

# 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

This issue of the Spoke-n Word includes the annual Club Renewal Form for year 2010. Check your mailing label. If you see 2009 to the right of your name, you need to renew membership for 2010. The Renewal Form 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

## We welcome these new members!

Jason Fahy  
 John Grant  
 Clive Jones  
 Julia Minoia  
 John Tooley

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 early 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.

## Notes from the Prez: An Invitation and a Wish

It's the time of year when most of us are busier than usual. Yet even with the holidays upon us and year-end commitments pressing many of us the frenzy eventually gives way to opportunity to relax, enjoy the company of family and good friends, and even permit a moment or two to reflect upon what has been good about the year, give thanks, and look forward to a new and even better new year.

With some of that holiday cheer in mind I'd like to take this opportunity to invite all of you to the club's annual banquet. Like all such events its an opportunity to relax, enjoy the company of good friends and even take the opportunity to make some new ones as well. As last year the banquet will be at the Double Tree and Joanne provides the details in this issue of newsletter.

In addition to the opportunity to have some fun there are other benefits and opportunities. For example, like last year your cost to attend is less than the actual cost of the dinner. That's because as one of the benefits of your club membership we underwrite part the cost of your meal. So take advantage of this perk to not only have fun, but have a great dinner at a great price.

Also, at the banquet you'll have the opportunity to hear, first hand, some of the new directions the club will be heading as we move into the new year. A couple of these changes we're very excite about. What are these changes? Well I'm not going to tell you here. I say that partly as a tease, but also because we're ironing out a couple of the last minute details. So come on out to the ban-

quet and be among the first to hear what will be happening with your club.

As part of the process of telling you where we're headed we look for your feedback. So the banquet will also be a first hand opportunity to let your board know what you think of these new ideas before they happen and to provide us with you input as well.

So this is an open invitation to attend. As well, this is an open, and fortunate opportunity, for me to wish you all a very a happy holiday season and the best of wishes moving forward into the new year.

Happy Holidays,  
Wayne

## OCC Annual Banquet Details

By Joanne Yaworsky



As previously announced, the annual banquet will be held Friday, January 22, 2010 at the DoubleTree Hotel off route 298 in East Syracuse (formerly the Marri-

ott Hotel). Cocktail hour with a cash bar including light hors d'oeuvres begins at 6:30PM followed by a full buffet dinner at 7:30PM. Served will be a field green salad with choice of dressings, and warm rolls and butter. The buffet will include Italian pasta salad, Chicken Marsala, sliced London Broil with sherry mushroom sauce, spinach and cheese stuffed ravioli tossed with a red pepper coulis, garlic mashed potatoes, fresh vegetables, assorted dessert bar, and coffee, tea, or decaf.

Officers for 2010 will be voted on and elected, awards for our 2009 cyclists will be presented and once again, we will have many wonderful door prizes. This event was very successful last year at this new location, so please come and bring a guest! The price will be \$25 for adults and children 16 and under are free. The deadline for reservations and payment is Friday, January 15, 2010. To sign up now, mail your check to Onondaga Cycling Club, PO Box 6307, Syracuse, NY 13217-6307.

As we did last year, we will be collecting donations for the Food Bank of Central New York. Please bring a canned food item, or check donations will also be greatly appreciated.

Hope to see you there!

## **Slow'n Easy Rides**

by Mike Lyon and Tony Baleno

For the last several years OCC has held, what we termed, "leisure rides." These were initiated to introduce people to cycling and were held in con-

junction with our regularly scheduled Saturday rides. The rides were not well attended. We believe that the major reason was that "leisure riders" may have felt intimidated by the "seasoned riders" of the main group. As we're always looking to improve the activities we offer to current and new members, this year we will try something different.

So, out with Saturday "leisure rides" and in with Thursday Night "Slow'n Easy Rides". As before these will be for people who are new to cycling or just don't want to go fast or just can't; you may have noticed the later has happened to some of us.

