise more than that just by getting the people that owe you money to pay up. Or if you are not shy, most people are willing to donate to such a good cause. Remember to fill out a registration form, get their name, address, and amount and I am pretty sure

the Rescue Mission will send them a receipt. Wait a minute, that means that any donation to the Ride for the Rescue is tax deductible to the limits of the wonderful IRS laws. So really, you can stick it to the man and raise as much as you possibly can which means less tax money that you or your supporters will have to pay to our wonderful government. And on top of all that great news, you are supporting a great cause.

So if you raise \$100 or more go to the Ride for the Rescue home page (http://www.rmsyr.org/RideForTheRescue/Home/Main_Page.htm), click on register. When asked about a team, enter OCC Geezers, and then enter my name (Michael Lyon) as team captain. One more thing you don't have to register to ride the full century. You can register for any of the distances (family fun 5 miles, 20, 40, 62 or 100). There is no need to worry. Geezers are very friendly and will not mock anyone that doesn't do the full century.

Each of the routes begin and end at Cazenovia College. Our own Jeff Palmer did the maps and they show the route as well as the water stops and convenience stores. After the ride they will feed you and I hear there is going to be a massage tent for that post ride rub down. The longer routes are rolling to hilly but you get to go by picturesque farms and through small communities in Madison and Onondaga counties. Don't forget the windmills. The shorter lengths are great for novice cyclists. Did I mention that after the rides, there will be food and other activities (???) for the entire family; that is if you don't care about the food. Bring that non-cycling significant other. For more info, go to the above link or e-mail me at ridebent@twcnny.rr.com. See you next month. "Pedal On Dudes and Dudettes"

Advocacy

Update from the NY Bicycling Coalition

June 2007

As many of you probably know, May is National Bike Safety Month. To celebrate this event, the New York Bicycling Coalition hosted its fourth annual Capital Bike Week the week of May 14th. The kick-off event was the Legislative Breakfast and Capital Ride at the Legislative Office Building in Albany. The turnout for the Breakfast was one of the best we have had in the past few years. We were able to present our legislative agenda to a number of key state representatives and the recently appointed Commissioner of the Department of Motor Vehicles, David J. Swarts, was on hand to present NYBC with the Governor's Proclamation of May as Bike Safety Month. Commissioner Swarts is an avid cyclist himself and should prove to be a key ally as NYBC moves forward to introduce Share the Road information as a mandatory inclusion in the Driver's Education curriculum. There were also a number of State Legislators in attendance as well as representatives from DOH, DOT, GTSC & the Canal Corp.

On Wednesday of the week, the local Ride of Silence attracted over 150 riders on a rainy weekday afternoon. Thursday was the Capital Commuter Contest and for the fourth year running, the bicyclist came out as the winner. We had good coverage in the local media on two days running and the Ride of Silence attracted additional exposure for the week's events.

The Events Calendar has been out for a number of months and we continue to receive requests for more copies. You can request a copy or submit additional events for our online calendar via the NYBC website: www.nybc.net.

While the summer is a quiet time for legislative activity we continue to work towards our goal of a Safe Passing Law in NYS and mandatory inclusion of Share the Road material in all drivers' education classes. NYBC will also be working with Justin Booth and the Safe Routes to School National Partnership to implement the Safe Routes program in New York State. This program is a great opportunity to get more kids walking and biking to school and should be a critical stepping stone to more "Complete Streets" programming in NY. The idea behind Complete Streets is that all new and reconstructed roadways accommodate all users of the road: people walking and bicycling, anyone with a mobility impairment and transit as well.

As always, if you have any questions or comments on our programming, please don't hesitate to drop us a line. Enjoy the summer riding season and be safe on the roads.

Joshua Poppel
Executive Director
NY Bicycling Coalition
PO Box 8868 Albany, NY 12208
518 436-0889
Support Our Efforts to Increase Bicycling and
Pedestrian Safety and Access Today!
-> <http://www.nybc.net/about/htmlform.shtml>
Join E-NY Bikes! for news, advocacy and event
updates (once a month)
<http://lists.nybc.net/mailman/listinfo/nysbikewalk>

Ride Reports

California Dreaming - Part II

Paul's visit to California was from 3/28 to 4/2. The first part of this two-part travelog concluded with Paul's participation in a Critical Mass Ride in San Francisco.....

