

# THE SPOKE 'N WORD

Vol 32, Issue 2 - Spring 2013

## INSIDE THIS ISSUE: **LOOKING BACK AND SLIGHTLY AHEAD**

- [Nutrition Errors](#) P. 2
- [Annual Bike Fair](#) P. 3
- [Earth Day Cleanup](#) P. 3
- [OCC Banquet Recap](#) P. 4
- [GREAT Cookies!!](#) P. 5
- [Spring Has Sprung?](#) P. 6
- [OCC Time Trials](#) P. 8
- [National Bike Month](#) P. 8
- [Bike Calendar](#) P. 9

### UPCOMING EVENTS IN THE CNY AREA

#### **OCC Bike Fair**

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

#### **OCC Earth Day Cleanup**

Saturday, April 13, 2013 Join the Club at the site of Time Trials and help out with Earth Day. We clean up the Time Trail route and do a ride afterward.

#### **OCC Tour de Syracuse**

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

### BY MIKE LYON

Hey boys and girls the next full-fledged biking season is nearly upon us. In fact, it is upon us since the first two club rides will have already happened by the time this comes out. WOW that was fast. Anyway, time to dust off that bike and bring to your local bike shop to make it perfect and you know once it is perfect, by association, you will also be perfect. Did you believe that???

If so then contact me, I hear there is a bridge for sale. Ha Ha. As usual, your bike Board has been hard at work trying to make this year better than last (as if that is possible).

So what's new for this year? Ok Ok, stop pressuring me I will tell. For those of you who like to go a bit slower or a shorter distance or just want to hang out with some really cool people, we have started an East Side Slow-N-Easy ride. This will be on every other Thursday. starting on April 25th at the Eire Canal Parking lot in Manlius Center. Be sure to thank Dave VanWie and Gus Engbretson for stepping up and committing to this event. We will, of course, still have the Slow-N-Easy ride out of Reed Webster Park in Camillus every Tuesday courtesy of yours truly and Tony Baleno. These rides starting the week of April 23, but please, check the web for the latest on the dates. It will be interesting to see who has the best post-ride treats. Oh my, was that a challenge? If it is, I think the west side will win. We have two graduates of the culinary school of "I bet I can make my husband fatter than yours", Lee Baleno and Nancy Lyon. Nancy says she is winning.

What's first? That would be the 3rd Annual Bike Fair/Expo, April 18. This looks to be a great event. We have partnered with the CNY Tri club and we have a great venue, the Sky Deck at DestinyUSA. Representatives of our local bike shops will be there as well as several speakers.

There will be fun, games and something for everyone. For example, there's a brown bag raffle, which offers fabulous prizes, all for the mere cost of \$1.00. I know for a fact that most of the prizes are at least \$30 value. There are a couple of bike jerseys, some Innovations Spa gift cards, an SU gift packet and other fabulous prizes which I am not at liberty to divulge. So if that's got your curiosity up lay, down \$10 for the admission and come and have some fun. Oh yeah, you will get fed as well. Go to Bikereg <https://www.bikereg.com/Net/18486> and register. Any questions contact Dave VanWie [david\\_vanwie@yahoo.com](mailto:david_vanwie@yahoo.com).

As always, we will be holding the [Tour de Syracuse](#) this year on May 18-19, but with a couple of changes. This year, the time trial has been lengthened and moved to a different venue, Pleasant Valley Road in Marcellus. This should be a bit more challenging for the participants than the one we were holding around Crooked Lake in Tully. What else is new? The road race this year is part of the New State Championship series. Not only that, it will be staged from the [Tully High School](#) rather than Song Mountain. However, it will still use most of the same course that has been popular with the racers, that is Otisco Valley and Amber Road, and perhaps, one of the all-time favorites, Oak Hill. It will, as before, finish at the top of Song Mountain Road. How cool is that, an uphill finish (who comes up with this stuff)?

What's next? Hummmm. Oh yeah, that would be the Annual Kingdom Road ride, barbeque and swim out of beautiful Memphis, NY. So mark your calendars for the first Saturday in August. For those who don't have a calendar,



*Can't wait for the season to begin!*

*continued on page 10*

# FROM THE EDITOR

By DAVE VANWIE

## COMMON SPORTS NUTRITION ERRORS

I can imagine that I'm not the only one who has questions about nutrition when it comes to eating before/during/after biking. The unfortunate thing about the sports nutrition field is that there is a copious amount of information out there for athletes. The bad news is that athletes really do not know who or what to believe sometimes. Hopefully this article will provide you a few of the more popular errors that I come across on the web, and help you steer clear of them this year.

