

THE SPOKE 'N WORD



Welcome to these new members !



The Nedrow Green Hills Ride - Photo by Paul Swinburne

- Ian Cramer
- Peter Cutler
- Gary Donahue
- Emily Elbers
- Marley Grimshaw
- Phillip Grimshaw
- Scott Grimshaw
- Valerie Grimshaw
- Shane LaVancher
- Rob Lukow
- Christine Mahoney
- Lorraine Manor
- Gene Ninestein
- Amy Reynders
- Mimi Satter
- Arlyne Shannon
- Tom Shannon
- David Sperduti
- Sharon View

2007 paid members: 451

Renewal Information	1
B.i.k.e. Syracuse Ride Report	2
Reminder About Rides on Rt.80	4
The Fall Century - registration	5
Mid-season Ride Statistics	7
Advocacy	10
Classifieds	10

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- The next issue will be out in the second week of September
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- The electronic edition of the Newsletter doesn't have the Membership List. It is available from Bob Ruth (ruthrob@msn.com)

 OCC: Onondaga cycling Club is a Central New York State non-profit organization that facilitates the participation in the sport of bicycling. The

club schedules and conducts bicycle rides, tours and sporting events from March through November. Meetings and social occasions are held throughout the year. Our Web-site is at: <http://www.onondagacyclingclub.org>. The OCC email discussion list (listerver) can be subscribed to from our Web site.

PROBLEMS WITH YOUR MEMBERSHIP ?

If you have paid year 2007 dues and the mailing label on this issue of the *Spoke-n Word* indicates 2006, or if your address is incorrect, your name is spelled wrong, etc., please contact **Bob Ruth**, membership chair at **(315) 451-0685** or email at [<ruthrob@msn.com>](mailto:ruthrob@msn.com)

B.I.K.E. Syracuse

Ride Report and inducement to encourage others to volunteer

BY KATE STEWART

b.i.k.e. – Syracuse ride, July 28, 2007

Instead of the club picnic at Highland Forest, I chose to have another go with the b.i.k.e. – Syracuse kids. After some of my usual direction-impaired driving, I found Skiddy Park, off of West Fayette St. and it was a smaller crowd of kids waiting than my previous experience with them, but the 11 were just as eager to get going. I had brought bike gloves I thought they could use – thinking back on my other ride about Kat-wanna whose little hands were hurting from attempting to shift the tough grips on her mountain bike. They all crowded around me at the back of my car to get a pair, naturally not everyone was thrilled with the colors, but a new piece of bike schwag is still fun, even if it's yellow. It surprised me to see many of the kids rip off the plastic and just drop it on the ground – this was repeated later on in the park after our lunch; no one claimed the trash that was left on the playground by the swing set. It's not just bike riding that these kids need mentoring in.

While “screwing around” (Leader Bob Dougherty's words to describe the lengthy process of getting ready to ride) I learned what the set up is for the group in terms of bikes and helmets: the kids arrive to Skiddy Park, eat a good, hearty breakfast and then the storage of bikes and helmets is opened and they are distributed with the jerseys that Cat Oot-Coffey has washed since the last ride. Interestingly, kids don't seem to want a particular bike to use; they are community bikes, and they swap them around and don't have any

real individual feelings of ownership. Finally the call to line up is given and the kids fall into line, two by two, with “shoulder partners” for the day. Directional commands are given for every corner from the front leaders: first, second and third position mean left, straight and right, respectively and the kids are supposed to repeat them chorally. Their riding behavior isn't perfectly predictable, but for the most part they followed the rules and kept in line with ride leaders at the front, middle and back. Though the last two kids were the a little on the hot-shot side and enjoyed themselves by constantly braking and skidding (there's where the patience part comes in...) One of the leaders rode sweep behind us with a few kids in his car, which came in handy when we had a flat – though we changed the tube with little excitement and continued on.

To get to Elmwood Park, we rode through some neighborhoods that would definitely scare me alone at night. These were not streets that OCC would choose to ride upon and I became more and more convinced with every turn how important the program is for the kids participating. There were glass and bottles of all kinds in the street. Homes had boarded up windows and abandoned items in the front yards. A young man strutted by carrying a bag of laundry and wearing two different shoes. People sat outside on decrepit porches enjoying the day and waved as we passed. Other kids playing outside looked up at us with what I guessed was envy – the b.i.k.e. kids felt special riding in the little train – or the “bike gang” as one of the older kids called it.

