

THE SPOKE 'N WORD

Vol 32, Issue 1 - Winter 2013

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UPCOMING EVENTS IN THE CNY AREA

OCC Annual Banquet

Friday, January 18, 2013 at the DoubleTree Hotel on Carrier Circle. Social Hour will begin at 6:30 pm with Dinner Buffet to follow at 7:30 pm.

OCC Bike Fair

Thursday, April 18th, 2013 at the Destiny USA Skydeck. Info sessions on site and booths from local vendors and clubs.

OCC Tour de Syracuse

May 18th & 19th, 2013. New Time Trial venue and a full Omnium again! Mark your calendars to race or volunteer, it's the penultimate OCC event!

BY MIKE LYON

Wow, where did the year go? Seems like only 335 days ago that we were celebrating at our annual banquet. That was the first time we had music and dancing. It was a change that most everyone enjoyed. This year, for your listening and dancing pleasure, we will have the *At Your Request DJ*. I have attended several functions where he has spun the discs and they were all great. So join us this year on January 18 at the Double Tree. I know there is more detail in this newsletter.

The next big event on the calendar was our second Bike Fair, held at Bella Domani's. Bill Goffe ran this with the help of several others on the board. Once again the attendance was good and we were able to share a lot of information with our members as well as those interested in biking. Look for a slight change to this year's Bike Fair. It will be held at the Sky Deck in DestinyUSA and cosponsored by the CNY Triathlon Club. Thanks to the Pyramid group for allowing this to occur in this great venue.

Next was our annual Earth Day Cleanup in April. For those who don't know, this is done along the route for our Tuesday night time trials. Steve Ransford was running the event and with the exception of my not giving him the cord to the coffee pot, it went off without a hitch. We collected our usual 3-4 dump trucks of trash. You would think that we never did this with the amount of trash that is collected every year.

During April we also began our third year of the Tuesday night Slow-n-Easy rides. Tony Baleno and I started these rides; and I have to tell you, that first year was very disappointing. Many nights we were the only ones there. Second year picked up and I knew after the first ride that we would have more riders that year. It was raining and all the way there I was hoping

no one would show up.

But there were 7-8 people waiting and we were lucky enough to be able to teach them how to change a flat in the rain. After that, we had 8-10 riders nearly every week. This past year was amazing! Nearly 15-20 riders came every week and I believe on one ride, we had 25. Thanks to the substitute ride leaders who stepped in for those times I couldn't be there. This year, thanks to Gus Engbretson and Dave VanWie, we will be starting the Slow-n-Easy East Side rides. They will be on Thursday evenings, every other week. Look for more info to come.

April is also the start of the Tuesday Night Time Trials. Ben and Red Donzella tweaked the course slightly, making it a bit longer but a lot safer for the riders and the drivers. Great job!! You should be looking forward to another great year of gut-busting riding. Ouch, my legs hurt and I can't seem to suck in enough O2. OH, WHAT FUN!!!

In May, we once again ran a profitable Tour de Syracuse. About 350 riders assaulted the Song Mountain course, coming from all over the northeast and Canada. This year's TdS looks to be bigger and better. As always, we can't run a successful Tour de Syracuse without the help of our great volunteers. You guys always step up. YOU ROCK!!!

While in June and July there were no "big" events, there were the weekly rides as well as the Almost 4th of July Century. In August, there was the Annual Kingdom Road picnic which once again saw great weather, food, and friends enjoying themselves. We also had our vacation ride. Joan and Jim did a great job, as usual, and this year's ride looks to be another fantastic week.



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FROM THE EDITOR

By DAVE VANWIE

WINTER BIKE COMMUTING

Typically in CNY, we have 3-4 months of real Winter weather: Blowing, snowing nasty stuff, not fit for safe riding. But lately, that has been a lot less than it used to be, and commuting year round isn't as tough as you might think.

Many thousands of people in the U.S. pedal year-round to work or school, commuting on city streets and plowed trails. New cycling equipment, better apparel and a growing awareness of the feasibility of wintertime riding has caused a jump in participation.

