

THE SPOKE 'N WORD

Vol 31, Issue 3 - Summer 2012

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UPCOMING EVENTS IN THE CNY AREA

[Ride for Alive](#)

July 14, 2012.

Participants can choose 10, 25, 50 and 100 mile distance and cycle around some of the beautiful terrain in the Finger Lakes.

[OCC Vacation Ride](#)

Summer Vacation Ride – Sunday-Thursday, August 5-9, 2012

Tolland and Windham County: Storrs, CT

[OCC Annual Charity Ride](#)

Sunday September 15th, 8:30 AM for the 100 mile ride and 9:00 AM for the other rides. Starts at Carpenter's Brook Fish Hatchery, 1672 State Route 321, Elbridge, NY 13060

AND NOW A FEW WORDS FROM THE PRESIDENT

BY MIKE LYON

Those of you that are on the list serve know that recently the image of an unfriendly club has been the subject of discussion. I really feel this is wrong. Sure, we usually separate on rides based on our ability and fitness levels and I am not saying that we shouldn't. There are some in the club that I have seen at rides for more than 10 years that almost never say anything to me. But that works both ways and some of that is my fault as well. I still get left behind every once in awhile and find myself riding alone. This is of course is all dependent upon a couple of things and perhaps the biggest of these is who shows up at the rides. The other is how fast I want to ride. Some older member of the club wisely stated, "slow down and most likely someone will show up". This holds true for riders at my level but not so for those that are relatively new to the riding. They are already at the back and likely to stay there for several rides, if they come back, until their fitness level and riding ability increase.

The board has discussed this issue at many meetings. In fact, I was going through the 1975 minutes of one of the meeting and they were talking about the same things "How do we attract and keep new members?" A few years ago we tried rides, one evening a week, out of Onondaga Lake Park. These started well but by the end of the season they stopped due to lack of attendance. This led to us running what we called "leisure rides", which were held on Saturdays in conjunction with our regular club ride. These too failed. Then a couple of years ago we started the [Slow-N-Easy rides](#) to help beginners or anyone else who wants to go a bit slower and ride on routes that are relatively flat. The first year this was very discouraging as the two ride leaders

were frequently alone until the end of the season when ridership picked up. So we decided to continue these rides. Last year a number of people came nearly every week, so there were around 10 riders/week. Now, this year we have nearly 20 or so at every ride. The other ride that seems to be working is the Women on Wheels that we co-sponsor with Syracuse Bicycle, a fact that most don't seem to know. These rides have worked but they are only one evening a week and those particular nights don't work for everyone. I have had requests to run a Slow-n-Easy ride on the eastside but no matter what we do in the club it always comes down to who is going to do it. Making a commitment to one night a week may not seem like a lot but we all have other things in our lives.

Over the years we have a great bunch of people on the board and as always they do a lot, that most never know about, to make the club function as it does. I don't want to leave out all of you that volunteer at the various events and those who volunteer to lead our 100+ rides during the season. I do want to reach out to that last group and suggest to those of you who are leading weekend rides that you consider making the shorter distance a NO DROP ride or in other words, you lead from the back. Some of you already routinely do this but it is not well known. Also, it is obvious from some of the postings that most don't know that this ever occurs. If you do decide that you are willing to do a NO DROP ride, please post it to the list serve and we will see that it also gets put on the web when your ride is announced. Let's give this a try and see where it leads us. Thanks



Mike



FROM THE EDITOR

BY DAVE VANWIE

THIS MONTH: HOT WEATHER RIDING TIPS

It's officially Summer! That means longer days for riding, (hopefully) drier weather, and some long hot days in the saddle. It's that last part I plan to write about this issue.

I spent more than a year and a half in Texas recently, and I learned a few things about riding in hot, and I mean HOT weather. You can still have a great ride in 90+ degrees if you keep some things in mind.

Hydration

I'm sure many of us have heard the slogan 'hydrate or die' which, while a little extreme in general, does bear some truth. On hot days you're going to sweat a lot more and so it's very important to avoid dehydration, which saps your strength and makes you feel tired and unable to push the pedals. And it doesn't take much to get to dehydration; if you're getting thirsty, it's more than likely you're nearly there.

