

THE SPOKE 'N WORD



San Francisco. Photo by G.Vidali

We welcome these new members:

Tim Baldwin
 John Clements
 Steve Cox
 Tope Damiano
 Susan Davoli
 Nick Dempsey
 Garrick Dixon
 Tom Fucillo
 Lisa Gallinger
 Eric Gantley
 Steve Green
 Jim Guarasci
 Susie Hall
 Marty Hill
 Ken Hinman
 Ame Hinman-Hall
 Steven Kieb
 Ken Knapp

Christina Lee
 Theo McDonald
 Wally Merriam
 John Michalski
 A J Monaco
 Abby Monaco
 Peter Monaco
 Sammy Monaco
 Tiffany Monaco
 Tony Pardee
 Selma Quaglia
 Dick Rybinski
 Christy Sargent
 Dan Sensinger
 Dave Sensinger
 Patty Sensinger
 Diane Stefani
 Dick Tulip
 Rose Tulip
 Jake Westcott
 Don Western
 Steve Wilson



2008 members:
 471
2007 members:
 632

The next issue will be out in the second week of September

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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 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. 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.

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.

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.

Ride Updates

B.I.K.E. Syracuse - an Update

First of all, thank you to everyone who supported the Tour De 'Cuse ride and to all of you who continue to support b.i.k.e.Syracuse in various ways. This ongoing commitment from the OCC and it's members is an important contribution to b.i.k.e.Syracuse's continued success. The Tour De 'Cuse fundraiser as well as corporate support will allow b.i.k.e.Syracuse to move forward with all it's programs. There are now about 80 kids signed up and although many of the kids participate in other programs and sports during the summer months, bike club gets a good turnout every Saturday. As always, OCC members are welcome to ride with the kids on Saturdays. Coming up the weekend of August 23-24 is the Highland Forest campout. This year in addition to bikes, horses are scheduled for riding! That should be interesting. If anyone knows any good campfire ghost stories, you could stop by and share them. Sounds like fun. And of course, the kids will be



Saranac Lake Park Starting Point - OCC members participating in this year's ride included (l to r) Eileen Clinton, Roland Pearson, Sam Familio, Bill Merrick, Keyhan Arjomand and Tony Baleno.

riding and swimming and all the usual stuff the rest of the summer. When school gets going in September, the Wednesday tutoring program will resume and this voluntary program is well attended. Hopefully some of the kids will participate in the Cyclocross race again - is it that time again already? And maybe there will be something spooky for Halloween! Time flies when you're having fun! Thanks OCC

David Baker

Pedal 4 Medals - Special Olympics Pedal for Medals 2008 Ride

The 2008 Pedal for Medals Ride sponsored by Special Olympics of CNY fielded a group of 40 riders from a wide geographical area. Six of the riders in this year's event are members of the Onondaga Cycling Club.

While final fund raising figures are not complete at this time, the ride organizers have declared it another very successful ride.

The ride was a four day event starting from Saranac Lake and ending at Dwyer Park in Preble with stops in Canton, Watertown and Oswego. This was a fully supported ride with hotel accommodations, meals, baggage transport, water stops, ride EMT and massage therapist.

Although this year's ride experienced some periods of rain on the first and third days, every rider had a great ride experience. As one rider put it, "...it was awesome!...what a great bunch of cyclists." The food was excellent and the camaraderie great.

Plans are under way for the 2009 ride. The ride dates have not as yet been determined by the ride committee but will be posted on the Pedal for

Medals website once set. The website can be found at www.pedal4medals.org.

Tony Baleno

As The Pedal Turns Vol 2; No 3



First thing is to thank those that joined our team: Dennis Stelzner, Rich Veenstra, Todd Reylea, Andy & Virginia Longacre, Alex Thor and Bob Ruth. We raised over \$1,500 for the Rescue Mission. I am pretty sure that everyone on the team did the metric century. I briefly rode with Shannon Ricci, Lloyd Howse and Bill Beaudin and saw several other members whose names escape me. That was the last time I saw any of the team members until I returned to the inner harbor, with the exception Bob Ruth. We were bringing up the rear since we were riding SAG. There was a police escort until we got to the turn onto Erie, which was kinda cool. Well we started dry, however, that didn't last very long. The rain came down once we were a few miles into the ride. While this group, as far as I know, didn't have much trouble at the railroad tracts near the State Fair Grounds, the 40 milers were not as fortunate. I understand that there were many that went down and one person required surgery to fix a broken ankle. Hope that went well.

