

# THE SPOKE 'N WORD

Vol 33, Issue 2 - Spring 2014

## INSIDE THIS ISSUE:

- [Bike Commuting](#) P. 2
- [Syr. Race Weekend](#) P. 3
- [OCC Bike Fair](#) P. 4
- [May is Bike Month](#) P. 5
- [Great Recipes](#) P. 6
- [OCC/Cny-tri Ride](#) P. 6
- [Race Calendar](#) P. 7

## THE PRESIDENTS MESSAGE

Hard to believe that this long cold winter has finally ended. What's that... possibility of snow tonight... Ahhhhh-hhhhhhhhh!!!! That's what it has been like these past few weeks but we are already a couple of weeks into the bike season. Talking with a couple of the bike shop owners, their business is kind of like gardening, nice weather and you can't keep up. Let's hope that soon they can't keep up.

Our annual Bike Fair was held last weekend and I just wanted to thank all of the volunteers as well as the bike shops for their time and effort as well as the donations. The brown bag raffle raised \$201 for b.i.k.e. Syracuse. Dave VanWie did a great job coordinating everything, well almost everything. Also a big thanks to Destiny USA for letting us use the Sky Deck.

Speaking of volunteers, we will need a bunch, as usual, for the Syracuse Race Weekend beginning Friday, May 16, in Marcellus. This is a little different from previous years in that we will be having four races in three days. It starts with a hill climb on Friday evening. On Saturday, we will be holding a time trial in Marcellus, followed by

the criterium at Upper Onondaga Park back in Syracuse. The final day, Sunday, will be the road race. This year it will start and finish in Tully. WOW what a great weekend of racing. Please, if you can, help out at one of these events. Without volunteer, there would be no races. A wise man sent me a quote: "Volunteers are not paid -- not because they are worthless, but because they are priceless."

If you can't help then I know there will be other opportunities during the summer. We will be holding a joint ride/barbecue with the CNY-Tri Club on June 14th after their open water swim at Jamesville Beach. Don't forget our annual charity fall century ride which will be held out of Carpenters Brook on September 13th. Rumor has it that it will be to benefit b.i.k.e. Syracuse.

Well those are our major events, but I missed one. And PLEASE as this season gets going be careful out there and be respectful of others that use the roads.



## UPCOMING EVENTS IN THE CNY AREA

### Syracuse Race Weekend!!

May 16-18, 2014

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

### May is Bike Month!

- **May 7: Bike to School Day**
- **May 11: Cyclofemme**
- **May 12-16: Bike to Work Week**
- **May 16: Bike to Work Day**
- **May 21: Ride of Silence**

### Joint Ride w/CNY-Tri

June 14th, 2014 - be there for the ride and the party afterwards!



# FROM THE EDITOR

By DAVE VANWIE

## BIKE COMMUTING (AGAIN!)

I know, I know, I've written about bike commuting before, and I probably will again. But do you realize it's just about the easiest way to get some miles on during the day and not have to put off something else that has to be done?

The last few years I have commuted to work by bike on average, 120 times a year. That comes to approximately 2600 miles, just going back and forth to work! You can do the math and figure out how much gas I've saved, but what it comes down to, for me, is that I get to ride my bike and extra 160 hours that I typically wouldn't! I love it! Especially Summer mornings, getting out on the road as the sun is rising. Or Fall days, as the leaves are turning and the sun is setting earlier, but it's still warm enough without a jacket. And if I feel like it, I take a longer ride home,

soak in some extra time on the bike.

Take a look at the chart below and you'll see more and more people are doing the same across the country. The charts look dramatic (some of that is because the scale is distorted, but that's another rant...) but the percentages don't lie: Bike Commuting is up, in some places over 400% in the last 20 years! That's a huge shift, and as time goes on it will only rise.

My point is this: It's easy and fun and a wonderful way to improve your daily commute. That equates to more good time on a bike during your day, than bad time stuck in a car behind some jerk doing 48mph in the passing lane. This year, Bike to Work Day is Friday, May 16th.

