

# THE SPOKE 'N WORD



Leiden - Photo by G.Vidali

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**The next issue will be out in February**

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We welcome these new members:

- Dave Burger
- Tracy Crompt
- Tammy Huckabone
- Sean Severance
- Brent Snow

**2008 members: 492**

**2009 members: 32**



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 (listserver) can be subscribed to from our Web site.

# Membership

This issue of the Spoke-n Word includes the annual Club Renewal Form for year 2009. Check your mailing label. If you see 2008 to the right of your name, you need to renew membership for 2009. The Renewal Form needs to be returned with your payment. This is important for two reasons:

1. The waiver at the bottom of the form (and the MINOR RELEASE on the back, if applicable) 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.

2. The vice president collects mail from the Post Office box. He gives the checks to the treasurer for deposit 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.

Membership cards for renewals will be sent with the Ride Schedule mailing in early March. If you have any questions, e-mail Membership Chair Bob Ruth at [ruthrob@msn.com](mailto:ruthrob@msn.com) or phone at (315) 451-0685

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.

## OCC Annual Banquet

by Joanne Yaworsky



The annual banquet will be held Friday, January 23, 2009 at a new location for us: the DoubleTree Inn, 6301 State Route 298, East Syracuse (just east of Carrier Circle on Carrier Drive; it used to be the Marriott Hotel).

Cocktail hour with a cash bar including light hors d'oeuvres begins at 6:30PM followed by a full buffet dinner at 7:30PM. A tossed salad with choice of dressings and warm rolls and butter will be served followed by the buffet which will include a fresh fruit salad, chef's chicken, sliced London Broil with sherry mushroom sauce, spinach and cheese stuffed ravioli tossed with a red pepper coulis, chef's potato, fresh vegetables, assorted dessert bar, and coffee, tea, or decaf.

Officers for 2009 will be voted on and elected, awards for our 2008 cyclists will be presented and of course, we will have many wonderful door prizes! This will be a fun event at the new location so please come and bring a guest! The price will be \$25 for adults and children 16 and under are free. Please note that this year, the banquet will be held on a FRIDAY as opposed to SATURDAY as in past years. The deadline for reservations and payment is Friday, January 16, 2009. To sign up now, mail your check to Onondaga Cycling Club, PO Box 6307, Syracuse, NY 13217-6307. You can also sign up at BikeReg: <http://www.BikeReg.com/events/register.asp?eventid=7414> (there is a processing charge of \$2.80).

## Advocacy

### Updates from NY Bicycling Coalition

#### **State Energy Planning Board Meeting on Climate Change 12/11/08; NYBC Urges Bicycles to be Included as part of the Solution**

The NY State Energy Planning Board met on December 11<sup>th</sup>, 2008 in Albany to discuss state policies regarding infrastructure investments, renewable energy development issues, climate change, and long-term planning for the State. While NYBC is thankful the State remembered and invited those representing the interests of bicyclists and pedestrians (which include access to mass transit, carpooling options and ability to safely utilize non-motorized transit), and hope they will continue to do so in the future, the proceedings were a bit underwhelming.

Though staff at the highest levels from the state agencies and the Governor's office were in attendance, somewhat simplistic and dry reports about alternative energy sources and a model concept for predicting energy costs and availability drew few questions from the Board or the audience. Perhaps after NYSERDA's staff efforts are advanced, a bit more focused program proposals will be evaluated by the Board.

But not all aspects of attending the meeting were wasted. A very committed ending statement was made by Judy Enck, Deputy Secretary for the Environment--though specific action was directed to the Board. NYBC was able to follow up with Deputy Secretary Enck and NYSDOT representative Bob Zerillo, articulating our position that they should advance a pro-active policy of supporting safer travel for bicyclists and pedestrians to substitute for short automobile trips. Our concern for safer road shoulders and the danger inappropriate placement of "rumble strips" could present for bicyclists was used as the example of what they could easily deliver on selected roads. Affirmative responses and positive conversations with DOT, DEC and DOS staff will be followed up on by NYBC staff and representatives during the 2009 Legislative Session as we continue to advocate the state to adopt a "Complete Streets" policy and continued funding programs that educate and protect the safety of all vulnerable roadway users.

NYBC applauds Governor David A. Paterson's efforts to combat climate change and recognition that "Global warming is the most pressing environmental issue of our time." We urge Gov. Paterson to include bicycling in Regional Greenhouse Gas Initiatives and bicycle and pedestrian access when considering infrastructure planning

and design, for the health and safety of all New Yorkers.