So, to avoid dehydration, be sure you consider how long you plan to ride in the hot weather for, and either take enough water with you or plan convenient stops so you can top up. Plan for about 1-2 quarts per hour of decent effort riding. And sip often throughout the ride, to give your body a steady flow of fluids.

For long rides it's worth considering sports drinks or electrolyte tablets to add to the water to replace those essential salts and other nutrients lost as you sweat. Also, don't just think it's important to drink during your ride, don't forget to drink plenty before and after the ride as well.

Sunscreen

I don't need to state the benefits of applying sunscreen on sunny days, but look for a high SPF factor for best protection. As you'll likely be sweating a lot, a waterproof lotion can stay in place better, and on all-day rides I'd recommend packing a small bottle of lotion with you so you can re-apply throughout the ride. Don't forget the backs of your legs – sunlight reflecting

off the ground can burn your calves and behind your knees.

Take it easy

The faster and harder you ride in hot weather, the harder on your body it's going to be. Obviously such riding can't be avoided in a race but if you're out in the country on an all-day ride, keep the pace steady and try to keep your energy expenditure low. Take it slow, don't charge up all the hills. Regular breaks in the shade are a good tip too.

Clothing

Wear technical clothing with high sweat wicking properties and with high ventilation options, such as mesh panels or generous zipped areas to get as much cooling air over your body as possible. Short sleeve jerseys with long front zips and mesh panels, and short-finger gloves will all help keep you cool. A wicking baselayer will also help remove sweat and keep you drier. Don't neglect your feet either, thin sports socks and well vented shoes will keep your toes from getting clammy.

Food

It's easy to forget to eat on hot days, and often your appetite will be suppressed. But try to nibble on high carbohydrate snacks (nuts, bananas, energy bars) throughout the duration of your ride along with remembering to drink plenty. Bring a few dollars or a credit card too, in case you need to stop and refill.

Sunglasses

Riding in bright sunshine can be tiring for your eyes and all the squinting makes negotiating fast singletrack or tricky sections of road even more of a challenge. A good quality pair of sunglasses with dark lenses can eliminate much of the light reaching your eyes making seeing where you're going, and also decrease harmful UV rays too.

Keep the sun off your head

Helmets are great for your safety but they're also a good way of keeping the sun off your head and out of your eyes. Generous venting ensures you get refreshing air



moving across the top of your head. For those who may be balding: don't forget the sun can get through the air vents in a helmet, resulting in a funny sunburn. Either slap some sunscreen on or wear a cap/bandana or similar garment between scalp and helmet.

Avoid the hottest part of the day

One way to ensure you don't have to deal with the hottest part of the day is to plan your ride around it, meaning to either start earlier or later in the day. This means you'll be able to enjoy your ride when it's a bit cooler and therefore suffer less from the effects of high heat. With long days, there's plenty of time to ride in the early morning and evening.

Preparation is essential

Planning your route in advance and knowing where the nearest stores and sources of water are can be handy in case you find yourself running low at any point. Planning a route with options to shorten the ride or shortcut back to your starting point, in case you start to struggle, is also a good plan – there's nothing like being in the middle of nowhere, running low on water and having no idea where the nearest source is, to put a dampener on your day.

Dave

SLOW-N-EASY RIDES 2012

BY TONY BALENO

The Slow 'n Easy Rides are well under way for the 2012 bicycling season and the response has been outstanding so far. It was great to see so many folks come out for the first ride of the season...even though it wasn't the best of conditions. We have had many returning riders from the 2010 and 2011 seasons along with a number of new riders, both members and guests, who wanted to come out and see what it was all about. Our turnout has far exceeded the averages we had in 2011. If the weather is good we can usually expect around 20 riders to show up.



For those who have not given these rides a try, the ride leaders work very hard to tailor each evening's rides to fit the riding dynamics of the group that shows up that evening. Mike and I try to gauge the interests and capability of the groups and follow a route that will be fun and a little challenging. At the early part of the season, we tend to keep the rides shorter to allow for the shorter days as well as the fact that everyone needs to rebuild their legs for the new season. As the season progresses, we usually extend the distances a bit as well as make the rides a little more of a challenge for the riders.

