

# THE SPOKE IN WORD

Vol 32, Issue 4 - Fall 2013

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### UPCOMING EVENTS IN THE CNY AREA

#### [SYRACUSE GRAND PRIX Cyclocross](#)

November 2nd, Long Branch Park: Come and race, or volunteer and help out, either way, it is a great time!

<http://onondagacyclingclub.org/races-and-events/cyclocross/>

#### [MaxPower Power Cross](#)

November 3rd, Longbranch Park: If you're coming for the Syracuse Grand Prix, why not stay for POWER-CROSS!

#### [OCC Annual Banquet](#)

January 24th, 2014 and it is at the DoubleTree Hotel again.

**Be sure to Save The Date!**

### BY MIKE LYON

Last newsletter my gripe was with those of us who disregard the rules of the road. As you can see, if you are on the list server, it had no impact whatsoever. Let's try something else that will be disregarded. Here I sit broken hearted, I came to a ride and it never started. What do you mean never started. WHY? I'll tell you! We got sued out of existence because we knowingly allowed a non-member to participate in one of our club rides. That's correct - this could happen to us, all because someone didn't want to part with a lousy \$20 for membership. There is one person out there who has logged more than 1000 miles with us for at least the last two years and refuses to become a member. Their initials are ML. Wait a minute those are my initials. Whew, I checked, I am a member. Perhaps you think I exaggerate. I don't. Think about what it would cost to defend ourselves. We have had to do this in the past; and if it wasn't for our liability insurance, any reserves that we may have would have been gone before we even got to court. It costs us to protect ourselves and a large portion of your dues goes to us being able to do business. You likely don't know but our liability insurance protects you too and it also serves as secondary medical insurance. I know of one case, which involved some serious injuries, where it was the person's only insurance. We have discussed non-members riding many times at board meetings and we really don't want to put more burden on our ride leaders, but these people put the whole club in jeopardy. So if you know one of these people, please ask them to join. Maybe take up a collection for them since they likely spent all their disposable income on the \$3K bike they are riding and there is nothing left for membership.

Recently, more and more people are showing up to our rides with bikes equipped with aero-

bars. When used under the wrong conditions, aero-bars can lead to serious injuries. Regardless of the skill of the cyclist, aero-bars can diminish control and response and are not safe for club rides. In an effort to keep our rides as safe as possible, the board has decided that a policy is necessary. Therefore, the use of aero-bars will certainly be permitted during Club time trials. However, the use of aero-bars will not be permitted on Club rides. If a bicycle is equipped with aero-bars, they may remain on the bike but must not be used. Hope everyone understands.

Now on to a more pleasant topic. This year's Fall Memorial Century was held on September 14th and started at Carpenters Brook Fish Hatchery. The full century loops up to Rudy's on Lake Ontario, while the shorter rides meandered north then east and back to the park. While the weather started out cool and cloudy with threatening rain, it turned out to be sunny and warm. Maybe the cool start was why the turnout was down from last year. However, through their generosity, we equaled last year's total and raised approximately \$3000 for the Amyotrophic Lateral Sclerosis-Therapy Development Institute. A special thanks to all the volunteers that helped. Almost nothing would get done without these people and our club is lucky that there are always people who step up to help out.

Speaking of volunteers, this year we need help a little earlier than normal for the Syracuse Grand Prix Cyclocross race (<http://onondagacyclingclub.org/races-and-events/cyclocross>). The reason for that is the start time has been moved to earlier in the day. The reason for that is we are now part of the NYCross.com cyclocross series which has defined start times. We are



*continued on page 10*



# FROM THE EDITOR

By DAVE VANWIE

Ok, I can write about anything in this space each issue, and there are a lot of things going on with the club, and in the news right now that I could focus on, but instead, I want to revisit the same subject I did last year at this time, and that is:

## CYCLOCROSS SEASON!

Cowbells, mud, beer, these are some of the best things in sports, and when combined with Bicycle Racing, it makes for an all out great time, for both racers and spectators alike.