A bike is a lot more stable in the winter than people think. Bike tires hum well on snow, and they buzz on ice. But they rarely slip when you're going straight. Gears click and shift the same in almost any weather. Just remember the lube. And the cold wind? With the right clothing it's not an issue.

Dress right, use fenders and lights on the bike, maybe add studded tires, and commuting in the bleak months can be comfortable and efficient. Here are 10 tips to help you ease into the wintertime cycling scene:

1. Follow the Plow

Unbeknownst to many summertime riders, bike trails are regularly plowed in many major metro areas. For example, in Minneapolis more than 50 miles of trail is plowed after a snow.

2. Ride Straight

Believe it or not, the medium during most winter commutes is often the same dry pavement as in the summer. Sand, salt, sun and snowplows eliminate ice and snow from roads in the days after a storm. But for slippery stretches riders should slow down and stay loose. Brake only on the rear wheel to avoid spin outs on slick surfaces. And be prepared to take your feet off the pedals if the bike starts to tilt.

3. Watch Out

Cars are less aware of bikers in the winter months. Ride defensively. Make eye con-

tact with drivers and make sure you know they see you."

4. Choose the Right Ride

Don't use your \$4,000 Orbea or full-suspension mountain bike in the snow. Sand, salt and grit can destroy suspension and gears. Instead, go with an older bike you designate for cold-weather use, adding fenders, bright lights and winter wheels. Many cyclists use some great single speed bikes in the winter, as they have fewer moving parts and require less maintenance.

5. Cold and Clean

Unless you plan to clean it off, keep your bike cold and store it in the garage. A room-temperature bike in new snow can cause ice to form on brakes and gears more easily. Also, keep your chain and gear cassette lubricated for best operation.

6. Go Studs

Carbide-studded tires can increase grip on snow and ice, a lot of riders swear by them, especially in areas where precipitation falls most as rain and then freezes, instead of snow.



7. Protect Your Core

Any outdoorsy person knows that layering is the key to staying warm and managing sweat in the cold. The best configuration for biking includes a wicking base layer on top followed by an insulating fleece or similar mid-layer, then topped with a waterproof and windproof shell jacket. That's good to 15 or 20 degrees for most people. For the legs, a good quality pair of lined tights overtop of cycling shorts will do the trick.

8. Heads Up

Jacket hoods are not good, as air funnels in as you move, inflating a hood like a sail. Instead wear balaclavas and sunglasses or ski goggles, most eyes can't take temps (with wind chill) below 20 degrees. Tight-fitting (but warm) fleece skull caps are popular. Top it off with a helmet, perhaps sized larger in winter to fit over all the insulation. The key is to cover up all exposed skin while keeping your glasses/goggles from fogging.

9. Warm Hands and Feet

Switch out gloves for mittens or bifurcated "lobster"-style hand wear, which keep fingers close together and warmer. Above 20 degrees, many riders get away with bike shoes, using neoprene covers to add insulation and buffer warm air. Some companies sell winterized bike shoes/boots compatible with clip less pedals. Your local bike shop

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OCC ANNUAL BANQUET

The Annual OCC Banquet will be held at the Syracuse Double Tree, 6301 State Route 298, East Syracuse on Friday, January 18, 2013. There will be a Social Hour starting at 6:30 pm, Hors d'oeuvres will be served and there will be a cash bar inside the ballroom.

A buffet dinner will begin at 7:30 pm consisting of:

- Served-Mandarin Orange and Almond Romaine Salad served with assorted dressings
- Served-Warm Rolls and Butter Rosettes
- Marinated Mushroom Salad
- Chicken Marsala
- Sliced London Broil
- Spinach & Cheese Raviolis with a red pepper coulis
- Red Roasted Potatoes
- Fresh Vegetables
- Assorted Desserts
- Coffee, tea, decaf and various sodas

There will also be a DJ for your listening and dancing pleasure. We have been able to hold the cost to the same as last year, \$25.00/person. So come and enjoy!

We'd like to have a head count by Monday, January 14th.

Please mail your checks to:

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



For more information contact
Nancy Lyon – nance@twcny.rr.com.