### **Error #1:**

#### **Eating too many carbohydrates.**

I know it sounds funny and yes, we do need to consume carbohydrates for energy to supply our sport energy needs. However, far too many athletes are either eating the less advantageous types of carbohydrates or are simply eating too many based on their training. Consider the concept of "nutrition periodization", which helps athletes align their nutrition needs with the energy demands of their training cycle, it is important to remember that at certain times of the year, you simply do not need to eat many carbohydrates (during lower volume and intensity phases). There is some emerging research and theories that will be tested but the important take-home message is to cycle your carbohydrate intake based on your training load and the time of the year.

During the offseason, try to get most of your carbohydrates from vegetables and a small amount of fruits. Overloading your body with carbohydrates will only lead to unnecessary weight gain and potential health implications such as abnormal blood lipids.

During the base season, you will be fine with mimicking the same carbohydrate intake you did in the offseason until your training load exceeds 2-3 hour training sessions. Then, begin to introduce more fruits to your daily nutrition plan. The competition season is the highest energy expenditure cycle so some athletes choose to quench their carbohydrate needs with fruit, vegetables and whole grains (not the processed starches).

### **Error #2:**

#### **Depending too much on sports nutrition products.**

Sure, some sports nutrition products on the market do taste good, I admit. However, there is a time and a place to use these. As you just read, you should cycle your carbohydrate intake throughout the year so use of sports nutrition products such as energy bars, gels and sport drinks should be very limited during the offseason and perhaps the base cycle (unless the training load exceeds 2-3 hour training sessions). They can certainly be introduced during the competition season to maintain energy needs, but if you are a short-course athlete competing in Time Trials and shorter Criteriums and will finish in under 3 hours, you likely do not need excess calories during training or racing. I know it is hard to believe but the truth is that you can teach your body to use more of its internal fat stores and preserve internal carbohydrate stores which lessens your need for supplemental carbohydrates during sessions or races that will last under 3 hours.

### **Error #3:**

#### **Being a creature of habit with your daily nutrition.**

I know of many people who follow the same daily diet throughout the entire year. It is a great idea to not only cycle your carbohydrate intake but also add new protein

and fat containing foods throughout the year for variety purposes. The best time of the year to adopt these changes is in the offseason or early base season because just in case they do not agree with your digestive system, it will not have a negative impact on your performance.

Try some vegetarian protein sources or animal products that you have not tried yet and add some fat in your diet in the form of olives, avocados and even coconut oil or coconut butter. Get a little creative in the kitchen and blend up a new smoothie with coconut milk, chia seeds, spinach, kale, carrots, bananas, chocolate whey protein powder, tofu (optional) and ice. Be adventurous and you may just find a gem in your new food additions!

It's important to keep in mind athletes that you are in control of your nutrition plan. It is difficult at times but by remembering, and implementing, a few of the tips mentioned in this article, you will be able to align your nutrition needs with your physical training demands. And you may just find that you enjoy experimenting in the kitchen as much as I do!

*Dave*





# 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.

Register now: <https://www.bikereg.com/Net/18486>



# 2013 EARTH DAY CLEANUP

## JOIN US FOR THE 12th ANNUAL EARTH DAY CLEAN-UP: APRIL 13TH

Each year the members and friends of OCC head out to Caughdenoy Rd. in Cicero to cleanup a section of Onondaga County road adopted by the club.

So come on out, have some fun, enjoy some laughter with friends, eat, clean up, go for a ride afterwards, and see why so many of our friends show up year after year.

Sign-in and breakfast pizza, donuts, coffee and hot chocolate will be served prior to the clean up. Gloves, vests and other safety equipment will be provided to all.

**When:** Clean-up is Saturday, April 13 2012, starting at 9:00 AM.

**Where:** Everyone meets at Jerome's Fire Apparatus on Caughdenoy Rd., 1/2 mile north of Route 31.

**Post Clean-up Ride:** As always, there's a ride after the clean up. The ride will kick-off at 11:00 AM and Mike Lyon will be the ride leader du jour.