### *Enter CYCLOCROSS!*

Contrary to popular belief, cyclocross racing IS fun. It's also technically challenging and physically demanding. The effort and skill required to compete elevates your overall racing fitness and leads to great improvement when the spring road races roll around.

### **It Makes You Better**

If you've raced consistently throughout the spring and summer, take a two- to three-week rest after your last race to allow your body to recuperate from a long, hard season. But, don't make the common mistake of letting your lungs and legs collect dust by resting too long. That'll only make it a real struggle to get in shape come spring.

Instead, join some cross races. Keep in mind that you can ride them mainly for fun and general fitness. You don't have to take it too seriously. And even riding mainly for fun, cross will help you a lot. It improves bike handling and power and builds your cardiovascular system. You'll be amazed how great you feel and how much more confidence you have on your bike when the race season arrives.

If you're not a racer, you'll still love the way cross improves your skills. Trails that once worried you will seem tame and you'll be able to ride sections you had to walk before.

Oh, and dogs; cyclocrossers love dogs!

*Dave*



# 2013 SYRACUSE GRAND PRIX CYCLOCROSS

NYS Cyclocross Championship;  
Part of NYCross.com series



Another great Race  
brought to you by:



ONONDAGA  
CYCLING CLUB

November 2, 2013

Longbranch Park, Onondaga Lake Park, Liverpool, NY 13088

Neutral Race Support Provided by: Bike Loft East

Category	Start Time	Race Length	Pre-Reg Fee*	Prize
Cat 5 Men	9:00	30 Min	\$25	Merchandise
Junior Boys 10-14	9:01	30 Min	\$5	Medals
Cat 4 Women	9:01	30 Min	\$25	Merchandise
Junior Girls 10-14	9:01	30 Min	\$5	Medals
Junior Girls Under 19	9:01	30 Min	\$5	Medals
Cat 4/5 Men	9:45	40 Min	\$25	Merchandise
35+ Masters Men	11:00	45 Min	\$25	Merchandise
45+ Masters Men	11:00	45 Min	\$25	Merchandise
55+ Masters Men	11:00	45 Min	\$25	Merchandise
Cat 3/4 Men	12:30	45 Min	\$25	Merchandise
Men Under 23	12:30	45 Min	\$25	Merchandise
Junior Boys Under 19	12:30	45 Min	\$5	Medals
Elite Women (1/2/3/4)	1:30	45 Min	\$30	\$499/7
Women Under 23	1:30	45 Min	\$25	Merchandise
35+ Masters Women	1:30	45 Min	\$25	Merchandise
45+ Masters Women	1:30	45 Min	\$25	Merchandise
55+ Masters Women	1:30	45 Min	\$25	Merchandise
Single Speed Men	1:31	45 Min	\$25	Merchandise
Elite Men (pro 1/2/3)	2:30	60 Min	\$30	\$499/7

For additional info: [syracusecx@gmail.com](mailto:syracusecx@gmail.com).

This is part of the NYCross Series & supported by a grant from the  
NY State Bicycle Racing Association (NYSBRA).



## The FINE PRINT

- Fields may be combined, depending on participation.
- Starting Grid based on Crossresults.com ranking system.
- \$10 Late fee for Day of Registration & begins 8:00 AM ending 20 min before race. Day of's will be seeded in the back of the field. **So register early to secure your position!**
- Cash Payout 7 deep for Men's + Women's 1, 2.
- Total purse for each Elite field- \$499. \$25 will go to top Cat 3.
- Additional races only \$10
- Parents/guardian must sign waiver for anyone under 18
- Master Races are Cat 1-4 for all races.
- One Day license are available for \$10 and must race as a Cat 5 Men or Cat 4 Women.
- All USA Cycling rules apply
- Mountain bikes allowed
- NO: bar ends, sleeveless jerseys, aero bars or extensions
- CPSC certified helmet **required**



# A LOOK BACK AT 2013 RIDES

## DeRuyter Reservoir Tour

Saturday, May 4th



## Tex Mex Ride - Saturday, August 17th

33 riders (including 8 guests) rode a total of 1,432.2 miles this morning on the Tex-Mex tours out of Central Square. Point 2! Some folks just don't want to round off their miles, do they? Anyway, we had just about the most perfect weather conditions you'll find here in CNY any time of the year, so the number of riders should've been at least double to what he had. Oh well, mow your lawns, wash your cars.....y'all missed out!