We lucked out with the weather – all day the clouds were in and out, but it wasn't because of rain that the kids came home drenched. At Elmwood Park, the focus of the day was a stream that was deep enough for the average sized kid to be immersed up to his armpits. Knowing full well

that they'd spend the rest of the day in uncomfortably wet clothes, the kids leapt in and many stayed in the water for the hours we stayed there. Others chose to take short jaunts on the mountain bike trails in the woods at the edge of the park that ESF students had made. We practiced going over logs, descending and also rode up the long, paved climb behind Corcoran High School in order to fly back down and admire each other's skidding skills. Hopefully some of these kids, several of whom clearly have terrific bike handling skills and very little fear, will be able to participate in the Highland Forest Mountain Bike Race and give the other fine group of youth riders, Sprockids, some competition!



View of Elmwood Park from <http://www.syracuse.ny.us/parks/parks/elmwood.html>

A healthy brown bag lunch with fruit, a sandwich, granola bar and juice box quieted the group down for a brief moment until the stream lured the swimmers back in and cannon balls began flying again. What an ideal spot to pick with its pavilion, trails and even playground equipment

too. At last it was time to go. We had a little trouble convincing one boy in particular that we really did have to leave. He had been completely enjoying himself, loudly singing what sounded like opera music as he sprang again and again into the water and he just did not want to stop. Like any kid attempting to push the limit, he dragged himself as slowly as possible to the waiting group. In the end, Kat Coffey and the other leaders have had a substantial amount of influence on these kids, and following a stern warning, our lingering swimmer did join the group and did understand what it meant to not put the others out and we again mounted up to return. The ride back was decidedly more effort to reel the kids in, since the events of the day had keyed them up and they were prone to frisky and show-offy riding. Still when we got back to the storage area, some stayed to help return the bikes to the garage and most expressed thanks for the day.

Donations, monetary or in terms of supplies (breakfast foods, cycling needs, etc) are in constant need. Or, if you have any inkling of interest in being a ride leader for b.i.k.e. – Syracuse on a once every four or even six week basis, they would love to have your assistance. Any cyclist of any level can do it and mountain bikes seem to be more appropriate, as the kids don't go very fast, and the occasional off road opportunity may arise, depending on ride destinations. It's a way to share our sport with some folks who have far fewer opportunities than most of us do and to connect with some kids who could use a little extra mentoring and friendship.

Board of Directors

Club Officers

President	Bill Goffe
Vice-President	Bob Spear
Secretary	Claire Reichl
Treasurer	Mike Lyon

Board of Directors and Assignments

Fall Century	Bill Goffe/Anne Diekema	Cyclocross	Jochen Woicke
Membership/Insurance	Bob Ruth	Merchandise	Kelly Wheeler
Newsletter Editor/Advocacy	Gianfranco Vidali	Time Trial	Sam Sampere
Banquet/Mailing	Carolyn Sterritt	Publicity	Wayne Miner
Racing/USCF Liaison	Sam Sampere/ Marcello Prattico	Cartographer	Bob Spear
Web Developer	Marcello Prattico	At Large	Chuck Dominick
Ride Schedule	Rich Veenstra		

Other Positions

Earth Day Clean-up	John Baker	Almost 4th of July	
Annual Picnic	Chad Bradshaw	Century	Jennifer Barber
Vacation Ride	Jim Price	Equipment	Jack Lancette
Point and Mileage	Jim Price	E-map Designer	Jeff Palmer
Long Distance Riding	Jennifer Barber	Listserver Admin	Tim Bingham

An Important Notice about Upcoming Rides on Rt. 80

Following the most recent incident of harassment of OCC members while on scheduled rides on the the section of Rt. 80 that goes trough the Onondaga Nation, the Schedule

Director has decided to take the following steps for those upcoming rides that go though parts of the Onondaga Nation.

There will be no 30 mile option to the Saturday, Sept. 1 Marble Farms Metric Century since it returns via Rte 80 Valley Drive and it seems unlikely that riders will be finishing in a large group after Amber Road, etc. Plan for 50 miles or a

Route 20 option including the LaFayette Hill climb instead if you don't want to ride the metric century route.

The Sunday Sept. 23rd Half mile and One mile (vertical) rides will be replaced with the Beaver Lake -1 and -1L routes. The original route for the vertical rides used both Rtes 80 and 11A. Since the BeLk-1, -1L rides were scheduled only on April 29th and May 30th, the 50 mile ride seems like a viable alternative for this season with shorter options available for those who so desire.

