

THE SPOKE 'N WORD



Earth Day Clean-up, last year. Photo by G.Vidali

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This is the first issue of the year; the next issue will be out in the second week

Ann Acevedo	Victoria Milne
Russ Acevedo	Rosemary Mondo
Donald Baker	Caity Moore
Rebecca Bostwick	Dave Moore
Lee Davis	Dee Moore
Lisa Geincke	Liam Moore
John Gleeson	John Sauro
Janet Haskins	Skip Shedd
Chris Hoffman	Ed Sibert
Elizabeth Hradil	Jerome Snyder
Fran Hradil	Bruce Sodervick
Joe Jenners	Ken Toscano
Ted Jeske	
Tim Leonard	

2007 paid members:
507

2008 paid members:
244

of May

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.

Membership

MEMBERSHIP REMINDER

The Ride Schedules were mailed to paid members on Monday, March 10th 2008. Membership cards for all family members will be enclosed with the ride schedule.

WILL YOU GET ONE?

If you get your Spoke-n Word via USPS, check the mailing label on this issue to see if your membership is current or not. An S2007, F2007, Y2007, or C2007 in the upper right corner of the mailing label indicates your 2007 dues were paid but **NOT** for year 2008 (**BAD**). Anything with a 2008 or greater indicates your dues are current (**GOOD**) and you are due a Ride Schedule.

THE RENEWAL FORM

If you need to renew, remember that the Renewal Form needs to be returned. This is important for two reasons:

The waiver at the bottom of the form (and the MINOR RELEASE on the back) 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.

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.

If you have misplaced the renewal form and have web access, you can print one from the December 2007 *Spoke-n Word* on the OCC web site.

PROBLEMS?

If you have paid year 2008 dues and the mailing label on this issue of the Spoke-n Word indicates 2007, 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

You can also contact Bob to send you a renewal form.

Earth-Day Clean-up

This year's Earth-Day Clean-up and Ride is on Saturday April 19; there will be a breakfast served before the clean-up along Caughenoy Road. Gather at Caughdenoy Rd just north of Rt 31 in Clay NY. Park at the Jerome Fire Equip

ment parking lot. The clean-up starts at 9 am; trash bags and gloves will be provided. A ride

will follow at around 11 am of 12 to 30 miles.

For details, contact John Baker

(jbaker01@twcnny.rr.com) (breakfast and clean-up) and Sam Sampere (sampere@physics.syr.edu) (ride).

Banquet 2008

The 2008 OCC Banquet was held at the Spaghetti Warehouse on January 26. Here is the program of that evening:

b.i.k.e.-Syracuse

Awards and Prizes :

- Le Groupe de Grands Rouleurs
- Volunteer
- Time Trial
- Special

Door Prizes distributed through the evening Business Meeting

- Treasurer's Report and Membership Report
- Election Results (see new list of Board of Directors further below)

Special thanks go to our local bike shops for their generous contribution of door prizes and excellent work during the year:

Advance Cyclery, The Bikery, Bicycle Alley Syracuse Bicycle, Bike Loft



Rider Point and Mileage Report for the 2007 Season

By Jim Price

This past season 474 riders rode 112,084 miles. Of those 474 riders, 262 were current members of OCC. The remaining 212 were guests. The number of guest riders has grown substantially since the schedule and maps became available on the internet. **Dave Baker** rode the greatest number of rides (66) and **Gian Vidali** rode the most miles (2799). There were six riders that rode more than 2,000 miles. You may find other interesting results in the following report for OCC members.

The data reported below comes from the ride sign-up sheets and time trial records. That is a large number of sheets of paper left hanging on a car during a ride or possibly passing through several hands and sent to me. It is not hard to imagine that bizarre things happen. It is amazing how well it works. But the most unusual event happened this year. The ride leader was certain he had sent a sign-up sheet that I was certain I hadn't received. There seemed to be no way the mystery was going to be resolved. But I received those pages in the mail two days before the January banquet. The ride leader found them two days before that in a box of legal papers of a member of the previous generation. This box had been in his attic for the past six months. That is a senior moment that deserves celebration.

The first column to the right of the name is points which is the number of rides done by that person

this past year. The rides included in this statistic are the Wednesday night, Friday morning, Saturday and Sunday rides plus the time trial. The second column after each name is the total number of miles for those rides.