Anyway:

- if you are new to riding or just starting again;
- if you want to ride on roads with little or no traffic;
- if you want a ride that is relatively flat;
- if you want bring the kids along for a slow group ride;
- if you are an experienced rider who only wants to go slowly and look around more;

—then the Thursday night Slow'n Easy Ride is the one for you.

There will always be at least two experienced riders present to help with equipment and to offer advice. In fact we hope to give a brief "How to" before each ride. This of course will depend on need. Our goal is to provide every participant with a fun experience as well as one where they can gain more knowledge about our sport.

The rides will be chosen to fit the group that shows up and no one will be left behind. In general, early in the season, the rides will likely be no longer than 7-10 miles with few (if any) big hills. As the season progresses and our riders gain more confidence in their cycling abilities,

we will probably get more ambitious and lengthen the rides a bit. However, they will never be beyond the abilities or inclinations of **everyone** who shows up.

The one firm requirement for participating is that you wear a proper bicycle helmet and have a bicycle; whatever type you like to ride. Beyond that, it's good to carry a water bottle (dehydration is all too likely on warm summer rides unless you keep drinking), and the basic repair kit consisting of tire patches or extra tube to fit your wheel, a pump and a tool or two. Our ride leaders will be glad to help with whatever on the road repair needs to be made.

More will be coming in the future as to start locations etc. So spread the word and let people know about this new unbelievably friendly ride on Thursday nights.

## **Tour de Cure for Diabetes**

by David VanWie

Another OCC Team has been created in the Tour de Cure for Diabetes for 2010. We had a great

turnout last year and raised almost \$5000 for diabetes advocacy and research. In 2010 the Tour will be on Sunday June 6th at Verona Beach State Park. More information can be found at [tour.diabetes.org](http://tour.diabetes.org). Early bird registration is \$15 before March 1st, 2010 and the first 150 riders registered get a free long sleeve T-shirt. After that it is \$25. It's a great motivator to get in shape early for the season!

## **Board of Directors**

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

**ONONDAGA CYCLING CLUB, INC. 2010 MEMBERSHIP RENEWAL FORM**

Make checks payable to: Onondaga Cycling Club, Inc.

Single \$20.00\*    Family \$30.00\*\*    Individual Youth \$5.00    Contributing \$10.00  
 Check only one box above   \* includes \$1.48 NYS Sales Tax   \*\* includes \$2.22 NYS Sales Tax

NAME: Mr.  Ms.  \_\_\_\_\_ NICKNAME: \_\_\_\_\_ BIRTHDAY: \_\_\_/\_\_\_/\_\_\_  
 ADDRESS: \_\_\_\_\_ APT \_\_\_\_\_ HOME PHONE: (\_\_\_\_) \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ - \_\_\_\_\_  
 OCCUPATION: \_\_\_\_\_ BUS PHONE (OPT): (\_\_\_\_) \_\_\_\_\_ X \_\_\_\_\_  
 e-mail Address (optional) \_\_\_\_\_

I WANT TO READ MY SPOKE-N WORD VIA THE OCC WEB SITE. DO NOT SEND ME A PAPER COPY.

AFFILIATED MEMBERSHIP:  LAB    AYH    USA Cycling - License No. \_\_\_\_\_  
 IMBA    Other(s) \_\_\_\_\_

**OTHER FAMILY MEMBERS AND THEIR AFFILIATIONS: LAB AYH USAC/License No.**  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_\_/\_\_\_/\_\_\_      / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_\_/\_\_\_/\_\_\_      / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_\_/\_\_\_/\_\_\_      / \_\_\_\_\_  
 NAME: Mr.  Ms.  \_\_\_\_\_ Nickname: \_\_\_\_\_ BDAY: \_\_\_/\_\_\_/\_\_\_      / \_\_\_\_\_

**Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement"):**

In consideration for being permitted to be a member of Onondaga Cycling Club, Inc. ("Club") and to participate in any way in any Onondaga Cycling Club, Inc. sponsored Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, its administrators, directors, ride leaders, volunteers, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and leasers of premises on which the Activity take place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant #1 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #2 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #3 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_  
 Participant #4 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ DATE : \_\_\_\_\_

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