ANNUAL BIKE FAIR



Kick-start your summer by learning what the Onondaga Cycling Club can do to help you get more familiar with cycling as a way to stay committed to health and fitness while having fun. Whether you're looking for more opportunities to ride with groups in a fun environment, or the opportunity to increase your fitness through different styles of biking and racing, this event will have something for everyone.

This year we are planning information sessions on topics of interest to cyclists new and old. Here is a tentative schedule of Information Sessions:

- Rules of the Road
- Nutrition for Cyclists
- Cycle Maintenance

The Expo will be held in the DestinyUSA Skydeck on Thursday, April 18th at 6:00pm. Watch the website and listserv for more information in the coming weeks!



CROSS TRAINING IN WINTER

Ok admit it—sometimes biking can get a tad boring. Add to this boredom some freezing weather and you're likely to stumble into some serious training roadblocks. Why not use the colder weather to the advantage of your fitness while busting out of the rut? Here are a few cold-weather and indoor training ideas that will keep you toned, fit and ready to kick some serious butt in that first spring race of the year.

SNOWSHOEING: Snowshoeing is one of the simplest winter sports out there. It's perfect if you live in a winter climate but you want to avoid such bone-breaking activities as skiing and snowboarding that might halt your winter training completely. If you know how to walk, you can learn how to snowshoe. A 135-pound woman can burn up to 400 calories an hour snowshoeing while strengthening the same muscles used in running: calves, hamstrings, glutes, hip flexors and abs.



If you use the snowshoes with ski poles (which help with balance and rhythm), you get the added benefit of upper-body strengthening. Snowshoes and poles will run you roughly \$250, but you can also rent them for the day or the week at many large ski resorts. Look for long, flat and gradually climbing cross-country skiing trails and incorporate some intervals of easy walking and jogging in the snowshoes for an extra cardiovascular benefit.

CROSS-COUNTRY SKIING: Have you ever watched the Olympic cross-country skiing races? Those athletes are seriously strong from head to toe, which makes sense considering cross-country skiing uses almost every major muscle in the body from the thighs and glutes to the back and abs. Cross-country skiing is an ideal cross-training activity for both running and biking, and is low-impact, highly aerobic and affordable (the average cost of rented equipment and a trail pass is \$35 a day). The learning curve of cross-country skiing is initially steep, so it is recommended that you take a lesson in order to ensure you have the correct form before heading out on the trails.



ROCK CLIMBING: Rock climbing presents a unique combination of physical and mental challenge, and it's a great way to stay in shape no matter the season. If you are new to the sport, head to an indoor climbing gym to get a lesson in proper climbing, bouldering and belay techniques. Rock climbing involves intense isometric muscle contraction, especially in the legs, abs, back and arms. This strength will be especially noticeable in the pool, where strong back and shoulder muscles translate to faster movement through the water.



If you are the daring type and live in a cold-weather climate (I think we qualify...), go outdoors for ice climbing, where instead of using your feet and hands to scale a wall, you use ice axes and crampons to literally kick and pull your way up a vertical wall of ice. Climbing equipment is somewhat expensive, so unless you plan on hitting the rock several times a week, you can easily rent your equipment for the day at REI or at an indoor climbing gym.

In all cases these activities can keep you outside, enjoying the local beauty year-round. Just take care to adequately prepare for any activity you haven't done before, and also "respect the weather", it can change quickly and cause problems if you're not prepared.

CYCLING IN SPAIN

By PEG HOTALING and BRENDA ENGBRETSON

On September 17th the Engbretsons (Gus and Brenda) and the Hotalings (Tom and Peg) left Syracuse for Girona, Spain and a 6 day cycling adventure in the mountains and coastal areas of Catalan region of the country. We opted for a self guided tour organized through a US company called Pure Adventures. After a day of sight seeing in Girona and a night of adjusting to the 6 hour time difference we met with “Bo”, our local contact, to have our rental bikes (Orbea Aquas) fitted and get our maps and cue sheets for the next 6 days of riding.

