

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 (listerver) 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 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.

Notes from the Prez: Rides, Thank-you, and the "Two Bob's Ride Schedule"

I hope you got out for a ride this past Sunday. If not earlier in the day with Bob Swizdor at the very least a ride this afternoon as the skies cleared and it turned into a beautiful day for the 1st of November. While the "official" club season is winding down there are still three more scheduled rides so be sure to look for them on the calendar and associated announcements the ride leaders will make to the listserv regarding each ride.

As always these and all of the rides this season

are made possible by the members that volunteer to lead them. As such, I want to thank each and every one of this season's leaders for their service to the club.

Among those I'd like to extend a special thank-you to Bob Swizdor. Bob not only has been a leader of many rides this season, but, more importantly, was the architect of this year's ride calendar. It's a job that is no small undertaking. Indeed that's a bit of an understatement and it's a task that I know everyone will agree was done to perfection.

Now, while this season's calendar is winding down I'm very pleased to announce, and already looking forward to, next year's ride schedule. Why? Well next year's ride calendar will bring to the task two long-time club members as it's architects and it is what can only be referred to as the "Two Bob's Ride Schedule." The two Bob's are Bob Swizdor (aka Jr.) and Bob Spear (aka Sr.). To all of us who know Jr. and Sr. this is a dynamic duo that not only bring years of experience to the task but all kinds of creativity and, I'm sure, a few surprises. As such, there clearly will be some new twists, turns and some rides that you haven't seen in a while. So while this year's calendar is winding down the new one will be here before you know it so be sure to keep on the look out for the "Two Bob's Ride Schedule."

As always we look for your input on how we can improve your club so please send along your thoughts.

Informally
Wayne

Nominations are open for OCC Board of Director Positions

The Onondaga Cycling Club, Inc. Board of Directors has appointed a nominating committee to present a slate of candidates for the upcoming annual election. If you are interested in serving as a member of the Board of Directors, please contact any of the following Nominating Committee members:

Wayne Miner (315) 569-9880
wayne.miner@gmail.com
Bill Goffe (315) 720-1064
goffe@oswego.edu

OCC Annual Banquet – Save the date!

By Joanne Yaworsky

The OCC Annual Banquet will be held Friday, January 22, 2010 at the Double Tree Hotel off route 298 (former The Marriott off Carrier Circle). This was a new location for the banquet last year and I think most would agree that it was a great choice! We had almost 100 people in attendance and hope to surpass this number for the 2010 banquet. Further details will be forthcoming in the December newsletter - including the time, menu, price, and deadline for reservations.

Report: Syracuse Grand Prix Cyclocross Race at Long Branch Park

by Jochen Woicke

On October 18, the 2009 edition of our annual cyclocross race was held at Longbranch Park in

Liverpool. The race course was again designed by Eddie Luban and Eric Wennberg. It was a wonderful fall day, bright sunshine, beautiful foliage, and after a chilly start early in the morning, temperatures were quite pleasant when the first race started at 11.00 a.m. This was the race for the women open and masters, men masters and junior categories and was scheduled for 45 minutes. After a short break, around noontime, we had our kid's race, which meanwhile has become an institution. Kate Stewart and Brian Nilsson were in charge; they did a great job with designing the course on the fly and instructing the young racers. A group of thirteen members from the Bike Syracuse checked their legs on the modified course and quite obviously, all – racers and spectators - had a great time. Every participant received a ribbon and a water bottle. After the kids race, the open men race started at around 12.30 a.m., which was slated for 60 minutes. All racers offered excellent sport for all who watched, it was a great day in the park! Attendance was quite high despite the fact that we competed with other races: 105 participants, 3 competed in 2 races. The race turned out to be very fast because the course was quite dry. No typical cyclocross conditions as Eddie noted, no mud, no dirt, no rain.