The ride continued in the rain until we crossed route 173 onto Devoe Road. Gladly it had stopped for that fast descent down past the Erie Canal Museum. I knew that as bikers we are somewhat stubborn and want to push ourselves but there were a few out there that went beyond stubborn. After the climb up Devoe and then

Scenic Drive there where several riders that were really struggling. When suggesting that may be they should consider taking the 40 mile route, I was met with various replies and few took my advice. We also had some zig-zaggers that went across the entire road while climbing. My comments that this was a little dangerous did not seem to be welcomed. But these thing made for an interesting ride.

After the first rest stop at Carpenters Brook the ride turned south onto Foster, a street I have never ridden. There is a climb soon after the turn but it didn't look too bad or so I thought. Man, it was a real leg/lung burning surprise. Stump road followed with it's short but 13-15% grade climbs. But I tell you, the one on Foster was worse. For the next few miles I slowed and road with one of the guys that was struggling. He's a runner and has done a couple of marathons. But it turns out that this was his first ride and was with the two guys that were just ahead of us. I could not convince him or his friends to turn off and shorten the ride even though they still had around 30 miles to go. I felt safe leaving them since one of their wives was circling in a car.

The ride continued over to Otisco Lake and into Marcellus to the next rest stop at Marcellus Park. I guess because I was so far behind I really didn't have to do much as the SAG guy. When I stopped to help one guy with a flat, I figured that I was finally going use one of the tubes that Mark Perrin from the Bikery gave me. But it turned out that he was riding SAG for the BON TON Finger Lakes tour that we met up with on route 41 in Skaneateles and he didn't need any help. The only other incident, was a rider that had hit the guard rail on route 174 just outside Marcellus. He did a good job bending his rear wheel but was able to adjust the spokes enough so that he could finish the ride.

All and all it was a nice ride and this time when I got back there were more than 5 people.

My niece and nephew were working one of the tents. They were having a good time but I think that was because their kids were with grandpa. That's it in brief. Please if any of you that rode have suggestions let me or one of the Rescue Mission staff know. We would like to make the ride even better next year so your comments are important. I am pretty sure the routes will be the same and I know for sure that there will be real vegetarian selections, although cookies and salad doesn't sound all that bad (kidding of course).

Keep pedaling

Mike Lyon

Advocacy

Support Bicycling in New York State

While the rise in gas prices may be tough on individual consumers and the larger economy, it is having a positive affect on bicycling across the country and here in New York State. Bike shops have been consistently reporting increased sales this year, especially of models geared towards commuting. Standard items such as tubes and tires have been selling out at major suppliers as more people are dusting off their bikes in preparation to start riding again. Newspapers across the country have been running articles on the benefits of bike commuting or featuring public interest pieces on new bicycle commuters and the challenges and rewards they face.

This positive momentum for bicycling initiatives has spurred strong interest at the national level for more comprehensive "Complete Streets" leg-

islation and other initiatives such as the Bicycle Commuter Act. In New York, Governor Patterson recently signed a new law that includes bicycle and pedestrian paths within the types of construction and improvement projects of the Department of Transportation which are eligible for "Marchaselli funds." These funds can be used for the local 20% match for federal funding projects and the law specifies that such eligibility shall not be interpreted to restrict the use of other funds for the design, construction, land acquisition or other ancillary uses for bicycle paths or pedestrian paths.