Rich Veenstra

2007 Fall Century

Our annual charity ride which will benefit the Bill Johnson Memorial Fund at SUNY College of ESF. Bill served in many club positions including president before his death in 1999. He was an inspiration to all.

Further Information: OCC 2007 Fall Century Flyer - see next page

Register Soon at BikeReg.com

Details: Our annual charity ride which will benefit the Bill Johnson Memorial Fund at SUNY College of ESF. Bill served in many club positions including president before his death in 1999. He was an inspiration to all.

* The Ride: The ride goes along three of the scenic Finger Lakes: Cayuga, Owasco, and Skaneateles with metric and full century options.

* When: Saturday, September 8, 2007 at 9:00 AM.

* Where: Carpenter's Brook Fish Hatchery, about 6 miles north of Skaneateles, NY on Hwy 321 (the flyer has more complete details).

* Picnic: A post-ride picnic will be held for all riders.

* Cost: \$35.00 (a \$10 discount before September 1). This covers water/food stops, a souvenir gift (to early registrants and perhaps late ones) and a donation to the memorial fund.

* Register: Please fill out the form on the next page and, with a check payable to the Onondaga Cycling Club, mail to: Onondaga Cycling Club, P.O. Box 6307 Teall Station, Syracuse NY 13217. Or, if you wish, register with Bike Reg (see above)



Join us on the

2007 Bill Johnson Memorial Fall Century

our annual charity ride which will benefit the Bill Johnson Memorial Fund at SUNY College of ESF. Bill served in many club positions including president before his death in 1999. He was an inspiration to all.

- **The Ride:** Ride along three of the beautiful Finger Lakes: Cayuga, Owasco, and Skaneateles, and the open vistas between; options of 62 and 100 miles; rolling terrain with hilly sections.
- **When:** Saturday, September 8, 2007 at 9:00. The park opens at 7:30.
- **Picnic:** A post-ride picnic will be held for all riders.
- **Cost:** \$25.00 (\$35 after Sept. 1). This covers water/food stops, a souvenir gift (to the first 60 registrants) and a donation to the memorial fund.
- **Register:** Please fill out below and, with a check payable to the Onondaga Cycling Club, mail to: Onondaga Cycling Club, P.O. Box 6307 Teall Station, Syracuse NY 13217. You can also register at Active.com
- **Start:** Carpenter's Brook Fish Hatchery, which is 6 miles north of Skaneateles on 321. From Syracuse take exit 6 on I-690 for 695 (this exit is near the State Fairgrounds on the west side of Syracuse; it is easily reached from the Thruway and I-81). At 6 miles take 5W; at 11.5 miles stay on 5W. At 13.5 miles take a left on 321 (a Hess station is on the right). Carpenter's Brook is on your left at about 16 miles.

Registration and Waiver of Liability

IN CONSIDERATION of being permitted to participate in any way in the Bill Johnson Fall Century, on September 9, 2006, a Bicycling Activity ("Activity") sponsored by Onondaga Cycling Club, Inc. ("Club"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club and the LAB, their respective administrators, directors, ride leaders, volunteers, agents, officers, members, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation, expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant 1 (Name) _____ Signature _____ Date _____

Participant 2 (Name) _____ Signature _____ Date _____

Mid-season Ride Statistics

Compiled by Jim Price

As of early July, 171 riders rode a total of over 44,000 miles

Ride Dates	Miles	Points
acosta, sal	158	4
ahlsen, doug	260	5
alessandri, todd	43	3
allen, kurt	434	14
arjomand, keyhan	199	5
ashbarry, norm	163	10
ashbarry, paul	60	6
baker, dave	1164	33
baldwin, marsha	30	3
baleno, tony	163	5
beckman, ron	331	8
bernstein, scott	193	3
bilecki, dave,	236	7
blake, bryan	158	11
blume, dick	217	5
bolit, erik	30	3
bonk, noel	110	3
bradshaw, chad	127	4
bright, jim	144	3
burton, jeremy	136	5
burton, lauren	20	2
cardinale, jim	133	6

casler, brian	576	14
chin, ed	323	4
comfort, larry	130	10
crosby, brad	216	6
defilippo, mark	284	5
dellilo, jason	88	7
derx, justus	40	4
diekema, anne	703	16
dominick, chuck	273	7
donzella, ben	139	9
donzella, red	118	9
doody, m. e.	88	3
duflo, paul	199	6
evans, john	40	4
evans, larry	92	3
falso, ray	248	6
faso, dave	152	5
ferat, gail	74	3
fischer, joe	145	5
fischer, lillian	79	3
flanders, eric	115	6
frost, bob	49	4
goffe, bill	734	15
goetke, brian	502	11
gregoire, eric	153	4
griffin, mike	134	5
grossman, steve	266	7
grover, jeff	174	5
gruezo, david	95	3
gummer, mark	567	22