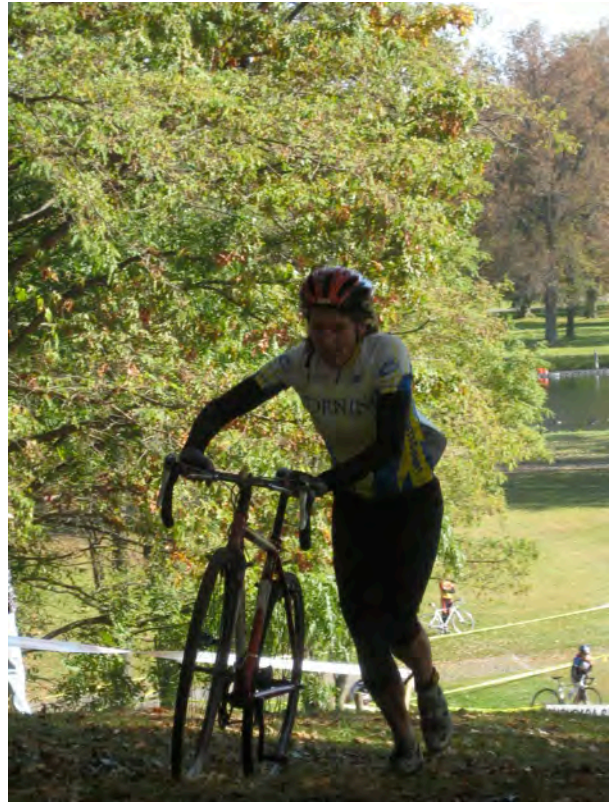
Again, we had a great crowd of volunteers who made the race possible. Course set up started at 8.00 a.m. and was completed in record time, registration began at 9.30 a.m., course marshals were watching during the race, a back up crew of scorers was recording lap numbers for each racer, and course tear down had to be done at the end. An impressive number of volunteers helped to get the jobs done, note that many of them were not racing: Sue Atwood, Tony Baleno, Phil Batten, Bryan Blake, Dan McCarthy, Andrew D'Agati, Fawn D'Agati, Tim Ellswirth, Bill Goffe, Laura Kline, Eric Korolewski, Greg Low, Adam

Luban, Eddie Luban, Mike Lyon, Dick Matthews, Phil McCarthy, Wayne Miner, John Michalski, Dave More, John Morgan, Brian Nilsson, Marcello Pratico, Andrew Ross, Ben Salibra, Sam Sampere, Kate Stewart, Gian Vidali, Erik Wennberg, Stephen Wilson, Dan Wnorowski, Kathe Woicke, and Joanne Yaworski. Full heartedly, I want to thank all of you, you did a great job for the club and you made the 2009 Syracuse Grand Prix Cyclocross another huge success!

Also, I want to thank our sponsors who made prizes possible (over all the past years) or helped with supplies: Advance Cyclery, Bicycle Alley, Bike Loft, Bikery, Syracuse Bicycle, Onondaga Beverage Co., Team Ommegang, and Cyclocrossworld.com .

As most of you know, my job makes it necessary for me to move out of the Syracuse region; therefore, this was the last time that I organized the OCC x-race. I loved to do the race set up for the club; it was a wonderful experience to work with great people, and I will never forget it. In the past five years there were different folks who helped out and volunteered and I want to thank all of you for your numerous contributions. You made the race happen and were the foundation of the success. After today's races, there were quite a few racers who thanked me individually for organizing, and I want to pass the thanks to all of you who helped me in making the OCC cyclocross a continuous success story; truly a great job!

There are a few names, that I think deserve special mention: Eddie Luban and Erik Wennberg, we were a great team over the past 5 years, they did the course design and advised me what was needed; Mike Lyon, the workhorse, invisible for most folks, but putting in uncountable numbers of hours and worked really hard to get the race



done year after year; Bill Goffe, who was the first to help me when the race was on the brink of cancellation and volunteered each year thereafter; and Wayne Miner, who organized volunteers and helped with publicity for this year's race. Last but not least, I want to thank my wife Kathe, who supported me in my efforts and always was helpful and understanding.