So we had a world tour of sorts. We visited France (the "Little" version, of course), Mexico, Texas, Palermo and Hastings, to name a few burgs. Most riders opted for the 48 miler, with some extending it out a few miles to visit pretty Mexico Point Park. Peg Hotaling supplied the pic below. As you can see, Marlene Cleary

took the Tex-Mex thing to heart by wearing a Tequila jersey. Way to go, Marlene!

There were no problems or complaints that I'm aware of, other than a flat tire in the Village of Parish. Fortunately, this ride leader was within earshot of the deflated, and came to the rescue. Apparently, a good time was had by all!



## Henderson Harbor Ride

Sunday, August 18th

27 members and 1 guest rode 1816 miles on a wonderful biking day. Perfect temps. And riding conditions. The views were wonderful and the last 9 miles at 30 mph+; on the long ride made all the climbing worth it. No major problems occurred other than a broken derailleur cable. It was made perfect at the end ; when Dick Mathews broke out the watermelon for everyone to enjoy! Everyone had a good time.

Ride Leader Tom H.





## Chimney Bluffs Tour

Thursday, July 4th

Twenty-one members and one guest came out to ride the rolling roads of Oswego, Cayuga and Wayne counties. Twelve did the 70 mile route (two of these folks managed to get 72 miles and amazingly, stayed dry), the rest opted for 45 (and some of these folks managed to get more). Unfortunately our guest had a mechanical problem, her bike post broke, and had to call for assistance. No other incidents were reported. In total, we rode 1,264 miles. The long group saw Chimney Bluffs from the State Park on Garner Road. (At right is the happy 70 mile group at the park, before we got wet).

Most of the feedback was that it was a great route. Hopefully the schedule-meister will put it on the calendar again!



## Apple Stix Ride

Friday, September 27th

Twelve OCC members and one guest cycled 598 miles, ate 11 apple stix and 1 Snickerdoodle on the club ride yesterday from Onondaga Lake Park to Skaneateles. The apple stix were nice and hot since Jimmy called ahead and ordered them before we left. They had plenty for us to enjoy. And it was a beautiful day for a ride – a little cool at the start, but arm warmers, jackets came off after a few miles.

Although our ride leader could not join us, he was kind enough to meet us at the park with maps and announcements at the start. Thanks Dan!

At right is a picture of most of the happy cyclists after having their treat!





# OCC MEMORIAL CENTURY

## Saturday, September 14th

From the President:

We had a good turnout for this year's century. Seventy seven riders signed up for this great event. I only know of one mishap, a broken rear derailleurs. However, the rider made it back and somehow managed to climb those last few hills. It appears that everyone enjoyed themselves and the routes, that is, with the exception of those last couple of hills. Maybe we will make a couple of small changes for next year. We equaled last year's total and raised approximately \$3000 for the Amyotrophic Lateral Sclerosis-Therapy Development Institute. Thanks!

This going to be a little long so bear with me because it needs to be said. An event like this doesn't happen without a hard working team of volunteers. This one started with a few years ago when Paul planned these routes and then Bill Goffe made a few small tweaks after riding the course a few times. But this year it began with Bob Spear spending hours marking the course. This was followed by Nancy asking me last Tuesday "Have you thought about what you're going to serve on Saturday?" Of course not, was my response. So she took over that aspect and we went shopping. Oh yeah, we also need to know that we had a few key people to man the water stops.



