

THE SPOKE 'N WORD



Montreal - Photo by G.Vidali

Membership Information	2
Ride Updates	2
Syracuse Grand Prix Cyclocross	3
Mid-Season Mileage and Points Report	4
Board of Directors	8
Classified	9

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

.....

We welcome these new members:

- Max Blair
- Pam Blair
- Brenda Engbreson
- Dave Hovey
- Eric Korolewski
- Bert Millert
- Aaron Rivers

2008 members: 478



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

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.

Ride Updates

b.i.k.e. Syracuse

The kids and the volunteers of b.i.k.e.Syracuse are settling back into a new school year. Volunteers from the Hartford insurance company have put together school supply packages for all the kids and along with the stuff from Mary Nelsons picnic, our kids are well provided for. The camping trip turned out to be a huge success - the location was changed to Hoxie Gorge and a spectacular time was had by all - campfires, marshmallows, and ghost stories Oh My! Horseback riding is still on for this fall. OCC's own Kate Stewart recently spent a Saturday with the kids. She was bandleader for an improvised garage band, gave juggling lessons, and rumor has it that a video exists of Kate dancing while the garage band provided the beats! Thanks Kate. All of us OCCers are welcome to ride and spend time with the b.i.k.e.Syracuse kids because they are "our" kids. We most certainly can make a difference in their lives. www.bikesyracuse.com

Dave Baker

2008 Bill Johnson Memorial Century Summary Around Onondaga County 70 or 108 mile options.

The annual September metric and full century rides took place on Saturday, September 13 under cloudy, humid skies. The skies mostly held off on the rain except for a light morning shower around 10 AM, after all riders were sure to be underway. It was a good turnout, with 19 people completing the century route and 16 more opting for the metric version. Another four riders rode routes of their own 40 or 50 mile rides from Marcellus Park in anticipation of the cookout picnic that afternoon. The Stone Mill Pavilion provided a scenic venue alongside Nine Mile Creek. All of riders seemed to enjoy the ride, which offered a variety of rolling hills, an occasional big, up- or down-, hill, and a long stretch of generally flat terrain perfect for a calm, windless day (unlike the previous offering of this route). Faint shadows even appeared in the afternoon as the clouds thinned. This might make a good route of an Almost Forth of July Century ride some year with its flat to rolling rating and a panoramic view of Onondaga County.

There were no mishaps to report except for the northernmost section of the century route along Mud Mill – Caughdenoy – Verplank Roads where the arrows were washed out, causing one rider to miss a turn. If it is any consolation, that rider won the time trial stage of the ride that day! A special mention should go to Amy Conners, who completed her first official century ride with no problem at all. Larry, her husband, also graciously offered to cook for all of us throughout the afternoon. Tony Baleno, who set up the first

water stop along with Bill Goodwin for all of the riders, also volunteered to help out on the day of his 39th wedding anniversary. Thanks also to Pat Reid and Joanne Yaworski who made the setup and registration go smoothly that day, Paul and Gail Swinburne for tending to the century riders at the second water stop, Bill Goodwin for helping me mark the routes, and Mike Lyon for getting and distributing the supplies. It could not have been a success without all of you!

Thanks,
Rich Veenstra

2008 SYRACUSE GRAND PRIX CYCLOCROSS

DEAR CLUB MEMBERS,

Fall is coming, great time to enjoy riding and also, it is Cyclocross time! As in past years, the Onondaga Cycling Club is **hosting** a cyclocross race at the Onondaga Lake Park (Longbranch Park) in Liverpool; the race date will be October 18. While it is uncertain if we'll have a Central New York Series this year, the race is one of many events held in New York State.

Cyclocross is a fascinating competition, it requires extraordinary cycling skills and fitness from the riders, and it is fun to watch (note, that it is run on a circuit course). Everybody, club member or not, is cordially invited to come out and enjoy the races!

Being in charge of organizing the event, I am again asking for volunteers. In particular, we need volunteers for:

- Registration: 1 or 2 individuals, approximately from 9.30 a.m. through 12.30 p.m. to manage the registration and 1 person who enters registration data into a laptop computer.
- Course set up: at least 6 volunteers (no upper limit), from 6.30 a.m. through 10.30 a.m.
- Scoring: One back up team of 2 volunteers from 10.45 a.m through 1.30 p.m. Note that we are going to introduce chip timing to our race this year. I am planning to have one back-up team who also will be in charge of collecting the chips from riders after the race.
- Course Marshalls: 2 or more volunteers who observe the race at critical points and report incidences, from 11.00 a.m. through 1.30 p.m.

- Course: tear down and clean up, as many volunteers as possible to get the job done as quickly as possible

As in the past, I hope I can count on the membership to support the club in the conduct of this event. If you can and are willing to volunteer please contact me, Jochen Woicke, either in person during a club ride, by e-mail (woicke@mac.com), or by phone (315-682-7841). Thank you very much.

Note that there is no club ride scheduled for race day (October 18). However, in the past 2 years volunteers gathered for a post-race club ride which started from the park after completion of the race at around 2.00 p.m. So, if you want to ride, why not come out earlier to watch and/or volunteer?