### **Dig Out Those Maps & Cue Sheets: ILOVENYBIKING.COM Needs Your Input**

Following up on our announcement earlier this year regarding NYBC's partnership with Explore NY to develop a new website dedicated to improving and enhancing bicycle-based touring opportunities in New York State, [www.ilovenybiking.com](http://www.ilovenybiking.com) is scheduled to go live early in 2009.

In addition to information about safe cycling and cyclo-tourism options throughout NY State, content will include links to existing rides, cue sheets, maps and other useful route planning tools. A user-friendly template will allow the visitor to sort using multiple criteria, including rides by region/tourist destination; length; difficulty; family-friendly options; and those that include unique natural, cultural, historic and gastronomic (yes, good food is key to great cycling!) features. The site will be regularly updated as contributors come forward from on and off road bike clubs around the state.

Those of us who regularly ride the roads in New York already know that we have a first class road system that provides a plethora of safe riding - up and down, long and short, along the water, up big mountains and all points between—and this says nothing about the extensive network of off-road trails in an equal variety of settings, remote to urban.

In order for [ILOVENYBIKING.COM](http://ILOVENYBIKING.COM) to tell this story we need high-quality CONTENT—and that's where you come in. We know some clubs have already posted their favorite rides, including cue sheets and GPS information, on their own websites; why not in-

crease your visibility and market your club events/fundraisers to a wider audience?

NYBC is looking for one or two top rides from each bicycling club that showcase your area, inc. cue sheets and maps, to be featured on [www.iloveNYbiking.com](http://www.iloveNYbiking.com). Striking digital images that celebrate the legendary beauty and amazing breadth of cycling potential one can experience in are welcomed/encouraged. Share your rides, maps and photos by emailing [nybc@nybc.net](mailto:nybc@nybc.net); call us at 518.436.0889 for more information.

In order for this site to work—and by "work" we mean provide sufficient information and inspiration to ensure visitors from around the state, U.S. and the globe who enjoy riding and spending money in our many communities, however big or small—[www.ilovenybiking.com](http://www.ilovenybiking.com) needs contributions from cyclists like YOU.



At the end of the last ride of the season - Paul Swinburne in Chittenango Plaza - Photo by G.Vidali with Paul's camera

# 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 Pratico, 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	Joanne Yaworsky	At Large	Pat Reid, Doug Taylor,
Racing/USCF Liaison	Sam Sampere, Marcello Pratico	Web-site Manager	Marcello Pratico
		Ride Schedule	Rich Veenstra
		4th of July Century	Bob Spear

## Other Positions

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

# 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

**Amsterdam -- Photo by G.Vidali**



**ONONDAGA CYCLING CLUB, INC. 2009 MEMBERSHIP RENEWAL FORM**

Make checks payable to: Onondaga Cycling Club, Inc.

Single \$20.00\*    Family \$30.00\*\*    Individual Youth \$5.00    Contributing \$10.00  
 Check only **one** box above   \* includes \$1.48 NYS Sales Tax   \*\* includes \$2.22 NYS Sales Tax

NAME: Mr.  Ms.  \_\_\_\_\_ NICKNAME: \_\_\_\_\_ BIRTHDAY: \_\_/\_\_/\_\_\_\_  
 ADDRESS: \_\_\_\_\_ APT \_\_\_\_\_ HOME PHONE: (\_\_\_\_) \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ - \_\_\_\_\_  
 OCCUPATION: \_\_\_\_\_ BUS PHONE (OPT): (\_\_\_\_) \_\_\_\_\_ X \_\_\_\_\_  
 e-mail Address (optional) \_\_\_\_\_

I WANT TO READ MY SPOKE-N WORD VIA THE OCC WEB SITE. DO NOT SEND ME A PAPER COPY.

AFFILIATED MEMBERSHIP:  LAB    AYH    USA Cycling - License No. \_\_\_\_\_  
 IMBA    Other(s) \_\_\_\_\_

**OTHER FAMILY MEMBERS**

**AND THEIR AFFILIATIONS: LAB AYH USAC/License No.**

NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_

**Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement"):**

In consideration for being permitted to be a member of Onondaga Cycling Club, Inc. ("Club") and to participate in any way in any Onondaga Cycling Club, Inc. sponsored Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, its administrators, directors, ride leaders, volunteers, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and leasers of premises on which the Activity take place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant #1 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #2 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #3 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #4 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_

D	C	S

**MINOR RELEASE**

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/Guardian Printed Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Can you help in any of the following ways?