Acosta, Sal	4	158
Ahlsten, Doug	8	458
Alessandri, Todd	8	122
Allen, Kurt	26	679
Angotti, Bobby	3	104
Arjomand, Keyhan	7	290
Arnold, Chris	1	41
Ashbarry, Norm	17	275
Ashbarry, Paul	8	80
Atwood, Sue	4	177

Baker, Dave	66	2323
Baker, John	4	165
Baldwin, Marsha	5	50
Baleno, Tony	13	391
Balfoort, Darle	1	31
Balfoort, David	1	32
Baum, Shannon	1	10
Baum, Todd	1	10
Beaudin, Bill	2	64
Beaumont, Debbie	5	142

Beckman, Ron	21	789
Bernstein, Scott	10	513
Bilecki, Dave	7	236
Bingham, Tim	1	41
Bishop, Lindsey	1	38
Blake, Bryan	22	362
Blume, Dick	9	397
Bolit, Erik	9	90
Bradshaw, Chad	5	162
Bray, Doug	6	292

Bright, Jim	4	185
Buttner, Bridget	2	38
Buttner, James	1	18

Cardinale, Jim	11	318	Frumkin, Michael	4	153
Carr, Skip	1	34	Goetke, Brian	23	1058
Casler, Brian	24	980	Goff, Bill	38	1738
Chin, Ed	7	509	Goodwin, Bill	3	102
Cleary, Marlene	7	201	Gorke, Jacob	3	138
Clinton, Eileen	2	115	Gregoire, Eric	11	384
Comfort, Larry	29	540	Grieves, Dave	2	96
			Griffin, Mike	6	199
			Grimshaw, Phil	1	10
Cooney, Bob	1	64			
Cramer, Ian	2	70	Grimshaw, Scott	1	10
Crosby, Brad	13	412	Grossman, Gary	2	64
Cutler, Peter	4	40	Grossman, Steve	11	421
DeFilippo, Mark	10	513	Grucza, David	24	879
Dellilo, Jason	13	148	Gummer, Mark	37	885
Dewey, Bill	5	171	Hadley, Andy	16	419
Deyle, Bill	2	20	Hahn, Brian	15	457
Diekema, Anne	27	1072	Hahn, Kathy	1	34
Doctor, Vern	4	100	Haley, Ann	3	89
			Hamblet, Warren	2	111
Dominick, Chuck	26	866			
Donzella, Ben	19	270	Hayes, Kevin	5	75
Donzella, Red	19	254	Healey, Don	39	1145
Drew, Allen	1	10	Hoover, Jeff	9	221
Duflo, Paul	6	199	Hotaling, Peggy	14	565
Eckert, John	2	160	Hotaling, Tom	14	565
Elbers, Emily	6	126	Howey, Matt	5	165
Engineri, Kristin	2	57	Howland, Ken	3	86
Evans, John	8	112	Howse, Lloyd	4	158
Evans, Larry	19	800	Hradil, Joe	10	100
			Humenick, tom	4	64
Falso, Ray	17	688			
Familo, Sam	3	98	Inoue, Keisuke	13	464
Faso, Dave	12	434	Jarvi, Helen	3	76
Ferat, Gail	7	212	Jarvi, Rich	18	620
Fischer, Joe	7	203	Kelly, Brian	14	473
Fischer, Lillian	4	99	Kent, Jim	21	966
Fitch, Dan	2	20	Kiggins, Mary Jo	8	98
Flanders, Eric	8	169	Kirkley, Dan	2	69
Fritzen, John	4	191	Kline, Laura	7	117
Frost, Bob	6	94	Klotz, Audie	3	30
			Knaebel, Dave	3	30
Frost, Stephanie	1	44			

Kneale, Amy	15	429	Messineo, Russ	17	723
Knoop, Don	4	111	Miller, Keith	5	157
Kocher, Paul	19	377	Mills, Don	13	425
Kolb, Randy	2	51	Miner, Wayne	24	1020
Komanecy, Paul	11	461	Morgan, John	2	63
Kyhos, Kevin	1	23	Mulliken, Dina	1	13
LaComb, Chuck	11	329	Murphy, Mike	20	559
Lammey, Mike	1	43	Newton, Jason	10	283
Lancette, Jack	3	152	Ninestein, Gene	2	20
LaVancher, Shane	1	32	Ohlsen, Janet	8	249
			Ohlsen, Lars	2	23
Lockwood, Chip	1	6	Oneil, Rich	11	203
Longacre, Andy	42	1346			
Longacre, Ginny	14	341	Palmer, Jeff	3	84
Looney, Connor	1	31	Palmer, Sandy	5	133
Low, Greg	18	575	Panagakis, John	23	710
Low, Robyn	14	413	Panzarella, Laura	1	66
Lowrie, Ryan	4	121	Panzarella, Matt	16	596
Luban, Adam	10	259	Perkins, Dan	1	10
Luban, Eddie	51	1846	Perreault, Gaetane	10	342
Ludden, Chris	3	30	Perry, Derek	2	111
			Petrie, Rich	2	34
Luke, Doug	16	160	Piscitelli, Mickey	9	90
Lukow, Rob	3	135			
Lyon, Mike	27	911	Pratt, David	1	43
Macera, Tom	4	160	Prattico, Marcello	23	850
Madonna, David	6	256	Price, Cheryl	17	492
Mahoney, Christine	2	51	Price, Jim	33	746
Markert, Jim	18	373	Prill, Larry	22	412
Markowski, Vinnie	3	158	Przepiora, John	10	330
Mathewson, Kevin	9	258	Putter, Walter	6	233
Matthews, Dick	54	1826	Rahrle, Sean	8	314
			Ravera, Bob	13	591
Mautz, Barbara	10	364	Read, Chris	5	72
Mautz, Joe	58	2487			
McCarthy, Dave	5	194	Reagan, Mike	6	188
McCarthy, Phillip	14	595	Reid, Pat	28	848
McFarland, Jeff	2	83	Reiter, Steve	8	337
Mense, Mark	16	515	Reller, Charlie	1	62
Merrick, Bill	14	467	Relyea, Todd	14	764
Merrill, Richard	2	71	Reynders, Amy	2	61

