

# THE SPOKE 'N WORD



A ride in late October. Photo by G.Vidali

2007 paid members: 474

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.

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)

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**The next issue will be out in the second week of March**

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# Renewal Information

This issue of the Spoke-n Word includes the annual Club Renewal Form for year 2008. Check your mailing label. If you see 2007 to the right of your name, you need to renew membership for 2008. The Renewal Form needs to be returned with your payment. This is important for two reasons:

1. The waiver at the bottom of the form (and the MINOR RELEASE on the back, if applicable) needs to be signed and dated in order for us to provide insurance coverage for all our members. Anyone 18 or older must sign this waiver to renew membership. If you do not have under age children listed as family members,

you can skip signing the minor release on the back.

2. The treasurer collects mail from the Post Office box. He deposits the checks and sends the forms to me. If you just send a check, it may wind up as a donation since I may not get the necessary information to update your records and you are counting on someone to remember to tell me that a membership has been received. Then, I will send you a form to complete anyway because we need the waiver to be signed and dated.

I will send membership cards for renewals with the Ride Schedule mailing in early March. Any questions, e-mail Membership Chair Bob Ruth at [ruthrob@msn.com](mailto:ruthrob@msn.com) or phone (315) 451-0685.

# 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 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 - A Reminder

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

The kids have shifted into winter mode starting with the Highland Forest camping trip which included plenty of snow. The bikes were left in the garage because of the weather but everyone got plenty of exercise with the usual first snow of the season shenanigans. Large appetites resulted and it's a good thing they did because when the thanksgiving feast was served, it definitely went way beyond the usual camping fare. The volunteers truly went all out for this one! There are some great photos at [www.bikesyracuse.com](http://www.bikesyracuse.com). With the cold weather, the Saturday morning breakfast meetings are in the basement of St. Lucy's church on Gifford street. This is just a couple short blocks over from Skiddy park. There are a few diehards who ride in the snow, but more traditional winter activities like skating and XC skiing are part of the winter schedule. OCC members are certainly welcome to join the kids in these wintry sorts of things and the b.i.k.e.Syracuse calendar of events is now posted on their website. Visits to community events and institutions as well as Wednesday tutoring all continue. The kids will stay busy and spring will be here before we know it! Ride warm!

## 2008 Special Olympics "Pedal for Medals" Ride

The annual "*Pedal for Medals*" Special Olympics bicycle ride will take place on June 25-29, 2008. Mark your calendars now to reserve your spot on this four-day 300-mile cycling adventure. It's a great way to kick off your cycling season!

Riders and their bicycles are transported to beautiful Saranac Lake in the Adirondacks from Dwyer Park in Preble on the first day. On Thursday morning the group cycles from Saranac Lake to Canton; Friday from Canton to Watertown; Saturday from Watertown to Oswego and on Sunday from Oswego back to Dwyer Park to complete the ride. Ride through some of the most beautiful country anywhere on a leisurely cycling vacation. If you like cycling, you'll love this ride.

The ride provides full support to all riders including a full time EMT, expert cycle repair and SAG. Three hearty meals each day and water/snack stops at approximately 20-mile intervals keep the riders fueled. Riders are accommodated in hotels (double occupancy) throughout the ride...no tents or hard ground to sleep on. Enjoy great post ride camaraderie each day. Build great memories and find new friends.

The best part of it all is that the money raised goes to Special Olympics, an organization that is recognized for its diverse programs of skill development, training, and competition for children and adults with mental retardation and other intellectual disabilities. You can help by doing what you like most...*riding your bike*. Each rider

needs to raise a minimum of \$650 to participate. For those who raise more than the minimum, there are special awards that include ride shirts and jerseys. Why not register today? Get together with your bike-buddy and sign up. Check out the web site at [www.pedalformedals.org](http://www.pedalformedals.org) to learn more and register.

**NEW THIS YEAR:** The ride committee has added a special *one-day metric century ride* to accommodate people who cannot take time off

during the week! The one-day ride takes place on Sunday June 29<sup>th</sup> and follows the Oswego to Dwyer Park route. These riders will ride with the main group and enjoy all the ride amenities of the full ride including the final day chicken barbeque at Dwyer Park. Riders are required to make their own transportation arrangements. Learn more on the website or contact Special Olympics at 315-473-2933.

Do you recognize these fellows? Photo provided by Dick Matthews and Jack Lancette.



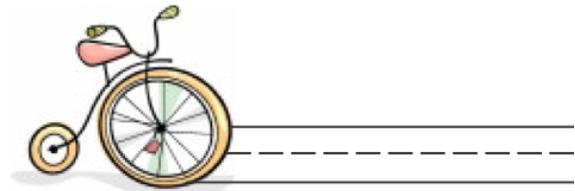
# The Trike Town Project

The Jowonio School is a pre-school that has been a nationally recognized pioneer in inclusive education, where students with disabilities are educated with their typical peers. It is located on East Genesee Street in Syracuse, across from Nottingham High School.

Jowonio is now developing a Trike Town and Amphitheater Project for its playground. This project offers another opportunity for club members to be involved in a cycling-related activity in the community. Elsewhere in this newsletter is a description of the project and a request for financial support. The club is also considering having a volunteer day next spring or summer to help with construction. To learn more about the project or to discuss donation and sponsorship opportunities, please contact

Peter Irwin  
Friends of Jowonio  
315-445-4010, ext. 215  
[pirwin@jowonio.org](mailto:pirwin@jowonio.org)

See next page for further information on how to support the project.