Back to the race! Here are the results:

Master Men

- 1 Gregory Drumm (SCARR - Ommegang)
- 2 David Yacobelli (NoTubes.com/ Chenango Point Cycles)
- 3 David Faso (MaxPowerCycling.com)
- 4 Brian Nilsson
- 5 Jeffrey Walker (Team SCARR -- OMMEGANG)

6 Bryan Blake (MaxpowerCycling.com)
7 Thomas Emrich (Trailblazers / Van Bortel)
8 Aj Finkelstein (Chenango Pt Cycles/TVC)
9 Andrew Ross (MaxPowerCycling.com)
10 William Erickson (Chris Cookies/FLCC)
11 Karl Faruzel (Team Scarr Ommegang/Soul Cycles)
12 David Valvo
13 Richard Rutishauser (Sonne's Racing)
14 Derek Perry (Bike Loft/CNY DIRT)
15 Steve Burdette (Corning RaceTeam)
16 David Frostclapp
17 Eric Jarvi
18 Joseph Magliocca
19 Daniel Defrees (BigChittCycling)
20 Scott Bass (Full Moon Vista/GVCC)
21 Mike Dispenza (jw dundee/gvcc)
22 Rich Jarvi (Maxpowercycling.com)
23 Erik Wennberg (Onondaga Cycling Club)
24 Daniel Wnorowski (Onondaga Cycling Club)
25 David Paccone (Corning Race Team)
26 Andrew Hickey
27 Ed Desantis
28 Martin Goddard

Juniors

1 Eli Brunet

Open Men

1 Wayne Bray (Syracuse Bicycle / Spokepost.com)

2 Ramafan Mira De Orduafata
(Independent)
3 Jeremy Gardner (HUDZ- Subaru)
4 Corey Knowles (Team ROG)
5 Joshua Miner (Chenango Point Cycles)
6 Jeffrey Walker (Team SCARR -- OMMEGANG)
7 Phillip McCarthy (SCARR/Ommegang)
8 Benjamin Salibra (CRCA/Junior Development)
9 Drew Scoles (Minerva Design Cycling Team)
10 Robert Schuler (Mac5Bikes/GVCC)
11 Eric Gregoire (SCARR-Ommegang-Syracuse Bi-
cycle)
12 Andrew Melnychenko (Maxpowercycling.com)
13 Blett Sherwood
14 Felix Naschold (Chris Cookies Swan Cycles)
15 David Faso (MaxPowerCycling.com)
16 Eric Korolewski
17 Keisuke Inoue (Team Ommegang)
18 Justin Deamicis (Dick Sonne's Racing)
19 Jason Haight (Syracuse
Bicycle/spokepost.com)
20 Randy Hadzor
21 Jeff Lorenzen (unattached)
22 Christopher Jones (TVC)
23 Joshua Arvidson (Table Rock)
24 Jacob Gorke (CRCA/JR DEV)
25 Timothy O'Shea
26 David Ferrett (53 x 11 Coffee)
27 Jeremy Kassel (SCARR - Ommegang)
28 John Crumlish (wnymba)

- 29 Joseph Bell
- 30 Gordon Stevens (SCARR-Ommegang)
- 31 Matthew Balch (Mac 5 Bikes / GVCC /)
- 32 Brian Sanders (MVBC / Sonne's Racing)
- 33 Robert Hanlon (Syracuse Bicycle - Spokepost.com)
- 34 Daniel Fitzgibbons
- 35 Timothy Lang
- 36 John Ormsby (Sonne's Racing/Rudy Project)
- 37 William Morgan (311-Creative Nutrition Solutions-TVC)
- 38 Wesley Hadzor
- 39 Danny Zotter (Team ROG)
- 40 Kyle Watkins (Full Moon Vista)
- 41 Michael Jancsy (University of Rochester)
- 42 Graham Marsh (University of Rochester)
- 43 Christopher Galli (311 Industries CNS)
- 44 Brian Stoeckel
- 45 Riley Enders
- 46 Gregg Griffo (Team ROG)
- 47 Peter Pelychaty (Park Ave Bike Team)
- 48 Owen Wood (Team ROG)
- 49 Ben Elowe (University of Rochester Cycling Team)
- 50 Ryan Malinchak (ROG/Towners)

