

# THE SPOKE 'N WORD



We welcome these new members:

- Brian Bain
- Emma Bates
- Jon Bates
- Nick Bates
- Tracy Bates
- Liz Besio
- Trevor Brown
- Peter Caluwe
- Ray Carlson
- Jesse Cosser
- Ceme Curley
- Drew D'Agati
- James D'Agostino
- James Dunlap
- Missy Ethridge
- Jeanie Fegley
- Diane Goode
- Michael Harding
- Olivia Harding
- Ruth Harding

- Laura Horian
- Ethan Howse
- Sean Kesselring
- Joshua Kline
- Nicholas Kline
- Bill Larkin
- Bruce MacKnight
- Kim Meriwether
- Kristin Mullally
- David Pajak
- Louis Profenno
- Shannon Ricci
- Kathie Sallustio
- Kelly Scalzo
- Tony Scalzo
- Brian Smith
- AJ Stringham
- Mary Taffet
- John Woods
- Alex Zamojski
- Marie Zamojski
- Ron Zamojski



Earth Day Clean-up, last year. Photo by G.Vidali

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## The next issue will be out in the second week of June

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.

Correction: the attribution of the photos at the Banquet was missing in the April issue. Photos were taken by Dick Blume.

# Membership

## MEMBERSHIP REMINDER

The Ride Schedules were mailed to paid members on Monday, March 10<sup>th</sup> 2008. 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 S2007, F2007, Y2007, or C2007 in the upper right corner of the mailing label indicates your 2007 dues were paid but **NOT** for year 2008 (**BAD**). Anything with a 2008 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 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 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 have misplaced the renewal form and have web access, you can print one from the December 2007 *Spoke-n Word* on the OCC web site. You can also contact Bob Ruth to send you a renewal form (see below).

## PROBLEMS?

If you have paid year 2008 dues and the mailing label on this issue of the *Spoke-n Word* indicates 2007, 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@msn.com](mailto:ruthrob@msn.com).

## Decals available!

If you want a decal with the OCC logo and in OCC colors, please contact Bob Ruth. The decals have the adhesive on the front, so they should be attached to the inside of the (car) window.



Oil Dependency, by Jennifer Marsh and the International Fiver Collaborative - East Colvin St. and Nottingham Rd. - Photo by G. Vidali (see The Daily Orange at: <http://media.www.dailyorange.com/media/storage/paper522/news/2008/04/25/News/A.Patchwork.Protest-3349145.shtml>)

## Bike-to-Work Day !

by Gianfranco Vidali

Remember that Bike to Work Day is Friday, May 16 ! Make an effort to commute to work or run errands by bike. Visit the League of American Bicyclists at <http://bikeleague.org/> for tips on commuting and news about important legislation

for safer, better designed streets that was introduced in the U.S. House and Senate.

**Celebrate!**

**League of  
American  
Bicyclists**

**Bike to Work Week**  
**May 12 - 16**  
**bikeleague.org**

*Enjoy the Ride!*

See also the Website of the New York Bicycling Coalition, [www.nybc.net](http://www.nybc.net) and page 7 "Upcoming Events".

# Earth-Day Clean-up

## Another successful Earth Clean-up Day

by Bill Goffe

Here are the individuals who made it possible:

\* John Baker - Year-in and year-out John is the individual who makes this event possible. The true kudo's go to you. Thank-you once again!

\* Mike Lyon - You've heard me say it before, but Mike always steps up to the plate not just for this event, but for nearly every event the club puts on. When I first got involved with the club I started to wonder if his red pick-up truck was the club's pick-up truck. Thank-you once again. You're truly one of the club's most valuable players.

\* B.I.K.E. Syracuse children - Thank you to each and every one of you. I'm having trouble finding the right words. Very simply, your help, your energy and your support of our event did, indeed, make the day.

\* Dave Baker, Red and Ben Donzella, and Tony Baleno - Thank-you for making breakfast possible. The breakfast was for everyone who made the clean-up a success. Most importantly, the breakfast was for the children from B.I.K.E. Syracuse. I'm sure you will agree that the resulting smiles from each and everyone of them said it best; Thank-you all!

\* B.I.K.E. Syracuse "Staff" - Very simply... Wow! The job you're doing is immeasurable. Thank-you, and thank-you for bringing the children out to help.

\* To each and everyone one of the participant's - THANK-YOU!

\* Town of Clay supervisor James Rowley - Jim, thank-you for joining us once again this year. Your continued support is truly appreciated by all.