Race Schedule:

Time	Category	Duration
11:00 a.m.	Open Women	45 min
11:00 a.m.	Masters Women (40+)	45 min
11:00 a.m.	Masters Men (40+)	45 min
11:00 a.m.	Junior's (Age 15-18)	45 min
12:00 a.m.	Kid's Race (Age 10-14)	15 min
12:30 p.m	Open Men	60 min

Thank you again and hope to see you all at the race,
jochen

Mid-Season Mileage and Point Report

This is the mileage and points for all club members for the first half of the 2008 season. The miles are the total that you entered on the signup sheets and the points are the number of rides that you did. Club members are all those whose names appeared on the August 1 membership lists. All club rides are included through the century associated with the Fourth of July.

Jim Price

Riders	Points	Miles
Adams, Rich	1	35
Ahlsen, Doug	3	117
Angotti, Bobby	1	25
Arjomand, Keyhan	8	359
Ashbarry, Norm	7	95
Ashbarry, Paul	2	20
Atwood, Sue	1	61
Austin, John	4	97

Bain, Brian	5	159	Doody, M. E.	6	175
Baker, Dave	24	688	Dunlap, James	1	23
Baker, Don	1	10	Evans, John	6	60
Baleno, Tony	10	287	Evans, Larry	8	304
Ball, Steve	2	70	Faso, Dave	9	316
Bates, Emma	1	22	Fenwick, Paul	2	20
Bates, John	5	141	Ferat, Gail	7	204
Beckman, Ron	5	167	Fischer, Joe	3	75
Bernstein, Scott	8	315	Fischer, Lillian	1	23
Blume, Dick	3	100	Fitch, Dan	1	10
Bolit, Erik	4	40	Fritz, Colin	5	160
Bostwick, Rebecca	1	21	Frost, Bob	2	20
Bradshaw, Chad	4	122	Frumkin, Michael	1	31
Bright, Jim	2	53	Fucillo, Tom	1	36
Burton, Jeremy	4	104	Gallinger, Lisa	1	28
Burton, Lauren	4	104	Gleeson, John	3	91
Buttner, Bridget	2	46	Goffe, Bill	14	588
Caluwe, Peter	1	25	Golembieski, Bill	6	136
Campbell, Jamie	12	210	Goodwin, Bill	1	50
Cardinale, Jim	5	188	Gregoire, Eric	6	165
Casario, Vincent	3	99	Grieves, Dave	2	129
Casler, Brian	9	280	Griffin, Mike	3	30
Clarkson, Bob	2	65	Grossman, Steve	5	165
Cleary, Marlene	2	74	Grucza, David	7	250
Clements, John	1	10	Gummer, Mark	15	263
Clinton, Eileen	2	100	Hadley, Andy	7	170
Comfort, Larry	8	109	Hahn, Brian	5	190
Cosser, Jesse	2	69	Hall, Susan	1	19
Cox, Steve	1	25	Harding, Michael	1	10
Crary, Charlie	1	39	Healey, Don	10	344
Crosby, Brad	15	483	Hemingway, Sandi	4	120
Dagati, Andrew	2	20	Hemingway, Shawn	6	189
Damiano, Tope	2	20	Hill, Marty	3	30
Davis, Lee	5	173	Hinman Hall, Amelia	1	19
Davoli, Susan	5	103	Hinman, Ken	1	100
Dellilo, Jason	9	137	Hotaling, Peg	13	581
Dempsey, Nick	1	16	Hotaling, Tom	11	507
Derx, Justus	2	43	Howse, Lloyd	2	70
Diekema, Anne	10	439	Hradil, Elizabeth	1	10
Dominick, Chuck	14	421	Hradil, Joe	3	30
Donzella, Ben	8	156	Hueber, Amy	1	17
Donzella, Red	6	104	Humenick, Tom	1	22

