

THE SPOKE 'N WORD

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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,

We welcome these new members!

John Bailey
 Nancy Bailey
 Dante DiPietra
 Gus Engbretson
 Elizabeth Grant
 Alan Greer
 Alex Johnson
 Emily Johnson
 Sarah McGrath
 Bob Procup
 Carolyn Procup
 Cheri Roe
 Michael Roe
 Alisa Salibra
 Louise Schulz
 Greg Spaulding
 Brian Stringham
 Bob Welch



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 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.

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. Since sometimes those in front might not know that a split occurred, it is incumbent on those behind to let those in front know of a split as soon as it occurs (otherwise, those in front will never hear you).
- 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.

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.

Participate in this Year's The Tour de Syracuse™ It's Just Around the Corner

TOURde SYRACUSE		MAY 16th and 17th 2009 Omnium 3 stage, 2 day event http://tourdesyracuse.com
Omnium	Head under USA Cycling event permit 2009-537	A LA JRS Race
May 16th	Syracuse Criterium Newly paved!	Syracuse, NY Upper Onondaga Park
May 17th	Crooked Lake TT Back by popular demand!	Song Mt. Tully, NY
May 17th	Song Mt Road Race New course!	Song Mt. Tully, NY

Pull out your racing bike, that cow bell to cheer on the racers, or, more importantly, that volunteer's cap; we're about two weeks away from the **Tour de Syracuse™!** So, mark your calendars for the weekend of May 16th – 17th: the dates of this exciting, annual cycling competition. www.tourdesyracuse.com

For the 15th consecutive year your club is putting on this **three-event, two-day series of bicycle races** that attracts top competitors from across the Northeast and beyond.

This year's race is being run in an Omnium format. For the uninitiated, an Omnium is simply a multiple race event consisting of different race disciplines. For our event these disciplines are a criterium, a time trial, and a road race.

New among this year's events are the Lance Armstrong Junior Race Series (LAJRS) races. As a part of USA Cycling's National Race Calendar, LAJRS events provide racing opportunities for junior men and women across the nation. With the goal of increasing the quantity and quality of road racing opportunities for young USA Cycling-licensed athletes in the United States, the LAJRS also aims to identify and recognize potential world-class cycling talent at the junior level.

Also new this year is the Song Mountain Road Race course. Gone is the fearsome Oak Hill climb. However, don't be deceived as this course has more vertical, a short steep called the "Wall," and a finish that, well, may be the finish of some by the end of the race.

However, before I go further I'd be remiss if I didn't first reach out to the members to ask for

your help. This event is now one of the Northeast's premier bicycle races because of the members of this club. To continue this success we need your help as race volunteers.

So as you read further please consider lending a hand and send me an email at or give me a call: wayne.miner@gmail.com, 569-9880. As always, the success of the race is due to its members.

Event Details

Saturday, May 16th:

Syracuse Criterium – held at Upper Onondaga Park in Syracuse – 9:00AM

Kicking off the weekend of racing, this year the criterium is back at Upper Onondaga Park in the Strathmore neighborhood of Syracuse. The first races start at 9:00 AM and the fun continues throughout the day.

The Kid's Race – Upper Onondaga Lake Park in Syracuse – 12:00 Noon

In between it all, at **12 noon** there is the **FREE Kids Race** open to children ages 2 to 14. The event is an annual favorite and registration begins at 10:00AM.

Free helmets will be available to all participants along with a helmet fitting provided courtesy of Big RingTV

Sunday, May 17th: Two events at Song Mountain Ski Resort

The Crooked Lake Time Trial – 8:30AM

Sunday the races begin at 8:30AM with the Crooked Lake Time Trial. A three mile course with some moderate rollers this race will very popular with last year's racers. Indeed, the racers demanded we bring it back as part of this year's events

The Song Mountain Road Race – 11:00AM

Starting at 11:00AM the weekend of races finish with the Song Mountain Road Race where competitors do battle over distances of 27 to 55 miles while racing from Song Mountain through the hills of Otisco Valley and back.

Again, give us a hand in helping to make this one of the best bicycle races to be found anywhere in the Northeast. .

Special thanks go out to all of our sponsors: Dr. Daniel Wnorowski, Gannon Pest Control, Big RingTV, The Bike Loft, Breeze Chevrolet, Champion Systems and the City of Syracuse Department of Parks and Recreation.

