

THE SPOKE 'N WORD

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BY MIKE LYON

It was an interesting year for our club. The first big event for the club was the Annual Bike Fair, which was held at Destiny USA's Sky Deck in partnership with the CNY Tri-Club. We had a little something for everyone. There were lectures about bike safety as well as training and nutrition. Keep an eye out for announcements about this year's event. Some changes are being contemplated.

Our second big event of the year was the Earth Day Clean Up. Our volunteers clean up a 5 mile stretch of Caughdenoy Rd, Clay. In case you didn't know, this is where our time trials have been held for a bunch of years. Oh, there is food at this event prior to the cleanup and it is followed by a club ride. Thanks to Wegmans for food donations and to Jerome Fire Equipment for allowing us to use their parking lot for all these years. I have to say that it continues to amaze me how much trash accumulates during a year. We usually fill 2-3 dump trucks and I am sure this year will be no different.

The third major event was our traditional Syracuse Weekend Race (formerly Tour de Syracuse). This year's has some changes over the past. This will consist of four races over three days, starting with a hill climb/prologue on Friday evening. Saturday will feature a time trial in Marcellus and a criterium held at Upper Onondaga Park, our usual venue. The weekend finishes on Sunday with a road race out of Tully. The road race will start as it did last year at Tully High School but the finish will be a great one for spectators since it will be a sprint back into Tully. Last year this was the New York Bicycle Racing Association's Championship Road Race and attracted more than 340 racers.

Major events take a break for a few months but that doesn't mean that there isn't anything

going on. With the exception of Monday, there is some club activity every day of the week. I don't know of any other bike club in the country that does as much as we do. Thanks to all those who volunteer to be ride leaders for our 100+ rides throughout the year.

The next event was our Annual Fall Century/Charity Ride. For the past three years, we have been paying tribute to Paul Swinburne and have raised over \$7000 for the Amyotrophic Lateral Sclerosis-Therapy Development Institute (ALS, AKA Lou Gehrig's disease). Like last year, it will be held in September at Carpenters Brook with 100, 62, and 37 mile options. We are contemplating putting in a shorter ride so stay tuned. Oh yeah, this year we will have master chef Roland Pearson who has stepped up to do the cooking. From what I hear, he will be bringing his massive barbeque to delight our taste buds with his culinary treats. Yummmmm!

The last major event of the season was the Syracuse Cyclocross Grand Prix Race. This was held at Longbranch Park, a bit later than previous years, due to the fact that it became part of the NYCROSS series of races. This race was also designated as the New York Bicycle Racing Association's Championship Cyclocross Race. WOW, 2 State Championship Races in one year. Who would have think it? We had a new twist to the course this year--a set of stairs. This made for interesting transitions...Not to mention all the mud that formed down by the river. But it wouldn't be cyclocross without the mud. Look for this year to be better than ever. There is a rumor going around that it may become a two-day event.



UPCOMING EVENTS IN THE CNY AREA

[OCC Annual Banquet](#)

November 2nd, Long January 24th, 2014 and it is at the DoubleTree Hotel again. Still only \$25!

Be sure to Save The Date!

[OCC Bike Fair - April 2014](#)

Bike shops, vendors, local clubs and organizations, plan to be there!

[Syracuse Race Weekend!!](#)

May 16-18, 2014
This year the Syracuse Race Weekend is a three-day, four event omnium.

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FROM THE EDITOR

By DAVE VANWIE

MOTIVATION

So far this winter, I have only commuted to work about 10 times since December. Why is that? It's cold out! Darn cold. With morning temps below zero on occasion, it's not conducive to getting out on a bike.

Pathetic, I know. But the blustery winds and lack of sunlight have really hit me hard this year. And jumping into my warmed up truck with a hot cup of coffee — just seemed so much more appealing than riding in the dark, in temps well below freezing.

After my brief break, I still needed an extra push to get back on the bike, so I culled the web for some ideas on how to stay motivated to hit the gym, or at least stay active, during the winter months.

1) Warm up inside

“Before putting on your cold-weather layers, get some active stretches in,” recommends personal trainer CJ Cross of FitBase. Some leg swings, butt kicks, or jumping jacks before your run or workout will get the blood flowing to your muscles and joints as well as reduce your chance of injury.

2) Go on a workout date

Almost every expert I consulted said having a workout buddy is a foolproof way to stay on track. “Knowing I have someone to meet makes my workout way more fun and means I can't bail—win-win,” says Anne Mauney, a registered dietitian and runner.