We knew this cycling experience would be challenging and our expectations were confirmed on the first day. We rode a loop made famous by many of the pro riders to the mountain town of Sant Hilari Sacalm through the Guilleries mountains and back to Girona climbing a total of 1290m over 108K. Fortunately we were well fueled, as we were every morning, by a fabulous breakfast offered by our hotel. Spanish pastries have been very under-rated.

On day 2 we faced an 11K climb gaining 453m to the sanctuary at the peak known as Els Angels after a too short 3K warm up leaving Girona. Every climb including this one came with great rewards. The vistas at the top were outstanding and the subsequent descents exhilarating. The roads in the mountains followed a narrow switch-back pattern just like you see when watching the Tour or other famous pro races on TV.

We were most impressed with the courtesy and patience of the car drivers especially on the climbs where passing opportunities were not frequent. No yelling, close brush-bys, middle finger salutes or tail gating. It's clear that motorists and cyclist co-exist much more amicably here than in the US.

After a total of 104K we spent our third night in a small Mediterranean sea-side hotel near Sant Feliu de Guixols and enjoyed a couple of bottles of fine Spanish wine on our balcony watching the waves crash in on the beach before going to dinner. An important feature of this type of tour is that the company carries all luggage when you change hotels and it is waiting for you on arrival.

The fourth day was a little shorter (88K) with only 1 long climb of about 200m. We made a short stop for hydration in a small town called Bisbal D'Emporda and noted that Catalanian flags were as prevalent here as in Girona. At our final destination in Moli del Mig we engaged a hotel employee in a conversation about Catalonia's quest for independence from Spain. We got an earful to say the least.

After more good food, wine and a good night's rest we rode north to our next destination, again right on the Mediterranean coast for a total of 60K including a 540m climb to the monastery



at Sant Pere de Rodes. It was early when we reached our hotel and we were feeling pretty confident so we decided to do the 40K “extension” (in honor of Joan Y) to a lighthouse at Cap de Creus, the eastern-most point on the Iberian Peninsula. We were duly humbled by the up and down terrain where we accumulated another 570m over the distance.

The sixth day was memorable especially for Tom because it took us further north along the coast into France. We stopped for lunch in a small French town before backtracking towards Spain and veering inland towards our final destination of Figueres for a total distance of 96K. Approaching the border we were warned there was a steep uphill at a pass, the Coll de Banyuls, through the Pyrenees. Think 1.6K relentlessly going up the steepest part of Moon Hill. We had conquered every hill to date but all of us had to get off our bikes and take a break at some of the switchbacks. Gus and Tom thought they might have made it if the ladies had not bailed out.

We passed on visiting the Dali museum in his hometown of Figueres the next morning to take a more leisurely ride back to Girona which included one more ascent to Els Angels this time going up the shorter steep side and down the longer, more gently sloping side. By this time in our trip we considered 67K with 490m of climbing a fairly easy day. One more night in Girona was followed by a day of sight seeing in Barcelona.

During the long flight back to JFK and Syracuse we had time to reflect on our experiences: the beauty of the Spanish countryside, orchards, olive groves and cork plantations, quaint old towns, incredible views, challenging climbs and thrilling descents, great food and wine, initiation to Catalan culture and, best of all, friendship.



SYRACUSE GRANDPRIX RACE

Compiled by SUE FASO / Photos: MARCELLO PRATTICO

Juniors

Place	Bib No.	Time	Name	Team
1	200	47:12	Fraher, Austin	Mello Velo
2	201	50:14	Short, Omar	Bike Syracuse
3	202	52:26	Mateo, Jeffrey	Bike Syracuse