hadley, andy	108	4
hahn, brian	322	10
haight, jason	111	3
healey, don	666	21
hoover, jeff	130	6
hotaling, peggy	310	7
hotaling, tom	335	8
howland, ken	86	3
hradil, joe	50	5
Inoue, keisuke	205	6
jarvi, rich	338	10
johnson, aaron	461	10
kelly, brian	156	5
kent, jim	527	12
kiggins, mary jo	58	4
kline, laura	40	4
kneale, amy	267	9
knoop, don	84	3
kocher, paul	273	12
komanecy, paul	199	5
lacombe, chuck	177	6
lance, brett	112	4
longacre, andy	532	17
longacre, ginny	188	7
low, greg	196	5
low, robyn	177	5
lowrie, ryan	121	4
luban, adam	149	6
luban, eddie	850	23
luke, doug	80	8

lyon, mike	157	6
madonna, david	123	3
madonna, mary	123	3
markert, jim	198	10
matthews, dick	694	21
mautz, joe	1260	29
mccarthy, dave	157	4
mccarthy, phillip	336	7
mccracken, nancy	69	3
mense, mark	223	9
merrick, bill	146	4
messineo, russ	362	9
miller, keith	125	4
mills, don	230	7
miner, wayne	359	9
moore, eric	205	7
murphy, mike	274	9
newton, jason	222	8
ohlsen, janet	109	4
oneil, rich	105	5
panagakis, john	294	10
panzarella, matt	265	8
perreault, gaetane	155	4
piscitelli, mickey	60	6
prattico, marcello	430	11
prefemmo, louis	169	4
price, cheryl	263	9
price, jim	361	17
prill, larry	157	9
putter, walt	120	3

rahrle, sean	246	6
ransford, steve	332	6
ravera, bob	342	7
read, chris	72	5
reagan, mike	133	5
reid, pat	302	10
reiter, steve	143	4
relyea, todd	243	4
richard, peter	157	4
roemer, mark	500	13
roik, doug	40	4
ronnow, zeke	532	13
ross, andy	60	6
ross, margo	246	8
rush, steve	228	7
ruth, bob	230	7
ryan, jim	1103	26
sampere, sam	161	11
savage, bill	95	3
schaal, scott	129	5
schaeffer, scott	40	4
schorberlein, warren	128	4
smith, ray	40	4
socha, geoff	150	3
spear, bob	1000	22
stern, irene	76	3
sterritt, carolyn	88	4
stewart, kate	514	17
stiegers, eileen	140	4

stiteler, bill	196	5
stonecipher, lance	53	4
storinge, dana	50	3
stringham, jeff	132	4
swanborn, mel	85	4
swinburne, gail	60	3
swinburne, paul	798	15
swizdor, bob	450	12
tarolli, gary	124	3
taylor, doug	777	16
topp, mark	414	8
tubolino, dave	166	6
vanwie, david	614	16
veenstra, rich	772	16
vidali, gian	1114	25
vonzwehl, pete	752	24
wagner, gloria	280	9
watson, tim	30	3
weidenbeck, joe	30	3
wennberg, erik	429	12
wheeler, kelly	515	16
wheeler, mark	896	22
winters, bill	40	4
woice, jochen	349	10
woice, kathe	147	5
yaworsky, joanne	421	13
yungwirth, joan	160	5
ziegler, alan	196	5
zoanetti, ken	240	7

Advocacy

The Board-appointed committee to look into issues related to advocacy solicits your input. Suggestions are welcome and should be address to any of the members (Gianfranco Vidali, Marcello Prattico, Anne Diekema and Sam Sempere).

Classifieds

For Sale: Burley Tandem 26" wheels (Zydeco 2005) Bought last summer, only 350 miles. Sadly, Burley no longer makes Tandems or any bicycle (Great bikes) so it will be a classic! Works like new, with extras \$725.

Picture seen at:

http://www.tandemcycleworks.com/burley_models/zydeco_big.jpg

Janet Ohlsen
662-7848

ONONDAGA CYCLING CLUB, INC.
P. O. BOX 6307 TEALL STATION
SYRACUSE, NY 13217-6307

RETURN SERVICE REQUESTED