# OCC BANQUET RECAP

The Annual OCC Banquet was held at the Syracuse Double Tree on Friday, January 18, 2013. A great time was had by all with good food, drink and even dancing. It seemed almost everyone got a prize, even some of the Bike shop owners who attended!

Following is a list of the awards and recognized individuals at the event, and some photos of the evening courtesy of Ben Donzella.  
Thanks Ben!



## “Ciclisti” aka Tireless Cyclist Award.

Since 2006 we’ve been acknowledging participation in club rides, regardless of ride type. If we hold rides and no one comes, they aren’t very successful. So thanks for coming and putting off what you should have been doing to another day. This year’s participation awardees are:

68 Dick Matthews	42 Nancy Bailey
64 Jimmy Ryan	41 Joan Yungwirth
61 Tom Hotaling	40 Zeke Ronnow
59 Dale Barnell	40 Dan Thompson
59 Brenda Engbretson	39 Chuck Dominick
55 Jack Sivalia	39 Ellen Sivalia
53 Randy Kolb	38 Ed Chin
53 Bob Spear	37 John Gleeson
52 Gus Engbretson	36 Tom Fucillo
51 Peg Hotaling	32 Mike Lyon
50 Kelly Wheeler	32 Dave Sheldon
49 Mark Wheeler	30 Ed Luban
46 Joe Mautz	30 Todd Relyea
43 Pete Von Zwehl	

## “THE VEST” Volunteer Award

The awarding of volunteer points began in 2006. This award is to acknowledge those members who generously give their time so the club events (races, rides etc.) can be successful. This is a very small way to say THANK YOU for your support. The point structure is the following: 4 points for leading a ride; 2 for assisting at Time trials; 5 points for working half a day at one of our day long events. Points carry over for 3 years and then reset to zero.

### This Year’s Vest Awardees:

Ben Donzella	Bob Spear
Red Donzella	Dave VanWie
Brenda Engbretson	Joan Yungwirth
Mark Roemer	

## Mileage Recognition

While no awards are given for mileage, these achievements deserve a special mention:

<b>3000 Mile Club</b>	
Jimmy Ryan	3113
<b>2000 Mile Club</b>	
Tom Hotaling	2635
Dale Barnell	2554
Brenda Engbretson	2419
Randy Kolb	2371
Jack Sivalia	2310
Robert Spear	2291
Dick Matthews	2237
Peg Hotaling	2235
Gus Engbretson	2158
Mark Wheeler	2100
Ed Chin	2039

## 1000 Mile Club

Mike Religa	1326
Todd Relyea	1295
Ellen Sivilia	1286
Dave Sheldon	1275
Ed Luban	1271
Chuck Dominick	1239
Pete Von Zwehl	1203
Johan Wiklund	1158
Mark Latham	1056
Bob Ruth	1047
Dave VanWie	1016





# GREAT RECIPES

## Not Your Grandma's Chocolate Chip Cookie Recipe by MARY L. SHICK

Pedals to cookies; a craving of mine. I am not sure if I ride because I love to eat or eat because of the love to ride but I do know cookies are always the connection. Either way what's not to enjoy then a fun filled day of wind in your face and the sweet aroma of fresh baked cookies teasing your senses afterwards. Here is a healthier alternative to the popular and commonly known Toll House Chocolate Chip Cookies. It's very similar to what my grandma and Aunt Rosie would make as I was growing up and an ultimate favorite of my grandson but without the refined ingredients. I have food allergies and have found this recipe to be a match to grandma's recipe.