We usually break the riders into two groups...less experienced and more experienced. The more experienced

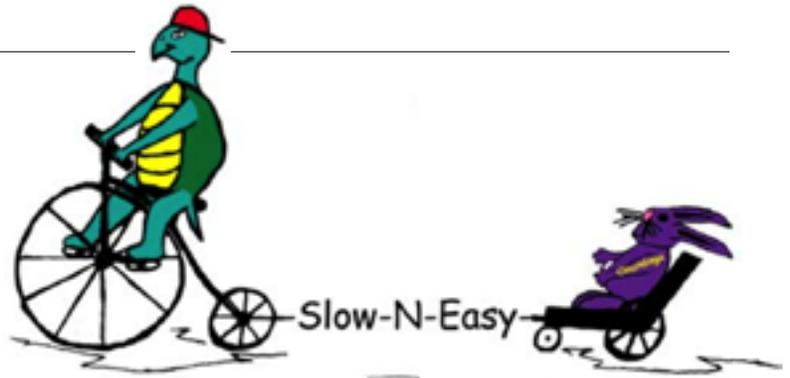
group will ride the longer route on a highway course that takes them on a number of different roads and riding conditions. The less experienced group will ride on a combination of canal path (level and easy) and highway with good wide shoulders. On some nights, they will ride on an easier, shorter all highway route...depending on the rider's experience and capability.

We never use maps for these rides because the ride leader will always be with the group...either at the head or the tail of the riders...and can easily guide the group on the route for the evening's ride. These rides are "no drop" rides so the riders regroup at each turn. Even if you are riding a little slower than the other riders, you won't be dropped

because the ride leader and the rest of the group will be waiting for you at the next turn.

The whole idea is to make the ride comfortable for every rider. Getting left behind is not fun and no one wants to be that person. So the "no drop" format keeps the groups together as well as helps riders to overcome the fear of being left to fend for themselves on an unfamiliar road when everyone is gone.

Many people have come to the ride over the last few seasons



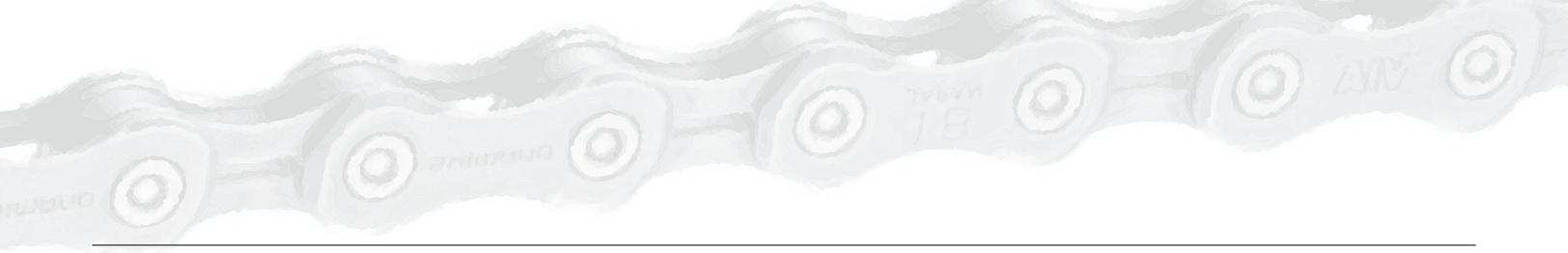
to "tune up" for a charity ride they plan to do in the summer. This is a great way to build yourself up for that 20-30 mile ride you signed up to do this year. By actively joining in on the Slow 'n Easy rides, you can start to build your legs so that you can easily handle a 10-15 mile ride. By getting out and riding a few more days each week besides Tuesdays, you can easily get yourself ready for a 25-30 mile ride...or more.

Many people have never ridden in a group. The S'nE ride gives people an opportunity to learn the rules of the road and how to safely ride together with other riders. Safety is always an important discussion topic and we strive to build safe riding habits amongst our new riders.

It's a great place to ask questions about cycling...whatever they may be. Usually we can answer them but if we can't, we'll get you an answer. We also try to give new cyclists tips on how to properly maintain their bicycles.

continued





The S'nE riders don't get hung up on ride apparel. We always advise our riders to dress comfortably to ride their bike. Cycling clothing (Spandex) is not a requirement and our riders have come in a wide array of clothing that they are comfortable in for riding. I have to admit however, that those who have become regular riders tend to migrate to bike shorts after a while to gain the comfort of the padding and compression...but no one is here to criticize your attire...riders make their own decisions on clothing.

