

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.

We welcome these returning members!

Darle Balfoort	David Balfoort
Peggy Bohm	Noel Bonk
Fred Bulken	Bob Burton
Ginny Burton	Gene Cappelletti
Ed Chin	Daniel DeFrees
John Delelys	Nancy Gaus
Michael Gerber J	ulia Hallquist
Steve Johnson	Paul Komanecky
Jeffrey McFarland	Adina Mulliken
Ann Murphy	Sarah Oster
Steve Reiter	Lisa Solan
John Tooley	Ron VanNorstrand
Deb Virgo	Jim Virgo

We welcome these new members!

(since 12/22/09):

Jim Allen	Kamran Arjomand
Ksenia Arjomand	Maxine Arjomand
Dan Arno	Joan Arno
Keith Ashwood	Ann Badger
Tammy Baker	Lee Baleno
Stephen Bogosian	Annie Bowdoin
Jake Boyer	Ange Bradley
Scott Burns	Donald Butler
Nick Caparco	Doug Carbino
Rob Carlin	Chris Caza
Jeff Chin	Chris Dugan
Shane Dugan	Trish Dugan
Molly English-Bowers	
Stewy Falso	Andrea Folk
Wolff Garritano	Ryan Gaus
Sean Gavigan	Wes Hadzor
Lynn Halliwell	Cindy Hart
Lisa Hill	Eric Hinman
William Hollely	Teresa Hoy
Adam Jackson	Curtis Jackson
David Jackson	Sandy Jackson
Dan Jardin	Reem Jishi
Nance Johnson	Brandon Kaufman
Emma Kesselring	Joan Kesselring
Den Kimball	Kay Kotwas
Ken Kotwas	Tom Laughlin
Christina Lear	Jim Magera
Vin Maresco	Tim Marley
Chris McCarthy	Brian McManus
James Mirra	David Monsour
Anne Morgan	Rich Morgan
Caitlin Mullally	Brent Olson
Bob Paine	Rita Paine
Gail Panagakis	Mo Piesins
Susan Read	Erin Reynolds
Dean Rheaume	Mike Ritter
Alan Rolnick	Ellen Rosa
Gary Rothman J	ohn Rush
Paul Rush	Terry Rush
Codey Sacco	Stan Selwach
Quinn Shamlan	Aidan Shea
Christine Shea	Kevin Shea

Tom Shea	Honor Sherman
Jan Shollenberger	Ellen Sivalia
Jack Sivalia	Brian Smith
Brit Smith	Barbara Smorol
Wendy Stark	Bob Stelmack
Tom Stern	Mitch Tiegel
Doug Trojan	John Turner
Mike Van Ryn	Gregory Verone
Allison Virgo	Ben Virgo
Dick Walters	Kathleen Willard
Rachel Willard	Ray Willard
Donna Willis	Lisa Youngentob
Steve Youngentob	

will be forthcoming in the December newsletter - including the time, menu, price, and deadline for reservations.

Slow'n Easy Rides

by Mike Lyon and Tony Baleno



The OCC Annual Banquet

By Joanne Yaworsky



Please mark your calendars for the OCC Annual Banquet! It will be held once again at **The Double Tree Hotel on Friday, January 28, 2011.**

This will be our third year having the banquet at this location. The food and service has been excellent there and hopefully we will have the great turnout we have had in the past! Further details

Feedback over time has told the Club that we really did not offer any planned activities for people who are just beginning to take up the sport of bicycling or for those who prefer to do less taxing rides at a much slower pace. From this was born the "Slow 'n Easy" ride that has operated throughout the summer 2010 season. Beginning in late April and running through September 9th, this ride has attracted a number of different riders...both members and non-members. Many of the non-members have gone on to join the club after doing the rides.

One of the goals of the ride, aside from riding, was to share the knowledge that every cyclist will need as they progress in the sport. This included handouts on safe riding practices, bike maintenance and rules of the road. Repair of flats as well as simple pre-ride checkout procedures were frequent discussion topics. New riders were given advice on what they should acquire to be prepared for normal problems that can occur on a ride. Everyone was appreciative of the willingness to share the knowledge.

Mike Lyon and Tony Baleno have lead this ride throughout the year and on some occasions, Lee Baleno, Tony's wife has also helped lead the new riders. The ride has seen all ages with children as young as 10 years old coming out with a parent and a number of more mature riders...because there are no old riders...who have enjoyed the slower pace and easy terrain. The entire purpose was to allow the riders to have fun while gaining ride experience with a group.

L to R: Gail Frenault, Lee Baleno, Mark De Filippo and Mike Lyon
prepare for the Thursday September 2, 2010 Slow 'n Easy Ride at Reed Webster Park.



The ride routes were selected each Thursday by discussion with the participants that showed up at Reed Webster Park. Some of the routes were along the canal path and others were along fairly level country roads with good-sized shoulders. As the season progressed and some of the riders sought more challenge, the ride leaders broke up into two groups that rode different routes. The distances ranged from 5-15 miles. Everyone enjoyed the ride they did and when they returned to the park there was usually some form of treat or home baked goody from Lee's kitchen.

These rides were all "no-drop" rides so that no one would feel left behind. If someone lagged behind a bit, the ride leaders would find spots along the route to hold up and regroup, many times adjusting speed to allow the slower riders to keep up.

