

THE SPOKE 'N WORD

We welcome new members!

2008 members: 596

2009 members: 422

2008 members who HAVE NOT yet renewed: 176 - This is your last issue, please renew, see below



email discussion list (listerver) can be subscribed to from our Web site.

The Vacation Ride

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Membership Renewal

Check your mailing label (see December issue)! If you see 2008 to the right of your name, you need to renew membership for 2009. The Renewal Form (available from the Website) 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 mem-

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

bers, 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 March. If you have any questions, e-mail Membership Chair Bob Ruth at 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.

Onondaga Cycling Club, Inc. – Regulation of Rides

This document provides guidelines to be followed by participants in Onondaga Cycling Club, Inc. bicycle rides, the primary purpose being rider safety for each participant.

Principle: You are responsible for yourself, but keep in mind that you are riding with a group, so

you also have responsibility for others as well. Thus, you are putting others at risk if: you suddenly brake, don't point out road hazards, make a sudden movement, pull out in front of cars that the group can't safely make when leading a group, etc.

Rules:

- 1) Wearing a helmet is required on all rides.
- 2) Traffic laws must be obeyed. Keep in mind that in general, New York state law regards cyclists as vehicles. Therefore, ride on the right side of the road, stop for red lights, and signal your turns.
- 3) Do not pass cars on the right when cars are stopped – drivers cannot see you. Be careful at intersection with approaching cars making a left turn; this is one of the most common accidents involving cars and bicycles.
- 4) Carry personal identification with you. It is recommended that you bring a cell-phone and carry the cell-phone number of the ride leader.
- 5) Warn cyclists behind you of road hazards (preferably by pointing to the hazard as you ride by).
- 6) Be sure to sign in for all rides and to sign out as well. If you won't be returning, inform the ride leader so he/she won't wait for you.
- 7) If a group is broken up by traffic or stop lights, it is a good idea for the group in front to wait up. Since sometimes those in front might not know that a split occurred, it is incumbent on those behind to let those in front know of a split as soon as it occurs (otherwise, those in front will never hear you).

- 8) If you see potentially unsafe behavior, politely inform the offending rider on how they can ride more safely.
- 9) Know your limitations. Bring adequate water or sports drink and food.
- 10) Each rider is responsible for ensuring the safety and integrity of his/her bicycle. Have spare parts and tools for a mechanical mishap (i.e. spare tube, pump and necessary tools) and knowledge of how to use them.

Rules for Riders under 18 years old:

- 1) If you bring a minor to the ride, you and you alone are responsible to stay with this person from beginning to finish.
- 2) If the minor is faster than you, make it clear that he or she has to stay with you. Another solution would be for you find somebody you trust and know to be responsible to take on the task of riding with the minor and returning this person back to the ride start. Preferably, these arrangements are made before the ride leaves the starting point.
- 3) If the minor is slower than you, you have to slow down or find somebody else to accompany.
- 4) Ride leaders should ask at the start whether there are any youth (under 18) riders on the ride. Next, they need to ask publicly who is responsible for this person so other riders are aware of who is in charge.
- 5) The parent or guardian of the youth rider can sign a waiver that would allow the youth to ride on his/her own without adult accompaniment. The waiver can not transfer responsibility for the minor to anyone else. The waiver can be written to apply for any length of time.

Bill Johnson Memorial Ride

by Mike Lyon

Our annual charity ride which will benefit the Bill Johnson Memorial Fund at SUNY College of ESF. Bill served in many club positions including president before his death in 1999. He was an inspiration to all.



- The Ride: [This route \(map Car-Bk-3L\) \(pdf\)](#) which can be found on our web page is one that was done a few years ago and the century ride goes over to Aurora on Cayuga Lake. While you won't have scenic views like this one of Cayuga Lake, there are a number of great views. There are also some really fast down hills. The ride (both the metric and full century) heads back east at the southern end of Skaneateles lake and then returns along the East side of the lake. Here you can get great views of Skaneateles Lake like the one shown here.