Probably, the only thing we do require is a DOT approved bicycle helmet during all rides. We require this for insurance reasons as well as the fact that helmets can prevent head injuries during a fall from a bike. *Helmets are good common sense.*

We have had all kinds of bicycles on these rides including road bikes, hybrids, mountain bikes, recumbent s and tandems. Since we are not in a big hurry, speed is not a critical factor so most of these bikes work just fine. The variety of bikes that come out also provide new riders with an opportunity to discuss the bike style with the owner and gain firsthand knowledge on performance. Don't let the fact that you do not own a

road bike prevent you from coming out for a S'nE ride. If it rolls, it'll work.

For many of our riders, the S'nE ride is their first experience at riding in an organized ride. Many have found this to be very enjoyable and it has allowed them to get to know people who share similar riding preferences and abilities. A number of people who were first time riders have commented to me that they were amazed that they had been able to ride 9-10 miles and not feel tired.



We try to treat our riders well. So, at the end of each ride, there is usually a treat waiting for the returning riders at the park. We have enjoyed some wonderful baked goods as well as watermelon and other cold treats at the end of the ride. Last summer, a local church group used the pavilion adjacent to where we begin the ride for their summer picnics on several nights and invited everyone over for a hot dog and a drink after the ride. It's just a great ride!

If this article peaks you interest in trying the ride, we meet every Tuesday evening at the Reed-Webster Park located on Warners Rd (Rt 173) in Camillus. The group meets in the western most parking lot near the pavilion and the ride leaves the park at 6:00 PM. Come early and chat with us so that we know what type of riding you are interested in. Don't forget your helmet and water bottle!

See you at the ride!

Tony

BIKE CALENDAR

JULY

- 4 **Chesco Road Race**
Chester County, PA
- 7 **Newton's Revenge Hill Climb**
Gorham, NH
- 7 **Saratoga 12/24**
Schuylerville, NY
- 7-8 **Coupe des Ameriques 4 stage race**
Sutton, QC
- 8 **Mountain bike Festival**
Wawarsing, NY
- 8-15 **Cycling the Erie Canal**
Buffalo, NY
- 14 **Ride for Alive**
Skaneateles, NY
- 14 **JAM Grandfundo**
Southampton, MA
- 14 **ERRACE - Everyone Ride / Run
Against Cancer Everyday**
Avon, CT
- 14-15 **Tour of the Valley**
Youngstown, OH
- 21 **Race for Sight Road Race**
Windsor, NY
- 21 **Victor Fat Tire Festival**
Victor, NY
- 22 **The Horror at Harding Hill**
Sunapee, NH
- 22 **East Aurora Road Race**
East Aurora, NY
- 22 **Mapletown Road Race**
Mapletown, PA
- 22 **Ryan Hawkes Eastern Cup**
Williston, VT
- 27-29 **Windham World Cup Mountain
Bike Festival**
Windham, NY
- 28 **Capital Region RR**
Albany, NY
- 28 **Cullman Com. Day Bike Race**
Sidney, NY
- 28 **Tour De Keuka**
Hammondsport, NY
- 28 **Annual Tour de Thompson**
Canandaigua, NY
- 29 **Queen City Criterium**
Buffalo, NY
- 29 **2012 Gold Coast Tour**
Greenlawn, NY
- 29 **Dutch Country Bike Race**
Hamburg, PA