Tom Fucillo took charge of the Rudy's stop and Steve Ransford at the Phoenix area. Then there is registration; Kelly Wheeler took charge and I do mean charge. OK we got them out on the road and we get a break so the cooking can begin. What a crew, talk about experience!! We had master chef Roland Pearson getting the fires going. But when the cooking started he had his own team consisting of Tony Baleno, Jack Sivalia, Mark Wheeler, and Pete Zeleznock. While these were their main chores they certainly contributed in other ways, such as clean up after all the riders were gone. When that started there was Dave Grieves ready to pitch in. Many thanks to all of you guys for giving up most/all of you Saturday when you most likely want to be on your bike. So when you see them out on the road give them a little thanks. Without them this would have been just a "so-so" event, if it even that good.





# VACATION RIDE

**Sunday-Thursday, August 11-15, 2013**  
**OCC Summer Vacation Ride: Tioga County: Owego, NY**

Cycle and explore the beautiful rural Southern Gateway of New York's Finger Lakes; along the Susquehanna River. Visiting Tioga County is visiting "Real America" in its true form. Owego was voted "coolest small town in America 2009." Experience road riding, history, arts and culture,

entertainment, museums, farm tours and products, golf courses, parks and hiking trails, paddling area creeks and rivers (kayak/canoe), Tioga Downs Casino and Raceway, antique shops, bike shops, great eateries...and more. Rolling terrain; challenging hills to climb.



# GREAT RECIPIES

## Healthy Snacks for Athletes

### Why are healthy snacks important?

Athletes and active people need more calories and nutrients than people who do not exercise regularly. Nutrients include carbohydrates, protein, fat, vitamins, and minerals. Healthy snacks can provide these extra calories and nutrients you need. Eating a healthy snack before exercise will give you energy. Eating a healthy snack right after exercise can keep you from overeating during mealtime.

### What snacks should I avoid?

Avoid snacks that are high in fat and sugar. Some examples are doughnuts, cookies, potato chips, candy bars, and sodas. These foods are low in healthy nutrients. They may not give you the energy you need to perform well during exercise and sports competitions. What kind of snacks should I eat?

Eat snacks that are fast, easy, and healthy. You will have to plan these snacks ahead of time and have them available when you need them. This will make it easier for you to fit in healthy snacks during a busy schedule. Choose snacks from all the food groups to get a variety of nutrients throughout the day.

- Apple or banana slices and peanut butter
- Whole-grain crackers and cheese
- Carrot and celery sticks with dressing
- Cottage cheese or yogurt with fresh or canned fruit
- Energy bars, breakfast bars, or granola bars.
- Crackers and hummus (garbanzo bean dip)
- Trail mix with nuts and dried fruit
- Whole-grain bread or bagel sandwich (with peanut butter, turkey, lean roast beef, or tuna)

### What are some other tips for eating healthy snacks?

Some snacks will need to be kept in a refrigerator or in a cooler with ice so they will not spoil. Make sure these foods are not at room temperature for more than 2 hours. After 2 hours, bacteria can grow in these foods, which can make you sick. Food that should be kept cold includes milk and dairy products, such as

cottage cheese and yogurt. It also includes salads or sandwiches made with meat, fish, or poultry.

If you are trying to control your weight, eat a snack before you get too hungry. This will keep you from eating too much later in the day. Ask your dietitian how many calories you should have each day. Your dietitian can help you choose snacks that will help you get the right amount of calories.

### What snacks should I eat right before a sports competition?

The snack you should choose before a competition depends on how long you will be exercising. For competitions that last longer than 1 hour, choose carbohydrates that your body digests slowly. Some examples are yogurt, bananas, oatmeal with milk, apples, and energy bars. If you will be exercising for less than 1 hour, choose carbohydrates that your body digests quickly. Some of these foods include crackers, bread, and english muffins.

Eat snacks 1 hour before a competition to prevent hunger and low blood sugar. A drop in blood sugar can make you feel lightheaded and tired. Eat 1 gram of carbohydrate for each kilogram of your body weight. To figure out your weight in kilograms, divide your weight in pounds by 2.2. If you weigh 70 kilograms, you should eat 70 grams of carbohydrates.

Avoid foods high in fat, sugar, or fiber before you exercise. High-fat foods take longer to digest and may cause stomach discomfort. High-sugar foods may cause your blood sugar to drop quickly during exercise. High-fiber foods, such as whole grain breads and cereals, may cause gas and stomach discomfort.