3) Try a new workout

DC Fit Crasher Meaghan Stakelin staves off boredom by trying a different workout every week. “Find a fitness class that sounds fun and try incorporating it into your workout once a week as a special treat to look forward to,” she suggests.

4) Think of your wallet

Don't let those classes you signed up for go to waste. “If you pay \$20 to \$30 for a class, you may be a little bit more motivated to make it to class since you know you have a double whammy—your waistline and your pocket book,” says Anne Mahlum, owner of Solidcore.

5) Keep a journal

Remember how awesome you felt after boot camp? How all of your stress melted away after three miles? Keep a personal log of it in a notebook immediately after your workout. Flip through the book to remind yourself why you should get to the gym.



6) Post on social media

Mahlum says telling your followers and friends you're going to exercise “keeps you accountable in a very public way.” According to the American Council on Exercise's health coach manual, support from family and friends is key to maintaining an exercise regimen.

7) Buy new gear

“I always buy new workout gear and gym clothes this time of year,” says personal trainer Chris Perrin. “Something about new swag makes getting out the door and hitting the gym a lot easier.”

8) Make a spring fitness goal

Spend your winter training for your first half marathon or sprint triathlon. Whatever your fitness goal, Stakelin says, “sometimes an impending deadline is just the motivation you need to get going.”

9) Invest in home gym equipment

If you really can't bear the cold, have some simple workout gear available at home. I've also heard good things about the Nike Training Club app, which offers hundreds of workouts for various fitness levels.

10) Treat yourself

Did you conquer the cold? Go ahead and treat yourself. CJ Cross recommends bringing a big thermos filled with a warm drink to your workout. “Bring enough to share, and you'll be the most popular person in your bike club during cool-down,” he says.

Dave

SYRACUSE GRAND PRIX

**Syracuse Grand Prix Cyclocross/NYCross Series/
NYS CX Championship
Liverpool, NY — Saturday, November 2, 2013**



Men 5 Senior

Pl	First Name	Last Name	Team	Time
1	Glen	Wallace	OA Nut Butter Multi-Sport Racing	31:30
2	Ken	Mann	Bike Loft East	31:31
3	Jesse	Corum	Genesee Valley Cycling Club	31:49
4	Jeffrey	Abulencia		33:27
5	Bill	Reese		34:39
6	Christopher	Bookman	OA Nut Butter Multi-Sport Racing	34:46
7	Corey	Dubois	CNY Cyclist-CNYC	34:49
8	Sean	Horsford		36:07
9	Brandon	Tibbits		36:28
10	Shannon	Brown		36:43
11	Chris	Conklin		37:57
12	Joshua	Liess		40:24
13	Michael	Nortman		42:49
14	Phillip	Warren		30:19
DNF	Mitchell	Tiegel		dnf

Men Cat 1/2/3/4 Master 35+

Pl	First Name	Last Name	Team	Time
1	Christopher	Delisle	nycross.com	37:38
2	Timothy	O'shea		37:40
3	Andrew	Thomas		37:41
4	Eric	Giehl	GVCC	39:44
5	Dan	Harper		40:02
6	Phillip	Mccarthy	Team SCARR	40:15
7	Peter	Pelychaty		43:00
8	John	Compton	Rogue Race Team-NY	43:36
9	Marcello	Prattico	Bike Loft East	49:24
DNF	Cory	Kuhns	Team ROG	dnf

Men Cat 1/2/3/4 Master 45+

Pl	First Name	Last Name	Team	Time
1	Andy	August		37:37
2	David	Faso	Bike Loft East	40:05
3	Gregory	Drumm	Empire Brewing - Syracuse Bicycle	41:05
4	Thomas	Emrich		41:07
5	Ad	Stabel	Central New York Cyclist	41:29
6	Thomas	Butler	Clinton Cycling Club	41:48
7	Danny	Goodwin	Team NYCROSS.com	42:22
8	Thierry	Blanchet	North American Velo/ClassBook.com	43:07
9	Bryan	Blake	Team 2 Cycling	43:28
10	Paul	Wojciak	Pawling Cycle & Sport	44:13
11	Robert	Dietrick	Minerva Design Cycling Team	44:38
12	Mark	Williams	MVBC	45:21
13	Steven	Scott	311 Industries CNS	47:56
14	Steve	Burdette	Corning/NoTubes Race Team	37:42
15	Gerald	Visconti		37:46
16	Timothy	Fortner	North Coast Cycling	39:25
17	Joe	Magliocca		42:39
DNF	Rich	Rutishauser	Mohawk Valley Bicycling Club	dnf
DNF	Jim	Nicholson		dnf

