

# THE SPOKE 'N WORD

We welcome these new members:

- |                     |                 |
|---------------------|-----------------|
| Steve Ball          | Erin Johnson    |
| Michael Brownmiller | Kathy Johnson   |
| Vince Casario       | Lynne Johnson   |
| Bob Clarkson        | Laura Knaebel   |
| Susan Davoli        | Michael Knaebel |
| Kyran Derx          | Lynn Miller     |
| Charlie Gowing      | Anthony Pardee  |
| Donald Hall         | Cliff Six       |
| Chris Hare          | Gay Six         |
|                     | Nancy Smith     |
|                     | Dustin Valdez   |

2007 Members:580  
2008 Members: 410



San Francisco. Photo by G.Vidali



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

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

# Membership

## MEMBERSHIP REMINDER

The Ride Schedules were mailed to paid members on Monday, March 10<sup>th</sup> 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. You can also contact Bob Ruth to send you a renewal form (see below).

## 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](mailto:ruthrob@msn.com).

## 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.

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## Onondaga Cycling Club, Inc. – Regulation of Rides

This document provides guidelines to be followed by participants in Onondaga Cycling Club, Inc. bicycle rides, the primary purpose being rider safety for each participant.

**Principle:** You are responsible for yourself, but keep in mind that you are riding with a group, so you also have responsibility for others as well. Thus, you are putting others at risk if: you suddenly brake, don't point out road hazards, make a sudden movement, pull out in front of cars that

the group can't safely make when leading a group, etc.

**Rules:**

- 1) Wearing a helmet is required on all rides.
- 2) Traffic laws must be obeyed. Keep in mind that in general, New York state law regards cyclists as vehicles. Therefore, ride on the right side of the road, stop for red lights, and signal your turns.
- 3) Do not pass cars on the right when cars are stopped – drivers cannot see you. Be careful at intersection with approaching cars making a left turn; this is one of the most common accidents involving cars and bicycles.
- 4) Carry personal identification with you. It is recommended that you bring a cell-phone and carry the cell-phone number of the ride leader.
- 5) Warn cyclists behind you of road hazards (preferably by pointing to the hazard as you ride by).
- 6) Be sure to sign in for all rides and to sign out as well. If you won't be returning, inform the ride leader so he/she won't wait for you.
- 7) If a group is broken up by traffic or stop lights, it is a good idea for the group in front to wait up.
- 8) If you see potentially unsafe behavior, politely inform the offending rider on how they can ride more safely.

9) Know your limitations. Bring adequate water or sports drink and food.

10) Each rider is responsible for ensuring the safety and integrity of his/her bicycle. Have spare parts and tools for a mechanical mishap (i.e. spare tube, pump and necessary tools) and knowledge of how to use them.

**Rules for Riders under 18 years old:**

- 1) If you bring a minor to the ride, you and you alone are responsible to stay with this person from beginning to finish.
- 2) If the minor is faster than you, make it clear that he or she has to stay with you. Another solution would be for you find somebody you trust and know to be responsible to take on the task of riding with the minor and returning this person back to the ride start. Preferably, these arrangements are made before the ride leaves the starting point.
- 3) If the minor is slower than you, you have to slow down or find somebody else to accompany.
- 4) Ride leaders should ask at the start whether there are any youth (under 18) riders on the ride. Next, they need to ask publicly who is responsible for this person so other riders are aware of who is in charge.
- 5) The parent or guardian of the youth rider can sign a waiver that would allow the youth to ride on his/her own without adult accompaniment. The waiver can not transfer responsibility for the minor to anyone else. The waiver can be written to apply for any length of time.

[www.jowonio.org](http://www.jowonio.org) for more information.

## Trike Town Update

The December newsletter reported on the Jowonio School's Trike Town project. Construction is now underway; groundbreaking took place the first week in June, and the work is expected to be completed by the start of school in September.

I am very pleased to report that OCC has donated \$250 to support Trike Town. This is a generous contribution to a project that will enhance the lives of children for years to come. The club will be permanently recognized for its gift by a traffic sign plaque in Trike Town.

Jowonio is still seeking support for Trike Town from individuals and businesses. Please visit

Eddie Luban

## Early Bird Bike Ride - A Report

The First annual Early Bird Bike Ride was a great success, raising \$12,000 for Connections of CNY, Inc and its support services for adults with developmental disabilities.

When the 25 cyclists and volunteers gathered in the rain on Saturday morning (May 31) in Geneva we were facing potential severe thunderstorms and strong winds. But miraculously the rain stopped, the winds died down and we had great weather all weekend until an hour after the



ride ended on Sunday, June 1. The cyclists covered 105 miles from Geneva to Bath and back to Geneva and had a great time.

Among our terrific volunteers was Mark Perrin of The Bikery (see photo), who provided road side repair and morning and evening tune-ups. Thanks to Mark and to all the volunteers.

Glenn Ivers, Connections of CNY, Inc.

## Upcoming Events

### Almost 4<sup>th</sup> of July Century

The Almost-Fourth-of-July Century is taking place on Saturday, the Fifth this year.

Called the Turnpike Cruiser Century, aka the Firecracker 100 or the Old Erie Canal-Clifton Springs Century. Whatever, it's a hundred miles or a hundred kilometers to ride while celebrating the US of A's two hundred and thirty-second birthday. There is even a thirty-eight mile option.

The ride was described in 1998, the only year this route has been used, as "...traveling some old NY turnpikes to Bunker Hill and the sauerkraut capital of this glorious land."

