

# THE SPOKE 'N WORD



The winners of the participation awards  
OCC Banquet - Photo by Tony Baleno

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**2008 members:**  
497  
**2009 members:**  
163

**The next issue will  
be out in March**

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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 Renewal

Check your mailing label (see December issue)! If you see 2008 to the right of your name, you need to renew membership for 2009. The Renewal Form (available from the Website) 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 vice president collects mail from the Post Office box. He gives the checks to the treasurer for deposit 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.

Membership cards for renewals will be sent with the Ride Schedule mailing in March. If you have any questions, e-mail Membership Chair Bob Ruth at [ruthrob@msn.com](mailto:ruthrob@msn.com) or phone at (315) 451-0685

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.

## OCC Annual Banquet Report

by **Joanne Yaworsky**

As most of you may know or may have attended, we had our Annual Banquet this year on Friday, January 23, 2009 at the Double Tree Hotel off



Carrier Circle. I believe that all will agree that it was a huge success! The new location was easily accessible to most, and fortunately the weather cooperated. We had just under 100 attendees,

which was a significant improvement over last year.

The food was excellent, and the quality and presentation was as expected. Everything went without a hitch, and all were treated to a special rendition of 'Leader of the Geezers' (to the tune of Leader of the Pack) and can you guess who the leader was? Dick Matthews of course! All in all, the night could not have happened without help from the following: Bill Goffe who was of great assistance in planning and coordinating the banquet, Wayne Miner for soliciting bike shops for awards, producing the programs, and helping in general, Mike Lyon for acting as MC and for the wonderful awards and door prizes, Tony Baleno for suggesting the DoubleTree and his assistance in coordinating it, Bob Spear for coordinating the awards statistics, Jim Price for keeping track of the rides and mileage, Sam Sampere for the Time Trial awards and recognition, Pat Reid for purchasing the 'special' awards, Pat Reid, Kelly Wheeler, Laura Kline, Sam Sampere, and Sue Atwood for their help in making phone calls to members.

It was an enthusiastic crowd and hopefully we will surpass this number for the banquet next year!

## Welcome !

Another new season is just around the corner.

As always, this brings the anticipation of hitting the roads, enjoying the company of good friends, once again testing the legs, and, of course, enjoying the beautiful scenery we're all very familiar with here in our community.

As we look forward to the new season the club is going to introduce some new programs. We're going to experiment and try new ideas,

and, most importantly, we are going to reach out to partners and you, the members, as we continue to improve and grow the club.

For the purposes of this column I'll briefly outline three areas where we'll focus our attention.

Then in the coming months I'll discuss each in greater detail as we work to unfold the plans.

These three areas include efforts to help create a "Bicycle Friendly Community," an emphasis on engaging and introducing more women to the sport of cycling, and, finally, the development of programs that meet the needs of those who are either interested or already competing in the sport of cycling.

As always we'll maintain all of the elements and activities that we all know and enjoy as a part of our club. However, we look to introduce new facets to club in order to better serve both current as well future members.

First is the Bicycle Friendly Community. This is a program that will focus on the issues of safety, education, commuting and planning so as to provide a safer and more accessible environment for all bicyclists. Some of the initial efforts in this area will include the creation of a new section on club website that will provide content and resources, and serve as a focal point for the activities of this effort. Among these activities will be work and information focusing on safety and education as well as the issue of commuting.

For the commuter we'll provide resources, information for employers, routes that fellow club members use in their daily commutes, and we'll initiate events. Principle among these events will be a "Corporate Commuter Challenge." The "Challenge" will be modeled after an event held by the Cascade Bicycle Club, <http://www.cbcef.org/btw/cc.html>. Information

and details on our "Challenge" will follow in the coming months. Importantly, if you'd like to become a part of this or any of the Bicycle Friendly Community efforts please reach out and let us know.

Next are the ladies. The emphasis of these efforts is to encourage more women to become involved at all levels of cycling. Most importantly we'll focus our attention on those who are new to the sport, those who aren't yet comfortable riding in a group, fixing the flat, and those, for anyone of a myriad of reasons, simply haven't taken the plunge into this great activity we all enjoy. Among the initial efforts in this area will be "Women Only" rides. These will be designed to be low pressure, fun rides provided in a supportive environment. As part of these rides the girls will get together afterwards for, well, a little "girl talk." Also as a part of this effort we'll add another section to the club website called "Girls Only" or whatever title the ladies decide they want to call their corner of the web. Yes, there'll be no peaking guys. Well maybe just a little.

Next will be an effort focusing on the needs and interests of the competitors as well as those who would like to get started in competitive cycling.