Men Cat 1/2/3/4 Master 55+

Pl	First Name	Last Name	Team	Time
1	Brian	Sanders	MVBC	43:22
2	Don	Rice	CCB Racing	44:55
3	Greg	Brett		45:36
4	Mark	Shenstone	Finger Lakes Cycling Club	47:11
5	Richard	Camping	Genesee Valley Cycling Club	38:06
6	Arthur	Goedeke	Capital Bicycle Racing Club	41:41
7	David	Burnside	Genesee Valley Cycling Club	48:06

SYRACUSE GRAND PRIX

Men Cat 3/4 Senior

Pl	First Name	Last Name	Team	Time
1	Aaron	Johnson	OCFCU CYCLING PROJECT	48:11
2	Jason	Dellilo	Bike Loft East	49:45
3	Cory	Kuhns	Team ROG	49:49
4	Joshua	Arvidson	TRT Bicycles PB Stans No Tubes	50:00
5	Kevan	Edwards		50:10
6	Fred	Harle		51:08
7	Chris	Parrish	Mello Velo/Middle Ages Racing	51:37
8	Neil	Hueber		52:48
9	Graham	Marsh		54:18
10	Wesley	Hadzor		55:52
11	Christian	Baks	Pawling Cycle & Sport	56:16
12	Nate	Simms	North American Velo/ClassBook.com	56:50
13	Christian	Sandel		58:38
14	John	Ormsby		48:45
15	David	Tate		56:33

Men Cat 4/5 Senior

Pl	First Name	Last Name	Team	Time
1	Roger	Young	East End/Kreb Cycle	39:03
2	Kevan	Edwards		39:19
3	Rick	Dalton	North 40 Photography	41:31
4	Jason	Quagliata		42:49
5	Tyler	Sweeting	Quality Care Pharmacies	43:10
6	Jeffrey	Abulencia		43:20
7	David	Hansen	Rogue Race Team-NY	43:23
8	Glen	Wallace	OA Nut Butter Multi-Sport Racing	43:26
9	Andrew	Rizzi	HRRT/Specialized	44:34
10	Craig	Goetzmann		44:44
11	Robert	Shostack	Bike Loft East	45:07
12	Bruce	Wolcott	Genesee Valley Cycling Club	45:19
13	David	Tate		45:27
14	Scott	Somers	MaxPowerCycling.com	45:37
15	Corey	Dubois	Central New York Cyclist-CNYC	45:56
16	David	Vernooy		46:14
17	Arran	Deane		46:40
18	Owen	Wood Team ROG		46:46
19	Nathan	Anderson		47:30
20	Christopher	Bookman	OA Nut Butter Multi-Sport Racing	50:02
21	Adam	Robedee		39:06
22	Daniel	Servetas	Capital Bicycle Racing Club	39:08
23	John	Boettger		39:57
24	Jack	Keys	Boulder Cycle Sport	40:24
25	John	Ders		42:09
26	Craig	Mcgowan		45:59
27	Jonathan	Benn		40:01
DNF	Joshua	Liess		dnf
DNF	Chris	Spina	Empire Brewing - Syracuse Bicycle	dnf
DNF	Jammie	Campbell		dnf
DNF	Phil	Batten	Empire Brewing - Syracuse Bicycle	dnf

Men OPEN Junior 10-14

Pl	First Name	Last Name	Team	Time
1	Tommy	Servetas	Team NYCROSS.com	35:55
2	Ian	Vernooy		38:35
3	Travis	Keys		40:16
4	Stewart	Falso	Onondaga Cycling Club Inc.	30:41
5	Connor	Singh	Team NYCROSS.com	31:31
6	Dylan	Anton	Crystal City Cycling	31:44
7	Garrett	Lucas		33:37

Men OPEN Senior

Pl	First Name	Last Name	Team	Time
1	Cory	Burns		54:22
2	Dan	Staffo	Queen City Cyclists	55:51
3	Craig	Burbules		56:12
4	Craig	Mattern	Nalgene	56:57
5	Austin	Skomra		57:47
6	David	Yacobelli	Coming Race Team	58:42
7	Julian	Georg		61:18
8	Gregg	Griffo	Team ROG	64:46
DNF	Justin	Mauch	Kelly Benefit Strategies/LSV	dnf