Pedals for Medals

An Invitation to Join the 2009 Special Olympics "Pedal for Medals" Ride



by Tony Baleno

In 2008, six members of the Onondaga Cycling Club joined with other riders from across New York State and other states to support the work of

Special Olympics in New York. Collectively, these riders to netted nearly \$50,000 for the benefit of NY Special Olympics. The goal of Pedals for Medals is to raise funds to continue serving the 46,000 athletes of Special Olympics New York, and to reach out to the more than 350,000 New Yorkers with mental retardation and intellectual disabilities. *Why not make 2009 the year that you join us on the ride?* This year's "**Pedal for Medals**" bicycle ride takes place June 24th –28th. Mark you calendars and reserve your spot on this four-day 300-mile cycling adventure by registering now. What a great way to start the 2009 cycling season!

So what is this ride you ask? On Wednesday June 24th riders and their bicycles will be transported to Saranac Lake in the heart of the Adirondacks from the Skaneateles Community Center in picturesque Skaneateles, NY. Riders will have the unique experience of spending four days bicycling from the Adirondacks to the enchanting Finger Lakes region. Each day you will ride through some of the most beautiful country anywhere on a leisurely "cycling vacation". If you like cycling, you'll love this ride.

Intimidated by 300 miles? Don't let it scare you. It's not a race. Each rider can proceed at their own pace with ample time to rest and enjoy the sights. If your body lets you down along the way, our SAG will pick you up and transport you to the next stop.

The terrain is varied, but there is no point along the ride that requires pro skills. Many riders who have experienced the ride as their first "long distance" ride have been amazed at their success. It just plain old bicycling fun!

The fully supported ride includes a full time EMT, massage therapist, cycle repair expert and

SAG. Three healthy meals each day and water/snack stops at approximately 20-mile intervals keep the riders fueled. Riders are accommodated in hotels (double occupancy) throughout the ride...*no tents or hard ground to sleep on.* Enjoy all the amenities of a five-star cycling experience as well as great post ride camaraderie each day. Build great memories and find new cycling friends while supporting a great cause.

All the money raised, less expenses, goes to Special Olympics, an organization that is recognized



for its diverse programs of skill development, training, and competition for children and adults



with mental retardation and other intellectual disabilities. You can help by doing what you like most...*riding your bike.* Each rider needs to

raise a minimum of \$900 to participate. Every registered rider will receive a commemorative ride jersey. For those who raise more than the minimum amount, there are special awards. Why not register today? Get together with your best OCC bike-buddy and sign up to share a room and a great experience. Check out the web site at www.pedal4medals.org to learn more and register. Questions about the ride can be directed to Tony Baleno at 315-492-2795 or by email at abaleno@twcny.rr.com.

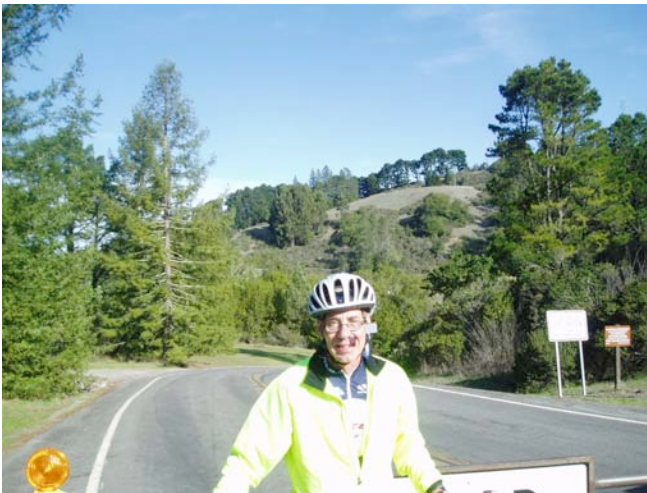
You can do this!

Ride Report Riding with Other Clubs - Part II

by Paul Swinburne

In my last article I discussed my rides in California in February. I was also in California last November. I did a tour guide route through part of San Francisco with my son Drew on his birthday (November 19). That was an interesting urban ride. San Francisco is one of great cities of the world to see by bicycle. As many of you know I did a Critical Mass ride in SF on March 30, 2007. That certainly was a memorable ride. It is an open question within the Bay Area cycling community as to whether Critical Mass does any good or just creates more opposition and antipathy with motorists. My impression was that the average people in San Francisco were surprising accepting of the traffic disruption that Critical Mass creates once per month.