Men, Cat 4 and one-day

Place	Bib No.	Time	Name	Team
1	110	45:12	Lynch, John	ChrisCookies/SwanCycles/ Finger Lakes Cycling Club
2	102	45:32	Batten, Phil	Team Ommegang - Syracuse Bicycle
3	122	45:58	Campbell, Jamie	
4	120	46:03	Wood, Owen	Team ROG
5	121	46:16	Faester, Paul	
6	105	47:10	Goetzmann, Craig	
7	103	47:26	Deane, Arran	
8	119	47:27	Wolcott, Bruce	
9	106	47:38	Hansen, David	Rogue Race Team
10	117	48:20	Thiel, Joe	
11	101	48:25	Arnold, Russ	ROG
12	104	48:35	Fella, Don	Mac 5 Bikes
13	113	48:44	Perry, Derek	Bike Loft East/CNY DIRT
14	114	50:56	Rautio, Brian	
15	111	51:26	Moore, David	Team Ommegang - Syracuse Bicycle
16	116	51:45	Shostack, Robert	
17	124	52:23	Hunter, James	Bike Loft
18	112	54:53	Nortman, Michael	
19	109	55:38	Lubba, Ryan	
20	108	56:45	Hendrickson, John	RUUD Racing/Tioga Velo
21	115	46:24	Schmid, Andrew	Bikes to Rwanda
22	126	46:50	McGowan, Craig	
23	107	48:05	Heath, Toby	Bike Loft
24	123	48:29	Hosford, Sean	
25	118		Tiegel, Mitchell	Onondaga Cycling Club
26	125		Austin, Aaron	Bike Loft

Master men 35+

Place	Bib No.	Time	Name	Team
1	302	49:44	Dellilo, Jason	Bike Loft
2	304	51:25	McCarthy, Phillip	
3	303	55:40	Hanlon, Robert	Syracuse Bicycle - Spokepost.com
4	301	57:07	Behrman, Sean	Team Ommegang/Syracuse Bicycle
5	305	50:59	Prattico, Marcello	MaxPowerCycling.com

Master men 45+

Place	Bib No.	Time	Name	Team
1	448	48:30	Walker, Jeff	
2	442	49:44	Faso, David	Bike Loft East-MaxPower Cycling
3	441	50:26	Drumm, Gregory	Team Ommegang - Syracuse Bicycle
4	443	50:50	Nilsson, Brian	
5	449	52:00	Nicholson, Jim	
6	440	52:43	De Lancey, Chris	Team ROG/GVCC
7	447	52:57	Rutishauser, Richard	



SYRACUSE GRANDPRIX RACE

8	444	54:22	Valvo, David	Brighton Surgery Center/ Adroit Engineering
9	446	55:02	Williams, Mark	Sonne's Racing/MVBC
10	445	56:20	Visconti, Gerald	OCFCU Cycling Project

Master men 55+

Place	Bib No.	Time	Name	Team
1	582	48:52	Ross, Andrew	MaxPowerCycling.com
2	583	49:44	Spak, Michael	Schwab Cycles
3	580	54:41	Burnside, David	Team Pedallers/GVCC
4	581	52:05	Peter, Mike	Crosshairs Cycling

Open women

Place	Bib No.	Time	Name	Team
1	604	56:48	August, Anne	Park Ave Bike Shop
2	607	48:44	Higgins, Jennifer	Colorado State University
3	609	49:57	Valvo, Leah	
4	608	50:59	Mucitelli-Heath, Kristen	Bike Loft North
5	605	53:39	Cowan, Stacey	Bike Loft East
6	606	54:41	DAngelo, Mary	Team Pedallers

Master women 35+

Place	Bib No.	Time	Name	Team
1	783	50:25	Swan, Tamela	
2	778	52:00	Eisch, Karla	Tioga Velo Club/Mission In Motion
3	782	53:05	Stewart, Kate	Corning/NoTubes
4	779	58:14	Hendrickson, Jackie	Mission In Motion/Tioga Velo Club
5	780	55:13	Kloesz, Lori	
DNS	781		Schnedeker, Cynthia	Velo Bella

Youth

Place	Bib No.	Time	Name	Team
1	817	06:40	August, Owen	Park Ave Bike
2	818	06:50	August, Trevor	Park Ave Bike
3	820	07:27	Short, Chamar	Bike Syracuse
4	821	07:50	Buchanan, Ameen	Bike Syracuse
5	823	07:54	Bradley, Nigeria	Bike Syracuse
6	819	07:56	Mateo, Emanuel	Bike Syracuse
7	824	07:56	Baxter, Jordan	Bike Syracuse
8	816	08:09	August, AJ	Park Ave Bike
9	825	08:25	Mercado, Francis	Bike Syracuse
10	822	08:55	Adams, Ahysia	Bike Syracuse