Rezak, David	1	43	Swinburne, Paul	47	2159
Richard, Peter	4	157	Swizdor, Bob	24	828
Roemer, Mark	24	953	Swizdor, M J	4	96
Rogers, Walter	2	39	Sykora, Eric	4	85
			Sykora, Parrish	4	85
Roik, Doug	8	80	Szczygiel, Jim	2	86
Ronnow, Joseph	1	32			
Ronnow, Zeke	21	827	Tarolli, Gary	4	156
Ross, Andy	9	90	Taylor, Colin	1	34
Ross, Margo	15	461	Taylor, Doug	33	1560
Ruggeri, Paul	4	131	Tennant, Steve	7	229
Rush, Steve	15	505	Terpening, Todd	1	10
Ruth, Bob	24	807	Thomas-Madonna Mary	12	495
Ryan, Jim	49	2033	Topp, Mark	22	1018
Sampere, Sam	21	376	Tubolino, Dave	6	166
			Ulrich, Robert	6	106
Satter, Mimi	1	39	VanWie, David	42	1728
Savage, Bill	5	159			
Schaffer, Scott	4	40	Veenstra, Rich	32	1503
Schoeberlein, Warren	7	221	Vidali, Gian	61	2799
Scott, Eric	1	45	View, Sharon	2	67
Sidd, John	1	44	Virgo, Deb	1	34
Smith, Ray	10	125	Volo, Mike	2	97
Socha, Geoff	4	188	vonZwehl, Pete	51	1562
Solan, Kevin	3	81	Voutsinas, Dan	3	75
Sonne, John	2	99	Wagner, Gloria	15	478
			Wakeman, Zach	8	369
Southwick, Richard	2	40	Weidman, John	9	273
Spear, Bob	47	2068			
Sperduti, David	1	20	Wennberg, Erik	22	778
Stelzner, Dennis	6	262	Wheeler, Kelly	37	1157
Stern, Irene	7	137	Wheeler, Mark	40	1685
Sterritt, Carolyn	6	132	Winters, Bill	13	199
Stewart, Kate	33	978	Woicke, Jochen	25	894
Stigers, Eileen	6	176	Woicke, Kathe	17	454
Stiteler, Bill	7	259	Wright, Scott	3	158
Stonecipher, Lance	7	83	Yaworsky, Joanne	36	1182
			Yungwirth, Joan	20	795
Stringham, Jeff	15	463	Ziegler, Alan	5	196
Sullivan, Kathleen	2	59	Zipprich, Mike	2	78
Swanborn, Mel	5	117	Zoanetti, Ken	12	37
Swinburne, Gail	6	104			

Upcoming Events

Pedal for Medals 2008 Ride

WIN A NEW ROAD BIKE AND OTHER AWARDS



The organizing committee for the 2008 Pedal for Medals-Special Olympics bicycle

ride has announced that every rider in this year's ride will have a chance to win a brand new Iron

Horse Triumph 3 road bike. The bike will be awarded to a lucky winner on the second evening of the ride. Every rider will have one chance in the drawing for raising the \$650 ride minimum. Additional chances will be awarded for riders raising additional amounts as detailed on the website. Other prizes and awards will also be awarded at that time.

In addition to the prizes to be drawn on the second evening, the ride is also offering riders the opportunity to earn cycling clothing based on the level of donations they raise toward the ride. Riders who reach donation levels of \$800, \$1100, \$1500 and \$2000 will be eligible to receive Pedal for Medals ride socks, shorts, jersey and jacket respectively. These awards are cumulative so riders who reach the \$2000 level will have a full kit.



