

THE SPOKE 'N WORD



Providenciales, Turks and Caicos Islands-
Photo by G.Vidali

Membership Renewal	1
Junior Rides	2
Mileage/Points Report	2
Ride Report - Riding with other Clubs	6
Advocacy	7
Board of Directors	9
Upcoming Rides	10
Classified	11

The next issue will be out in APRIL

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:

We welcome these new members!

- Per Beck-Andersen
- Patrick Ladd
- Ray Moran
- Tony Petote
- John Rizzo
- Michael Scalzo
- Tori Scalzo
- Heather Tarbell
- Mary Ellen Zackevich
- Natalie Zackevich
- Russ Zakevich

2008 members:
506
2009 members:
234



<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 mem-

bers, 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 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.

Junior Rides

by Zeke

OCC is calling all riders ages 14-18 to join the club on a new series of Junior Rides!!!

This year the Onondaga Cycling Club will be providing junior riders with a special opportunity to join us on a series of club rides that will bring all of the junior riders of CNY together. You've

heard of the Geezers, now we will have a group call the Juniors! Junior riders ages 14-18 will be invited on to ride with us. We encourage riders with, any type of properly working bike and with any level of experience to participate.

This series of junior rides will occur during selected OCC rides, but will be treated as a separate ride. The dates of these rides will be released as soon as they have been selected. The major purpose of these rides is to bring together the junior riders of CNY, and help get them more acquainted with the sport of cycling.

Riding with our club will teach junior rider the benefits of a healthy life style, provide positive role models, and promote bicycle safety. Our club is very fortunate to have many experienced riders to teach and demonstrate good examples of riding technique.

We already have a number of juniors anxious to participate as well as some who are even interested and taking part in racing. So, if you know of any riders ages 14-18 who would like to participate please watch for further details in the newsletter and look for the new Junior section on the OCC web site in the near future, regarding this program and other information for juniors, or you can contact Zeke, via email (zronnow@yahoo.com) anytime.

Mileage and Points Report for 2008

by Jim Price

This is the mileage and points for all club members for 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. The total number of riders (members, guests, and non-renewals) was 455. The total number of rides was 3,140 for a total of 98,188 miles. Bill Goffe asked for total mileage several years ago. I had never previously added the individual totals together. It was about the same as this year. Bill was disappointed that we didn't crack 100,000. Then we did for a couple of years and now Bill is disappointed again. So look at last year's results to set your goals for this year. My goal as always is to ride faster and farther. I am sad about the demise of the Empire State Senior Games. But there is a silver lining to that cloud. Paul Kocher can't beat me in the Empire State Senior Games this year.

Riders	Points	Miles
Adams, Rich	1	35
Ahlsen, Doug	4	152
Angotti, Bobby	1	25
Arjomand, Keyhan	10	450
Arnold, Chris	1	39
Ashbarry, Norm	15	175
Ashbarry, Paul	9	124
Atwood, Sue	2	71
Austin, John	6	158
Bain, Brian	7	251
Baker, Dave	52	1588
Baker, Don	1	10
Baldwin, Tim	2	20
Baldwin, Marsha	4	40
Baleno, Tony	15	426
Ball, Steve	2	70
Bates, Emma	1	22
Bates, John	6	205
Beckman, Ron	5	167
Bernstein, Scott	20	821
Bingham, Tim	1	19
Blume, Dick	9	376

Bolit, Erik	8	80
Bostwick, Rebecca	1	21
Bradshaw, Chad	7	213
Bray, Doug	4	221
Bright, Jim	3	80
Burger, Dave	4	40
Burton, Jeremy	4	104
Burton, Lauren	4	104
Nuttner, Bob	1	32
Buttner, Bridget	2	46
Buttner, Tom	1	35
Caluwe, Peter	2	75
Campbell, Jamie	13	220
Cardinale, Jim	19	607
Casario, Vincent	4	130
Casler, Brian	14	445
Clarkson, Bob	2	65
Cleary, Marlene	19	833
Clements, John	3	30
Clinton, Eileen	2	100
Colegrove, Dave	4	114
Comfort, Larry	25	385
Comnfort, Mary Fran	4	70
Cosser, Jesse	2	69
Cox, Steve	1	25
Crary, Charlie	3	160
Crompt, Tracy	4	40
Crosby, Brad	22	666
Dagati, Andrew	2	20
Damiano, Tope	2	20
Davis, Lee	5	173
Davoli, Susan	10	282
Dellilo, Jason	18	331
Dempsey, Nick	2	62
Derx, Justus	2	43
Diekema, Anne	12	549
Dixon, Garrick	3	30
Dominick, Chuck	36	1062
Donzella, Ben	17	305
Donzella, Red	15	234
Doody, M. E.	8	268
Drew, Ellen	1	10