NYBC had been advocating for this law for the past five years and are hopeful that we can report additional legislative successes to our members in the next session. The time is now to support major bicycling investment in New York State. We need to see a major increase in safety initiatives as more inexperienced bicyclists are taking to the road for the first time (or after a prolonged absence). To help support such initiatives, NYBC is proposing a Bicycling Bill of Rights for the upcoming legislative session. The Bill will include current legislative initiatives such as a 3 Foot Minimum Safe Passing Law and mandatory inclusion of Share the Road material in driver's education classes, as well as new directives designed to open up Amtrak trains to bicycles and the legalization of electric-assist bikes in the state.

In order to move these initiatives forward, we need both support of the local clubs and the individual bicyclists in New York State. Please take the time to join or renew your membership with the New York Bicycling Coalition. We will also be hosting a NYS Bike Club Summit at the next Walk Bike NY conference, to be held in West Point during Bike Month in May of 2009. The newly renamed Walk Bike NY conference will provide a number of interesting sessions educat-

ing communities on how to improve their walkability or bikeability. As part of that conference, NYBC is hosting an open session for club representatives to gather and discuss more effective ways to present our agenda to the state legislators and NYS DOT. Please contact us at nybc@nybc.net if you would like more information on this exciting initiative; we hope we can count on your support as we continue to advocate for bicyclists across New York State.

Jennifer Clunie
Program Manager
New York Bicycling Coalition

The University Hill Bicycle Network Project

There's a new project on the University Hill. That project is the University Hill Bicycle Network Project. So what is it and why should you take an interest?

Very simply, the project is a proposed bicycle network to be developed within the University Hill area of the City of Syracuse. If implemented by the City the end result will be a bicycle network involving striped and segregated bike lanes and the implementation of traffic calming measures to create a more bicycle and pedestrian friendly environment.

However, the importance of this project extends well beyond the University Hill area as it represents an important and continuing step forward to making the City of Syracuse and the region a more bicycle friendly community. In addition to creating an identifiable and safe grid of streets for use by bicyclists in the University Hill area, an added goal of the project is the development of

an overarching network that connects the University Hill to existing and future bicycle routes. Currently, these routes will include links to the Connective Corridor into downtown Syracuse (<http://connectivecorridor.syr.edu>), connection to bike lanes the City has recently completed and have on the drawing board, connectivity to the Canal Trailway to Dewitt and beyond, and links to the Creekwalk, which will connect to Onondaga County Lake Park and the County's proposed lake trail expansion. This expansion will create bicycle and pedestrian pathways around the lake and connect to the Erie Canal Trailway System westward from the City.

The origin of the project is the result of the direct recommendation of the recently completed University Hill Transportation Study, www.universityhillstudy.com. The focus of which was to address the future planning and traffic needs of the University Hill region, which is home to over 16,000 residents, three major education institutions, three hospitals, and numerous healthcare facilities and small businesses.

One of the key recommendations of the study was the need to develop a coordinated transportation planning process that includes both bicycle and pedestrian traffic as fundamental elements in the plan. As part of those recommendations the study called for the creation of a fully integrated bicycle network and the consideration of links to the community's greater bicycle lanes and trail networks. Importantly, the study emphasized the need to elevate the priority of bicyclists and transportation via bicycles, to improve bicycle safety, and to encourage this and other alternative modes of transportation.

As such, and at the request of the City of Syracuse, the Syracuse Metropolitan Transportation Council (SMTC; www.smtcempo.org) is follow-

ing through on those recommendations by developing a plan that,

- Will recommend a bicycle network the City of Syracuse can implement once the project is complete;
- That evaluates and recommends bicycle treatments (i.e., signage, bike lane markings, parking, etc.) that will enhance bicycle commuting and safety;
- Incorporate the input of stakeholders through public meetings and workshops; and
- Produces an implementation plan for the proposed network.

In addition to the role of the SMTC this process is being made possible with input from individuals at public meetings and the members of the Study Advisory Committee (SAC). The SAC is a group composed of representation from the City of Syracuse, Syracuse Onondaga County Planning Agency (SOCPA), Onondaga County Department of Transportation, New York State Department of Transportation, Central New York Regional Transportation Authority, Syracuse University, University Hill Corporation, BikeCNY and, of course, the Onondaga Cycling Club.