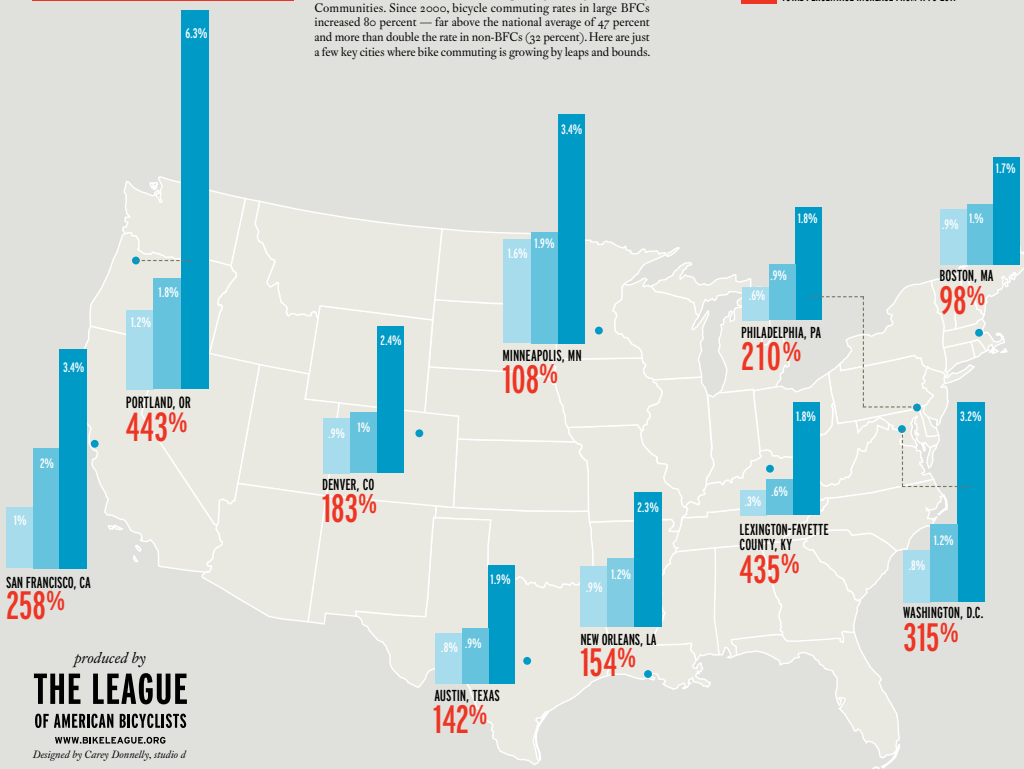
*Think about it!*

Dave

### THE GROWTH OF BIKE COMMUTING

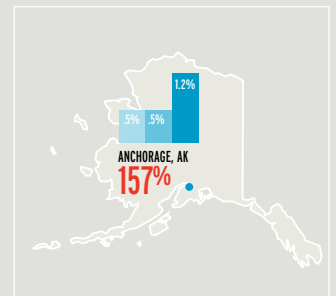
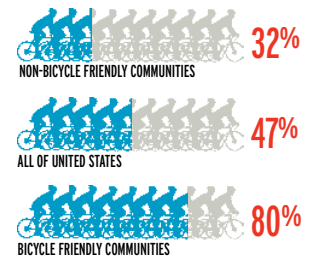
For cyclists of all stripes, there's nothing like Bike to Work Day — our annual celebration of active transportation. Caravans of excited new riders enjoying their commute like never before. Veteran bicyclists seeing and connecting with old friends over free breakfast and live entertainment. Thanks, in part, to encouragement efforts like BTWD, the number of bike commuters is on the rise — especially in Bicycle Friendly Communities. Since 2000, bicycle commuting rates in large BFCs increased 80 percent — far above the national average of 47 percent and more than double the rate in non-BFCs (32 percent). Here are just a few key cities where bike commuting is growing by leaps and bounds.