Men OPEN Single Speed

Pl	First Name	Last Name	Team	Time
1	Christopher	Delisle	nycross.com	40:47
2	Thomas	Butler	Clinton Cycling Club	43:21
3	Thierry	Blanchet	North American Velo/ClassBook.com	43:35
4	George	Lowe	Nat. Capital Velo Club/UnitedHealthcare	44:04
5	Andy	August		44:53
6	David	Less		46:38
7	Brian	Sanders	MVBC	47:21
8	Don	Rice	CCB Racing	48:17
9	Erik	Strahl		51:08
10	Michael	Gorzynski		48:27
DNF	Jason	Selwitz		dnf

Women 4 Senior

Pl	First Name	Last Name	Team	Time
1	Heidi	Baks	Pawling Cycle & Sport	38:02
2	Victoria	Harris	Mission in Motion Cycling Team	31:25
3	Jackie	Hendrickson	Mission In Motion Cycling Team-TVC	32:18

Women Cat 1/2/3/4 Master 35+

Pl	First Name	Last Name	Team	Time
1	Kelly	Dietrick	MAC5Bikes/McAllister Sign	52:19
2	Rebecca	Lowe		52:28
3	Victoria	Harris	Mission in Motion Cycling-CNYC	48:31
4	Angela	Ott	Mission in Motion Cycling-TVC	47:58

Women Cat 1/2/3/4 Master 45+

Pl	First Name	Last Name	Team	Time
DNF	Susan	Anton		dnf

Women Cat 1/2/3/4 Master 55+

Pl	First Name	Last Name	Team	Time
1	Karla	Eisch	Mission in Motion Cycling- TVC	44:13
2	Barb	Padula	Mission In Motion Cycling-MVBC	51:44

Women OPEN Senior

Pl	First Name	Last Name	Team	Time
1	Katina	Walker		44:40
2	Jessica	Snyder		44:52
3	Rosanne	Van dorn	Team Placid Planet	44:53
4	Ruth	Sherman	Coming/NoTubes Race Team	45:34
5	Bryna	Blanchard	North American Velo	46:25
6	Heather	Rizzi	Specialized-HRRT	50:25
7	Natalie	Koch	Team NYCROSS.com	50:56
8	Erin	Larson	Wild Rockies Racing Team	42:37
9	Abbey	Alexiades		43:25

ACROSS THE COUNTRY IN A WEEK

By **Robbie Shell** - This story originally ran in the Wall Street Journal, Jan. 12, 2014

A team of cyclists in their 70s rewrite rules about age and exercise

Michael Patterson started biking for fun and exercise in his 40s and began entering races in his early 60s. Having heard for many years about the 3,000-mile Race Across America—known as the ultimate cycling endurance challenge—he decided that going after the record for the 70-plus age group “would be a reason to look forward to turning 70.”

In 2012, the retired vice chairman of J.P. Morgan Chase & Co. and three teammates rode from Annapolis, Md., to Oceanside, Calif., in six days, 13 hours and 13 minutes. The four-man relay team, which included Dave Burnett, Durward Higgins and Don Metz, averaged just over 19 miles an hour and set a record for the 70-plus and 60-plus age groups.

We spoke with Mr. Patterson, and with Brent Ruby, director of the Center for Work Physiology and Exercise Metabolism at University of Montana, who studied the team during the race to determine the energy ceiling of individuals age 70-plus (how many calories they can burn in a given period). Mr. Ruby plans to submit an article on his findings for academic review by the end of this month.

Training and Age

WSJ: What kind of training does a race like this require?

MR. PATTERSON: The training is incredibly arduous. For the four months preceding the race, I averaged 1,200 miles and 80 hours a month. It's endurance training, compared with speed and power.

WSJ: What did your research on the team find?



Michael Patterson (second from right) and his three teammates averaged 19 miles an hour for 3,000 miles.

ACROSS THE COUNTRY IN A WEEK

MR. RUBY: The cyclists had an average daily energy expenditure of just under 6,000 calories. A similar study by U.K. researchers was done during the 2008 Race Across America on a four-man team whose average age was 37 years and whose average energy expenditure was similar, about 6,400 calories a day. In addition, the two teams finished the race in almost the same time: 6.55 days for the Patterson team vs. 6.45 days for the 2008 team.