AUGUST

- 3-5 **Montreal Double Double**
Schuylerville, NY
- 3-4 **2012 Tour of Ohio Ominium**
Worthington, OH
- 4 **Gear Up For Lyme Mt. Equinox
Hill Climb**
Arlington, VT
- 5 **The Mass BikePike Tour**
Northampton, MA
- 5 **Eastern States Cup 8**
Mount Snow, VT
- 11 **Butternut Valley Time Trial**
New Lisbon, NY
- 11 **International Tour de Toona -
MPro/1 W1/2** *Altoona, PA*
- 11 **Tour de Millersburg Stage Race**
Millersburg, PA
- 11-12 **24 Hours of Great Glen**
Gorham, NH
- 11-12 **Mengoni Grand Prix**
NYC, NY
- 11-12 **Annual Wildcat Epic**
New Paltz, NY
- 12 **ididaride! Adirondack Bike Tour**
North Creek, NY
- 18 **Oswego YMCA Tour de Loop**
Oswego, NY
- 18 **Tour De Schenectady MTB Race**
Schenectady, NY
- 19 **Burning Bike Festival**
South Bristol, NY
- 19 **Great Catskill Divide Road Race**
Shandaken, NY
- 19 **Carlisle Individual & Team Time
Trial Challenge** *Carlisle, PA*
- 19 **South Mountain Hill Climb**
Shippensburg, PA
- 25-26 **Gravity East - Swain Resort**
Swain, NY
- 25-26 **Chris Thater Memorial Crite-
rium**
Binghamton, NY
- 26 **Annual FJG Race to the Top of
Vermont**
Stowe, VT
- 26 **Teton Pass Kicker**
Wilson, NY
- 29 **Wompatuck Wednesday Crit
Training Series** *Hingham, MA*

SEPTEMBER

- 1 **Skinnyman Triathlon**
Skaneateles, NY
- 1-2 **Green Mountain Stage Race**
Warren, VT
- 2 **Coon Hill Grind**
Marietta, NY
- 2 **The Golden Apple**
Somers, NY
- 2 **Labor Day Road Race**
Lexington, OH
- 8-9 **Rohrbach's Ellison Park
Cyclocross** *Rochester, NY*
- 8 **Highlander Cycle Tour**
Canandaigua, NY
- 8 **Tour de Donut**
Arcanum, OH
- 9 **Finger Lakes Triathlon**
Canandaigua, NY
- 9 **2012 Gran Fondo NJ**
Morristown, NJ
- 15 **Harbor to the Bay**
Boston, MA
- 15 **Paul Swinburne Memorial Ride**
Elbridge, NY
- 15 **Wine Country Ramble**
Canandaigua, NY
- 16 **2012 Cazenovia Hill Bender**
Cazenovia, NY
- 16 **Cyclocross & Fall Festival at the
Apple Farm** *Victor, NY*
- 16 **Race With The Wind**
Lowville, NY
- 22 **Tour for Heroes**
Glastonbury, CT
- 22 **WOW Fest '12 Road Race**
Laconia, NH
- 22-23 **Annual Harvest Moon Festival
Century / Metric**
Bath County, VA
- 22-26 **AIDS Red Ribbon Ride - 5 day**
Rochester, NY
- 23 **Walnut Mountain Triple
Challenge** *Liberty, NY*
- 23 **Gran Fondo Gunks**
Paltz, NY
- 29 **Drops to Hops**
Cooperstown, NY
- 29-30 **Great Brewers Gran Prix of
Gloucester** *Gloucester, MA*
- 30 **Tour de King**
King Township, ON

FALL CENTURY RIDE

FROM MIKE LYON

THE PAUL SWINBURNE FALL MEMORIAL CENTURY

Our newer members won't get to know Paul and that is too bad. He was an avid cyclist and usually was up ahead waiting for people to go by for photos. Paul would organize the annual trip to Ottawa for the Rideau Lakes Ride every June that 20 or so of us would do. He started biking to work at the FitzPatrick Power Plant in 1974 where he was a senior maintenance engineer. Paul was an authority on the testing of the motor operated valves at the plant. In fact, he designed a testing system that is still in use today. This was in response to a series of reported valve failures. As you can imagine a valve failure at a nuclear plant is not a good thing.

One thing that amazed me about Paul was his sprit during his illness. Never once when I visited was he down. He was determined to ride as long as he could, riding a tricycle near the end that he had modified

for him when his strength wasn't sufficient to shift the gears. He fought the disease as best he could right to the end. I am sure there are others in the club that could tell you more. He was one of the fast riders so most of the time I saw him in the parking lot or as he past me.

We miss you Paul.

This year's Fall Memorial Century will be held on September 15th and start at Carpenters Brook Fish hatchery. We will again be supporting the [Amyotrophic Lateral Sclerosis-Therapy Development Institute](#) in honor of long-time club member and past president Paul Swinburne. Paul was diagnosed with ALS (Lou Gehrig's disease) a few years ago. He succumbed to the disease in the Spring of 2010. This ride was his last route creation and is in his memory. I think this is one of his best rides. Last year, though you generos-

ity, we were able to raise approximately \$2000 and hope to surpass this, this year. The course will be marked and there will be water stops along the way. Following the ride there will be a party with food as riders return. Complete information can be found on the cycling club website at www.onondagacyclingclub.org.

