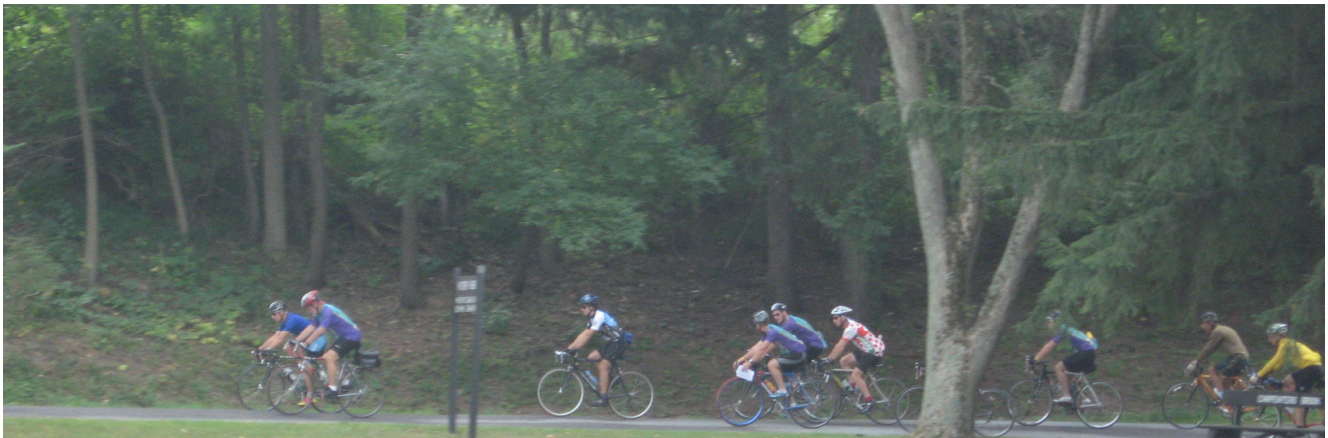


# THE SPOKE 'N WORD



The Fall Century - Photo by G. Vidali

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- The next issue will be out in the second week of October
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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.

## Welcome to these new members !

- John Allen
- Marlene Cleary
- Ann Haley
- Sandi Hemingway
- Shawn Hemingway
- Tim Hemingway
- Tom Humenick
- Tim Knapp
- Jim Spencer
- Eric Sykora
- Parrish Sykora
- Robert Ulrich
- Zach Wakeman

2007 paid members: 461

## 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

BY DAVID BAKER

B.I.K.E.SYRACUSE UPDATE August was a busy month for the b.i.k.e.Syracuse kids with lots of activities in addition to cycling. They did ride to and from most of the events, and their Saturday breakfast meeting is the foundation of the b.i.k.e.Syracuse club. Some highlights: Some of the adult volunteers, including folks who don't ride with the kids every week, took a group of the more advanced kids up to Split Rock for some intense mountain biking one Tuesday evening. Technical skills were practiced, and a great time was had by all. Earlier this summer, 9 bikes were stolen when they were moved from one storage facility to another. Some of the kids spotted one of the bikes in the neighborhood, and with adult assistance, went to the community police station with the information. The police investigated, and the bike was recovered. An outcome like this in this neighborhood is very significant and suggests that the kids are learning more than just bike handling. The b.i.k.e.Syracuse club attended Mary Nelson's annual south side BBQ on August 18. The kids rode

to and from the BBQ and in the parade. Like all the kids in attendance, the b.i.k.e.Syracuse kids received new back to school supplies. When you're a kid, going back to school is really a drag, but getting a new kit is always fun. September promises to be a busy month as well, with the Syracuse Stage, camping, and Wednesday PM tutoring in the works. Which brings us to a new challenge: How about some of the educators among the OCC membership riding with the kids one Saturday? "A university is a teacher, and a student, sitting on a log and sharing new ideas." It can also be two bicyclists, riding side by side. You both might learn something new. They always can use our help - [www.bikesyracuse.com](http://www.bikesyracuse.com)

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**We learned that Ben Salibra** used his Prize Money from the "Syracuse Race Weekend" to buy 100 water bottles for the B.I.K.E Syracuse Program. Special thanks to Fuji Bikes and Dick Sonne's Cycling for their help in stretching the prize money to cover the cost of the bottles and shipping.

## 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

## Reminder 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.**

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

On September 8 we held our annual charity ride which benefits 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.

67 riders, of which about one third guests, participated, and most stopped at the end for a well stocked picnic. About two third completed the

century, while the others rode the metric. The rain held until (almost) the very end, and there was sunshine at times.

Special thanks go to the volunteers:

- Bill Goffe, organizer (course design, food, painter of the route, etc.)
- Anne Diekema: registration, second stop, and driving the last part of the course
- Mike Lyon: retrieving tents and coolers from storage, setup at Carpenter's Brook, first rest stop, and cleanup
- Tony Baleno: second stop
- Kelly Wheeler: picnic
- Pat Reid: picnic
- Chuck Dominick: picnic chef
- Wayne Miner: publicity and cleanup
- Jeff Palmer: again a great job with the map
- Paul Swinburne: painting the route.