It shows older riders can withstand the same demands as a group half their age. [The average age of the Patterson team in 2012 was 70.]

WSJ: What is the significance of this study?

MR. RUBY: That we are never too old to be, or become, active, or even to ride a bike fast. We are not prohibited from strenuous physical performance just because we age.

It means that we clearly need to rethink our ideas about what older people are capable of doing, yet we discount those capabilities all the time. As people get older, they can still do amazing things.

Nonstop Relay

WSJ: How is this race different from the Tour de France?

MR. PATTERSON: The Tour de France is 2,270 miles; Race Across America is 3,000. Tour de France cyclists do it over 21 days with two rest days; we go nonstop day and night.

Race Across America is a relay race, so there is only one racer riding at a time. We split into two two-man teams. Two of us would race, alternating every 20 minutes, for eight or nine hours while the other two were eating and sleeping in the RV that was moving to the next team exchange site.

WSJ: Where does the ability to do this at age 70 come from?



MR. RUBY: A number of factors: good parental selection, persistent physical training that has become ingrained in your lifestyle over many years, lack of disease, a strong desire to exercise when all of society takes the easy way out—and a bicycle saddle you are comfortable spending a lot of time in.

Genetics are associated with many different traits, but it's hard to discern a difference in genetic makeup between a world-class medalist and one who is mediocre. What really matters is the desire to do the necessary work.

WSJ: What were the high and low points of the race?

MR. PATTERSON: Riding at night and into the sunrise was a thrill. And the long descents—up to 40 mph—were exhilarating, if hair-raising.

A low point came when one of our team was hospitalized for electrolyte depletion. The rest of us had to increase our time on the road until he returned 24 hours later, strong as ever. The other low was crossing Kansas. We had 30-mph crosswinds and occasional dust storms the whole way.

Staying Healthy

WSJ: How can your research help a person who wants to exercise and stay healthy but not train for an endurance race?

MR. RUBY: We hope that these numbers will motivate older populations to exercise more. Exercise is the world's most powerful way to set your physiology down a healthier path.

WSJ: You are now 71. Will you and your team participate in Race Across America's 75-plus category in 2017?

MR. PATTERSON: My wife, who is also a bike racer, has said, "Not with this wife." But all four of us are racing faster this year than last year, so you never know.

GREAT RECIPIES

4-Ingredient Banana Oat Bars

Makes one 9x9-inch pan.

Ingredients

- 2 large, very ripe bananas
- 2 cups rolled oats
- 1/4 cup pitted, chopped dried dates
- 1/4 cup chopped nuts — such as walnuts, hazelnuts or pecans

Optional Ingredients

- 1 teaspoon vanilla
- 1/2 teaspoon salt
- Grated nutmeg or cinnamon

Heat the oven to 350°F and lightly grease a 9x9-inch square baking dish with olive oil or butter.

Peel the bananas and mash their flesh in a medium mixing bowl. Mash very thoroughly until no large chunks remain; the bananas should be essentially liquid. (You will have between 1 cup and 1 1/4 cup.) Stir in the vanilla, if using. Add the oats and stir them in. Stir in the salt, dates, and nuts.

Pat the thick mixture evenly into the baking pan. If desired, sprinkle the top lightly with nutmeg or cinnamon. Bake for 30 minutes or until the edges just begin to crisp up.



Place the baking pan on a rack to cool. When the pan is mostly cool, cut into bars and enjoy with a glass of milk or tea.

(Editors note: I made this recipe over the holidays, VERY easy to make, and they turned out great! The options to add other ingredients seems limitless, I think I'm going to try shredded coconut and raisins next time.)

Cranberry Walnut Muesli

Ingredients

- 1/3 cup dry oatmeal
- ¼ cup cranberry juice
- 1/3 cup strawberry yogurt
- 1/3 cup vanilla yogurt
- Some raisins
- A pinch of cinnamon
- Some chopped walnuts

Mix oatmeal, cranberry juice, cinnamon, and yogurt in a bowl. Put it into a parfait cup. Add walnut and raisin toppings.

Nutrition

It has 390 calories, with 8.5 grams fat, 13 grams protein, 66 grams carbohydrates, and 4 grams fiber.



If you want the same recipe, but with a lower calorie value, here are some changes to make another version of it:

Ingredients

- 1/3 cup light vanilla yogurt
- 1/3 cup light strawberry yogurt
- 1/3 cup dry oatmeal
- A pinch of cinnamon
- Some raisins
- Some chopped walnuts

Mix them all like in the previous recipe, but leave out cranberry juice.