Men, Cat 1-3

Place	Bib No.	Time	Name	Team
1	933	1:03:04	Hettenbaugh, Jason	Towpath Bike / R.N.R / Powerbar
2	936	1:04:19	Schuler, Robert	Minerva Design Cycling Team
3	928	1:05:23	August, Andy	Park Ave Bike Shop
4	934	1:09:17	Hueber, Neil	Team Bike Loft
5	931	1:11:50	Griffo, Gregg	Team ROG
6	929	1:06:25	Faso, David	Bike Loft East-MaxPower Cycling
7	930	1:06:36	Ferrett, David	Team Pedallers
8	935	1:10:28	Ormsby, John	Dick Sonne's / Eclipse LED
9	932	1:12:31	Hanlon, Robert	Syracuse Bicycle - Spokepost.com



WINTER TRAINING FACILITY

The CNY Triathlon Club Winter Training Facility (WTF) provides a unique venue for winter time training. The WTF is located in the corridor between Dick's Sporting Goods and Sears in Shoppingtown Mall. The space is equipped with 50 brand new Kurt Kinetic trainers, sound system, two large screen video monitors, CD/DVD player and even a disco ball (not kidding). Bring your bike, water bottle, towel and your desire to have a great workout.

The CNY Triathlon Club Winter Training Facility is available for use free of charge to current members of the CNY Triathlon Club and members of the Onondaga Cycling Club.

- We suggest you park near Dick's. You can walk your bike down to the WTF, which is located in the "Community Wing" of Shoppingtown Mall. Go towards Sears and the WTF is on the left before the stairs. Our logo is painted on the back wall.
- You can also use the parking facility located between Sears and JC Penney. Exit the parking facility and use the entrance to the mall near but to the left of Sears entrance. Go up the escalator, go down the corridor to your right, and you will enter the Mall almost directly in front of the CNY Tri Club WTF.
- The Mall entrance opens at 5:30 a.m. during the week and 7 a.m. on Saturday's.
- When the parking lot is wet or snow covered, carry your bike up to the mall entrance and roll your bike the rest of the way to the WTF. We want to keep the trainers corrosion free.
- If you have never used a bike trainer, no worries! It is easy and the leader of the session will show you how to set your bike up.
- If you do not have a trainer at home and plan to use the WTF frequently, you can leave your bike at the WTF. At the end of the season you can pick up your bike to get outdoors! Note: The CNY Tri club is not responsible for items lost or stolen that are being kept at the WTF. It is also the responsibility of the member to pick up their bike during open WTF hours.
- There is no bathroom in the WTF, but there is a restroom nearby in the Mall.
- Bring your water bottle pre-filled from home. If coming to yoga, bring a mat, but there are mats available at the WTF.
- The WTF does have a women and men changing area.
- Be sure to sign-in for each session at the front table.
- Arrive 15 minutes early to set-up your bike.

2013 CLASSES

Classes are subject to change.

Please check [CNY Tri-club calendar](#) for changes and cancellations.

- Monday - 6:00 p.m. CYCLE with Sam Sampere. Get ready to sweat!! This is a two water bottle class!
- Monday - 7:15 p.m. AB RIPPER X with Tracy Crompt! As IF Sam's class wasn't enough! Tracy will pop in the AB Ripper X DVD to add to the pain.
- Tuesday - 5:30 a.m. CYCLE with Dan Wnorowski. Great way to start the morning and get the ride out of the way!
- Tuesday - 6:00 p.m. B-Fusion Yoga with Bridget Lichtinger. This is a yoga fusion class to cool tunes! If you have never taken yoga don't be afraid! This is a beginner friendly class.
- Wednesday - 6:00 p.m. CYCLE with Rich O'Neil. Rich will take you through your paces! Another two water bottle class! Don't miss it!
- Wednesday - 7:15 p.m. P90X Core/Cardio right after Spinervals!
- Thursday - 6:00 p.m. CYCLE with Maureen Kenyon. Maureen teaches at ASPEN and teaches an awesome class to great tunes!
- Friday - 6:00 p.m. MOVIE NIGHT CYCLE!!! New releases, classics, comedies, anything to get you through a long ride! Bring your favorite movie!!!
- Saturday - 8:00 a.m. LONG Ride with Ann and Lisa. They will be using the SPINERVAL's DVD's to take you through a 2-3 hour ride. Enjoy!
- Saturday - 10:00 a.m. P90X or INSANITY CARDIO DVD! Tracy Crompt will pop in the cardio DVD so you can get a sweat going!
- Saturday - 11:00 a.m. P90X AB RIPPER X - End the workout with a killer ab exercises!