Eat snack foods that you are used to eating. It is best not to try a new food before a sports competition. Each person digests food differently. Certain foods may cause stomach cramping, gas, or diarrhea. This may cause you to slow down or even stop the competition. Try new snack foods on a different day.



# TUSCAN CYCLING ADVENTURE

or OCC Meets Cheap Wine and Great Food  
By GUS ENGBRETSON

OCC members Sam Clemence, Brenda and Gus Engbretson, Peg and Tom Hotaling and Bob Spear rode a cycling adventure in Tuscany this past September. We booked the 6-day "Tuscan Roads" self-guided tour offered by biketoursdirect.com. The tour is listed as a challenging tour and it proved to be that.

We arrived in Florence, Italy the morning of September 13 and trained to our start point in Montecatini Terme, an old spa town northwest of Florence (and the start of the men's team time trial for the 2013 World Cycling Championships (more on this later)). Our first discovery was that a 3€ (about \$4) bottle of wine from the local grocery store was very drinkable. A couple of such bottles served as the happy hour repast. A little restaurant down the street proved to be a great introduction to Tuscan cooking. The next day was spent wandering the town, checking out the grand old spas and taking the funicular up to Montecatini Alto, a tiny old hilltop



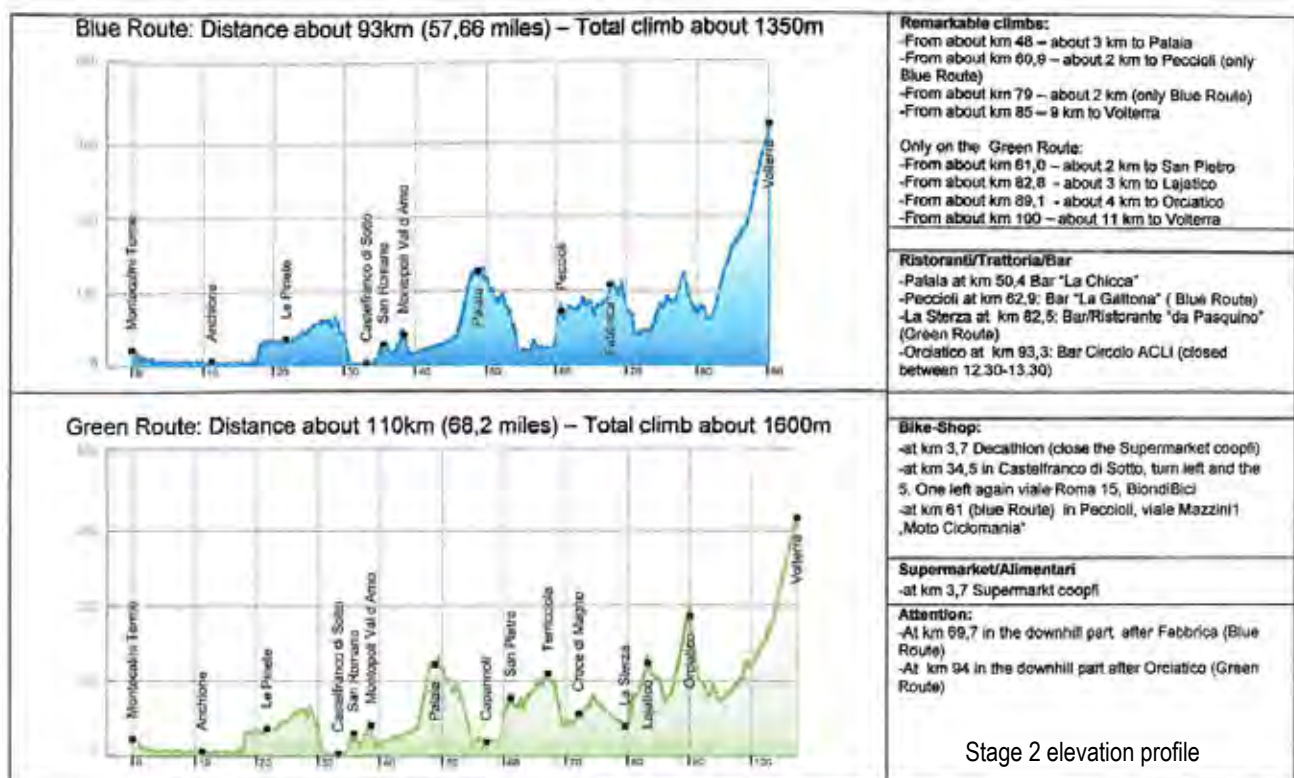
First (of many) happy hours



Montecatini was alive with the 2013 WCC

town overlooking the valley. In the afternoon our rental bikes were delivered by the local tour company (GiroToscana) and proved to be quite nice. They were full carbon Formigli bikes with mostly Campagnolo components. We provided our own seats and pedals. The grocery store provided another inexpensive happy hour.

The morning of September 15, 5 riders took off on our first cycling stage. Brenda did not ride due to a broken collar bone suffered in a confrontation with asphalt on Ferrell Road near the end of the August 30 OCC club ride. She did more Montecatini scouting. Stage 1 was an 80km ride with about 800m of climbing. It was a nice relaxing loop south and west of town through sunflower fields and orchards. The roads were generally in good shape and without heavy car or truck traffic. Cameras were in constant action and the pace between the many photo ops was



Stage 2 elevation profile



# TUSCAN CYCLING ADVENTURE



Heading out on 1st ride

generally brisk. We found the cue sheets to be excellent and at every turn we could find directional markers placed there by the tour company. We did get lost once due to new construction, but managed “a save”.