## and a few words by John Baker:

Kudos to all those who participated in another successful Earth Day Clean Up by the Onondaga Cycling Club. By my calculations this was year Number 7. We have picked up nearly 17.5 truckloads of debris and cleaned over 70 miles of road frontage over the last seven years. Our average membership attendance is around 40. What other club can claim these numbers? Special thanks to our guests this year, the young adults from B.I.K.E. that contributed their time and energies into making this yet another successful year. Thanks to the more senior members of B.I.K.E. for putting on a wonderful pancake breakfast. Thanks to the Town of Clay Highway department for their support, trucks and manpower. Thanks to Town Supervisor, Jim Rowley for making this event possible, his continued support and presents at the event. Thanks to Wegmans and National Grid for their continued support. Russell Jerome, what can I say, he opens his building, provides parking and a place to set up, not only for this event, but the entire summer during the club time trials - always with a warm gracious smile. And my special thanks to our club members who are there every year to assist in organizing, setting up, and cleaning up. Thanks to our Creator for the gift of this day, 84°, sunshine and positive attitudes. Next year, will you be there?

## B.I.K.E. Syracuse

The first page of the OCC ride schedule and the first tab on the website says simply "about us". Basically a description of who we are and what we do. There is another, unwritten part of that description that says simply, "we support the b.i.k.e.Syracuse program for children and all of their activities". OCC members involved in all sorts of club events are asking, "can we do some-

thing for b.i.k.e.Syracuse here?" It's become almost automatic. Wow. There has been way too much going on with the b.i.k.e.Syracuse kids to describe here so we'll just say that everything from musical theater to ice skating to cleaning city parks has been successful and the kids are starting a new riding season. As always, OCC members are welcome to come and ride with the kids. B.i.k.e.Syracuse has always been about more than just riding and is evolving into something much bigger. "Bike Club" is a huge part of the kids lives and a safe haven in their sometimes scary world. It's not unusual to find kids waiting outside St. Lucy's for breakfast an hour early on Saturday mornings - even when the temperature is in the single digits. At a recent training session for b.i.k.e.Syracuse volunteers the question was raised, "What have we gotten ourselves into here?". After a long moment of silence, discussion resumed on how to move forward. Wow. June 22nd is the "B.I.K.E.Syracuse Tour De 'Cuse" so mark your calendars. This is their big fundraising ride and it's going to be great! The ride goes on all day and you can ride one mile or one hundred miles. Start at 9AM or 3PM or anytime in between. More information and registration at [www.bikesyracuse.com](http://www.bikesyracuse.com). We'll have more details here as we get closer to the big day. Thank You OCC!

David Baker

## Upcoming Events

### Celebrate National Bike Month with NYBC (New York Bicycling Coalition)

Jennifer Clunie  
Program Manager  
NY Bicycling Coalition

[jennifer@nybc.net](mailto:jennifer@nybc.net)  
(518) 436-0889

Many exciting events, workshops and rides will be held during our Fifth Annual Capital Bike Month. We hope you will join the closest Ride of Silence in your area on Wednesday, May 21<sup>st</sup> to honor those who have been injured or killed while cycling on public roadways, raise awareness, and remind motorists to Share to Road (see [www.rideofsilence.org](http://www.rideofsilence.org) for more information or find a ride happening in your town).

We also ask that you consider participating in National Bike to Work Day on Friday, May 16<sup>th</sup>. 40% of all travel in the U.S. are trips 2 miles or less; 90% of those are by car. What would our city streets, air pollution levels, and communities look like if more citizens chose a "green" method of alternative transportation that cuts down on traffic congestion and rising fuel costs while simultaneously providing an enjoyable way to stay healthy and active?

In order to raise the visibility of bicycling-related issues with your elected representatives, NYBC has organized a series of events in the Capital District area to capture the attention of our legislators while in session in Albany. Please refer to our Calendar of Events online at [www.nybc.net](http://www.nybc.net) for a full calendar of events and ways to participate in National Bike Month.

## As the Pedal Turns

Vol. 2; No. 1. by Mike Lyon

Well it's that time again; time to get ready for the Ride for The Rescue. This year everything is new; new starting point, The Inner Harbor; new 5, 10, 20, 40, and 62 mile routes. I don't know much about the 5 and 10 mile routes

other than they will be packed with family fun. However, I do know everything about the longer routes. Many of the roads are taken from our club rides. Everyone will travel NW past the State Fair Grounds. No don't stop, remember it is only July 20th and the fair won't start for another month. Then we head east towards Amboy and we are officially out of the city.