While the plans for this area are evolving as I type this article some of these activities will include our highly popular weekly time trials, training and educational events for both the new and experienced racer, weekly competitive training, and, again, a section of the club website devoted to the competitive or would be competitive cyclist.

Last and most importantly, while we look for your feedback on these and other ideas, we also look for your involvement to help make all of this a success. This is an amazing club with many elements and activities, and membership

that is far larger than many clubs found around the country. What has made all of this possible is the participation of many dedicated members across the 40 years in which the Onondaga Cycling Club has been in existence. Therefore, I ask you to "get involved" and help us to continue to grow. We all benefit as the club continues to implement new ideas, evolve and better serve our members.

If you'd like to either participate or provide your ideas please contact us at either of the following addresses: [info@onondagacyclingclub.org](mailto:info@onondagacyclingclub.org) or [wayne.miner@gmail.com](mailto:wayne.miner@gmail.com)

Thank-you!

Wayne

## Advocacy

### Updates from NY Bicycling Coalition

NYBC's Annual Legislative Breakfast & Ride Scheduled for Thursday, March 26th: Save the Date!

NYBC would like to invite you to join us for our annual Legislative Breakfast & Ride on Thursday, March 26th from 9:00-10:30 A.M. on the Third Floor Atrium of the Legislative Office Building (Empire State Plaza, Albany).

During the complimentary breakfast, you will have the opportunity to meet with local constituents and New York residents interested in making NY a more bicycle-friendly state. Various issues that affect bicyclists and pedestrians will be

briefly addressed, including: Complete Streets, state and federal Safe Routes to School initiatives, and vital Share the Road information. NYBC will also be sharing specific legislative proposals to incorporate bicycling in all modes of transportation and increase safety, education and access for New York's most vulnerable roadway users.

Weather permitting, following breakfast a 45-minute Legislative Bicycle Ride is planned for 10:45-11:30A.M. around the NYS Capital and Washington Park. We would greatly appreciate your attendance at one or both of these events; with advance notice, NYBC would be happy to provide a limited number of bicycles and helmets for those interested in participating.

With your support, The Legislative Breakfast & Ride will be a great forum for legislators, advocates and bicyclists alike to connect and share their ideas and concerns. Please RSVP to [nybc@nybc.net](mailto:nybc@nybc.net) or 518.436.0889 no later than Friday, March 20th to let us know if you will be able to join us.

Submit Rides, Cycling Events and Ads in NY Bikes! 2009 Events Calendar NOW

NYBC is once again gearing up for its annual Events Calendar. Our largest publication, 50,000 copies will be distributed throughout the state at major bicycling events, tourism bureaus, local bike shops, bicycling clubs, and directly to members by mail. In addition, an electronic version is featured on [www.nybc.net](http://www.nybc.net) and updated throughout the sea-

son.

For ad rates and pricing information, consult our [2009 Rate card](#) or email Jennifer directly at [jennifer@nybc.net](mailto:jennifer@nybc.net). An advertisement in the Events Calendar brings prominent exposure of your business, club, ride or event to a vast cycling audience. An eighth-page advertisement costs approximately 1/2 cent per bicyclist reader, which is one of the most cost-effective ways to let cyclists know about your event or business. We place your ad in proximity to the events in your NYS tourism region.

Know of a great ride or event you don't want us to miss? Fill out a [Calendar submission form online](#) ([http://www.nybc.net/site/?page\\_id=46](http://www.nybc.net/site/?page_id=46)) for a free text listing. If submitted before 3/6/09, your event will be included in both the print and electronic versions of the Events Calendar, as well as listing on [www.cyclotour.com](http://www.cyclotour.com).

Criteria for inclusion: a major bicycling event is open to individuals other than the club or sponsoring organization's members and may have



sponsorship support from a business or a public entity. A fee may or may not be charged. It might benefit another group (charity or otherwise), a

bike club, the sponsoring organization, or the bicyclist. Regular or intermittently (e. g., once a month) scheduled club rides are listed only if they have a significant purpose and at the discretion of this Calendar's compiler.

NYBC utilizes the Evesite to promote cycling-related businesses and organizations as they supports our bicycling advocacy efforts. We'd love your input!