Recently as part of engaging the public in the planning process the SMTC held a meeting at the Levy Middle School, in Syracuse. The agenda of the meeting outlined the project as it currently stands, elicited feedback, and held a workshop where participants provided their input to questions such as, “What places should the bike network connect both on and off the Hill?”; “What bicycle treatments should be put in place?”; and “How might the SMTC improve the current draft plan?” To learn more a copy of the presentation can be found at the SMTC website. Additionally,

the presentation provides a map of the proposed community-wide network (see slide 13). www.smtc.org/docsFP/meetings/2008-05-28_BikeNetworkPublicWrkshp.pdf

So what should you look forward to as next steps in this process? First, having garnered feedback from the public the SMTC is completing its network recommendations, which will be presented to the City of Syracuse and the SAC. Once the SMTC has received that buy-in the proposed network will then be presented to the public during the month of September. Second, as part of this public meeting the SMTC will look for your feedback on the types of traffic treatments that should be a part of the network.

How might you learn more and, hopefully, become engaged in this process. For starters you can poke around the Pedestrian and Bicycle Information Center website, which is an excellent resource on developing bicycle networks, signage, markings, bicycle safety, education and much more; www.bicyclinginfo.org/engineering/markings.cfm

Second, if you'd like to learn more about what's happening in other communities I highly recommend the League of American Bicyclists website on “The Bicycle Friendly Community.” www.bikeleague.org/programs/communities The Bicycle Friendly Community Campaign is an awards program, which recognizes municipalities that actively support bicycling. As you'll see these cities are located all across the country, vary in size, and many are located in climates as cold and as snowy as Syracuse.

Very importantly, consider attending the next public meeting to be held by the SMTC in September. Just as soon as we know the date we'll

pass the information on to you and your friends.
Remember, your involvement and voice does
make a difference.

Wayne Miner



Hawai'i - Photo by Gianfranco Vidali

Please join us for the

2008 Bill Johnson Memorial Fall Century

our annual charity ride which will benefit 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.

- The Ride: A panoramic ride encircling all of Onondaga County with options of 68 and 108 miles; rolling terrain with hilly sections to the south, southeast, and west; flat to rolling along the north.
- When: Saturday, September 13, 2008; the century ride starts at 9:00 and the metric century option (68 miles) starts at 10:00. The park opens at 7:00 AM and closes at dusk (approximately 7 PM).
- Picnic: A post-ride picnic will be held for all riders.
- Cost: \$35.00 (\$10 discount prior to September 1st). This covers two water/food stops, post-ride picnic, a souvenir gift (to the first 60 registrants) and a donation to the memorial fund.
- Register: Please fill out below and, with a check payable to the Onondaga Cycling Club, mail to: Onondaga Cycling Club, P.O. Box 6307 Teall Station, Syracuse NY 13217
- Start: Marcellus Park, Stone Mill Pavilion, along the east shore of Nine Mile Creek. Marcellus Park is located south of the village of Marcellus, off of NY 175, to the west, on Platt Road. The Stone Mill Pavilion is straight back from the Park entrance, 0.2 miles, parking lot on the left, and down the stairs. You can get there from NY 173 (Seneca Turnpike) to NY 175 West from the south of Syracuse; or U.S. Route 20 to NY 174 North; or NY 174 South from Camillus into the village of Marcellus.

The 2008 Bill Johnson Memorial Fall Century Ride is only one month away

This year's route will be slight modification of the Around Onondaga County Century, BeLk-6 map, except that you will be starting from Platt Road, Marcellus County Park. There are other modifications to the east and north to stay off of the busiest roadways and intersections as much as possible and, most notably, ONE LESS HILL!

Yes, we will avoid Slate Hill to begin with and head south on South Street and NY Route 174 to provide everyone with a nice warm up before climbing Oak Hill to NY Route 80.