Dunlap, James	10	343	Hoffman, Chris	3	159
Eckert, John	1	108	Hotaling, Peg	22	888
Elbers, Emily	9	277	Hotaling, Tom	17	710
Engbretson, Brenda	8	252	Hovey, Dave	10	398
Evans, John	11	110	Howse, Lloyd	3	178
Evans, Larry	14	495	Hradil, Elizabeth	1	10
Falso, Ray	1	77	Hradil, Joe	6	60
Faso, Dave	15	501	Hueber, Amy	1	17
Fenwick, Paul	2	20	Humenick, Tom	1	22
Ferat, Gail	11	308	Inoue, Keisuke	12	260
Fischer, Joe	6	169	Jarvi, Rich	16	415
Fischer, Lillian	2	54	Johnson, Erin	1	10
Fitch, Dan	4	120	Johnson, Kath	1	10
Fritz, Colin	7	208	Kelly, Brian	13	420
Frost, Bob	4	40	Kent, Jim	14	543
Frumkin, Michael	2	75	Kesselring, sean	5	167
Fucillo, Tom	1	36	Kieb, Steve	7	245
Gallinger, Lisa	1	28	Kiggins, Mary Jo	17	219
Gantley, Eric	7	70	Kirkley, Dan	4	230
Garofano, Neel	3	184	Kline, Laura	15	337
Gleeson, John	5	190	Knaebel, Dave	4	40
Goffe, Bill	36	1589	Knapp, Ken	2	72
Golembieski, Bill	13	309	Knapp, Tim	8	310
Goodwin, Bill	10	321	Kocher, Paul	24	397
Green, Steve	4	131	Kolb, Randy	4	116
Gregoire, Eric	9	219	Korslewski, Eric	9	412
Grieves, Dave	3	181	Kyhos, Kevin	1	41
Griffin, Mike	4	80	Lacomb, Chuck	8	292
Grossman, Steve	6	200	Langhammerer, Bob	4	90
Grucza, David	12	433	Larkin, Bill	16	632
Guarasci, Jim	2	49	Leal, Deb	1	18
Gummer, Mark	28	519	Lee, Christina	3	83
Hadley, Andy	15	397	Leonard, Tim	3	30
Hahn, Brian	8	330	Longacre, Andy	18	520
Hall, Susan	1	19	Longacre, Ginny	5	87
Harding, Michael	3	55	Low, Greg	17	439
Healey, Don	19	519	Low, Robyn	14	437
Hemingway, Sandi	4	120	Lozito, Ann Marie	11	110
Hemingway, Shawn	13	439	Luban, Adam	6	275
Hill, Marty	9	90	Luban, Eddie	51	2058
Hinman Hall, Amelia	1	19	Luke, Doug	14	140
Hinman, Ken	3	246	Lyon, Mike	34	993