Overall, the 20 mile route is rolling and has some climbing but nothing long or really hard. There is a gradual climb up Van Buren Road to Herman. But it will be worth it since there is some great scenery. In addition, once you get to the top of the hill on Herman, there is a nice downhill to the intersection of 173, where you will turn East and head back toward the city and the rest stop at Reed Webster Park. After filling and/or emptying your tanks, onward to Milton Ave. and back to the inner harbor.

Now, as for you 40 milers, don't turn onto 173. You guys and gals get to go straight up Devoe Road. If you have never been on the road you are in for some fantastic views of the village of Camillus and the surrounding hills. That is, after you climb to the top. After admiring the scenery, you get to take a killer downhill (careful, I've hit more the 50 mph) past the Erie Canal Museum and then back up towards route 5. The route continues through the back country to Veteran's Park at Gillie Lake and the teaming metropolis of Jack's Reef, on the shores of the Seneca River/Erie Canal. You'll travel north and then East through the area that was once called the Kingdom. Here you will find your first rest stop on Swimm's farm. Then it is forward to Warners Road/173 and back to the Inner Harbor.

You lucky people that are taking the 62 mile route will leave the 40 milers after Veteran's Park/Gillie Lake at Bennetts Corners Road and travel south to your first rest stop at Carpenter's brook. Once refreshed, it is on to Skaneateles Lake. Going south along route 41, you will get some looks at the lake and then traveling East you are in for a great view of Otisco Lake and a nice downhill. At the bottom you will wind your

way towards Marcellus Park and your second rest stop. After communing with nature (if you get my meaning), it is back on the route, which takes you along Nine Mile Creek and into the Village of Camillus, Milton Ave., and the Inner Harbor

Well that's how it will go, sort of. Anyway why not join team OCC Geezers and come along. We already have 8 members, yours truly, Dennis Stelzner, Andy and Virginia Longacre, Alex Thor, Robert Ruth, Todd Relyea, and Steve Grossman. Hey, if you can't do the ride, how about making a general donation to the team. Go to [www.ridefortherescue.org](http://www.ridefortherescue.org) and get the info. Hey come on right now, the Onondaga Ski Club is beating us, THE SKI CLUB. We are a cycling club. We can beat them. Well that's it from ride central and this geezer's arthritis is acting up so nooo mooree typpinnngggg.

## Pedal for Medals 2008 Ride

### WIN A NEW ROAD BIKE AND OTHER AWARDS

The organizing committee for the 2008 Pedal for Medals-Special Olympics bicycle ride has announced that every rider in this year's ride will have a chance to win a brand new Iron Horse Triumph 3 road bike. The bike will be awarded to a lucky winner on the second evening of the ride. Every rider will have one chance in the drawing for raising the \$650 ride minimum. Additional chances will be awarded for riders raising additional amounts as detailed on the website. Other prizes and awards will also be awarded at that time.



In addition to the prizes to be drawn on the second evening, the ride is also offering riders the opportunity to earn cycling clothing based on the level of donations they raise toward the ride. Riders who reach donation levels of \$800, \$1100, \$1500 and \$2000 will be eligible to receive Pedal for Medals ride socks, shorts, jersey and jacket respectively. These awards are cumulative so riders who reach the \$2000 level will have a full kit.

If you want to have a great time from June 25<sup>th</sup> through 29<sup>th</sup> sign up for the ride at [www.pedal4medals.org](http://www.pedal4medals.org). Join in with a growing number of other OCC members in helping to support the work of Special Olympics while doing what you enjoy...cycling. For questions, information and a rider's perspective contact Tony Baleno at [abaleno@twcny.rr.com](mailto:abaleno@twcny.rr.com).

# Board of Directors

## Club Officers

President	Bill Goffe
Vice-President	Wayne Miner
Secretary	Tony Baleno
Treasurer	Mike Lyon

## Board of Directors and Assignments

Fall Century	Marcello Prattico, Rich Veenstra	Merchandise	Kelly Wheeler
Membership/Insurance	Bob Ruth	Time Trial	Sam Sampere
Newsletter Editor/ Advocacy	Gianfranco Vidali Wayne Miner, Gianfranco Vidali, Anne Diekema	Publicity	Wayne Miner
Banquet	Mike Lyon	At Large	Pat Reid, Doug Taylor, Joanne Yaworsky
Racing/USCF Liaison	Sam Sampere/ Marcello Prattico	Web-site Manager	Marcello Prattico
		Ride Schedule	Rich Veenstra

