

# THE SPOKE 'N WORD



Florida Hazards - photo by Andy Longacre

|                                 |          |
|---------------------------------|----------|
| <b>Renewal Information</b>      | <b>1</b> |
| <b>Annual OCC Banquet</b>       | <b>3</b> |
| <b>B.I.K.E. Syracuse Update</b> | <b>4</b> |
| <b>As the Pedal Turns</b>       | <b>5</b> |
| <b>Fall Rides Photos</b>        | <b>6</b> |

## The next issue will be out in the second week of December

• -----  
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 (listserver) can be subscribed to from our Web site.

## Welcome to these new members !

Colin Fritz  
William Golembieski  
Jessica Wines

2007 paid members: 474

## Decals available!

If you want a decal with the OCC logo and in OCC colors, please contact Bob Ruth. The decals have the adhesive on the front, so they should be attached to the inside of the (car) window.

## 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)

# 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            |                         | Publicity    | Wayne Miner    |
| Racing/USCF Liaison        | Carolyn Sterritt        | Cartographer | Bob Spear      |
|                            | Sam Sampere/            | At Large     | Chuck Dominick |
| Web Developer              | Marcello Prattico       |              |                |
| Ride Schedule              | Marcello Prattico       |              |                |
|                            | Rich Veenstra           |              |                |

## Other Positions

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

# Annual OCC Banquet

by Carolyn Sterritt

**This year's banquet will be held at the Spaghetti Warehouse on Saturday January 26<sup>th</sup>, 2008.**

Hors d'oeuvres trays of fresh fruit and chesses will be available at 6:00 with dinner served at 6:45. Dinner is your choice of Spaghetti Feast, Chicken Alfredo, Chicken Parmigiana, or Lasagna Platter. There will also be a vegetarian option or two available (last year I had pasta with grilled veggies). Dessert is your choice of cheesecake, turtle cheesecake, tiramisu' brownie, or a chocolate sundae. Once again we are able to keep the price at \$20.00 per person and children are free with reservation.

**Please make your reservation by sending your name and the number of people in your party along with your check to:**

**Onondaga Cycling Club, PO Box 6307 Teall Station, Syracuse, New York 13217.**

This year we would like to celebrate the success of b.i.k.e.-Syracuse, (bicycles and ideas for kids empowerment) and welcome Kat Oot-Coffey and volunteers to the banquet and help support their efforts. There are several ways in which we can do this:

With your financial support, your donation will help provide the basics of healthy meals. The hot breakfast and the lunches prepared and served by generous volunteers on Saturdays (throughout the year) are important cornerstones of the program. Your donation is tax-deductible.

We can also donate non-perishable food stuffs such as sports drinks, bottled water, canned foods, cereal, juice, and snacks. Donations of paper goods, Styrofoam plates, large trash bags, and plastic silverware and cups are needed. Supermarket gift cards are easier to manage (they shop primarily from Sam's Club and Nojaim's on Gifford Street). I am sure any grocery gift card is appreciated.

Cycling related items are also needed – bicycles new or used, new helmets and safety gear, tools and tire repair kits.

Your time in volunteering is also important. In a speech recently given about the b.i.k.e.- Syracuse program, two of the girls in the program described their experience not in terms of the activities they participated in but in their appreciation and fondness for the volunteers. More recently, one boy who left home called a volunteer in the program rather than turning to a life in the street. There are not words enough to express how important this program is for the inner city youth it serves. The program meets every Saturday of the year for riding and activities, and during the school year on Wednesday afternoons for tutoring.

For more details about donations or volunteerism please go to the web-site at [www.bikesyracuse.org](http://www.bikesyracuse.org)

## B.I.K.E.Syracuse Update

by David Baker

We missed a month so there's plenty to catch up on - here we go: The 8 September ride was uneventful until the trip home when one of the kids had a bad crash - 7 stitches worth of bad. The volunteers and the kids managed the situation, and by the next day Katwanna couldn't wait to show off her stitches at school. Some hard lessons were learned, but Katwanna is as enthusiastic a rider as ever. On 22 September, Bikes4Peace held a bike maintenance clinic with the kids. Some kids showed real aptitude and interest in bike repairs and of course everyone test rode the freshly tuned up bikes. Highland Forest was the place on 6 October, and lots of teamwork got everybody through the toughest sections. A picnic lunch and a good time was had by all. Four b.i.k.e.Syracuse kids participated in the Syracuse Grand Prix Cyclocross. Their bikes may not have been as serious as most, but their spirit and enthusiasm was second to none. The kids rode well, had fun, and on the ride home were asking about the next race. We look forward to seeing them at the 2008 Race Weekend. 27 October was a gloomy, rainy day and the kids didn't ride. Instead, they spent the day at Blodgett School cleaning the grounds, preparing flower beds, and planting bulbs. Not as much fun as riding, but we'll see the results in the spring. The b.i.k.e.Syracuse club received a community service award from the Hartford Insurance Company and people from the Hartford offices have helped with school supplies and volunteer on Saturdays. Syracuse Stage has a backstage tour scheduled for the kids and will produce an interactive play