## Board of Directors

<b>President</b>	Wayne Miner
<b>Vice-President</b>	Mike Lyon
<b>Treasurer</b>	Bill Goffe
<b>Secretary</b>	Tony Baleno

### Board of Directors

Sam Sampere  
 Sue Atwood  
 Laura Kline  
 Gianfranco Vidali  
 Robert Spear  
 Robert Ruth  
 Anthony Monaco  
 Phillip McCarthy  
 Paul Swinburne  
 Joanne Yaworsky  
 Kelly Wheeler  
 Marcello Prattico

## Upcoming Rides

**14 or 15-Mar OLP-1, 1L Last Ride of Winter 6, 17, 23, 32 miles**  
**Sat or Sun@11:00 F Bob Swizdor 682-4908 [bike189@aol.com](mailto:bike189@aol.com)**

**21 or 22-Mar Min-1 Minoa to the Mucklands 33 miles**  
**Sat or Sun@11:00 Dave Baker 727-0357 [davecatf@yahoo.com](mailto:davecatf@yahoo.com)**

**28-Mar Brew-1 Brewerton –Mt. Pleasant 25, 31,44 miles**  
**Sat@11:00 F Dick Matthews 463-8469 [rmatthews002@twcny.rr.com](mailto:rmatthews002@twcny.rr.com)**

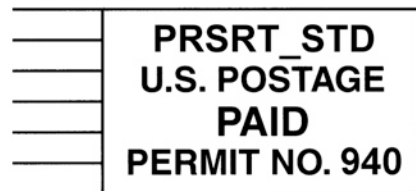
**29-Mar Fay-9 Fayetteville , Chittenango, Cazenovia 21 or 35 miles**  
**Sun@11:00 R-H Bob Ravera 656-0160 [rlravaera@hotmail.com](mailto:rlravaera@hotmail.com)**

- 4-Apr BeLk-1 Beaver Lake Loop Rides 25, 32, 35 miles  
Sat@10:00 gR John Baker 638-4788 [jbaker01@twcny.rr.com](mailto:jbaker01@twcny.rr.com)
- 5-Apr Tul-6a Tim's Tully Trex 17, 26, 32 miles  
Sun@10:00 gR Bob Swizdor 682-4908 [bike189@aol.com](mailto:bike189@aol.com)
- 11-Apr Cic-1 Oneida Lake-Cicero Tour 18 or 35 miles  
Sat@10:00 R-H Dave Baker 727-0357 [davecatf@yahoo.com](mailto:davecatf@yahoo.com)
- 12-Apr Caz-2 Cazenovia-Georgetown 22 or 33 miles  
Sun@10:00 R-H Kate Stewart 655-5892 [eiskate@twcny.rr.com](mailto:eiskate@twcny.rr.com)
- 18-Apr Caugh-1 Earth Day Cleanup and Rides 12, 30 miles F/R  
Sat@9:00 John Baker 638-4788 [jbaker01@twcny.rr.com](mailto:jbaker01@twcny.rr.com) (cleanup)  
Sat@11:00 Sam Sampere 698-9601 [sampere@physics.syr.edu](mailto:sampere@physics.syr.edu)
- 19-Apr Mar-2 Marcellus Figure 8 19 or 35 miles  
Sun@10:00 R-H Bill Goffe 720-1064 [goffe@oswego.edu](mailto:goffe@oswego.edu)
- 21-Apr Caugh First Time Trial (each Tuesday to Sept. 15) 10 miles  
Tue@6:00PM F Sam Sampere 698-9601 [sampere@physics.syr.edu](mailto:sampere@physics.syr.edu)
- 22-Apr OLP-13 Ronde Van Buren 22, 25, 32 miles  
Wed@5:30PM F/R Erik Wennberg 457-8668 [veloviking@gmail.com](mailto:veloviking@gmail.com)
- 24-Apr Chit-4 Oniontown and the Mucklands 31 miles  
Fri@10:00 F Jim Price 607-753-8892 [Jeprice92@gmail.com](mailto:Jeprice92@gmail.com)
- 25-Apr Par-6 Derby Hill - Watch the Hawks 37 or 48 miles  
Sat@10:00 F/R Bob Spear 474-3801 [rspear@twcnyrr.com](mailto:rspear@twcnyrr.com)
- 26-Apr SkanA-1 Cedar House Scramble 11-40 miles  
Sun@10:00 R-H Bob Swizdor 682-4908 [bike189@aol.com](mailto:bike189@aol.com)
- 29-Apr Cam-1 Camillus Airport to Van Buren 16 or 28 miles  
Wed@5:30PM gR Jimmy Ryan 451-1616 [jryan005@twcny.rr.com](mailto:jryan005@twcny.rr.com)  
& Joan Yungwirth 451-1616 [jmyung@twcny.rr.com](mailto:jmyung@twcny.rr.com)

**Note New Ride Start SkanA - Parking lot behind and between Red Apple/Cedar House/Hilltop Restaurant on Rt 20 West of Skaneateles. (Just Past Rosalie's)**

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



**RETURN SERVICE REQUESTED**