Stage 2 was our move from Montecatini Terme to the ancient walled town of Volterra. The ride was 110km with about 1600m of climbing, mostly in 5 more meaningful bumps (listed on the cue sheet as “remarkable climbs”), the longest being about 400m over about 9km up into Volterra at the end of the ride. Scenery was wonderful and many photos were taken, including lots of villages on hilltops with farmland surrounding. We also started to see some vineyards and olive groves. This stage was difficult and we were beat at the end. Fortunately, there was a wine store so.... GiroToscana had moved our luggage (and Brenda) to the new hotel



Sunflower field south of Montecatini Terme

that proved to be a nice place in an ancient building. Actually, there didn't seem to be anything but ancient buildings in Volterra. The narrow flagstone streets put us back into another century. This was definitely a tourist town with many restaurants and historical sites. The huge Medici fortress looming above the center of town looked like a promising place to visit but had been converted to a state prison so tours were discouraged.

The next day 4 riders took off on a 94km loop to the Mediterranean. Sam and Brenda chose to visit the sites of Volterra and sit in the sun (not a bad choice). As we headed down the 9km

descent from Volterra we went into a headwind coming off the sea. Some gusts moved riders sideways by several feet and at times we were pedaling downhill to maintain reasonable pace. Near the coast we rode down a beautiful wide several km-long pine-lined street to the Mediterranean in the town of Cecina and found the surf pounding and lashing us with salt spray. We didn't stay long and proceeded toward our goal of finding a bike shop we had seen listed as a point of interest on our cue sheet. We all wanted to find some great cycling memento of the trip at a local bike shop. Several inquiries of people who spoke no English by people who spoke no Italian rewarded us with a tour through a street market and rides up and down one-way streets, but ended at the bike shop. We bought nothing. Fortunately Tom had his Garmin with the European map package so we could follow his little purple line back to where we had deviated from the cue route. We took up there and in a few blocks rode in front of the same bike shop for which we'd searched so hard. A quick stop for lunch at a pizza shop (no pizza served at



Volterra with Medici fortress in background

lunch) and we were off back to Volterra. Again, we rode through farmland surrounding little villages on top of hills. The 9km climb back to Volterra loomed darkly ahead but the wind, now blowing in a very good direction, had not slowed and it helped us climb back toward yet another happy hour. And yes, we had one every evening.