- When: Saturday, September 5, 2009 at 9:00 AM (10:00 AM for the metric century), check-in and day of registration will open at 8:30 AM. The park opens at 8:00 AM and closes at approximately 7:00 PM.
- Where: Carpenters Brook Fish Hatchery, 1672 State Route 321, Elbridge, NY 13060.
- Picnic: A post-ride picnic will be held for all riders.
- Cost: \$25.00 (\$35 after September 1). This covers a marked route, 2 water/food stops, the picnic, and a memorial fund donation. A souvenir gift will be given to the first 60 registrants
- Registration: You can use BikeReg to register on-line (there is a service charge) or you can [download the Fall Century Registration form](#), and mail it: OCC, PO Box 6307, Syracuse, NY 13217. For more info or to volunteer contact Mike Lyon, ridebent@twcny.rr.com, 689-1931



Ride Report: the Vacation Ride

by Bob Spear



In case the "OCC masses" didn't hear... the recently completed 2009 OCC Summer Vacation Ride was a resounding success !

Joan Yungwirth, with a little help from Jimmy Ryan, planned, organized and directed another very enjoyable vacation ride.

We stayed at the Edge Hotel in Lyons Falls. The hotel has a huge, two story, western style lobby with a large stone fireplace surrounded with numerous benches and chairs. They offered a nutritious continental breakfast featuring, make you own, delicious Belgian waffles. I'm sure we set some sort of record as 30+ cyclists gorged themselves each morning.

The staff was outstanding.....bringing us cheese curd and crackers, to go along with our own massive supply of soda, beer, wine, chips, salsa, pretzels, dips, cheeses, fruit, veggies, etc. And that was our daily, early evening, social feast BEFORE we went out to dinner.

The weather turned out fine, after the first day early afternoon rain. I understand there was only one flat tire and one confirmed case of skinny dipping.

We also did a little cycling. Though some may doubt that the calories expended were more than the calories ingested.

One day the designated route was to a winery and a wind farm, with 60 miles the long option. The wind farm contained 195 windmills. That's a lot of big propellers !

Other rides went thru Boonville, Lowville, Constableville, West Leyden, Turin, and Croghan... home of the World Famous Croghan Baloney. And yes, most had genuine baloney sandwiches consumed in the town park. We followed and crossed the Black and Moose Rivers many times. Whetstone Gulf Sate Park was hiked by many. The Turin Road Hill, about 1/4 mile from the lodge, was truly painful after all those waffles. Three people cycled home.



I'm sure there's more, but at my age, that's all I can remember.

Hearty Thanks go to Joan Yungwirth. And we can't wait till she does it again next year !

PLEASE !

Mid-Season Mileage and Point Report

by Jim Price

This is the mileage and points for club members through July 5. The miles are the total that you entered on the signup sheets and the points are the number of rides that you did.

| Riders | Points | Miles |
|------------------|--------|-------|
| Ahlsen, Doug | 2 | 95 |
| Arjomand, Keyhan | 4 | 170 |
| Ashbarry, Norm | 8 | 80 |
| Bailey, Nancy | 6 | 229 |
| Baker, Dave | 8 | 219 |
| Baker, John | 2 | 61 |
| Baldwin, Marsha | 3 | 30 |
| Baleno, Tony | 4 | 89 |
| Barber, Jenn | 5 | 119 |
| Bernstein, Scott | 11 | 466 |
| Blackmon, Joseph | 4 | 130 |
| Blair, Dean | 2 | 51 |
| Blume, Dick | 4 | 120 |
| Bolit, Erik | 1 | 10 |
| Bradshaw, Chad | 4 | 113 |
| Bray, Doug | 1 | 23 |
| Burger, Dave | 9 | 90 |
| Campbell, Jamie | 5 | 50 |
| Carr, Skip | 8 | 80 |
| Cartwright, Dana | 1 | 29 |
| Casario, Vincent | 3 | 95 |
| Cleary, Marlene | 13 | 492 |
| Clinton, Eileen | 1 | 35 |
| Comfort, Larry | 4 | 40 |
| Conover, Todd | 2 | 72 |
| Covington, Allan | 1 | 32 |
| Cox, Steve | 2 | 75 |
| Crompton, Tracy | 2 | 20 |