It is a scenic ride with rolling hills mostly to the south, southeast, and southwest; with some big hills; becoming relatively flat to the east and north around Oneida Lake. There will be two water/food stops en route; one in Delphi Falls (near the 33 mile mark), just prior to the Metric Century turnoff, and another in the vicinity of Mud Mill Road, approximately two thirds of the way into the full century ride. There are a few stores and local parks along the way for water, food, and bathrooms along the way. A complete map and cue sheet will be provided the day of the event once you have officially signed-in and paid your registration fee. The full details should be available at the Club website (<http://onondagacyclingclub.org>) soon, at least two weeks in advance of the ride.

The metric option will best resemble a figure 8 route, staying to the southern part of the county, and will be mostly rolling to hilly. The metric course will not take you through Syracuse, the Onondaga Indian reservation, or any of the busy southern suburbs. This doesn't leave many options, so expect some hills on the return route.

Registration: Fill out the form on the adjacent page and mail it in with your check made payable to the Onondaga Cycling Club, mail to: Onondaga Cycling Club, P.O. Box 6307 Teall Station, Syracuse NY 13217.

The registration fee is \$25 dollars until September 1st and \$35 thereafter, including the day of the ride. The form should be available at the Club website but electronic registration and payment is not available at this time. An announcement will be posted on the club list-serve if and when electronic registration for the Fall 2008 Century ride is available.

What do we need?

Good weather! I choose this ride because the first time we rode this route, it was a cloudy, windy day with 50 miles of headwinds to finish the ride. It could be a fantastic ride if the weather is calm and the skies are clear.

Volunteers! Help is needed the day of the event to assist with morning registration, the one-third and two-thirds water/food stops, and last but not least, the afternoon cookout and picnic. The Onondaga Cycling Club will provide water, energy drinks, bananas, cookies, and energy snacks at the official rest stops. Homemade snacks are welcome for the water/food stops and picnic thereafter if you wish to share one of your favorite recipes for the cause. Volunteers are definitely needed to help with the morning registration and the two official rest stops during the ride since they are located at different sites and must be occupied for a few hours each. A cook or two and helpers for the after-ride picnic would be a great help as well. After all, who wants to cook their own meal after finishing a century ride?

I will mark the route the week before the event since I know the course, but any assistance would be appreciated. Are there any graffiti artists among us? Please contact me, Rich Veenstra, by e-mail at rveenst1@twcny.rr.com (preferably) or by phone (315-491-3187) to volunteer for any of these important activities. You could also share your willingness to help with any of the Onondaga Cycling Club Board members you may happen to see on a club ride between now as your information will likely be relayed to me. You can post your response to the club list-serve (occ@lists.onondagacyclingclub.org) for all to see if you wish.

Plenty of good bicylists! It is always more fun when you are riding with other capable bicyclists. So show up with your friends and join us for scenic ride around the countryside of Onondaga County!

And

A Safe and Enjoyable Ride!

Rich Veenstra

Registration and Waiver of Liability

IN CONSIDERATION of being permitted to participate in any way in the Bill Johnson Fall Century, on September 13, 2008, a Bicycling Activity ("Activity") sponsored by Onondaga Cycling Club, Inc. (.Club.), 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, in good health, and in proper physical condition 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 and the LAB, their respective administrators, directors, ride leaders, volunteers, agents, officers, members, and employees, other participants, any sponsors, advertisers, and if applicable, owners and leasers of premises on which the Activity takes 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; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation, expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

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 (Name) _____ Signature _____
Date _____

Participant 2 (Name) _____ Signature _____
Date _____

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	Kelly Wheeler
Membership/Insurance	Bob Ruth	Time Trial	Sam Sampere
Newsletter Editor/ Advocacy	Gianfranco Vidali Wayne Miner, Gianfranco Vidali, Anne Diekema	Publicity	Wayne Miner
Banquet	Joanne Yaworsky	At Large	Pat Reid, Doug Taylor,
Racing/USCF Liaison	Sam Sampere, Marcello Pratico	Web-site Manager	Marcello Pratico
		Ride Schedule	Rich Veenstra
		4th of July Century	Bob Spear

Other Positions

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

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

RETURN SERVICE REQUESTED