RESPECT THE RIDE

By Rich Reardon

Comedian Rodney Dangerfield was famous for saying that he “gets no respect”. We’ve been taught to respect many things in our lives and of course, maintain self respect. Aretha Franklin spelled it out for us in her mega hit song **R-E-S-P-E-C-T!!** The dictionary simply says that respect means “to hold in esteem and honor”. For cyclists, it is important to apply respect to the essence of the sport we love, the ride.

So what does ‘respect the ride’ mean? Basically it means approaching all of your rides humbly prepared for all the possibilities both good and bad that may be hurtled at you on any given ride. Things happen on a ride. In my many years of cycling I have seen and learned a lot and continue to learn today. No ride is the same, even if it’s your favorite route that you know blindfolded. Something will be different with each ride. Every ride has its own way of delivering a lesson pertaining to respecting the ride. Ahead are some hard lessons learned that have made me respect the ride.

On the first century I ever rode, I basically rode on courage and bananas. I learned the meaning of **BONKING**, the hard way. After 90 miles, 8+ hours on the bike, and legs filled with cement, those last 10 miles might as well have been another 100. At that point my mind teased and mocked me, the road weaved, tree limbs reached out to push me off the bike and the road continued endlessly, laughing at my sloppy pedal strokes and verbal outbursts of frustration. In those days a Hershey bar was your “energy” food and a cup of black coffee for your “energy” drink. **Respect good nutrition for your rides.**

Dogs look curiously at passing cyclists. Some bark, growl, chase and others simply stare and walk away. My dog encounters have been more of the bark, growl, and chase type. **Respect the critters on the road.**

Then we have our automobile brethren to *share* the road with while we pedal our machines. Now I don’t read lips very well, but many times I’ve come face to face with occupants of a vehicle moving their mouths non-stop from a closed car window. It is usually accompanied by pointing and other non-verbal gestures. However, when the window is down I get a serving of reprimands, insults, suggestions and a repertoire of profanity that thankfully fades into the rushing wind as they speed away. Items have been thrown at me and even a toy gun pointed at me from a moving vehicle. I didn’t know it was a toy immediately. Can’t we all just share the road harmoniously?

Weather: This may be the top reason for respecting the ride. Weather comes in many forms - sunny, cloudy, dry, rainy, clear, foggy, cold, hot, windy, snow and hail. In rare cases you may get it all in one ride. You can feel worse af-

ter riding 40 miles in a cold rain than riding 100 miles on a sunny day. RAIN is never given an invitation to rides. It’s the unwanted guest imposing on your ride. Sometimes you just can’t avoid it and you slip into survival mode. In recent years I endured horrible rain soaked conditions on the same ride 2 years in a row!

The ride was out of state and my cycling buddy arrived at the ride after 3+ hours of driving to get there as the rain commenced. We convinced ourselves that it would somehow clear. Early the next morning we looked outside our hotel window to see blowing rain at a 90 degree angle and the light poles swaying back and forth. We drove to the ride start thinking that we were either crazy or courageous for doing this. The rain showed no mercy. From the moment we mounted our bikes, splashed through a soggy 62 miles and returned to the refuge of the car, it continued with vigor despite our waterlogged mood.