for the kids in the spring. Highland forest camping in November and plenty of other great stuff is in the works. And oh yes, b.i.k.e.Syracuse rides year round - check their website for photos. The bottom line is that b.i.k.e.Syracuse is doing OK. More than 45 kids are signed up, and there exists a solid base of volunteers from throughout the community. There has been increased support from OCC members, but more volunteer riders are always needed. An example: Joe Salibra and his son Ben rode with the kids on 3 November. Joe was sporting an especially bright pair of tights which drew some goodnatured comments from the kids about his fashion choices. Joe also carried a big roll of tape, and smiled as he taped up the right pants cuffs on kids legs to keep them out of the chainrings. There were fewer fashion comments after that. Ben Salibra, who has mad bike handling skills, took a place in the kids line as shoulder partner to Rukisha. With Ben's coaching, Rukisha - who is about three feet tall and weighs less than her bike - rode well on the entire trip. Ben has sort of a dual role here - as a volunteer and mentor or as a kid hanging out with the other kids - he does both impeccably. Joe and Ben have become "full time" b.i.k.e.Syracuse volunteers, so I use their experience as an example, but there has been plenty of support from the OCC membership. Whether you ride with the kids, give stuff, or give money, you know who you are - thank you. We - the Onondaga Cycling Club - have been helping the young riders of b.i.k.e.Syracuse and we can say we've done a good thing. Whatever belief - or disbelief - systems to which we may subscribe, helping the less fortunate is pretty much a universal idea. It's one of the things that makes us more than just clever monkeys. Holiday season is upon us so lets remember our friends at [www.bikesyracuse.com](http://www.bikesyracuse.com) - and that's the challenge.



# As The Pedal Turns

by Mike Lyon

**In the photo below: Dennis Stelzner, Mike Lyon, Andy Longacre, and Rich Veenstra**

I know, I know the Ride for the Rescue was over a long time ago, July 15<sup>th</sup> to be exact. I am sure that many of you have been waiting very patiently for a report. So here it is. There were

truly, Dennis Stelzner, Andy Longacre, and Rich Veenstra) and others for the various distances (Bob Ruth and Bob Spear). While going through the online slide show, ([http://www.rmsyr.org/RideForTheRescue/Home/Main\\_Page.htm](http://www.rmsyr.org/RideForTheRescue/Home/Main_Page.htm)) I saw several faces I recognized but names escape my aging memory, that's always a problem when you start naming names. Anyway, I think my brain is full. Some of the roads were familiar but others were new to me. After starting in Cazenovia, we climbed up to Perryville which took us pasted the windmills. By this time we had worked up a good sweat and



four of us that assembled for the century (yours

then came a great down hill that lasted for a cou-

ple few miles. I wished I had my jacket on as I got really cold during the descent. On to the first rest stop was in Peterboro where a horde of volunteers forced us to eat and drink. After a few peanut butter and jelly squares and some fluid off we went towards Pratts Hollow. The next rest stop was in Hamilton. Once again there were at least 8 volunteers pushing different types of nourishment (yes there were cookies) and fluid. Onward to Earlville and then back up to Eaton. From there we travelled to Erieville for another rest stop which was quite welcome after a fairly long climb on Eatonbrook Road. This is where the ride split. The metric century went back to Hardscrabble and Caz, while the century had us turning south towards Georgetown. This is where the rain started and boy did it rain. By this time, since I am a bit slow, Denny and I were alone. Once the rain started Denny decided to get a flat and did I give him the business. As we know it's no fun changing a tire anytime but it is even worse in the rain. We traveled for at least 30 min in the heavy rain, up to Sheds. The rain stopped just before DeRuyter where the next rest stop was located. On the decent into DeRuyter my bike felt funny and I knew I likely had a flat. Sure enough my front tire was the culprit. So I fixed it, got some food and was ready to go again. But as soon as I started pedaling, I realized I also had a flat rear tire. Denny thoroughly enjoyed this turn of events. Well back on the bike and of course, having to change another flat, we are now dead last, a position I might add that is not unfamiliar to me.

From DeRuyter we took 13 east and got to West Kenney road where, once again, we went into O<sub>2</sub> deficit. Pedaling on toward route 80 and then around DeRuyter lake was somewhat pleasant. However, once we were close to route 80, I noticed cars coming from the east on 80 that were going down what was at least a 45 degree incline. I hoped that we didn't have to go that

way since we were at mile 92 and a bit toasted. Well we did and once again some comedian had, for about the 10<sup>th</sup> time, paint LAST HILL in the road. This one really hurt. But we made it into New Woodstock, back on 13 into Caz and the college. We were greeted by applause from 5-6 of the volunteers, that's all that were left (most likely were clapping because they could go home) and Styrofoam containers with our meal. All and all it was a well supported ride and even though it hurt, and we did close to 5000 feet of climbing I would do it again.

So in summary, there were a total of 154 bicyclists who came to Cazenovia College from as far away as Ohio for the second annual Ride for the Rescue. This is up from the 47 that rode last year. They raised \$65,670. And I heard that while heavy rain moved the festivities into the gym, they enjoyed music, barbecued chicken dinners and health and safety exhibits. See you at next year's Ride for The Rescue.

## Fall Rides







Photos by Robert Spear (above left and preceding page) and Gianfranco Vidali (above right)





Photos by Robert Spear (above) and Gianfranco Vidali (below)







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

**RETURN SERVICE REQUESTED**