Text and photos by Paul Swinburne

3/31/07

This was the day that I planned to ride with the Berkeley Bicycle Club. The start point was a Peet's Coffee shop in east Berkeley (near the Berkeley hills). At start time 8:00 am only one rider, Jessie, was there so we waited awhile and then we headed out. Since I was driving to San Jose that afternoon we decided on a short loop (about 30 mi.) through the hills east of Berkeley and Oakland. We started by climb Tunnel Rd., a long winding climb up to the ridge line. Not sure why this is called Tunnel Road since it doesn't go through a tunnel but it does go over the Calcutt Tunnel (which has the route 24 Freeway from Oakland to Walnut Creek). Once we got up to ridge line we started a nice loop that went around the Redwood Regional Park. After awhile a big group of Berkeley Bicycle Club riders came through at a pace that I could stay with so Jesse gave me directions back to Skyline Blvd. and Tunnel Rd. The end of this loop went back up to the summit on Pinehurst Rd. through the little town of Canyon. This is very beautiful road through with huge redwood trees right along the road (I'm sorry I didn't get any pictures). I stopped here to fix a loose water bottle cage. I didn't have a 4 mm allen so I asked the first rider coming along and he (Russ) generously stopped to help. Amazing Russ was riding a fixed gear

which is surprisingly common in California but certainly difficult with all the hills.

Another weird thing about a fixed gear with no freewheel is descending. It was strange Russ's leg peddling like crazy while I was just coasting and braking on the turns.

4/1/07

I was in San Jose for this day (with an old friend) so I decided to do another ACTC ride. The ride started at the foot of now famous, from the Tour of California, Sierra Rd. climb. The ride didn't include Sierra Rd. and it didn't start until 2 pm so I figured I could do the Sierra Rd., Felter Rd. and Calaveras Rd. loop that was near the end of stage 3 of this year's Tour of California. It certainly was a difficult climb, especially with no warm up. It took me about 38 minutes for only 3.8 miles. The beginning is the toughest grade and near the end there are actually so down dips. Following is a photo of me at the top. I also included a photo of the Calaveras Reservoir. The Tour of California route went along the west side of this reservoir. The decent on Calaveras Rd. into Milpitas was nice, didn't have to brake. The total loop was only about 15 miles.

The ACTC ride went through Alum Rock Park on some paved trails (not open to motor vehicles) and then out of the park onto Mt. Hamilton Rd. This is a rather famous climb that goes to the Lick Observatory at an elevation of 4209 ft. ACTC divides this into two different climbs (Lower Mt. Hamilton and Upper Mt. Hamilton) or LMH and UMH for short, since there is significant downhill after the LMH crest.



The next photo shows me with the ACTC group in the valley between LMH and UMH. The mountain in the background is the peak of Mt. Hamilton. The grade on Mt. Hamilton Road is fairly reasonable. The story is the road was built to transport the mirrors and equipment for the original observatory telescopes and the grade had to be low enough for horse drawn wagons to more these loads. It was a low enough grade that I could easily maintain a conversation.



The next climb was Quimby Rd. East. Both LMH and Quimby East, as well as Sierra Rd. are rated as 5 climbs on the ACTC scale that goes from 1 to 6. However, the descent down the other side to San Jose (Quimby West) is rated as a 6 climb. This was a difficult descent. I had to deal with a fair amount of brake fade so it certainly was a bit scary. I hope that this was just due to new brakes and rims. Eric, the ACTC ride leader warned us to be careful on the descent because of the grade and very tight turns. The rest ride, back to start area, just had one relatively small climb, Mt. Pleasant Rd. which is only rated as a 3 on the ACTC scale. Following photo is from the top of Mt. Pleasant while we waited for the rest of the group.



4/2/07

This was my last day in California. I was still in San Jose but I needed to pack up my bike and get to Oakland later in afternoon. ACTC had a rather casual ride from Saratoga to Los Altos and back leaving at 9:30. Total distance was listed as 28 miles so I thought this would be OK. The start location was very close to my friend's house so I just rode over t. This turned out be a very relaxed ride with mostly retirees as we wandered along all sorts of back streets through the cities of Saratoga, Sunnyvale and Cupertino. This ride was rather slow to Los Altos so after a leisurely coffee and muffin at Le Boulanger, I was a bit concerned about getting back in time for my trip to Oakland. Fortunately the return route was a bit more direct using more main streets but most of these had bike lanes. Below is a photo of the group right near the end of the ride.

Overall it was a great experience to ride in California. The weather was great (at least while I was there) and people were very friendly. It easy to find bike club rides on the internet and it is a great way to meet people and get in some early season riding. The big problem is traffic which can be rather nasty. The winding mountain roads are OK. It is just a problem to get from one to another.

Classified

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.

1.

Hello
we are looking for a used road bike for my 5'6" daughter , who wants to start riding w/dad
let us know
thanks,
Tom & Marissa (tpmeh@aol.com)

2.

Road Bike for Sale

Tomasso Road bike with carbon fork and back down tube. 33" frame. Speedometer included. Like new. Aero bars included.

High gears and road bike gears. Used for triathlons and road biking.
\$900
Call Eileen M Clinton 449-2009

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

RETURN SERVICE REQUESTED