### ABOUT THE TRIKE TOWN & AMPHITHEATER PROJECT

The next phase of Jowonio's playground is underway. The focus of the Trike Town and Amphitheater Project is road safety, gross motor skills development and dramatic play.

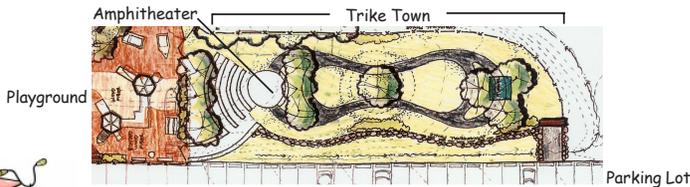
Trike Town will resemble a small city with a paved track surrounded by child-sized buildings such as a gas station and ice-cream shop. The track will have mini stop signs, a traffic light and cross-walks. Children will learn to carefully cross streets and other lessons of cycling and pedestrian safety.

Trike Town will be fun and developmentally appropriate for all children of Jowonio. It will be particularly useful for those with special needs. They will be able to receive physical therapy in this fully accessible and physically challenging area. However, everyone will benefit from the reinforcement of safety rules as well as the motor and skills development that frequent visits to Trike Town will provide.

The amphitheater will be an inviting place of expression for children who love to perform. It will also provide an ideal venue for school gatherings and pretend play. The stage will be ramped for easy access by all children.

#### BENEFITS OF TRICYCLE RIDING:

- ◆ Tricycle riding is a great full-body activity that increases balance, leg strength and control of trunk muscles.
- ◆ The reciprocal leg movements of pedaling mimic those of walking, helping emerging walkers to develop strength and motor planning.
- ◆ Children who are not able to walk independently can use an adapted trike to move among their friends with freedom and self assurance. Adapted trikes offer virtually any child the opportunity to experience the fun and benefits of riding.
- ◆ All children can use trikes to negotiate speed and direction, practice turn taking and develop safety and social skills.



### SUPPORTING THE PROJECT

I would like to support the development of the Trike Town & Amphitheater at Jowonio.

Name: \_\_\_\_\_

Company (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Amount: \_\_\_\_\_

*(please check one)*

Enclosed is a check made payable to: **Friends of Jowonio.**

Please send an invoice to the above address.

Please charge my/our credit card  
*(circle one):*  
 VISA          MasterCard

Name as it appears on card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Three Digit Security Code: \_\_\_\_\_

Thank you for your generous support.

**ONONDAGA CYCLING CLUB, INC. 2008 MEMBERSHIP RENEWAL FORM**

Make checks payable to: Onondaga Cycling Club, Inc.

Single \$20.00\*       Family \$30.00\*\*       Youth \$5.00       Contributing \$10.00  
 \* includes \$1.48 NYS Sales Tax      \*\* includes \$2.22 NYS Sales Tax

NAME: Mr.  Ms.  \_\_\_\_\_ NICKNAME: \_\_\_\_\_ BIRTHDAY: \_\_/\_\_/\_\_\_\_  
 ADDRESS: \_\_\_\_\_ APT \_\_\_\_\_ HOME PHONE: (\_\_\_\_) \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ - \_\_\_\_\_  
 OCCUPATION: \_\_\_\_\_ BUS PHONE (OPT): (\_\_\_\_) \_\_\_\_\_ X \_\_\_\_\_  
 e-mail Address (optional) \_\_\_\_\_

I WANT TO READ MY SPOKE-N WORD VIA THE OCC WEB SITE. DO NOT SEND ME A PAPER COPY.

AFFILIATED MEMBERSHIP:  LAB  AYH  USA Cycling - License No. \_\_\_\_\_  
 IMBA  Other(s) \_\_\_\_\_

**OTHER FAMILY MEMBERS AND THEIR AFFILIATIONS: LAB AYH USAC/License No.**  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_/\_\_/\_\_\_\_    / \_\_\_\_\_

**Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement"):**

In consideration for being permitted to be a member of Onondaga Cycling Club, Inc. ("Club") and to participate in any way in any Onondaga Cycling Club, Inc. sponsored Activities ("Activity"), 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 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, its administrators, directors, ride leaders, volunteers, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and leasers of premises on which the Activity take 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.

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 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #2 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #3 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #4 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_

D	C	S

**MINOR RELEASE**

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S 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 FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/Guardian Printed Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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Can you help in any of the following ways?

- |                 |  |   |  |  |
|-----------------|--|---|--|--|
| Administration: | <input type="checkbox"/> Publicity                       | <input type="checkbox"/> Newsletter         | <input type="checkbox"/> Mailings                | <input type="checkbox"/> Membership    |
|                 | <input type="checkbox"/> Advocacy                        | <input type="checkbox"/> Ride Schedule      | <input type="checkbox"/> Youth rides             | <input type="checkbox"/> Club Meetings |
| Touring:        | <input type="checkbox"/> Ride leader                     | <input type="checkbox"/> Sag Wagon          | <input type="checkbox"/> Bar-B-Que               | <input type="checkbox"/> Organize tour |
| Racing:         | <input type="checkbox"/> Time trials                     | <input type="checkbox"/> Weekend Races      | <input type="checkbox"/> Youth transportation    | <input type="checkbox"/> Coaching      |
| Off Road:       | <input type="checkbox"/> Ride Leader                     | <input type="checkbox"/> Recreational Tours | <input type="checkbox"/> Competitive / Race Team |  |
|                 | <input type="checkbox"/> New Event(s) - Please describe. |   |  |  |

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ADDITIONAL COMMENTS OR SUGGESTIONS:

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Send COMPLETED Renewal Form with payment to:

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