| | | | | | |
|--------------------|----|-----|-------------------|----|-----|
| Curley, Ceme | 1 | 30 | Hoffman, Chris | 3 | 104 |
| Damiano, Tope | 2 | 20 | Hotaling, Peg | 11 | 466 |
| Dellilo, Jason | 8 | 134 | Hotaling, Tom | 11 | 426 |
| Dempsey, Nick | 3 | 147 | Hovey, Dave | 4 | 160 |
| Dipietra, Dan | 9 | 310 | Howse, Lloyd | 2 | 44 |
| Dixon, Garrick | 1 | 30 | Hucklebone, Tammy | 6 | 60 |
| Dominick, Chuck | 17 | 402 | Humenick, Tom | 5 | 141 |
| Donzella, Ben | 11 | 220 | Hurley, Simon | 1 | 40 |
| Donzella, Red | 11 | 204 | Jackemuk, Walt | 1 | 36 |
| Doody, M. E. | 6 | 203 | Jarvi, Rich | 3 | 181 |
| Drapas, Deb | 3 | 123 | Johnson, Alex | 1 | 10 |
| Drumm, Greg | 1 | 33 | Kearns, Steve | 1 | 10 |
| Dunlap, James | 4 | 124 | Kelly, Brian | 5 | 181 |
| Elbers, Emily | 7 | 181 | Kent, Jim | 4 | 164 |
| Engbretson, Brenda | 17 | 657 | Kiggins, Mary Jo | 1 | 10 |
| Engbretson, Gus | 14 | 541 | Kline, Laura | 2 | 20 |
| Falso, Ray | 2 | 92 | Knapp, Ken | 1 | 21 |
| Faso, Dave | 1 | 24 | Knapp, Tim | 3 | 125 |
| Fegley, Jeanie | 1 | 26 | Kneale, Amy | 4 | 113 |
| Ferat, Gail | 8 | 240 | Kocher, Paul | 9 | 145 |
| Fischer, Joe | 5 | 136 | Kolb, Randy | 2 | 76 |
| Fischer, Lillian | 2 | 48 | Korolewski, Eric | 14 | 528 |
| Fitch, Dan | 1 | 10 | Krichbaum, Bill | 4 | 40 |
| Foster, Cody | 2 | 20 | Lacomb, Chuck | 6 | 161 |
| Frost, Bob | 1 | 10 | Lancette, Jack | 5 | 166 |
| Frumkin, Michael | 1 | 30 | Larkin, Bill | 1 | 24 |
| Fucillo, Tom | 7 | 222 | Leonard, Tim | 8 | 111 |
| Garofano, Neel | 1 | 35 | Leuthauser, Scott | 3 | 30 |
| Gleeson, John | 17 | 703 | Longacre, Andy | 5 | 124 |
| Goetke, Brian | 7 | 242 | Low, Greg | 5 | 208 |
| Goffe, Bill | 4 | 129 | Low, Robyn | 6 | 254 |
| Grago, James | 2 | 71 | Lozito, Ann Marie | 1 | 10 |
| Gregoire, Eric | 3 | 79 | Luban, Adam | 2 | 66 |
| Grieves, Dave | 6 | 259 | Luban, Eddie | 13 | 581 |
| Griffin, Mike | 2 | 20 | Lyon, Mike | 11 | 279 |
| Grossman, Steve | 5 | 225 | Matthews, Dick | 34 | 955 |
| Gummer, Mark | 8 | 146 | Mautz, Barbara | 3 | 76 |
| Hadley, Andy | 4 | 75 | Mautz, Joe | 17 | 650 |
| Healey, Don | 12 | 326 | McCarthy, David | 3 | 107 |
| Healey, Joanne | 6 | 182 | McCarthy, Phil | 2 | 56 |
| Hennigan, John | 4 | 111 | McCormack, Steve | 1 | 10 |
| Hinman, Ken | 3 | 182 | McGrath, Sarah | 2 | 49 |