The route travels the old Cayuga and Seneca turnpikes, the 'Old state Road', the King Geroge Road [perhaps named before Bunker Hill Road(?)etcetera to Alloway, Dublin, Montezuma and home.

The terrain is flat to rolling and there are no big hills, not even middle-sized ones. Believe it. The course will be marked. Believe that, too. No support nor sag but there are stores along the way at which to refuel. Watermelon and snacks at

the finish.

Forty riders partook of this opportunity ten years ago on a rainy, cool day. The weather forecast for this year is sunny and warm so come on out and

help celebrate the "4th" in OCC's inimitable way.

The RL in '98 reported: "85 mi of rain AND a flat. We were comforted by the thought that it could have been worse, much worse, like the Giro d'Italia of 1909."

Carpenter's Brook Fish Hatchery -Rt 321, West of Camillus 0900 5 July 2008

Bob Spear



## As the Pedal Turns

Vol. 2; No. 2. by Mike Lyon

Time is getting closer for the Ride for The Rescue, which is on July 20<sup>th</sup>. The OCC Geezer team is looking pretty good. However, we could still use a few more members. Currently, we have yours truly, Dennis Stelzner, Andy and Virginia Longacre, Alex Thor, Robert Ruth, Todd Relyea, and Steve Grossman. I have had a couple of others ask about joining our group. Don't be shy - just do it. To date the donations to the Rescue Mission total more than \$53,000. Not too shabby. You can; A: join our team and pay your \$100 entry fee, B: join our team and get others to pay your entry fee (I like this option the best); C: Make a donation to the rider of your choice; or D: Make a general donation to the team. Right

now the registration fee is at \$15 but goes to \$25 after July 16th. All you need to do is go to [www.ridefortherescue.org](http://www.ridefortherescue.org) then click on Sponsor a Rider and search for one of the registered team members. This will get you to their personal page with a link to the team page. Use my name and donate as often as you like.

For an added incentive, each weekday during the month of June they will be awarding a different prize to one lucky contest participant, and as they say "no purchase necessary". All you need to do is answer a few question about that day's sponsor. Hey, today's question was real easy and may be I will win the \$40.00 gift card to Bass Pro Shop. Then I will be able to buy some more biking stuff. YEAH!!!!.

Don't forget the start of the ride has moved from Cazenovia to the Inner Harbor and will consist of 2, 10, 20, 40 and 62 mile rides. Due to bridge construction in Marcellus, on North Street, there was a small change in the 62 mile route but nothing a GEEZER can't take in

stride. They have also added a water stop along Skaneateles Lake, on route 41. Rumor has it that there will also be support from the local HAM Radio club. WOW.

I just looked, and what the heck. The Onondaga Ski Club is still way ahead of us. I think Lloyd Howse, who is on the Onondaga Ski Club team but an OCC member (what's up with that and while I'm on the subject I just found out that my niece and her husband signed up on someone else's team. It's a good thing that their last name isn't Lyon so no one will know. This could get ugly. But I digress), is in competition with his wife who has her own team. With just two members her team has raised more than \$2000 while Lloyd is no slouch raising about \$1200. Come on the mighty Geezers can do way better than the ski club. Hope you will join our little group and help out a worthy cause. All the money raised stays right here in Syracuse. Well, that's it from GEEZER CENTRAL. Happy pedaling.

## 8<sup>th</sup> Annual Cazenovia Triathlons

**Two race distances: Sprint: 800m Swim/22.5k Bike/ 5K Run  
& Intermediate: 1500m Swim/ 40k Bike/ 10k Run**

**Sunday August 10, 2008 Lakeland Park Cazenovia, NY  
8:00 AM Start – Intermediate Tri / 8:30 AM Start – Sprint Tri**

Visit [www.cazenoviatriathlon.org](http://www.cazenoviatriathlon.org) for on-line registration, race details, maps & breaking news.

Questions?

Contact Race Director:

[cazdirector@cnytriathlon.org](mailto:cazdirector@cnytriathlon.org)

- USAT Sanctioned Event
- Chip timing provided by Score-This! Inc. for S,B,R, T1, T2

- **Packet pickup at Fleet Feet, 3435 Erie Blvd. East, DeWitt, NY 13214: Friday August 8<sup>th</sup> 5 – 7pm and Saturday August 9<sup>th</sup> 10 – 5pm.**
- **Age group awards in 5 year increments. Male/Female**
- **New this year - *Dorm stays at Cazenovia College***
- **First 40 registered in 15-19 yr Age Group enjoy special rate of \$45**
- **Sponsor opportunities at: [cazsponsors@cnytriathlon.org](mailto:cazsponsors@cnytriathlon.org)**
- **Volunteer opportunities at: [cazvolunteers@cnytriathlon.org](mailto:cazvolunteers@cnytriathlon.org)**

## 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 Pratico, Rich Veenstra	Merchandise Time Trial Publicity	Kelly Wheeler Sam Sampere Wayne Miner
Membership/Insurance	Bob Ruth		
Newsletter Editor/ Advocacy	Gianfranco Vidali Wayne Miner, Gianfranco Vidali, Anne Diekema	At Large	Pat Reid, Doug Taylor, Joanne Yaworsky
Banquet	Mike Lyon	Web-site Manager	Marcello Pratico
Racing/USCF Liaison	Sam Sampere, Marcello Pratico	Ride Schedule	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	Jeff Palmer
Point and Mileage	Jim Price	Listserver Admin	Tim Bingham
Long Distance Riding	Jennifer Barber	Map Distribution	Rich Veenstra

ONONDAGA CYCLING CLUB, INC.  
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SYRACUSE, NY      13217-6307

RETURN SERVICE REQUESTED