## Spelt and Flax Toll House Dark Chocolate Chip Cookies

- 2 ¼ C of Spelt Flour (does not seem to cause sensitivities in many who are intolerant of wheat)
- ½ C Ground Instant Oatmeal
- 1 tsp Salt
- 1 tsp Baking Soda
- 1 C SMART BALANCE Light Butter and Canola Oil Blend
- ¾ C Molasses
- ¾ C Natural Sugar (Sugar in the Raw)
- 1 tsp Vanilla Extract
- ¼ tsp Cinnamon
- 1 Large Egg White
- 2 TBS of Flax seed soaked in ¼ C water for 10 mins.
- 1 10 oz package of Nestle DARK Chocolate Morsels

Preheat Oven 350°

Line Baking Sheet Pans with Parchment (3 Pans)

**COMBINE:** Flour, salt, cinnamon, sugar, baking soda in bowl and set aside

**BEAT:** Light Butter, molasses, vanilla, egg white and Flax mixture till fluffy

**STIR:** Gradually add flour mixture to beaten butter; combined thoroughly; then stir in dark chocolate morsels by hand. (sometimes I add Raisins too)

Use rounded tablespoon or 2 oz ice cream or cookie scoop and place dough 2 inches apart.

Press lightly on dough to flatten and bake 10-12 minutes. Remove from parchment when cooled but *YOU DO WANT* to eat them while the CHOCOLATE is still warm and gooey!

# SPRING HAS SPRUNG

By ROBERT SPEAR

*Spring has sprung!* Not that you might have realized that on the first ride of the new season. The weather remained true to form of the last six weeks (unseasonably cold) but the club followed the traditional opening date dismissive of the snow and cold. Note the similarities in dress not to mention some of the same faces from ten years ago.



*RL Gus E. reported that "14 hardy souls showed up this morning for the first OCC club; photo courtesy of Dick M."*

The 2013 schedule is online at the club website and please note that there will be no printed ride schedule this year. The website is the 'official' reference. There are 114 rides to be considered, not counting the twenty TTs, the forty Slo'N'EZ, nor the 'extra' road adventures popping up from time to time. Numbers? Stats? The box score? Listen up. 11% are flat, 12% are flat to rolling [F/R], 34% are 'generally rolling' [gR], 15% are rolling to hilly, 22% are somewhat hillier [sH] and the last group of only 6% are very hilly. Now I know our system is arbitrary and subject to interpretation but, so far, it works adequately well using the elevation gained divided by the mileage pedaled.

The start venues are split amongst the central Syracuse area at 34%; North, 23%; East, 19%; West, 18%; and South, 6%.

The region of the routes includes the Canal Corridor at 13%, the Ontario Plain at 41%, the Finger Lakes area at 20% and the Southeastern Hills at 29%. Think of the interstates I-90 and I-81 as the division boundaries.

Enough numbers. Some highlights; i.e., my favorites..... but any ride is a good ride if the roads are dry in the Spring season would include: Ontiontown-Mucklands to see the good black earth being turned for planting; the Beaver Lake sortie, an always well attended roll through rural Oswego County; the Apulian Way winding up along Butternut Creek; the Tioughnioga River tour; and May culminating with a century to Delta Lake and holiday rides to Sylvan Beach and Skaneateles for pastry stops.

The ride-descripto booklet, a work in progress, has this to say about one of the rides: "BeLk-1 A 'Classic' that has been on the calendar for more than thirty years. Back in the day, and always on a Sunday, when the faster riders were called 'Sportsmen' and who usually rode from a separate venue than the general club; this was one of the club's prime rides. Undulating over rolling terrain through Northwestern Onondaga County, the jaunt is sometimes called OnOsCay because it extends into Oswego and Cayuga Counties. Distances range from 25-50 miles with many intermediate options.

In the 90s, the 'Beaver Lake Loops' was often the best attended OCC ride. As that decade closed, Mrs. Decker and her little store at the Ira corners disappeared and riders pressed on without stopping. The RL from the April ride a few years ago, and I wish I had recorded who, reported post-ride: "only thirteen riders.... a deep belief in the redemptive powers of Spring is required to live in CNY."

Perhaps of some interest, ladies and gentlemen, in one of the first printed schedules, circa 1975, OCC offered thirty-four rides between May and October, nineteen distinct routes and fifteen repeats. These bumped up in the '80s to 48, than to 64, reaching ninety rides in the mid-90s. Contrast that schedule to this decade as members choose from over 150 outings.

Well, maybe not enough numbers. Elsewhere in this issue are the points and mileage tallies for the 2012 season. Awards were bestowed at the annual banquet just past to members who rode in twenty per cent of the clubs oblations.