Macera, Tom	4	108	Quaglia, Selma	3	86
Madigan, Ian	1	26	Ransford, Steve	8	507
Madigan, Mike	1	26	Ravera, Bob	13	501
Madigan, Pat	1	27	Read, Chris	8	102
Markert, Jim	24	383	Reagan, Mike	3	138
Mathewson, Kevin	4	158	Reid, Pat	19	544
Matthews, Dick	75	2053	Reiter, Steve	3	130
Mautz, Barbara	7	213	Reller, Charlie	1	65
Mautz, Joe	39	1724	Relyea, Todd	46	2153
McCarthy, Dan	8	224	Ricci, Shannon	12	290
McCarthy, David	5	164	Rivers, Aaron	4	87
McCarthy, Phil	7	278	Roemer, Mark	14	573
McDonald, Theo	7	174	Rogers, Walter	1	27
Merriam, Wally	6	207	Roik, Douglas	2	77
Merrick, Bill	10	354	Ronnow, Zeke	16	620
Messineo, Russ	1	22	Ross, Andy	9	90
Michalski, John	10	100	Ross, Margo	34	1126
Mick, James	4	166	Ruggeri, Paul	1	20
Miller, Keith	5	151	Rush, Steven	22	642
Mills, Don	8	254	Ruth, Bob	22	833
Miner, Wayne	17	621	Ryan, Jim	46	2021
Monaco, A. J.	6	196	Rybinski, Dick	7	70
Monaco, tiffany	3	41	Salibra, Ben	3	110
Mondo, Rosemay	3	97	Sallustio, Catherine	1	32
Moore, Dave	15	442	Sampere, Sam	17	351
Morgan, John	2	65	Sampere, Tim	1	10
Mullally, Kristin	1	10	Sargent, Christy	2	48
Murphy, Mike	18	499	Sauro, John	1	26
O'Neil, Rich	12	146	Savage, Bill	5	119
Palmer, Jeff	2	59	Schoeberlein, Warren	3	90
Palmer, Sandy	2	59	Sensing, Dave	2	60
Panagakis, John	20	623	Severance, Sean	2	20
Panzarella, Matthew	11	353	Shedd, Skip	2	20
Pearson, Roland	8	192	Sheldon, Dave	4	160
Perry, Derek	3	69	Sheldon, Eleanor	2	84
Piscitelli, Mickey	9	90	Sibert, Ed	7	231
Prattico, Marcello	7	234	Sidd, John	1	36
Price, Cheryl	11	234	Six, Cliff	1	32
Price, Jim	37	850	Smith, Brian	2	67
Prill, Larry	13	296	Smith, Nancy	1	41
Profenno, Louis	19	981	Snow, Brent	1	10
Putter, Walter	1	47	Snyder, Jerome	5	97

Socha, Geoff	1	32
Sonne, John	1	36
Spear, Bob	37	1578
Spencer, Jim	2	118
Stella, Bob	2	65
Stelzner, Dennis	12	376
Stewart, Kate	46	1233
Stiteler, Bill	2	66
Stringham, A. J.	2	44
Stringham, Jeff	17	528
Sullivan, Kathleen	1	21
Swinburne, Gail	13	198
Swinburne, Paul	35	1506
Swizdor, Bob	25	895
Szczygiel, Jim	1	10
Tarolli, Gary	1	33
Taylor, Doug	22	944
Topp, Mark	19	929
Toscano, Ken	6	185
Ulrich, Rob	19	601
VanWie, David	25	892
Veenstra, Rich	27	1125
Vidali, Gian	51	2212
Volo, Mike	3	193
VonZwehl, Pete	69	2240
Voutsinas, Dan	5	168
Wagner, Dan	6	106
Wagner, Gloria	20	572
Walker, Jeff	4	155
Walker, Katina	4	163
Weidman, John	15	391
Wennberg, Erik	22	826
Westcott, Jake	10	345
Wheeler, Kelly	35	1057
Wheeler, Mark	38	1551
Wilson, Steve	10	100
Winters, Bill	14	140
Woicke, Jochen	28	877
Woicke, Kathe	22	509
Woods, John	5	50
Yaworsky, Joanne	39	1302
Yungwirth, Joan	31	1285

Zamojski, Alex	1	23
Zamojski, Ron	4	23
Zipprich, Mike	4	132

Ride Report

Riding with Other Clubs

by Paul Swinburne

This something I would like to recommend to any OCC member that can travel with their bike. Riding with a club group provides you with a free guide to an area that you may not be familiar with. I have ridden with two different clubs in California and one club in Florida.