1990 BICYCLE COMMUTER SHARE  
2000 BICYCLE COMMUTER SHARE  
2011 BICYCLE COMMUTER SHARE  
TOTAL PERCENTAGE INCREASE FROM 1990-2011



### OVERALL GROWTH OF BIKE COMMUTING (2000-2011)

(2000-2011)



produced by  
**THE LEAGUE**  
OF AMERICAN BICYCLISTS  
WWW.BIKELEAGUE.ORG

Designed by Carey Donnelly, studio d

# SYRACUSE RACE WEEKEND

The 2014 Race Weekend is May 16th-18th. This is the first year we have a 3 day race, with a Hill Climb Prologue. We can use your help as a volunteer. Contact Todd Relyea - [brewer13210@yahoo.com](mailto:brewer13210@yahoo.com) if you are interested in helping out. We're an all volunteer club and, as such, we rely on our members to step up for things like this.

If you've never been to a bike race before, it's a great way to see how it goes on, race tactics, how strategies unfold, etc.

Racers from all over the Northeast and from Canada come to our race, and every year we see new faces and they tell us what a great event it is. And that is a direct reflection on the members of our club who participate and man the various corners, vehicles,



registration tables, etc. They appreciate what we do to make the weekend work out for them, and they tell us about it. This can be expensive for some participants to travel, stay for a few nights, pay for meals, etc.

We're using Volunteer Spot to organize the activities and people needed for the various events. Since VolunteerSpot does not support public searching for events, you'll need to contact Todd and he will send you a link to sign up.

## THE ONONDAGA CYCLING CLUB PRESENTS



### The 2014 Syracuse Race Weekend is a four event omnium!

The Omnium consists of the following events:

- Hill Climb – Friday May 16th, 2014 - Marcellus NY
- Time Trial – Saturday May 17th, 2014 - Marcellus, NY
- Criterium – Saturday May 17th, 2014 - Syracuse, NY
- Road Race – Sunday May 18th, 2014 - Tully NY

Register for the Omnium or Individual events at [BikeReg...](http://www.bikereg.com)

Each event is held rain or shine in accordance with USACycling rules.

Complete information for the event can be found on the OCC Web site: <http://onondagacyclingclub.org/syracuse-race-weekend/>



Held under USA Cycling event permit No. 2014-470 (pending)

# 2014 OCC BIKE FAIR

The 2014 OCC Bike Fair was held on Saturday, April 19th at the Destiny USA Sky Deck. The turnout was fairly good, since the mall was very busy and the event was open to the public.

Thanks to all the vendors and presenters who made the event a success! Here are a few photos from the day.

*Thanks Again!*



destiny usa



# EARTH DAY CLEANUP 2014

As we do every year, OCC cleaned up “our” section of the road in Central New York! This April, on Saturday the 12th our volunteers (we do a lot around here) spent a couple hours picking up trash along Caughdenoy Road in Cicero. It’s the route we use for our Time Trials on Tuesday nights.

A good crew turned up to eat breakfast pizza, donuts and coffee before hand, then at 9am we set out to scour the road edges and pick up the junk.