- 51 Andrew Lytwynec (Full Moon Vista)
- 52 Anthony Rotter (SCARR - Ommegang)
- 53 Benjamin Kraft
- 54 Andrew D'Agati

Master Women

- 1 MargaretvThompson)Team Hammer Nutrition/Mission in Motion)
- 2 Kate Stewart (Velo Bella-Kona/OCC)
- 3 Lilynn Graves (Velo Bella/Swan Cycles}
- 4 Karla Eisch (Tioga Velo Club)

Open Women

- 1 Sarah Krzysiak (Syracuse Bicycle/Spokepost.com)
- 2 Ruth Sherman (Corning Race Team)
- 3 Natalie Stoll (MVP Health Care Cycling)
- 4 Shana Lydon (Full Moon Vista)
- 5 Delana Spaulding (Mission in Motion Cycling-Tioga Velo)
- 6 Amanda Weiss (Mac 5 Bikes / GVCC)
- 7 Jaime Stitt
- 8 Susan Atwood (Onondaga Cycling Club/Velo Bella)
- 9 Dana Cooreman (MVBC)
- 10 Angela Acey (Mission in Motion Cycling-Tioga Velo)

Tuesday Night Training Series Recap

by Phil McCarthy

Nearly 12 months ago Wayne Miner, current club president, approached me regarding joining the club board and helping to provide opportunities for our members looking for a competitive outlet. To be specific, Wayne was hoping to resurrect the Wednesday Night Worlds that had formerly taken place in Baldwinsville. A few local racers had already been discussing such a plan, and the Onondaga Cycling Club seemed like the perfect vehicle to make it happen. In the words of P.T. Barnum, "A sucker is born every minute" and I accepted the challenge.

We started planning in early spring and like all great ideas there was a lot of interest and advice, but at the end of the day a few key people willing to step up and make it actually happen. Dave Faso and Wayne Miner were instrumental in making this series happen with Wayne reaching out to other bike clubs for advice and Dave helping to scope out potential courses and managing a lot of the paperwork. Without the two of them, I can say that we'd STILL be talking about how cool it would be to "get the races going again."

Ultimately after much debate we chose to run the series on Tuesday nights and went the easy way out and simply called it the Tuesday Night Training Series (TNTS). The weather seemed particularly challenging this summer and the first couple of weeks we were off to a slow but steady start. After a few race reports, video clips and word of mouth, we were off and running with solid A (really fast) and B (fast) fields. The introduction of prizes in the form of cycling socks, and beer probably didn't hurt either.

We rotated through a few courses offering varying terrain which allowed for both climbers and sprinters to have a shot each week. Dave Faso without a doubt had the most wins, but it was particularly refreshing to see new faces each week. The primary goal was to provide an outlet for the competitive members of the OCC, but we were also hoping to grow the sport in a meaningful way. I can think of a number of people that used the TNTS rides as a way to test the racing waters and are now planning a full racing schedule for next year. In fact many of them have gotten an early start on next season and have carried their TNTS form into cyclo-cross season. It sounds a little trite, but that's why I really got involved in the series. As nice as it is to know that I've made a few local racers a little faster, it's much nicer to know that I'm helping a new generation prepare to kick their butts.

All in all, I view our first year as a huge success and I'm confident that our numbers will continue to grow. I'll be on the look for some of you Wednesday night hero's next season. If you're flying on Wednesday, try racing on Tuesday. Just be sure to let your friends and families know that you'll now be lusting after all things carbon fiber, focusing on proper diet, power meters, and anything else that might help you beat Dave Faso!

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 Pratico



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