

THE SPOKE 'N WORD

Membership Renewal	1
OCC Regulations and Rules	2
Syracuse Grand Prix Cyclocross	3
Ride Report: Bill Johnson Memorial	
Fall Century	5
Report: Monday Night Ladies Rides	7
Notes from the Prez.: Experiments	7
Board of Directors	8
Club Clothing Sale!	9
The Cazenovia Hillbender	9

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 (listerver) can be subscribed to from our Web site.



Correction

A ghastly error was made in the previous newsletter. The article and photos of the Vacation Ride were not by Bob Spear but by Dick Matthews.

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 Re-

We welcome these new members!

Joey Blackmon
 Dean Blair
 Kimberly Blomgren
 Adam, Erik, Keith, Liz, Scott Bollt
 Wayne Bray
 Ashley, Cameron, Emma Buck
 Len Burman
 Jennifer Byrne
 Dara Cartwright
 John Cico
 Allan Covington
 Pat Doner
 Deb Drapas
 Nina El Bayadi
 Dick Ferguson
 Cody Foster
 Martha Garcia-Murillo
 Richard Grzesik
 John Henningan
 Brad Hoffman
 Walt Jackemuk
 John Jarmacz
 Stephen Kearns
 David, Elaine, Kimpel
 Sarah Krzysiak
 Megan Lenartowicz
 Lauren, Rachel Leuthauser
 Adam Liegner
 Nancy McCracken
 Perry Morgan
 Jim Mulder
 Debbie Muller
 Matt Murphy
 Kirk Matt Nelson
 Brian Nilsson
 Liz Novakowski
 Andy Reagan
 Jeff Pam Salisbury
 Carl Snow
 Katherine Solar
 Bill Spreter
 Jamie Trevvett
 Ginger Trovato
 Lori Usifer
 Bill Walter
 Laurie Walter
 Lennet Whitmore

435 2009 Members

newal 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 re-new 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.

Syracuse Grand Prix Cyclocross Race at Long Branch Park on Sunday, October 18

by Jochen Woicke

Dear Club Members and Friends,

As most of you are probably aware, fall is not only the greatest season in CNY and an excellent time for riding, either on or off road, it is also the time for cyclocross. As in past years, the Onondaga Cycling Club hosts the Syracuse Grand Prix Cyclocross, an event dedicated to the founding President of our club, Jim Konski. The race will be held at the Longbranch Park in Liverpool, adjacent to Onondaga Lake Park (just across the bridge from our OLP ride start location). Date is Sunday, October 18, 2009; start time for the first race is scheduled for 11.00 a.m. (see schedule below).

For those who are not familiar with cyclocross: Typically, the races are held on a closed circuit course, which offers a variety of surfaces: gravel, sand, grass, and pavement, and the course includes a number of barriers and/or natural obstacles, which makes it necessary for the competitors to get off and back on the bike or bunny-hop. Usually, the race lasts a certain amount of time or the length is defined by the number of laps. We have two main events, 45 and 60 minutes in duration. The cyclocross competition requires a high

level of fitness and skills from the racer and is a lot of fun to watch, in particular because spectators see the racers pass quite a few times. In addition,

we will have a race for kids between the two events.

Race Schedule:

<u>Time</u>	<u>Category</u>	<u>Duration</u>
11:00 a.m.	Women Open and Masters (40+) Juniors (15 –18) Men Masters (40+ and 55+)	45 minutes
Noon	Kid’s race	15 minutes
12:30 p.m.	Men Open	60 minutes

Also, we need the help of our membership and friends to volunteer at the race. In the past we had a great response and through the help of many volunteers we were able to set up and run a great event. I hope I can count on you this time too; please come out, volunteer, and enjoy the race (either as competitor or as spectator).

In particular, the following jobs have to be done:

Course Set up: As many volunteers as possible, the more show up, the earlier the job gets done. No special knowledge required. Set up starts at 7 a.m.

Registration: 2 volunteers; the job includes collecting fees and entry forms, assigning bib numbers, and document the number

Hand out Timing Chips: 1 Volunteer, hand out the chip that matches the race number

Emergency Contact: 1 Volunteer who handles the paper work related to accidents (very rare occurrence)

Kid’s Race Manager: 1 volunteer who takes care of all issues related to the Kid’s race (on race day only, no preparation required)

Course Marshall: 2 or more volunteers who watch the race at critical points of the course

Collect Timing Chips: Collect the chips from all riders after the race

Course Tear Down: Same as set up - as many volunteers as possible, the more volunteers, the earlier the job gets done. No special knowledge required.

Note that there is no club ride scheduled for race day (October 18). However, in the past volunteers gathered for a post-race club ride which started from the park after com-

pletion of the race at around 2.00 p.m. So, if you want to ride, why not come out earlier to watch and volunteer?