We left Volterra and rode to Siena on stage 4. This was an 80 km ride with about 1200m of climbing. We were riding in beautiful wooded countryside through nature preserves and parks. We again passed through agricultural land, mostly vineyards and olive orchards. A high point of the ride was the walled hilltop town of San Gimignano. Definitely a tourist attraction, it was on the top of a hill and again an ancient town of cobbled narrow streets and a central square in front to the church. We walked our bikes through the town and met a tourist from Liverpool, NY who noticed our OCC and Syracuse jerseys. Later that day a motorist screeched to a halt as Sam and Gus approached our hotel in Siena and yelled “Syracuse New York?” and he too turned out be from Liverpool. This stage was an absolutely beautiful ride. The only negative point was that Gus crashed on a steep downhill. Too much speed and not enough brains was the message. A runoff onto a dirt/gravel road at the bottom of the hill was the only option and a wire fence looming ahead forced a bailout. Aside from a crushed ego, some bruised ribs, a sore shoulder and patches of road rash were the only problems. Sam chose to accompany him straight to Siena while



# TUSCAN CYCLING ADVENTURE



View from Volterra

Peg, Tom and Bob took a tourist side trip to yet another walled hilltop town (Castello di Monteriggioni) before completing the ride top Siena.

Our base in Siena was the hotel highlight of the trip. Truly a beautiful many star place that once was a home (palatial estate). On top of that, the Mercedes Benz 190SL club of Italy was staying there with their many beautifully maintained/restored late 1950s era cars. There was also a little wine shop down the street so....

The next day Peg, Tom and Bob sped off on what they said was the best ride (stage 5) of the trip (a claim surely meant to shame those of us who did not venture onto the roads that day). It was a 90km loop south and east of Siena and challenged the riders with 1400m of climbing. In a departure from the grape and olive agriculture of most rides there were more cattle seen. Riders returned in time to bus into the center of the city, see some sights and find a good restaurant. The non-riders spent the day touring Siena and had a superb day checking out the cultural and gastronomic attractions offered by this walled city on top of a hill (is there a theme here?).

The final day of riding was a 110km return to Montecatini Terme (1200 m of climb). This was a showcase ride through chianti country. With all of the "Wine Tasting Here" signs it was clear that tourism is alive there, sort of like the Finger Lakes or Napa/Sonoma Regions in the US. Most wineries also had olive oil tasting opportunities and that reflected the countryside with vineyards and olive groves wrapped around each other. We did succumb to one wine tasting but with 40km to go we refrained



View of Siena from Garden Hotel

from doing what we really wanted. We arrived at our Montecatini Terme hotel to find Brenda reading on the patio, she having made the trip by bus and train. Our usual evening trip to the grocery store followed removing our saddles and pedals for the return of our trusty steeds to GiroToscana.

The next day (Saturday) we packed up and took off for Florence to spend a couple of leisure days being foot-bound tourists. As we neared the Montecatini Terme train station we saw police, helicopters, a few spectators and a blocked road and discovered that we had stumbled onto the practice run for the World Cycling Championship Men's Team Time Trials. We watched the final few teams fly by but that was not the end of our cycling adventure. Our 40 minute train ride to Florence followed by a taxi ride delivered us to the Hotel California (no kidding) in the heart of old Florence.

On Sunday we took some time from looking at Renaissance Florence and watched the men's and women's team time trials riders speed by. They were so fast over the stone-paved streets right next to the Florence Duomo. We spent two days wandering Florence, looking at the sights and trying to find something we didn't like to eat or drink (unsuccessfully).

If you want a great cycling adventure this is certainly one to consider. We asked for challenging and we got challenging. Our only regret was that we spent so much time riding that we weren't able to get enough flavor of the region we were riding through. Nonetheless, it was great!