## Other Positions

Earth Day Clean-up	John Baker	Almost 4th of July Century	Anne Diekema
Annual Picnic	Chad Bradshaw	Equipment	Jack Lancette
Vacation Ride	Joan Youngwirth, Jimmy Ryan	E-map Designer	Jeff Palmer
Point and Mileage	Jim Price	Listserver Admin	Tim Bingham
Long Distance Riding	Jennifer Barber	Map Distribution	Rich Veenstra

# Connections

Of Central New York

518 James Street, Suite 110 Syracuse, New York 13203 315-434-9597

[www.connectionsny.org](http://www.connectionsny.org)

## Early Bird Bike Ride to Get Non-Profit Rolling

Cycling Fund Raiser to Complete Campaign for Connections of CNY, Inc.



The Early Bird Bike Ride will take place on May 31 and June 1, 2008 in the heart of the Finger Lakes. The ride from Geneva to Bath on Saturday and back to Geneva on Sunday will pass through some of the most beautiful scenery in New York State. The ride is sponsored by Wal★Mart, Volvo and The Bikery.

The ride, which is the first multi-day charity ride on the cycling calendar, includes overnight hotel accommodations in Bath, meals during the ride, water stops, support vehicles, an EMT and a ride mechanic who will provide roadside service throughout the ride. Cyclists will cover an average of 55 miles per day, with an additional, optional 16-mile loop out to Bluff Point overlooking Keuka Lake on Day One.

Cyclists can register by printing and mailing in a registration form from the Connections website at

[www.connectionsny.org](http://www.connectionsny.org), along with a \$25 check or money order. The ride is limited to 50 cyclists, so register now. Once registered, each cyclist will receive fund raising materials to help them generate the \$400 minimum they need to raise in order to ride. Each cyclist will receive a ride t-shirt designed by award-winning Syracuse artist Joe Glisson (attached). Additional prizes will be awarded to cyclists who raise \$600 or more, with a grand prize for the highest fund raiser.

Funds raised at the Early Bird Bike Ride support the launch of Connections, and will complete a one-year fund raising campaign launched on June 1, 2007. On that date, Connections, a



new non-profit organization Central New York that supports adults with developmental disabilities, began to raise \$100,000 in bridge funds needed to get the organization started. The bridge funds will cover the organization's support services for adults until Medicaid reimbursements for those services begin, enabling the organization to become largely self-supporting from that point onward.

Connections will help many adults with developmental disabilities to move out of institutions and group homes, where they did not thrive, and into their own homes and apartments where they'll live with and alongside common community citizens. Ongoing support from Connections will enable these adults to make the most of whatever capabilities they have and to live as independently as possible.

For more information about the ride and Connections, call Glenn Ivers at 315-434-9597, extension 202, or email [info@connectionsny.org](mailto:info@connectionsny.org)

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## **8<sup>th</sup> Annual Cazenovia Triathlons**

**Two race distances: Sprint: 800m Swim/22.5k Bike/ 5K Run  
& Intermediate: 1500m Swim/ 40k Bike/ 10k Run**

**Sunday August 10, 2008 Lakeland Park Cazenovia, NY  
8:00 AM Start – Intermediate Tri / 8:30 AM Start – Sprint Tri**

**Visit [www.cazenoviatriathlon.org](http://www.cazenoviatriathlon.org) for on-line registration, race details,  
maps & breaking news.**

Questions?

Contact Race Director:

[cazdirector@cnytriathlon.org](mailto:cazdirector@cnytriathlon.org)

- **USAT Sanctioned Event**
- **Chip timing provided by Score-This! Inc. for S,B,R, T1, T2**
- **Packet pickup at Fleet Feet, 3435 Erie Blvd. East, DeWitt, NY 13214: Friday August 8<sup>th</sup> 5 – 7pm and Saturday August 9<sup>th</sup> 10 – 5pm.**
- **Age group awards in 5 year increments. Male/Female**
- **New this year - *Dorm stays at Cazenovia College***
- **First 40 registered in 15-19 yr Age Group enjoy special rate of \$45**
- **Sponsor opportunities at: [cazsponsors@cnytriathlon.org](mailto:cazsponsors@cnytriathlon.org)**
- **Volunteer opportunities at: [cazvolunteers@cnytriathlon.org](mailto:cazvolunteers@cnytriathlon.org)**

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RETURN SERVICE REQUESTED