| | | | | | |
|--------------------|----|------|------------------|----|------|
| Merriam, Wally | 1 | 40 | Rybinski, Dick | 5 | 73 |
| Merrick, Bill | 3 | 109 | Salibra, Ben | 4 | 94 |
| Michalski, John | 11 | 378 | Sampere, Sam | 7 | 70 |
| Miller, Keith | 1 | 26 | Schulz, Louann | 1 | 32 |
| Millert, Roberta | 2 | 65 | Severance, Sean | 8 | 80 |
| Miner, Wayne | 12 | 424 | Sheldon, Dave | 2 | 73 |
| Moore, Dave | 14 | 417 | Sheldon, Eleanor | 1 | 34 |
| Moore, Dee | 1 | 40 | Sibert, Ed | 4 | 150 |
| Morgan, Perry | 2 | 54 | Sidd, John | 1 | 32 |
| Murphy, Matt | 3 | 98 | Smith, Ray | 4 | 42 |
| Murphy, Mike | 12 | 326 | Snow, Brent | 1 | 10 |
| Newton, Jason | 6 | 166 | Snyder, Jerome | 3 | 30 |
| Nicotra, Peter | 2 | 20 | Sonne, John | 1 | 32 |
| Nilsson, Brian | 10 | 182 | Spear, Bob | 25 | 1071 |
| Ohlsen, Janet | 2 | 80 | Stewart, Kate | 14 | 298 |
| O'Neil, Rich | 7 | 70 | Stiteler, Bill | 5 | 148 |
| Palmer, Jeff | 1 | 40 | Stringham, A. J. | 5 | 175 |
| Panagakis, John | 7 | 201 | Stringham, Jeff | 10 | 344 |
| Pearson, Roland | 4 | 89 | Swinburne, Paul | 4 | 144 |
| Perry, Derek | 1 | 22 | Swizdor, Bob | 14 | 499 |
| Piscitelli, Mickey | 5 | 89 | Taylor, Doug | 1 | 40 |
| Price, Cheryl | 6 | 136 | Terpening, todd | 1 | 10 |
| Price, Jim | 23 | 428 | Thomas, Richard | 2 | 67 |
| Prill, Larry | 4 | 131 | Toscano, Ken | 3 | 114 |
| Ravera, Bob | 5 | 134 | Trevvett, James | 1 | 50 |
| Read, Chris | 4 | 60 | Ulrich, Rob | 2 | 64 |
| Reagan, Andy | 2 | 84 | VanWie, David | 20 | 863 |
| Reagan, Mike | 1 | 37 | Veenstra, Rich | 16 | 693 |
| Reichl, Claire | 3 | 108 | Vidali, Gian | 14 | 540 |
| Reid, Pat | 2 | 43 | VonZwehl, Pete | 41 | 1145 |
| Reiter, Steve | 5 | 173 | Wagner, Dan | 3 | 51 |
| Relyea, Todd | 20 | 878 | Wagner, Gloria | 15 | 391 |
| Ricci, Shannon | 1 | 39 | Walter, Bill | 1 | 17 |
| Richard, Peter | 7 | 206 | Wennberg, Erik | 16 | 625 |
| Roe, Michael | 15 | 686 | Wheeler, Kelly | 16 | 501 |
| Roemer, Mark | 9 | 300 | Wheeler, Mark | 16 | 754 |
| Ronnow, Zeke | 20 | 842 | Wilson, Steve | 13 | 374 |
| Ross, Andy | 3 | 30 | Winters, Bill | 8 | 80 |
| Ross, Margo | 14 | 449 | Wnorowski, Dan | 1 | 10 |
| Rush, Steven | 35 | 1094 | Woicke, Jochen | 21 | 912 |
| Ruth, Bob | 6 | 164 | Woicke, Kathe | 15 | 490 |
| Ryan, Jim | 23 | 877 | Wright, Scott | 2 | 20 |

| | | | | | |
|-----------------------|----|-----|---------------|---|----|
| Yaworsky, Joanne | 18 | 545 | Zamojski, Ron | 3 | 78 |
| Yungwirth, Joan | 21 | 769 | | | |
| Zackevich, Mary Ellen | 6 | 172 | | | |
| Zamojski, Alex | 2 | 57 | | | |

Board of Directors

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

Directors

| | | | |
|----------------|-----------------|----------------|-------------------|
| Sam Sampere | Sue Atwood | Laura Kline | Gianfranco Vidali |
| Robert Spear | Robert Ruth | Anthony Monaco | Phillip McCarthy |
| Paul Swinburne | Joanne Yaworsky | Kelly Wheeler | Marcello Pratico |

Club Clothing Sale!

ALL OCC clothing is on sale. Marked down items include:

- ***DeFeet coolmax socks-----size M and L (2/\$10.00)**
- ***Windshell jackets---size M and L (\$63.00)**
- ***Armwarmers---M and L (\$20.00)**
- ***Men's short-sleeved jerseys---M, L and 2X (\$45.00)**
- ***Men's long-sleeved jerseys---M and L (\$60.00)**
- ***Women's short-sleeved jerseys---M (\$45.00)**

I can be reached via email, home phone (476-4637) or cell (382-2379). Tax IS included. Kelly



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

RETURN SERVICE REQUESTED