Please support your club and volunteer! Please sign up by contacting me, Jochen Woicke, either in person during a club ride, by e-mail (woicke@me.com), or by phone (315-682-7841).

Ride Report: Bill Johnson Memorial Fall century - an organizer's view

by Mike Lyon

Wasn't sure how to go about summarizing the fall century since I didn't ride. So I thought that it might be good to tell how the other side feels. I had loaded the truck the night before so I only had to fill the coolers and water/Gatorade jugs and then go to the store for ice before I



headed to the park. It was pretty cool when I got to the park around 7:45 and started to setup registra-

tion. At this point we only had 28 people register for the two options; and I was a little worried that we wouldn't break even, let alone make a couple of bucks to donate to ESF. However, the sun was shining and usually there are usually 5-10 people that register the day of the event. It turned out that we actually had 22. This was great except now I had to start worrying if we had enough snacks/water etc. for the stops as well as enough food for the post-ride picnic.

Thank you very much! I hope to see you all at the race on October 18,

These are the hardest thing to predict without really knowing how many would be attending. Things went pretty smoothly at registration and most people were happy with the souvenir key chain, made from recycled bike chains, and water bottle.

This was a somewhat challenging century, some scary descents as well as scary climbs. Maybe the scariest thing was that the various counties were very busy putting out fresh oil. While there was some around when Nancy and I painted the course the week before, it was several weeks old. So, at that time, the only real problem was the piles on the shoulders. The first such encounter was at mile 18, a right turn onto Half Acre Road, of course, an unmarked road. The fresh oil had covered the painted marks and a number of riders ended up a little closer to Auburn than they were supposed to be. Bill Goffe was driving to the first water stop and got there to help most avoid this problem. I tried to call several riders in hopes of informing them of the problem but cell phone coverage was intermittent at best. Everything from there seemed to be going well until I got a call from Bob Swizdor that all but two riders had gone through the first stop. Where were they? Where were they? Worry, worry, worry! After several failed phone calls, we were able to get in contact with one of them. It turns out that these people had signed up for the full century and decided to do the metric instead but neglected to tell us or we didn't make the change on the sign-in-sheets. Bob was now able to close up and head to the second water

stop to drop off any leftover supplies. I heard later that there was a stretch of about 2.5 miles after the Scott Gulf water stop that was up hill and freshly stoned, not good.

Tony Baleno and Bill Goodwin were manning the Scott Gulf water stop deep, deep, deep in a "I can't hear you now" valley. I found this out after many failed attempts to get Tony on the phone. We got a call from a couple of riders that were on route 41, not too far from that stop, and they wanted to be picked up. Bob Swizdor - who was leaving the first stop and Bill Goffe - who was up in Moravia getting gas, headed towards these riders but it wasn't long before we lost phone coverage and they were off in limbo land. I was able to communicate a few times with the stranded riders and tell them that it would be awhile, 45-60 minutes, before anyone could get to them. As it turns out, Bob picked up someone that hadn't called for help, perhaps no coverage, at about the 75 mile mark. About 30 minutes after he showed up at Carpenters Brook, Bill pulled in with the other two. I found out from them that cell phone coverage varied if they moved a couple of feet one way or the other. Nice - NOT!

Now on to the picnic. The first wave was, of course, the metric riders. As the food began to disappear, that old feeling of "Wow, I didn't get enough" kept coming in my head. Especially when the second and third helpings were consumed. (I won't name names). We had the usual hamburgers & hot dogs, potato salad, as well as a couple of dishes contributed by the riders. Nancy had made some of her great "speecie spicy meat-a-balls" and pulled pork which was disappearing. Fortunately, we held some in reserve but it really wasn't needed at this time. A little while after the locusts stopped feeding, Tony and Bill showed up. Evidently, without knowing, I had purchased low cal bottles of Gatorade. So there were a few of these left. But both the two 5 gallon and the

two 2 ½ gallon jugs were empty and there were very few snacks left. Some baby actually asked for hand sanitizer. What have we become???. It wasn't long before the others were showing up. Another round of cooking more burgers and dogs, etc. As it turns out, all the salads, hot dogs, pulled pork were gone with only a few meatballs, veggie burgers and 4 hamburgers left. I wouldn't want it that close ever again. The only thing we had left in abundance was soda and bananas.

All in all, even with the cell phone problems, it turned out to be a great event. No one crashed or didn't show up at the end. There were some valuable lessons learned. No low cal Gatorade, more/better food for the stops and if at all possible cell phone coverage along the routes. This last one would have saved me a few gray hairs.