Gus



Wine and olive oil tasting in Denominazione Chianti



WCC women's team time trials 5km from finish in Florence



# BIKE RACING CALENDAR

## OCTOBER

- 19 **Bubba Cross**  
*Gill, MA*
- 19 **Full Moon Vista Cyclocross**  
*Rochester, NY*
- 20 **Saratoge Spa Cyclocross**  
*Saratoge Springs, NY*
- 20 **CrossFire**  
*Chenango Forks, NY*
- 20 **Month of Mub at NorthPark**  
*McCandless, PA*
- 26 **Hunter Mountain Cross**  
*Hunter, NY*
- 27 **Race for Second Base**  
*Victor, NY*
- 26 **SyraCross III**  
*Fabius, NY*
- 28 **Crossasaurus Awesome**  
*Upper Salford Township, PA*
- 27 **Wicked Creepy Cyclocross**  
*Bennington, VT*
- 27 **USA Cycling Presents:  
Bubblecross,**  
*West Milford, NJ*
- 29 **HRRT All Hollows MTB Race**  
*Schenectady, NY*

## NOVEMBER

- 2 **SYRACUSE GRAND PRIX  
CYCLOCROSS - NYCross.com  
series - NYS Championship Race**  
*Liverpool, NY*
- 3 **POWER CROSS - Brought to  
you by MaxPower Cycling**  
*Liverpool, NY*
- 9 **Veterans Memorial CX Race**  
*Hartford, CT*
- 9 **Paradise Cross Frenzy**  
*Windsor, VT*
- 10 **23rd Annual West Hill Shop  
Cross Race & 2013 VT State  
Championships**  
*Putney, VT*
- 10 **2013 Bethlehem Cup - Part of  
the NYCross series**  
*Delmar, NY*
- 10 **Cheshire Cross 203**  
*Cheshire, CT*
- 16 **Kutztown Cross PACX Series**  
*Kutztown, PA*
- 17 **Kutztown CX**  
*Kutztown, PA*
- 23 **Supercross Cup 2013**  
*Stoney Point, NY*

- 24 **Turkey Cross at Victor Farm**  
*Victor, NY*
- 28 **HRRT Giving Thanks MTB**  
*Schenectady, NY*
- 30 **Lippman Park Cyclocross  
Weekend**  
*Wawarsing, NY*

## DECEMBER

- 8 **Horseshoe Scramble**  
*Warren, NJ*
- 15 **DAS Beaver Cross**  
*Dayville, CT*
- 15 **Limestone Cross at the Kiln**  
*Emmaus, PA*
- 22 **Christmas Cross and Trail  
Doggie World Championships**  
*Carlisle, PA*
- 22 **HRRT X MAS Madness MTB**  
*Schenectady, NY*

## JANUARY

- 5 **SSCX Semi-Invitational Kick-  
Off SingleSpeedaTerrificNess  
Cross Race**  
*Chambersburg, PA*

## PREZ MESSAGE

*from page 1*

also this year's New York State Bicycle Racing Association's championship race. The course will have to be setup the day before, Nov. 1st so that we can start the first race at 9:00 am. There is a full slate of categories, something for everyone (almost). In addition, Max Power Race team MaxPowerCycling.com (<https://www.bikereg.com/Net/21659>) is running a race the next day using the same venue for whole weekend of cross racing at Longbranch Park.

You likely have received your ballots for this year's election of officers and board members. But in case you haven't here is the slate of candidates: President, Mike Lyon; Vice President, Dave VanWie; Secretary, Tony Baleno; Treasurer, Don Butler; Board of Directors, Nancy Bailey, Marlene Cleary, Brenda Engbretson, Gus Engbretson, Dave Grieves, Brian Goetke, Tom Hotaling, Mary Schick, Todd Relyea, Dick Walters, Dan Voutsinas, Zeke Ronnow. Thanks to the nominating committee, this is the first time that I can remember that we have more candidates than there are positions. They did a great job. So your votes really do count. These are the people who will guide the club into the future and beyond. Seriously, it takes a lot to run this club and these people give of themselves throughout the year. Why not attend a board meeting? They are held at the Destiny USA Sky Deck (sixth floor), normally, the first Sunday of the month, 6:00PM. Thanks to Destiny for allowing us to use their facilities for the last couple of years. That's it from here. Keep riding and keep safe out there.

**Mike**