Inoue, Keisuke	5	165	McDonald, Theo	1	10
Jarvi, Rich	7	257	Merriam, Wally	2	71
Johnson, Erin	1	10	Merrick, Bill	6	225
Johnson, Kath	1	10	Messineo, Russ	1	22
Kelly, Brian	7	215	Michalski, John	3	30
Kent, Jim	8	288	Mick, James	4	166
Kesselring, sean	4	114	Mills, Don	5	151
Kieb, Steve	7	245	Miner, Wayne	11	474
Kiggins, Mary Jo	11	159	Monaco, A. J.	3	93
Kirkley, Dan	3	160	Monaco, tiffany	2	31
Kline, Laura	12	234	Mondo, Rosemay	2	45
Knaebel, Dave	3	30	Moore, Dave	11	332
Knapp, Ken	1	25	Mullally, Kristin	1	10
Knapp, Tim	5	189	Murphy, Mike	8	228
Kocher, Paul	12	225	O'Neil, Rich	3	56
Kolb, Randy	1	26	Palmer, Jeff	1	31
Kyhos, Kevin	1	41	Palmer, Sandy	1	31
Lacomb, Chuck	3	85	Panagakis, John	10	302
Langhammerer, Bob	4	90	Panzarella, Matthew	10	321
Larkin, Bill	9	369	Pearson, Roland	5	114
Leal, Deb	1	18	Perry, Derek	2	59
Leonard, Tim	3	30	Piscitelli, Mickey	2	20
Longacre, Andy	7	189	Prattico, Marcello	5	140
Longacre, Ginny	2	27	Price, Cheryl	7	176
Low, Greg	7	230	Price, Jim	19	434
Low, Robyn	5	165	Prill, Larry	8	152
Lozito, Ann Marie	6	60	Profenno, Louis	6	287
Luban, Adam	2	79	Putter, Walter	1	47
Luban, Eddie	22	935	Quaglia, Selma	2	64
Luke, Doug	6	60	Ransford, Steve	4	227
Lyon, Mike	17	504	Ravera, Bob	9	359
Macera, Tom	1	10	Read, Chris	5	72
Madigan, Ian	1	26	Reagan, Mike	2	84
Madigan, Mike	1	26	Reid, Pat	12	353
Madigan, Pat	1	27	Reiter, Steve	3	130
Markert, Jim	11	110	Relyea, Todd	17	735
Matthews, Dick	42	1147	Ricci, Shannon	5	97
Mautz, Barbara	3	94	Roemer, Mark	7	256
Mautz, Joe	12	461	Rogers, Walter	1	27
McCarthy, Dan	4	184	Roik, Douglas	1	67
McCarthy, David	2	42	Ronnow, Zeke	14	551
McCarthy, Phil	5	211	Ross, Andy	4	40

Ross, Margo	17	531	VonZwehl, Pete	30	990
Rush, Steven	6	213	Voutsinas, Dan	4	133
Ruth, Bob	10	372	Wagner, Dan	1	18
Ryan, Jim	27	1177	Wagner, Gloria	9	258
Salibra, Ben	3	110	Walker, Jeff	4	155
Sallustio, Catherine	1	32	Walker, Katina	4	163
Sampere, Sam	8	207	Weidman, John	15	391
Sargent, Christy	2	48	Wennberg, Erik	12	464
Sauro, John	1	26	Westcott, Jake	4	126
Savage, Bill	4	87	Wheeler, Kelly	17	514
Schoeberlein, Scott	1	23	Wheeler, Mark	24	972
Shedd, Skip	1	10	Wilson, Steve	2	20
Sheldon, Dave	3	118	Winters, Bill	7	70
Sheldon, Eleanor	2	84	Woicke, Jochen	12	373
Sidd, John	1	36	Woicke, Kathe	10	236
Sibert, Ed	4	130	Woods, John	2	20
Six, Cliff	1	32	Yaworsky, Joanne	17	552
Smith, Brian	2	67	Yungwirth, Joan	13	494
Smith, Nancy	1	41	Zipprich, Mike	3	97
Snyder, Jerome	5	97			
Socha, Geoff	1	32			
Sonne, John	1	36			
Spear, Bob	22	858			
Stella, Bob	2	65			
Stelzner, Dennis	6	180			
Stewart, Kate	23	635			
Stiteler, Bill	2	66			
Stringham, A. J.	2	44			
Stringham, Jeff	14	454			
Swinburne, Gail	6	111			
Swinburne, Paul	20	828			
Swizdor, Bob	16	596			
Szczygiel, Jim	1	10			
Tarolli, Gary	1	33			
Taylor, Doug	17	748			
Topp, Mark	11	552			
Toscano, Ken	3	89			
Ulrich, Rob	14	425			
VanWie, David	14	471			
Veenstra, Rich	9	328			
Vidali, Gian	24	1028			
Volo, Mike	2	102			

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,
Banquet	Joanne Yaworsky	Web-site Manager	Marcello Pratico
Racing/USCF Liaison	Sam Sampere, Marcello Pratico	Ride Schedule 4th of July Century	Rich Veenstra 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 Map Distribution	Tim Bingham Rich Veenstra
Point and Mileage	Jim Price		
Long Distance Riding	Jennifer Barber		

Classified

Classified Ads: **OCC members...free!**

Non-members: \$5 for first 30 words and \$5 for each additional 10 words. These fees can be applied towards the cost of full OCC membership in the same year.

Commercial Ads: Rates for one-issue camera ready or digital format ads as follows:

Full Page.....	\$68
Half Page.....	\$36
Quarter Page.....	\$19
Business Card.....	\$10

Discounts available for larger ads and multiple issue ads. Please contact the Editor for more information.

For sale: Specialized Roubaix Pro

I have back trouble so i want to sell my almost new bike. It is a 2008, 52 cm, carbon specialized roubaix pro, w/ dura ace shifters and rear derailleur. Along with it are spare tire, armadillo elite, and two spare tubes. price is \$3100.00 firm

Dan Wilson 585-352-0196
dwilso4@rochester.rr.com

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

ADDRESS SERVICE REQUESTED