Some riders who were tantalizing close to the cut-off were: Larry Kolb, Margo Ross, Don Judge and Mike Religa. Interestingly, there were fifteen other riders who, if they had ridden in just ten more of the 150 events, would have joined the ciclisti, the roleurs, the 'Big Wheels,' whatever they will be called, as long as it is not late for a ride, in 2013. Any questions about your 2012 score, just give me a shout out.

See you on the road and remember, The hills are our friends and we love the wind because it makes us strong.

**B.S.**





THE LEAGUE » NATIONAL BIKE MONTH



WHERE WILL  
THE RIDE  
TAKE YOU?

**MAY 8, 2013**  
**BIKE TO SCHOOL DAY**

**MAY 13-17, 2013**  
**BIKE TO WORK WEEK**

**MAY 17, 2013**  
**BIKE TO WORK DAY**

# TIME TRIALS

By RED & BEN DONZELLA

Hey all it's that time again. Spring is nigh upon us and for us that means two things: The annual OCC Earth Day Cleanup on Saturday April 13th and the start of the Official Time Trial season beginning Tuesday April 23.

Every year rain or shine OCC'ers have gathered at the Jerome Equipment Company parking lot to celebrate Earth Day and to pick up the trash along that section of Caughdenoy Road. There are usually gloves and goodies provided and a club ride (Caugh-1) is scheduled after at 11 o'clock.

The following Tuesday Apr 23 begins the 6pm Time Trial Series also at the Jerome Equipment parking lot. Last year we had great attendance and our people really showed some great times. We are keeping the same format this year.

So come on out Saturday April 20 and help clean up the joint and have a nice ride after. And all TT'ers remember Tuesday Apr 23 first rider goes off at 6pm. See you there.

**Red & Ben D.**

**DON'T FORGET: Starting April 25th 2013 - Slow-N-Easy – East Side!**

Every other Thursday to start, beginning from the Erie Canal Parking lot near Minoa ([find it here](#)).



# NATIONAL BIKE MONTH

The League of American Bicyclists is the national sponsor of Bike Month, and this year Bike to School Day is Tuesday May 8th, Bike to Work Week is May 13-17 and National Bike to Work Day is Friday, May 17.

## Bike Month Promotion

Help promote bicycling this May and every month! The League has free [Bike Month promo tools](#) like logos, posters and banners to place on your Web site this May. Printer files can also be requested at [communications@bikeleague.org](mailto:communications@bikeleague.org).

## Bike Month Events

Check the Bike Month events section often to see what Bike Month and Bike to Work Week events are going on in your community. Also, post your area, club, business or school's Bike Month events on our Web site for free! [Post or find Bike Month events today](#).

## U.S. Bike Commuter Data

Do you want to know how many people ride bikes in America, who's riding, and how many miles of bike lanes there are? The Census Bureau collects American Community Survey (ACS) data from a sample of the population in the United States and gives us this insight. [Find out who's riding bikes in the largest 244 cities in the U.S.](#)

## Ride Better

Are you planning on riding this Bike Month but need to freshen up on your bike safety and riding skills? The League has several bike education resources to help you ride confidently and safely this May. The League's [Ride Better](#) page has detailed the Rules of the Road and commuting tips to making riding fun and safe for all new and returning riders. [Simple bike maintenance and fix-it info](#) is also located on the Ride Better page.

## And for Motivation...

Register for the National Bike Challenge!!

## 2013 NATIONAL BIKE CHALLENGE



May 1 - September 30 » [nationalbikechallenge.org](http://nationalbikechallenge.org)



# BIKE CALENDAR

## APRIL

- 7 **Hornby Hills Kermis**  
*Corning, NY*
- 13 **OCC Earth Day Cleanup and Ride**  
*Caughdenoy Rd, Clay NY*
- 13-14 **Tour of the Battenkill Pro/Am**  
*Cambridge, NY*
- 18 **OCC Bike Fair**  
*Syracuse, NY*
- 21 **Check Your Legs Road Race**  
*Garrattsville, NY*
- 22 **GVCC Spring Classic at Bloomfield Road Race**  
*Bloomfield, NY*
- 22 **ChainStretcher MTB Race**  
*Peekskill, NY*
- 23+25 **OCC Slow 'n Easy Rides Start**  
*Camillus, NY + Manlius, NY*
- 28 **Pedal for Pets Charity Ride**  
*Ithaca, NY*
- 29 **Binghamton Circuit Race**  
*Binghamton, NY*