Contact Mike Lyon, 689-1931 or ridebent@twcny.rr.com.



TOUR DE SYRACUSE 2012

RESULTS by GROUP - full results at TOURDESyracuse.COM

Pro/1/2 Men

Place	Time	Name	Team	City State
1	3:18:04	Dan STAFFO	Handlebars cycling company	Farmington NY
2	3:18:29	Dan TIMMERMAN	Stan's No Tubes	Trumansburg NY
3	3:18:30	Greg RATZELL	Young Medalists / Team Rothrock	Blandon PA

3 Men

Place	Time	Name	Team	City State
1	2:22:25	Randy HADZOR	Mello Velo / Middle Ages / BTB	Syracuse NY
2	2:22:47	David BERTRAM	Paceline Sports	Cooperstown NY
3	2:24:22	Patrick JACOBS	Speedwell Racing	Bloomington NJ

4 Men

Place	Time	Name	Team	City State
1	2:17:05	James JENNINGS	Paceline Sports	Cooperstown NY
2	2:17:07	Theodor SCHNAUFER	Once Again Nut Butter/LCC	Avon NY
3	2:18:47	Adam TROST TBS	Racing p/b Plan2Peak/EARC	East Aurora NY

Cat 5 2 Lap Race

Place	Time	Name	Team	City State
1	2:23:34	Craig BURBULES	Toms Pro Bike Ingram Micro	Corfu NY
2	2:23:34	Daniel PATTERSON		Ballston Lake NY
3	2:24:39	Nicholas LEONARD	Dorschel / Reed Eye Associates	Rochester NY

Cat 5 1 Lap under 40

Place	Time	Name	Team	City State
1	1:04:50	Brien BELL	Bike Loft-MaxPower Cycling	Syracuse NY
2	1:05:09	Toby RING	Livingston Cycling Club	
3	1:09:12	Jon MURRAY	RUUD Racing/TVC	Little Meadows PA

Cat 5 1 Lap 40+

Place	Time	Name	Team	City State
1	1:05:37	Scott SOMERS	O.C.F.C.U. cycling project	Oswego NY
2	1:05:41	Rick BUSH	O.C.F.C.U Cycling Project	Oswego NY
3	1:09:19	Chris BLACK		Stittsville ON

Masters Men 35+

Place	Time	Name	Team	City State
1	2:24:37	Mariano GARCIA	Chris Cookies / Swan Cycles	Ithaca NY
2	2:25:41	Abraham STROOCK	Chris Cookies/SwanCycles	Ithaca NY
3	2:25:55	Andrew WILLIAMS	RUUD Racing / TVC	Binghamton NY

TOUR DE SYRACUSE 2012

Masters Men 45+

Place	Time	Name	Team	City State
1	2:23:28	Jon GEE	Ride with Rendall	Osgoode ON
2	2:23:28	David FASO	Bike Loft-MaxPowerCycling.com	Cazenovia NY
3	2:23:36	Kevin MOSHER	CCC/Keltic Construction/Zane's Cycles	Voorheesville NY

Masters Men 55+ 55 miles 8 starters

Place	Time	Name	Team	City State
1	2:15:53	Gene PRIMOMO	CBRC	Delmar NY
2	2:15:56	Ernie BAYLES	FLCC/Chris Cookies/Swan Cycles	Ithaca NY
3	2:16:00	Charles RHOADES	RUUD Racing/Tioga Velo Club	Binghamton NY

Masters Men 60+

Place	Time	Name	Team	City State
1	1:03:15	Mark MCCARTHY	Pittsford Painting Cycling	Fairport NY
2	1:03:54	Tim LEONARD	CBRC	New Hartford NY
3	1:04:34	Brian SANDERS	Sonne's Racing / MVBC	New Hartford NY

Open Women

Place	Time	Name	Team	City State
1	2:25:27	Suzanne LUCASH	CRCA/Cyclelife USAGF Capital	New York NY
2	2:25:29	Rosanne VAN DORN	Team Placid Planet	Lake Placid NY
3	2:25:30	Kerrin STREVELL	Farm Team Elite Women's Cycling	Valatie NY