- Administration:     Publicity             Newsletter             Mailings                 Membership
- Advocacy               Ride Schedule         Youth rides             Club Meetings
- Touring:             Ride leader             Sag Wagon               Bar-B-Que               Organize tour
- Racing:             Time trials             Weekend Races         Youth transportation    Coaching
- Off Road:           Ride Leader             Recreational Tours     Competitive / Race Team
- New Event(s) - Please describe.

ADDITIONAL COMMENTS OR SUGGESTIONS:

Send COMPLETED Renewal Form with payment to:

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



**Onondaga Cycling Club Inc. Annual Election Voting Instructions**

The election of Officers and members of the Board of Directors for the Onondaga Cycling Club, Inc. will be held via mailed ballots this year. Results will be announced during the Annual Membership Meeting to be held Saturday January 24, 2009 at the DoubleTree Inn, 6302 Carrier Parkway, East Syracuse, NY along with the annual Awards Banquet. This page of the newsletter is to be used as the official ballot. It will be counted toward the election only if it is received at the post office box before the membership meeting. Do **not** bring this ballot to the meeting. In order for the vote(s) to be counted, the mailing label on the reverse side **must remain attached**.

**INSTRUCTIONS:**

Single (S) and youth (Y) memberships are allocated one vote and member should mark his/her selections using the boxes in the **S** column.

Family (F) memberships are allocated two votes. One member should mark his/her selections using the boxes in the **S** column and the other member should mark his/her selections using the **F** column.

The write-in area can be used to vote for persons whose names do not appear on the ballot. A plurality of votes is sufficient for election. If a write-in candidate receives enough votes for election, his/her seat on the board will be contingent on the person's willingness to serve.

When you have completed the ballot, return the entire page in an envelope addressed to:

Onondaga Cycling Club, Inc.  
P O Box 6307 Teall Station  
Syracuse, NY 13217-6307

Ballot must be received by Saturday January 24, 2009

**Onondaga Cycling Club, Inc.**

**Election Ballot for 2009**

**OFFICERS:**

**Nominated by current BOD** \* Incumbent

**OFFICERS WRITE-IN**

	<b>S</b>	<b>F</b>		<b>S</b>	<b>F</b>
President:	<input type="checkbox"/>	<input type="checkbox"/>	Wayne Miner	<input type="checkbox"/>	<input type="checkbox"/>
Vice President:	<input type="checkbox"/>	<input type="checkbox"/>	Mike Lyon	<input type="checkbox"/>	<input type="checkbox"/>
Secretary:	<input type="checkbox"/>	<input type="checkbox"/>	Tony Baleno *	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer:	<input type="checkbox"/>	<input type="checkbox"/>	Bill Goffe	<input type="checkbox"/>	<input type="checkbox"/>

**BOARD OF DIRECTORS:**

**Nominated by current BOD**

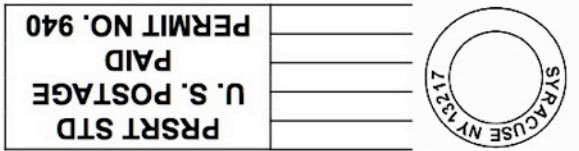
\* Incumbent

<b>S</b>	<b>F</b>		<b>S</b>	<b>F</b>		<b>S</b>	<b>F</b>	
<input type="checkbox"/>	<input type="checkbox"/>	Sue Atwood	<input type="checkbox"/>	<input type="checkbox"/>	Marcello Prattico *	<input type="checkbox"/>	<input type="checkbox"/>	Paul Swinburne
<input type="checkbox"/>	<input type="checkbox"/>	Laura Kline	<input type="checkbox"/>	<input type="checkbox"/>	Robert Ruth *	<input type="checkbox"/>	<input type="checkbox"/>	Gianfranco Vidali *
<input type="checkbox"/>	<input type="checkbox"/>	Phillip McCarthy	<input type="checkbox"/>	<input type="checkbox"/>	Sam Sampere *	<input type="checkbox"/>	<input type="checkbox"/>	Joanne Yaworsky *
<input type="checkbox"/>	<input type="checkbox"/>	Anthony Monaco	<input type="checkbox"/>	<input type="checkbox"/>	Robert Spear *	<input type="checkbox"/>	<input type="checkbox"/>	Kelly Wheeler *

**BOARD OF DIRECTORS WRITE-IN**

**Vote for no more than 12 including write-ins.**

<b>S</b>	<b>F</b>		<b>S</b>	<b>F</b>		<b>S</b>	<b>F</b>	
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____



**Membership  
Renewal and  
BALLOT  
ENCLOSED**

ADDRESS SERVICE REQUESTED

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