## MAY

- 5-6 **Kissena Velodrome Opening Weekend**  
*Flushing, NY*
- 5 **Addison Race Fest**  
*Addison, NY*
- 6 **Hollenbeck Spring Classic**  
*Virgil, NY*
- 12 **Annual Green Lakes Duathlon**  
*Cazenovia, NY*
- 12 **Annual Bristol Mountain Race**  
*Bristol, NY*
- 18-19 **OCC Tour de Syracuse**  
*Syracuse, NY*
- 27 **Annual Glen Challenge Festival MTB**  
*Waverly, NY*
- 27 **Saratoga Lions Duathlon**  
*Saratoga, NY*
- 27 **Race4Hope**  
*Borodino, NY*

## JUNE

- 2 **Annual Opportunities for Otsego River Ride Tour**  
*Oneonta, NY*
- 3 **AIDS Red Ribbon Ride**  
*Rochester, NY*
- 3 **Urban Assault MTB**  
*New Paltz, NY*
- 9-10 **Great Finger Lakes Bike Tour**  
*Watkins Glen, NY*
- 9 **Black Fly Challenge**  
*Inlet, NY*
- 9 **Wilmington Whiteface RR**  
*Wilmington, NY*
- 16 **GIRO of Otisco**  
*Skaneateles, NY*
- 23 **Corning Circuit Race**  
*Watkins Glen, NY*
- 24 **Owasco Flyer**  
*Auburn, NY*
- 30 **Fitchburg Longsjo Stage**  
*Fitchburg, MA*
- 30 **OwascoMan**  
*Auburn, NY*

## PREZ MESSAGE

*from page 1*

that is Aug. 3. I do believe that this will be the 16th or 17th time we have held this event and my wife is foolish enough to say "OK let's do it again". Is she nuts or what? I can pretty much guarantee that the weather will be great as well as the food and company. Only two of these have had rain.

The next big event, if my old memory is correct, is the annual vacation ride. Joan Yungwrith and Jimmy Ryan handle this great event. I don't have much information but I am sure that it will be just as good, if not better than last years. For info contact Joan at [jmyung@twcny.rr.com](mailto:jmyung@twcny.rr.com). She will give you all the details, but once again, check the web and list server.

A new event!! The board has decided that we will be holding a fully supported century ride out of the [American Legion on Jordan Road, in Skaneateles](#) on August 17. In addition to the full century, this ride will have several shorter options and looks to be a fantastic event. I am sure there will be some sort of feeding frenzy post-ride so I suppose we will have to have copious

amounts of food and drink available. You guys are pigs, oink oink. I know because, oink, I am, oink, one of you. One of the main reasons I ride is so I can eat more. YUMMMMM.

What's next? Oh yeah the Paul Swinburne Fall Century, September 14. This was a great success last year raising close to \$3K for the Amyotrophic Lateral Sclerosis-Therapy Development Institute. Most of you know that this is the disease that took Paul long before his time. Not much is changing this year, perhaps the addition of another route shorter than the 37 mile one that is there now. What does all this mean? Only that we will be holding another fantastic event complete with great food and companionship along all of the routes. Last year we had several attendees from the Finger Lakes Cycling Club. Hopefully, they will join us again and bring a few more of the fellow club members along with them. One last thing, you fast guys need to slow down so that we can get to the water stop at Rudy's on Lake Ontario before you do or maybe we need to speed up. Don't worry

we will figure it out.

Last but certainly not least is our Cyclocross Syracuse Grand Prix race. It has always been a great event but this too has undergone a couple of changes. First it will be held a bit later than usual. The date will be changing to November 2 and it will most likely be part of the NYCROSS Cyclocross series of races. This means the event will be larger than before offering a few more fields than usual. Stay tuned for updates.

I know I have only highlighted the larger events but please so don't forget that we run more than 100 rides throughout the year such as our weekly time trials and very popular Wednesday night rides. None of these things could be possible without the fantastic volunteers we have in our club. Without them none, and I mean none, of this could be possible. Did I already say that? Well I meant to say it again. So thank them!!

Please at all times ride safely and HAVE FUN because that's what it's all about.

**Mike**