Usually it easy to find club info and schedules on the internet. I was in California last month to see some of the Tour of California and I did three rides with the Almaden Cycle Touring Club (ACTC) based in the San Jose. They are a very large club (over 1000 members) and they amazingly have multiple rides almost everyday all year long. Here is a link to their web site. The

photo below is from a restroom break a park in Los Gatos. Generally they don't have maps but they do stay together and regroup often. The urban riding route I did this day had so many turns that I wasn't sure how the ride leader knew the route but I guess she was very familiar with the area.

ACTC rates all of their for both the pace (Slow to Brisk) and hilliness (1-6) with 6 having the steepest and most difficult climbs. They tend to not ride if it is wet (they have so much nice weather they can be a bit picky). I rode one day with just one other person (Bob Head) from ACTC (a friend of my friend, Luke Jen). This was a scheduled ride but the forecast wasn't that good. I attached a couple of photos from this ride taken at the Almaden reservoir (note that the water level is low).



Bob provided lots of interesting background information about the area. The name Almaden is taken from the name of city in Spain which was famous for mercury mines. In the early days of San Jose, mercury was also mined in this area just south of the city. We also went by a museum with artifacts of the early days mining mercury of in "old Almaden". This is neat sort

of local info that you find when ride with other clubs when you travel.



In a future newsletter I will add some more about other rides in California.

Advocacy

Updates from NY Bicycling Coalition

Please Join NYBC's Annual Legislative Breakfast & Ride Thursday, March 26th — DMV Commissioner, DOT Deputy Commissioner Amongst Featured Speakers

NYBC invites 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).

Featured speakers include: NYS Department of Motor Vehicles Commissioner David J. Swarts; NYS Department of Transportation Deputy

Commissioner Karen Rae; Justin Booth, Safe Routes to School State Network Organizer and Program Director for Be Active New York State/Green Options Buffalo; Pearson Constantino, filmmaker ("The Long Bike Back") and cycling advocate; and Robert Fullem, co-owner of the Down Tube Bicycle Shop.



UAlbany police officers escort bicycle activist Pearson Constantino (center left) and NYBC Executive Director Jennifer Clunie (center right) during NYBC's 2008 Legislative Breakfast & Ride

Each honored guest will briefly address the audience on core issues our constituents care about, including: Complete Streets, state and federal Safe Routes to School initiatives, and vital Share the Road information. This is a wonderful opportunity to discuss matters that affect bicyclists and pedestrians, such as bicycling safety, education and access—and ways we can work together to promote a safe, shared roadway system that encompasses the needs and equal rights of drivers, bicyclists, pedestrians, and transit users. During the complimentary breakfast, participants will also have the opportunity to meet with their local elected officials from the NYS Assembly and Senate, while connecting with other New York residents interested in making NY a more bicycle-friendly state.

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, NYBC's Legislative Breakfast & Ride on March 26th 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 or 518.436.0889 no later than Friday, March 20th.

NYBC Peloton Hires New Team Captain

On March 1st, Jennifer Clunie officially assumed the position of Executive Director of the NY Bicycling Coalition, replacing Joshua Poppel after 4 years of dedicated service. Jennifer states, "Over the past 14 months, I have had the pleasure of serving as NYBC's Program Manager and collaborating with fellow cyclists, bicycle clubs, planners, transportation officials, cycling-related businesses, community educators, advocates and non-profit organizations across New York State to further NYBC's mission to create an improved, safer environment for bicyclists and pedestrians statewide. I look forward to the 2009 cycling season (and beyond)...Being able to share my joy, passion and enthusiasm for bicycling, in its myriad forms and functions, is one of the best things about being affiliated with NYBC; I hope collectively, we can accomplish many great things over the next few years for bicyclists and pedestrians in NY State.

"Meanwhile, as the cycling advocate Roger Hertz once wrote, 'Act Bicycle! Speak Bicycle! Write Bicycle! Advise Bicycle! Impact Bicycle! Meet Bicycle! Recruit Bicycle! Persist Bicycle! Subscribe Bicycle! Communicate Bicycle!'"