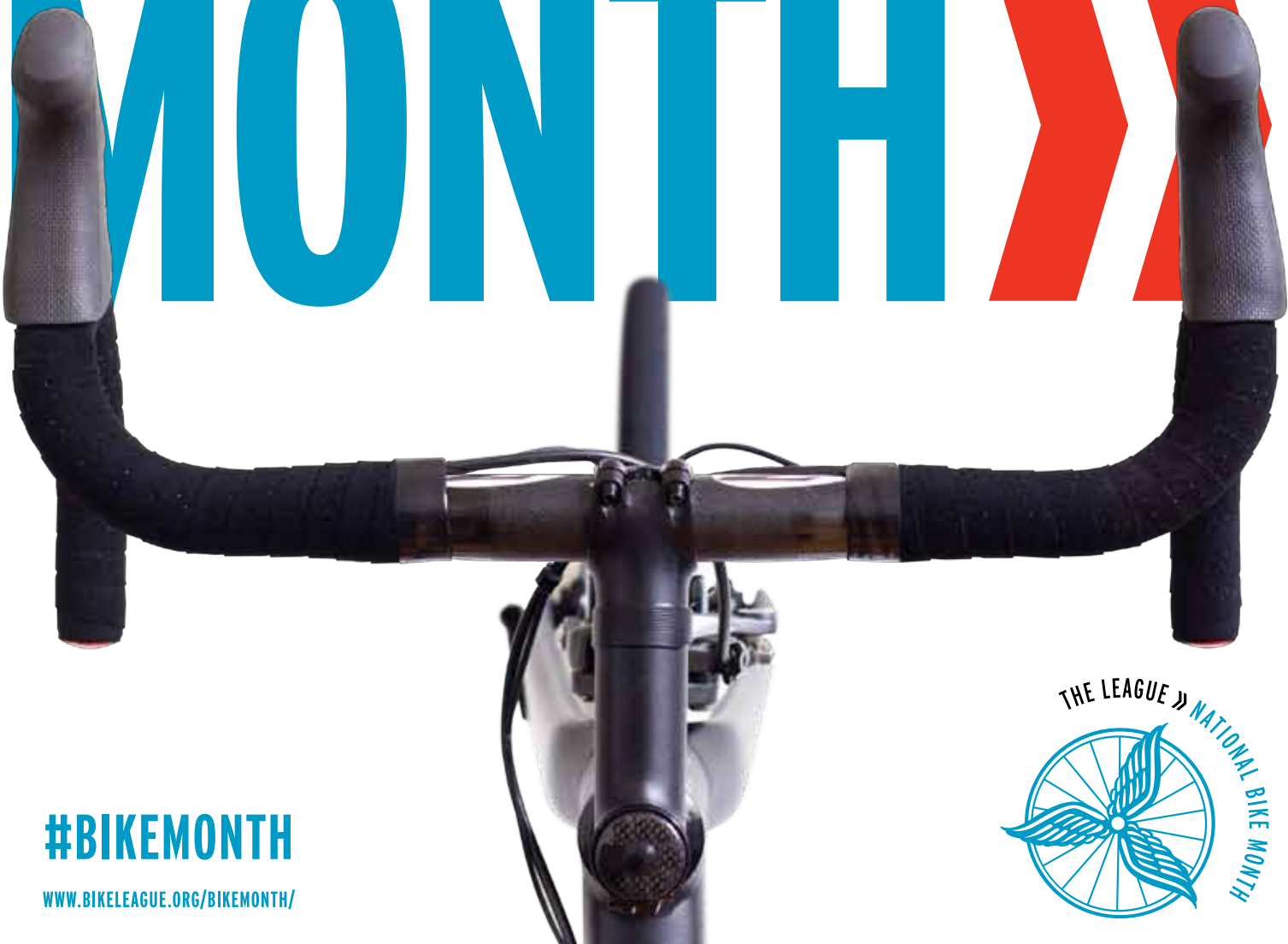
After a couple hours, the task was complete and we changed into biking gear for the club ride. The day turned out to be quite nice, a bit breezy, but after the Winter we had, the sun felt great and everyone enjoyed the nice riding conditions.

Thanks to all who participated, without our volunteers the club doesn’t get a lot done. You are the life blood of the club.

*Thanks!*



# MAY »» IS «« BIKE «« MONTH »»



#BIKEMONTH

[WWW.BIKELEAGUE.ORG/BIKEMONTH/](http://WWW.BIKELEAGUE.ORG/BIKEMONTH/)



# GREAT RECIPES

## Homemade Pineapple-Orange Energy Gel

### Ingredients:

- 1 oz chia seeds
- 1 medium seedless orange
- 8 oz pineapple
- ¾ cup brown rice syrup
- ½ oz dry fruit pectin
- 1 serving electrolyte mix (at right)

### Electrolyte Mix:

- 1/4 tsp salt substitute
- 1/8 tsp baking soda (not baking powder)

Mix the chia seeds with 3/8 cup of water. Stir until the chia gels thoroughly, then set aside.

Peel the orange, removing as much of the pith as possible. Combine the orange and the pineapple, including the juice, in a blender or food processor. Blend until smooth.