Last November I did a ride with the Team Alameda. Here is a link to the [Team Alameda web site](#). They are a smaller and more locally oriented club than the Almaden Cycle Touring Club (ACTC). First of a little geography. Alameda is city on an island in San Francisco bay right next to Oakland. It is a very nice city, very different than gritty industrial areas of Oakland just across a narrow channel. Some say that Alameda is little like a small San Francisco with respect to architecture, except pretty much flat. Team Alameda starts most of their rides from downtown Alameda. I believe just about everyone rides their bikes to the start. Team Alameda has several commercial sponsors one of which is Peet's Coffee. One benefit on their rides is a coupon for a free cup of Peet's (handed out at the start of the ride). Because of their start location



most of the Team Alameda rides involve a certain amount of urban riding. I ride that I did (link to [Bikely map of route](#)) required riding right through Oakland. This wasn't a problem since the Team Alameda riders knew the area well. One interesting urban riding item; besides pointing out pot holes and other road hazards, Team Alameda riders point out when someone was in a parked car to avoid an opening door. We didn't have a map or cue sheet for this route so we

stayed together with frequent stops to regroup. The first of two planned bathroom breaks was on the UC Berkeley campus. This happened to be the day of the Stanford - Cal football game so there was a lot of activity on campus, even early in the day. After winding our way across campus we began the first of two significant climbs, Spruce Street. While not that steep it was a fairly long climb through the neighborhoods in the Berkeley hills. Once at the top, at Grizzly Peak Boulevard, we stopped to regroup. The next climb, known as South Park, was significantly steeper but shorter. This road in the Tilden Regional Park was closed to car traffic with a gate barrier at the bottom and top. This closure was intended to protect newts from being run over by car traffic. I don't recall seeing any newts but the Team Alameda riders were on the look for them. We did have some problem with dogs however. Since the road was closed lots of people took there dogs for walks along this road. While I didn't have any problems, I did hear discussions that some dog owners didn't control their animals well. Below is photo of me at the top and another of the final part of the group coming around the upper barrier.

After this climb it was pretty much all downhill back to Alameda. The steep decent down Snake Road was rather exciting.. lots of turns and brake work. Once we got back to Alameda several of the group had lunch at nice Italian restaurant that happens to be a club sponsor. Nice to be able to eat lunch outside in November.

If anyone is going to be in the East Bay area and can bring a bicycle, I recommend riding with Team Alameda. They were very nice to me.



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

Marcello Pratico

Club Clothing Sale!

MAY MADNESS BLOWOUT SALE!!!

ALL OCC clothing is on sale. Marked down items include:

*****DeFeet coolmax socks-----size M and L (2/\$10.00)**

*****Windshell jackets---size M and L (\$63.00)**

*****Armwarmers---M and L (\$20.00)**

*****Men's short-sleeved jerseys---M, L and 2X (\$45.00)**

*****Men's long-sleeved jerseys---M and L (\$60.00)**

*****Women's short-sleeved jerseys---M (\$45.00)**

I can be reached via email, home phone (476-4637) or cell (382-2379). Tax IS included. Kelly

Board of Directors

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Membership Application

Yes, I want to join the nation's premier cycling organization and help the League of American Bicyclists build a bicycle-friendly America.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

MEMBERSHIP LEVEL

- \$35 Member \$50 Family \$60 Advocate
- \$85 Advocate Family \$110 Silver Spoke
- _____ PaceSetter (minimum \$10 monthly gift, which will be charged to your credit card on the 10th of each month)

Life Members

- \$1,000 Life Membership
- Or four easy semi-annual installments of \$275* (credit cards only)
- \$1,500 Life Family Membership
- Or four easy semi-annual installments of \$400* (credit cards only)

*Installation plan includes a \$100 administrative fee

PAYMENT

- Enclosed is a check made payable to the League of American Bicyclists
- Please charge my Visa MasterCard American Express

CARD NUMBER _____

EXPIRATION DATE _____

SIGNATURE _____

**Tired of being harassed
 by drivers who won't
 share the road?**

**Sick of hearing trash
 talk about cyclists?
 Looking for a way to
 fight back?**



Join the League of American Bicyclists! The League is sticking up for cyclists rights every day. From our nationwide advocacy efforts and our Bicycle Friendly America program to our Smart Cycling courses, we're making a difference in the lives of cyclists every day.

**Help us build a Bicycle Friendly America:
 Join the League today!**

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 www.bikeleague.org

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RETURN SERVICE REQUESTED