Traffic Skills 101 (formerly Road I) Classes to be held across New York

The League of American Bicyclists BikeEd program is the only nationally-recognized bicycling education program with certified instructors. Its hallmark is on-the-road training with an emphasis on learning to ride safely and effectively in all conditions of road and traffic. The Traffic Skills 101 9-hour certification course “gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual. Recommended for adults and children above age fourteen, this fast-paced course prepares cyclists for a full understanding of vehicular cycling.”

Locations:

Saratoga Springs (March)

Ithaca (April)

Albany (early May)

New York City (throughout summer)

For details, including dates, course content, costs, and links, go

to: www.nybc.net/site/?page_id=3

LCI Certification Seminar May 29th-31st in Albany

By popular demand, NYBC (www.nybc.net), Bike New York (www.bikenewyork.org) and the League of American Bicyclists (www.bikeleague.org) are teaming up to conduct a LCI Seminar Training in Upstate NY. Becoming a League Cycling Instructor (LCI) certified to teach BikeEd is a great way to help cyclists in your community. Certified instructors can teach BikeEd classes to children as well as adults. Help bring the joy of safe cycling to others. If you are

an experienced cyclist and would like to teach others please consider taking the next step towards certification. Road I is a prerequisite for a certification seminar (see above item on Road I courses if you need to complete prior to LCI Seminar.)

For details and cost information go to:

www.nybc.net/site/?page_id=3

Jennifer Clunie, Executive Director

NY Bicycling Coalition

jennifer@nybc.net 518.436.0889

Board of Directors

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Board of Directors

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Marcello Prattico

Upcoming Rides

- 28-Mar** **Brew-1** **Brewerton –Mt. Pleasant** **25, 31,44 miles**
Sat@11:00 **F** **Dick Matthews 463-8469** 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
- 4-Apr** **BeLk-1** **Beaver Lake Loop Rides** **25, 32, 35 miles**
Sat@10:00 **gR** **John Baker 638-4788** 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
- 11-Apr** **Cic-1** **Oneida Lake-Cicero Tour** **18 or 35 miles**
Sat@10:00 **R-H** **Dave Baker 727-0357** 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
- 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 (cleanup)
Sat@11:00 **Sam Sampere 698-9601** 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
- 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
- 22-Apr** **OLP-13** **Ronde Van Buren** **22, 25, 32 miles**
Wed@5:30PM **F/R** **Erik Wennberg 457-8668** 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
- 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
- 26-Apr** **Skana-1** **Cedar House Scramble** **11-40 miles**
Sun@10:00 **R-H** **Bob Swizdor 682-4908** 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@twcnny.rr.com
& Joan Yungwirth 451-1616 jmyung@twcnny.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)

Classified

Downsizing due to injury. Two (2) Custom Mountain Bikes: Santa Cruz Superlight (Price: \$800.00) and Santa Cruz Blur (Price: \$2,000.00), small frames, full suspension, hydraulic disc brakes, top components, yearly maintenance performed.

Ellie Sheldon
(315) 668-3047
esheldon001@twcnny.rr.com

The following items are for sales by
Joan Yungwirth:

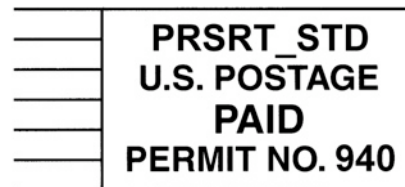
For Sale:
Thule Bike Rack: fork mount with locks, accommodates 2 bikes, full length trays on 50" load bars, set of 4 foot components with locks to mount to factory rack. Includes all keys, extra end caps for square rails, owners manual. Used on Subaru Outback. Excellent condition. Thule Lifetime Warranty. \$250.00

Thule Ski Rack: flat top, 4 pair ski carrier with locks, 50" load bars, set of 4 foot components with locks to mount to factory rack. Includes all keys, extra end caps for square rails. Used on Subaru Outback. Very good condition. Thule Lifetime Warranty. \$200.00

Michelin Harmony All-Season tires: 205/70R15, set of 4 mounted on Subaru alloy wheels, Subaru center caps, 20,000 miles, wheels in mint condition. \$375.00

If interested please email
jmyung@twcnny.rr.com) or call 315-451-1616.
Joan Yungwirth

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



RETURN SERVICE REQUESTED