Now the thanks. A successful event like this one is never the effort of just one person. In this case there are quite a few I need to thank: Nancy Lyon helped with marking the course as well as cooking and putting up with me; Gail Ferat who came early and stayed late helping with registration, cooking, cleaning etc.; Bill Goffe who was at registration and the first water stop in Aurora but more importantly was out on the road most of the day to rescue people and then back to help with cleanup; Bill Goodwin, longtime member (ask him about the 24 hour time trial), was at registration and then spent the rest of the day out at the Scott Gulf water stop and helped with cleanup; Tony Baleno, our extraordinary club secretary, who was out at the Scott Gulf water stop, caught the brunt of complaints for my mistakes, and helped with cleanup; Bob Swizdor who was out at the Aurora water stop then resupplied Tony, rescued riders, took over check-in, helped with cleanup and delivered the left over bananas (someone got too many) to the Rescue Mission. I know he was upset when they wouldn't take the brownies (ya right); Bob

Spear who stayed for cleanup; Kelly Wheeler and Chuck Dominick who helped with cooking duties; Joanne Yaworsky who help with registration. I think that's everyone. If I missed you, please let me know and forgive me. And once again, thanks to all of you who came to this event. Hey if you want to see a few photos, go to <http://onondagacyclingclub.org/gallery/> . See you next year!!

Report: Monday night Ladies rides – Fayetteville location

by Sue Atwood

The Onondaga Cycling Club rolled out a new ride this year, designed as a low-key introductory ride for beginner to intermediate women cyclists. These rides were held weekly from May 11 to August 31 and covered the same route (15 miles) each week.

Despite a rather rainy and cool summer, our numbers were fairly impressive for a new venture. We rode 16 weeks (one ride was cancelled due to extremely heavy rain which produced standing water on the numerous low-lying roads) with a total of 101 riders. That's a little over 6 riders per week and 1,515 miles! Particularly encouraging are the statistics for returning riders. One person rode 9 times, two people rode 8 times. Seven people rode between 2-6 times, and the remainder rode just once. We even had one rider join us after having driven past us as we were assembling pre-ride. She stopped, asked about the group, thought it sounded like fun, purchased a bike and joined us the following week! Had she caught us at the beginning of the summer, I have no doubt that she would have set the attendance record.

The second-to-last ride included a short demonstration on changing a tube, which five people

stayed to participate in. It was very well-received, and should the rides continue next summer, we might expand on our maintenance "clinics".

I think we had a very successful first year and I look forward to 2010!

Notes from the Prez: Experiments

by Wayne Miner

Hi Everyone

First, before I talk about "experiments" I'd like to extend a very large thank-you to all of the volunteers that made this year's Bill Johnson Memorial Fall Century a success. As Mike has mentioned these individuals before and writes about this year's Century in the newsletter I won't reiterate their names. However, in addition to Mike's praise I extend to each of you a very warm "Thank-you" on behalf of the club in appreciation of your support. Having said that, I would be remiss if I didn't single out the ring leader and woman behind the man. Of course those individuals are Mike and Nancy Lyon. Thank-you both for ongoing support not only of this event, but many of the events that are an important part of this club.

Now.... on to the "experiments."

From time to time the members have "experimented" or informally added new elements to the club. One example, which dates back many years, are the Wednesday night rides. As many of you may not know, many years ago the Wednesday night ride started as nothing more than an informal get-together. Obviously, this

ride has since grown to become our most popular weekly event.

In this issue of "The Spoke-n Word" Sue and Phil write about two new elements of the club, which we believe will become equally successful: the Tuesday Night Training Series (TNTS) and the Monday Night Ladies Rides. These new additions are part of a larger effort to reach out and better serve both current as well as potential new members of your club.

The idea behind both of these new areas was very simple: identify and provide something of value for two specific communities of cyclists. These two communities are those who enjoy the competitive side of cycling and an effort focusing on the interests of women.

Like the Wednesday night rides these ideas were started on a small and informal basis and even in the first year have been unqualified successes.

Like the Fall Century these ideas would not have been possible if it wasn't for the members that drove their success. Those individuals are Sue Atwood, Laura Kline, Phil McCarthy (aka "Skinny") and Dave "much too fast" Faso. To each I say "Thank-you!"

In light of these successes we will continue to improve and grow these new elements of the club. In that process we look for your feedback not only on the TNTS and Ladies Rides, but on anything else you would like to see as a part of your club.

As we continue to teak the elements and offerings of what is already one of the largest bicycle clubs in the country we look for your input and support. As it is the case with the Fall Century, the TNTS, the Ladies Rides and any other element of the club they exist because of the ideas and support of the members so let us know your thoughts.

Informally,
Wayne

Board of Directors

President	Wayne Miner
Vice-President	Mike Lyon
Treasurer	Bill Goffe
Secretary	Tony Baleno

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

Club Clothing 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

The First Cazenovia Hillbender. Photo contributed by Margaret Williams



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RETURN SERVICE REQUESTED