Nutrition

It has 20 calories, with 7 grams fat, 12 grams protein, 37 grams carbohydrates, and 4 grams fiber.

BIKE RACING CALENDAR

JANUARY

- 6 **Battenkill 12 week training**
Burlington, VT
- 25 **NE Indoor TT Series - Event 1**
Salem, MA
- 31 **1st Annual Champlain Thaw Computrainer Race Series #1**
Burlington, VT

FEBRUARY

- 8 **NE Indoor TT Series - Event 2**
North Andover, MA
- 22 **NE Indoor TT Series - Event 3**
Salem, MA
- 28 **1st Annual Champlain Thaw Computrainer Race Series #2**
Burlington, VT

MARCH

- 1 **Branchbrook Park Spring Series: Bloomfield Tour**
Newark, NJ

- 2 **Pedal Power Road Race Series**
Hammonton, NJ
- 2 **South Jersey Spring Series**
Woolrich Twp., NY
- 8 **Plainville Spring Series**
Plainville, CT
- 9 **5th Annual Bikes & Beer Indoor TimeTrial**
Manchester, NH
- 15 **CRCA Grant's Tomb Crit**
New York, NJ
- 15 **Plainville Spring Series**
Plainville, CT
- 15 **Charging Pond Training Series**
Plymouth, MA
- 15 **Tour of the Octoraro**
Kirkwood, PA
- 15 **Trooper David Brinkerhoff Memorial Race Series**
Coxsackie, NJ
- 15 **Branchbrook Park Spring Series: DST Tour**
Newark, NJ

- 16 **ABRA Training Race**
Fairchance, PA
- 22 **Charging Pond Training Series**
Plymouth, MA
- 22 **Plainville Spring Series**
Plainville, CT
- 22 **Trooper David Brinkerhoff Memorial Race Series, Week 2**
Coxsackie, NY
- 22 **Branchbrook Park Spring Series: Roseville Circuit Race**
Newark, NJ
- 22 **CRCA Women's Development Series**
New York, NY
- 23 **Tour of the Battenkill Spring Preview Ride**
Cambridge, NY
- 28 **1st Annual Champlain Thaw Computrainer Race Series #3**
Burlington, VT

PREZ MESSAGE

from page 1

There are a whole bunch of people that help out the club who are not board members. In no particular order: Ben & Red Donzella who have been the Time Trial directors for the past few years. In case you didn't know they are stepping down and we need someone to take their place. If it doesn't happen, there will be no Time Trials on Tuesday nights; Dave Faso and Phil McCarthy who designed the cyclocross course and recruited a bunch of help for setup. They also run the Wednesday Night Worlds training for race fans; Sam Sampere, who runs the time trials at the race weekend and serves on the race committee; Andy Ross, who serves on the race committee, did the timing at the cyclocross and officiates at some of the races. Greg Low does a great job officiating at several of our races; Jeremy Clay gives a great deal to the club with neutral race support at all the races during race weekend and at cyclocross as well as being part of the race committee; we have the WEB geeks, Brian Goetke and Doug Bray; a membership officer Peg Hotaling who keeps track of all that stuff; Joan Yungwirth and Jimmy Ryan who do a great job organizing the annual vacation ride.

This was the first year that I can remember that we had contested elections. I want to thank returning officers VP Dave VanWie, Secretary Tony Baleno, and Treasurer Don Butler as well as board members Todd Relyea, Nancy Bailey, Steve Ransford, Zeke Ronnow, Marlene Cleary, Brenda Engbretson, Gus Engbretson, Tom Fucillo, David Grieves, and Dan Voutsinas. Welcome to new board members Tom Hotaling and Dick Walters.

The board does a great job and as you can see there is a lot to do. I also want to thank those who have stepped down from the board for their service to the club, Wayne Miner and Chuck Dominick.

As you can see it takes a lot of people to give you such an active club. Many thanks to all that give of themselves to make the season successful.

Erratum: Last issue I stated that our club's insurance provides our members with secondary health insurance. That is incorrect. If you are a member, it does provide you with liability coverage. Sorry for that error.

Well that's all I got for now.

Mike

**Consider joining the
OCC Tour de Cure Team!**

 **American Diabetes Association®**
Tour de Cure®

**For more info visit the TdC website:
tour.diabetes.org/**