The nightmare returned the next year. It was a nearly identical morning, same hotel, driving rain, and wild swaying light poles. But, this year we brought 2 of our friends to see what they missed the previous year. The rain *only* pummeled us for 80 miles on this ride. Seemed like the movie Groundhog Day, without Sonny & Cher serenading us before the ride! **Respect the forecast.**

Getting lost: Maps, Road signs, cue sheets, memory, painted road markings, and GPS, are all tools to help the rider navigate their way happily and safely through the ride. I once had a cue sheet dissolve in my hands during a downpour of rain as I stood, lost *somewhere...* if only trees could talk and point the way. Other people you may meet try to help, but it usually ends up with many arms and fingers pointing and gesturing in several directions with narratives such as “I think” “it seems”, “must be”, “not sure” or “there’s two roads with that name” and of course, “that was the rock where we were supposed to turn!” as helpful directions to get you on the right road. **Respect good directions.**

The list can go on but these are a few observations of cycling situations that get your attention to respect your ride. We cyclists are vulnerable out there. When we strap on that helmet and click into those pedals, we roll out with, and have great expectations. Fortunately, most rides we do are free of an adverse event and we regularly experience the joy of the ride. Good preparation and common sense are two safeguards that limit a bad riding experience. So, the next time that ride you do throws that unexpected 15% grade hill at you or there’s a “road closed” sign that’s on your route or you flat 2 miles from the end of a century ride or the tailwind now becomes a headwind. Just smile and repeat “**respect the ride**”.

BIKE CALENDAR

Not much happening locally this Winter, so here's the National Racing Calendar

2013 National Racing Calendar — <http://www.usacycling.org/nrc/>

DATE	EVENT	LOCATION	MEN/WOMEN
April 4-7	Redlands Bicycle Classic	Redlands, CA	M/W
April 14	Tour of the Battenkill	Cambridge, NY	M
Apr. 25-28	Joe Martin Stage Race p/b Nature Valley	Fayetteville, AR	M/W
May 1-5	SRAM Tour of the Gila	Silver City, NM	M/W
June 2	American Cycling Open	Philadelphia, PA	M/W
June 12-16	Nature Valley Grand Prix	Minneapolis, MN	M/W
July 7	Keystone Open	Philadelphia, PA	M/W
July 16-21	Cascade Cycling Classic	Bend, OR	M/W
Aug. 2-4	Tour of Elk Grove	Elk Grove, IL	W
Sept. 14	Thompson Bucks County Classic	Doylestown, PA	M

This schedule is SUBJECT TO CHANGE.



And remember: The OCC Tour de Syracuse is scheduled for May 18th & 19th 2013!!

PREZ MESSAGE

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In September we held the Paul Swinburne Memorial ride to benefit Amyotrophic Lateral Sclerosis-Therapy Development Institute. This is our annual charity ride. There are 100, 62, and 37 mile routes, a little something for just about everyone. The turnout was right around 100; and thanks to their generosity, we were able to raise \$3000 for this cause. Hope more of you can make it to this event next September. Look for more info to come.

Our last big event of the year is held in October, the Syracuse Grand Prix cyclocross race. Sue Faso has done a great job organizing this race for the past few years. Sue has decided to step back from her role as race director. She will be missed. We never had to worry that things wouldn't get done with Sue in charge. Cyclocross racing is a labor intensive race and not just for the racers. Without all the volunteers who helped with setup and tear down, we couldn't run this event. Once again YOU GUYS ROCK!!!

Well that's a short summary of the past year's big events (pretty sure I got them all) and a peek into the up coming year.

Best wishes for a happy and healthy new year. Ride On!!!

Mike

Starting in 2013: Slow-N-Easy – East Side!

That's right, beginning in 2013, the Slow-N-Easy rides start on the East Side of town! The Tuesday ride from Reed Webster park will still be there every week, but we're starting a New ride, every other Thursday to start, beginning from the Erie Canal Parking lot near Minoa ([find it here](#)).

Stay tuned to the website and the listserv for route maps and more information as details are firmed up!



FROM THE EDITOR

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probably carries one or two models to try.

10. Use Public Transit

Many metropolitan trains and public busses allow bikes, letting riders surrender on the worst days and hop a ride home. Bike near a bus route and you have bail-out points should the commute prove too long or laborious in the snow.



Done right, Winter riding can be as much, or even more fun than riding in the summer!

Dave