4 Women

Place	Time	Name	Team	City State
1	1:12:01	Meghan SCHLOAT	CRCA/Asphalt Green Cycling Team	New York NY
2	1:12:04	Meredith UHL	CRCA/Inntervation Fitness/Stan's No Tubes Women's Team	New York NY
3	1:12:21	Dana COOREMAN	Mission in Motion Cycling-Tioga Velo	Whitesboro NY

Junior Boys 15-18

Place	Time	Name	Team	City State
1	2:28:07	Juan o PIMENTEL JR.	Brauer Mick	Maywood NJ
2	2:28:19	Derek GEE	Ottawa bicycle Club	Osgoode ON
3	2:28:22	Christopher MEACHAM	Young Medalists/Team Rothrock	Jamison PA

Junior Girls 15-18

Place	Time	Name	Team	City State
1	1:12:49	Paige WILLIAMS	Farm Team Cycling	North Benning VT

TOUR DE SYRACUSE 2012

A FEW PHOTOS FROM THE EVENT



PHOTOS: BEN DONZELLA

SUMMER SOLSTICE REPORT

FROM BOB SPEAR

Whether your first ride this season was in Florida



or with your beloved club.....
...it has been a good season as we head into the middle third of the 2012 season. Over one thousand riders have already ridden more than thirty-five thousand miles.

The 2013 season is already in the planning stage and we would like this year's roadies to 'rate' the rides that you complete. Not rated for how you felt, how many flats there were, nor the weather but giving your overall grade for the scenery, roads and general overall 'feel' for this particular route. For

example, the Cicero Swamp ride of a recent Wednesday attracted over fifty 'wheels' and garnered "A's" despite the wind and heat. The Cookie ride also earned A's but I would have to think it was the destination rather than the scenery although the roads are in good condition and lightly traveled.

An extra so-journ was added to this year's schedule to celebrate the Giro d'Italia. We ventured into the hills and ridges

of Yates County and this venue also rated an "A" even if there was a bit of 'off-course.'



We are looking for the ten best rides in CNY so keep those letters coming..... A, B, C, even D, the column on the right when you sign in.

Sobering poll results from Road-BikeRider for those who haven't seen them: One hundred per cent {99.85%} of the 1218 respondents

to the question "Have you ever been 'buzzed' closer by a car (than three feet)?" answered in the affirmative! I would propose a question for the local biking community: How many red lights did you see driven through today?" Not have you ever seen it, but how many today. I saw two this morning and average three per day on a seven mile commute...Argghh! Yet your local newspaper editors believe that putting up cameras to record said infraction would be an

infringement on individual rights! But enough of the pontificating here, we have the list serve for that! (Humor folks, humor....) Speaking of which, wasn't Gail Swinburne's letter commenting on our club, just spot on? This club does have fun, believe it! Just don't follow some of those geezers.



The middle third of the season promises more adventures on the road. The traditional almost-4th-of-July century has already seen the rubber on the road as we go to press. 'Traditionally,' we like to visit Little France during LeTour with an optional century offered. Five riders completed the full course over the undulating Oneida plains and through the Stone Barn state forests. While not the Belgian Ardenne and the peloton was not quite as large, the three dozen riders rode (mostly) together at least as far as petite France (which the sign in the background identifies). This camaraderie netted an 'affability index' of five hundred plus. Not quite to the season's high mark set in mid-May of six hundred (miles

multiplied by number in the group) but a 'fun' outing. Not to worry, two more hundred-milers are still ahead. The next is the Leather Stocking Century on July 7th departing from Wellwood Jr. High School in Fayetteville. Distances range from 35 miles to 100. A few other favorites in the summer schedule include Tom and Nancy's Tater Road ride and picnic, the scenic Henderson Harbor roll in Jefferson County:



and the club's annual vacation week-long excursion, this year to central Connecticut. Forty-nine riders have 'signed-on' which will make this year's the largest yet.



Last year's ride attracted thirty-six riders to Ellicottville nestled in the enchanted 'hills' of Cattaraugus County.



- **Did you know:** the period since last April has been the hottest 12-month period on record?

Thanks to Peg Hotaling and Mark Wheeler for some of these pictures and keep on pedaling, it will snow again... guaranteed!

B.S.