Photos by G.Vidali



Bill Goffe, organizer



Getting ready



Anne Diekema at the registration

# 2007 Syracuse Grand Prix Cyclocross

Dear Club Members,

Probably, most of you already noticed that fall is around the corner, and this means -among other things- it is Cyclocross time! As in past years, the Onondaga Cycling Club is hosting a cyclocross race at the Onondaga Lake Park (Longbranch Park) in Liverpool. The race is part of a series of events held in Central New York; participants accumulate points towards the championships in the series in the categories listed below. For those interested: information on the series can be found at

<http://web.mac.com/steve.edgar/Cross/Series.html>

Cyclocross is an interesting competition, it requires extraordinary cycling skills and fitness from the riders, and it is fun to watch (note, that it is run on a circuit course). Everybody, club member or not, is cordially invited to come out and enjoy the races!

Being in charge of organizing the event, I am also asking for volunteers (again). In particular, we need volunteers for:

- Registration: 1 or 2 individuals, approximately from 9.30 a.m. through 12.30 p.m.
- Course set up: at least 6 volunteers (no upper limit), from 6.30 a.m. through 10.30 a.m.
- Scoring: 2 teams of 2, from 10.45 a.m through 1.30 p.m.
- Course Marshalls: 2 or more volunteers who observe the race at critical points and report incidences, from 11.00 a.m. through 1.30 p.m.
- Course: tear down and clean up, as many volunteers as possible to get the job done as quickly as possible

As in the past, I hope I can count on the membership to support the club in the conduct of this event. If you can and are willing to volunteer please contact me, Jochen Woicke, either in person during a club ride, by e-mail ([woicke@mac.com](mailto:woicke@mac.com)), or by phone (315-682-7841). Thank you very much.

Note that the club ride at the race day (October 14, Ride Leader is Bob Ruth) will start from the park after completion of the race at around 2.00 p.m. So, if you want to ride, why not come out earlier and watch and/or volunteer?

## Race Schedule:

Time	Category	Duration
11:00 a.m.	Open Women	45 min
11:00 a.m.	Masters Women (40+)	45 min
11:00 a.m.	Masters Men (40+)	45 min
11:00 a.m.	Junior's (Age 15-18)	45 min
12:00 a.m.	Kid's Race (Age 10-14)	15 min
12:30 p.m.	Open Men	60 min

Thank you again and hope to see you all at the race,  
jochen

## Advocacy

**BikeCNY and OCC will have a table at the Wescott St. Fair** on Sunday, Sept. 23 from noon to 6 pm. Please stop by, meet other fellow riders and get tips on commuting. **If you would like to volunteer** to be at the table to distribute brochures and answer inquiries, contact Gian Vidali @ gvcycling@yahoo.com

**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 Pratico, Anne Diekema and Sam Sempere).

**The section of East Genesee St.** in Syracuse from East Avenue/Bradford Road to the boundary with Dewitt has been repainted with three lanes (center lane to be used for turning) and two shoulders that (we think) would eventually be designated as "bike lanes".

**Syracuse University and SUNY-ESF employees** are invited to participate in the Campus Commuter Challenge, a two-week team competition to among 24 schools, colleges and administrative divisions of SU and the SUNY College of Environmental Science and Forestry to encourage employees to try more sustainable transportation options (bike, walk, bus, carpool) than driving alone to work.

OCC

For more information, see :

[http://sunews.syr.edu/story\\_details.cfm?id=4303](http://sunews.syr.edu/story_details.cfm?id=4303)

## Update from the NY Bicycling Coalition - September 2007

On September 6<sup>th</sup>, Governor Eliot Spitzer launched a new initiative that will use \$32.1 million in federal funding to support school-based transportation infrastructure improvements and public education campaigns across the state to promote safe routes to school. The intent of Safe Routes to School is to enable and encourage children to walk or bicycle to school; help children adopt a more healthy and active lifestyle by making bicycling and walking a safer and more appealing transportation alternative; and facilitate the planning, development and implementation of transportation projects that will improve safety while reducing traffic, fuel consumption and air pollution in the vicinity of schools.

"The Safe Routes to School program will provide communities with the critical resources needed to make walking and bicycling to school safer for our children," said Governor Spitzer. "By implementing Safe Routes to School we are not only making our neighborhoods safer for school children, but we are encouraging children to adopt healthy habits. Promoting walking and bicycling along safe routes will also help reduce traffic, fuel consumption and air pollution near schools and increase awareness of these viable transportation alternatives."

Under this program, which was created by federal law in 2005, federal funding is made available to each state based upon its population of kindergarten through eighth grade students. NYSDOT, which administers the program, will reimburse 100 percent of project costs for successful applicants. In September, NYSDOT will make applications and guidebooks available to all municipalities in the state and will conduct regional information sessions. Applicants must submit projects to NYSDOT for approval by early 2008, with project selection announcements made in the summer of 2008.

If you would like more information on the Safe Routes to School Program, contact the NY Bicycling Coalition at [nybc@nybc.net](mailto:nybc@nybc.net) or 518.436.0889.

# Fall Century Ride Photos

by Anne Diekema



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