Combine ½ cup of the fruit mash with the hydrated chia. It's normal to have extra fruit mash (I had ¾ cup left over). You can freeze it until you need to make another batch of gel.

Stir in the brown rice syrup, then slowly add the pectin. Finally, stir in the electrolyte mix.

Put the mixture in a small saucepan. Bring to a rolling boil over low to medium heat, stirring constantly. Let the mixture boil for 1 minute, then remove it from the heat and pour it directly into a sterilized ½ pint mason jar for storage.

## Nutrition Facts

Serving Size 1 oz (36g)  
Serving Per Container 10

### Amount Per Serving

**Calories** 110      **Calories from Fat** 10

**%Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 50mg      **2%**

**Potassium** 60mg      **2%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 1g      **4%**

Sugars 14g

**Protein** 1g

Vitamin A 0%      •      Vitamin C 8%

Calcium 2%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

## SAVE THE DATE!

We're doing it again! The response to our first joint ride with the CNY Triathlon Club was so positive, we've decided to do it again, and possibly make this an annual event.

Last time it was billed as a "Pre-Gran Fondo", but that name doesn't accurately describe the event. Since the route follows the IronMan 70.3 bicycle route, and it comes just one week before the event, we're calling it an IronMan 70.3 WarmUp Ride.

The CNY Tri Club is also hosting an Open Water Swim that morning at the Jamesville Reservoir, so if you're a Tri-Junkie, you can do the trifecta and get them all in! If you just want to do just a bike ride, it is a great route, with nice views and a few hills to get your heart pumping.

To register on Bike Reg visit the website:

<https://www.bikereg.com/occ-ironman-703-warmup>

To get a route map visit the OCC site here:

<http://onondagacyclingclub.org/JamRes1-loop.pdf>



# BIKE RACING CALENDAR

## APRIL

- 13 **GVCC Spring Classic at Bloomfield**  
*Bloomfield, NY*
- 13 **Bethel Spring Series**  
*Bethel, CT*
- 19 **Check Your Legs Road Race**  
*New Lisbon, NY*
- 19 **Century Road Club Association (CRCA) Club Series**  
*NY, NY*
- 27 **Binghamtom Circuit Race**  
*Binghamton, NY*

## MAY

- 3 **Women's Woodstock Cycling Grand Prix**  
*Woodstock, NY*
- 4 **Hollenbeck Spring Classic**  
*Virgil, NY*
- 10 **Bristol Road Race**  
*Canandaigua, NY*
- 10 **Hunter Mountain Spring Classic**  
*Hunter, NY*
- 11 **Bear Mountain Spring Classic**  
*Bear Mountain, NY*

16-18 **Syracuse Race Weekend (TT Crit RR)**  
*SYRACUSE, NY*

- 24-25 **Killington Stage Race**  
*Killington, VT*
- 31 **Wilmington Circuit Race**  
*Wilmington, NY*

## JUNE

- 1 **Wilmington-Whiteface Road Race**  
*Wilmington, NY*
- 7-8 **Hamburg Race Weekend Road Race**  
*Hamburg, NY*
- 8 **White Plains Downtown Criterium (NYS Criterium Championships)**  
*White Plains, NY*
- 15 **Giro d'Otisco**  
*Otisco, NY*
- 21 **Corning Circuit Race @ Watkins Glen Speedway**  
*Watkins Glen, NY*
- 22 **NYS Time Trial Championships**  
*Tioga, NY*
- 28 **Hunter Mountain Summer Classic**  
*Hunter, NY*

Consider joining the  
OCC Tour de Cure Team!

American Diabetes Association  
**Tour de Cure**

For more info visit the TdC website:  
[tour.diabetes.org/](http://tour.diabetes.org/)

**THE NATIONAL BIKE CHALLENGE**

This summer, we're uniting **50,000 RIDERS**  
from across the country to ride **30 MILLION MILES**

**MAY 1 – SEPTEMBER 30**  
**NATIONALBIKECHALLENGE.ORG**