Riders at the start of the 2007 Pedal for Medals Ride in Saranac

If you want to have a great time from June 25th through 29th sign up for the ride at

www.pedal4medals.org. Join in with a growing number of other OCC members in helping to support the work of Special Olympics while doing what you enjoy...cycling.

For questions, information and a rider's perspective contact Tony Baleno at abaleno@twcny.rr.com.

2nd Annual Race for Hope

I would like this opportunity to send you all information on our 2nd Annual Race for Hope. May 24, 2008, Borodino just outside off Skaneateles. Last year, was our "maiden voyage" so to speak, and it was a huge success. Along with Scott Grimshaw, the Borodino Fire Department and myself, we were able to put together a 24 mile race and a 4 mile free family event. We had around 80 cyclists compete in the 24 mile race and 40 families participated in the 4 mile event.

Last year 2007, we were able to send \$4,300 to MD Anderson Cancer Institute in Houston, Texas where my husband was treated for esophageal cancer. We supported their new Center for Targeted Therapy. Believing in that we are all individuals, researchers are coordinating the design and development of specific biological therapies and drugs.

This year we have decided to keep the funds locally. Dick was a father, a coach and a mentor to all children. We have decided this year to com-

bine his love for Children and his passion for quality Cancer Treatments/Research and will be supporting the Golisano Children's Hospital, Center for Children's Cancer and Blood Disorders. 100% of the money raised will go directly to the Center.

If we could please get on your race/ride calendar, we would so appreciate the opportunity. This is a great community event, not only is the bike race being held at 8 a.m., it is followed by the Borodino Fire Department Memorial Parade, and the local church puts on a Chicken Barbeque and Country Sale. Stay for the ride....enjoy the parade.....and have your lunch prepared!

For more information, a local cyclist has donated a website: www.shafferrace4hope.com He has done a superb job....there are last year's photos, information on the ride, last year's results and a short letter about my husband. Or you can visit BikeReg.Com with registration opening up in April.

Hope to see some of your cyclists in May...
Thank You,

Julie Shaffer

Board of Directors

Club Officers

President	Bill Goffe
Vice-President	Wayne Miner
Secretary	Tony Baleno
Treasurer	Mike Lyon

Board of Directors and Assignments

Fall Century	Marcello Prattico, Rich Veenstra	Merchandise Time Trial Publicity	Kelly Wheeler Sam Sampere Wayne Miner
Membership/Insurance Newsletter Editor/ Advocacy	Bob Ruth Gianfranco Vidali Wayne Miner, Gi- anfranco Vidali, Anne Diekema Mike Lyon	At Large	Pat Reid, Doug Taylor, Jo- anne Yaworsky
Banquet Racing/USCF Liaison	Sam Sampere/ Marcello Prattico		
Web-site Manager Ride Schedule	Marcello Prattico Rich Veenstra		

Other Positions

Earth Day Clean-up	John Baker	Almost 4th of July Century	Anne Diekema
Annual Picnic	Chad Bradshaw	Equipment	Jack Lancette
Vacation Ride	Joan Youngwirth, Jimmy Ryan	E-map Designer Listserver Admin	Jeff Palmer Tim Bingham
Point and Mileage Long Distance Riding	Jim Price Jennifer Barber	Map Distribution	Rich Veenstra

Le Groupe de Grands Rouleurs



Grands Rouleurs

name / points

Dave Baker	66
Gian Vidali	61
Joe Mautz	58
Dick Matthews	54
Pete VonZwehl	51
Eddie Luban	51
Jimmy Ryan	49
Bob Spear	47
Paul Swinburne	47
Andy Longacre	42
Dave Van Wie	42
Mark Wheeler	40
Don Healey	39

Bill Goffe	38
Mark Gummer	37
Kelly Wheeler	37
Joanne Yaworsky	36
Jim Price	33
Doug Taylor	33
Kate Stewart	33
Rich Veenstra	32
Larry Comfort	29
Pat Reid	27
Anne Diekema	27
Mike Lyon	27
Kurt Allen	26

Volunteers

name / points

Jim Price	280
Eddie Luban	202
Bill Goffe	195
Kate Stewart	190
Sam Sampere	154
Bob Spear	149
Jochen Woicke	142
Paul Swinburne	121
Don Healey	120
Mike Lyon	118
Kathe Woicke	114
Bob Ruth	109
Adam Luban	106
Erik Wennberg	100
Ann Diekema	100

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ADDRESS SERVICE REQUESTED