Mike and Tony are currently planning on running the program once again in 2011. It will most likely move from Thursday evenings to Tuesday evenings. In this way, Tuesday evenings will become OCC's "special activities" night allowing people to chose what they want to do: *Time Trial*, *TNTS* or *Slow 'n Easy*.

To all those who joined in the rides, thanks for coming out to ride and to all those who thought about doing it but didn't, there's always next year. Join us then!

2010 Syracuse Grand Prix Cyclocross

by Sue Atwood

Along with the cooler temperatures, the shorter days and the kids' return to school, comes cyclocross; a cycling discipline involving several laps on a short (1.5-2 mile) course featuring a mix of terrain and obstacles. The obstacles are designed to force the rider to dismount, carry their bike over the obstacle, and then re-mount as quickly as possible. Most races last between 30-60 minutes, and due in part to the looped course, are very spectator-friendly.

This year's race will be held on Sunday, October 17th at Onondaga Lake Park (Longbranch Park) in Liverpool. As in past years, the club is in need of volunteers to help with the following tasks:

- Registration: At least two volunteers needed, approximately 8:30 am to 12:30 pm
- Course set-up: Minimum of six people, from about 6:30 am to 10:00 am
- Scoring: Two or three people needed to call racers' numbers, count laps and ring the lap bell. 10:30 am to 1:45 pm
- Course Marshalls: Two or more volunteers who observe the race at certain points and report incidences. 11:00 am to 1:30 pm
- Clean-up: As many people as possible! Course tear-down and clean-up. Approx. 2:15 pm until done.

If you are able to commit to helping out, please contact me at syracusecx@gmail.com, or at 315-708-3857. It is always nice to be able to count on our club membership to help support our special events!

Race schedule:

Time	Category	Duration	Field Limit	Entry Fee
11:00 am	Open Women	45 minutes	100**	\$20
11:00 am	Master Women (40+)	45 minutes	100**	\$20
11:00 am	Master Men (40+)	45 minutes	100**	\$20
11:00 am	Master Men (55+)	45 minutes	100**	\$20
11:00 am	Juniors (15-18)	45 minutes	100**	\$10
Noon	Kids (10-14)	15 minutes	50	Free***
12:30 pm	Open Men	60 minutes	75	\$20

The Vacation Ride

by Bob Spear

A record number (36) of OCCers ventured down to Strasburg, PA in early



August on the twenty-fifth anniversary of the club's annual getaway. Also a record, broken every year, was the average age of this touring group... think Geezer.. geezerette.

Strasburg is nestled in the Pennsylvania's Lancaster County, surrounded by Amish country, and one wonders about the Alsatian name here in the heart of PA-Dutch territory as these 'Dutch' are of German heritage but that's another story. It turns out that Strasburg was established in 1693 and traces its origins as a French fur trader's post that soon became populated by his Huguenot countrymen. The Amish came along later and "farms were established in the beautiful countryside surrounding

Strasburg. Today, many Amish farmers continue to work their land in much the same way as their ancestors did centuries ago.”



Beautiful, indeed. Pristine farms scattered across picturesque, rolling farmland on generally lightly traveled roads. The Lancaster bike club touts: “the terrain is varied from flat easy loops to rolling farm country to challenging hilly rides. There are many covered bridges in Lancaster County and where possible the rides pass through these structures of years past. Lancaster County is known for its Amish and plain Mennonite sects. It is not uncommon to see horse drawn carriages and teams of mules working the fields.”

Day 1, Sunday, August 8: Half of us rolled out on the Pine Town Covered Bridge Ride during which we met the "mediocre" group (their name) who, of course, went more directly to Intercourse via Paradise. Many of the gang lunched at

Isaac’s Deli and later that evening supped at the Iron Horse Tavern, in Strasburg, that has been serving food “for over one hundred years.” Good local brews on tap. In between, a dip in the Historic Carriage Inn’s pool and attendance at the daily Happy hour for clubby socialization and telling of tales.

Day2, Monday, August 9:

‘Traditionally,’ some of the group called ‘hammerheads’ (the other group’s name for their alter ego) like to venture off from generally available rides on what we call an adventure ride. Get an idea, peruse a general idea of a route and off we go. Stop and look at a map or ask directions on occasion and keep the options open. Hardly hammering, just sightseeing. This



year it was the Susquehanna River Ride, venturing Southwest to an area of Lancaster Co. not heretofore visited. The LBC description of the ride upon which we based our excursion warned of steep hills but did not mention just how tough they could be in 90+ degree heat.

Fortunately, we floundered upon the Conestoga Hotel, along the same named pike, where our fuel supplies were replenished by one on the nicest bartenders encountered on this or any trip. She kept the beverage glasses bottomless and even filled our water bottles with ice before leaving. Dinner that evening was at Hershey Farms for their PA Dutch ‘all-



you-can-eat’ buffet which was quite inferior to the one we sampled at “Good and Plenty” the last time down here.

Day 3, Tuesday, August 10: Lititz, to the North beckoned with its chocolate and pretzels. America’s first pretzel factory opened there and is still operating a hundred plus years later. Still handing out samples too. Not to mention the nearby Wilbur Chocolate Factory and its Candy Americana Museum. The flat route helped us recover along with the PA Dutch bologna sandwich from Danner’s Deli. Crogan-esque for the aficionado. Having treaded with a light carbon footprint for the last three days, a group

signed up for the vintage steam-engine driven train ride cum dining car out of Stasburg. The Railroad Museum of Pennsylvania and the accompanying depot from which America’s oldest short-line railroad still operates greeted us as we cycled by each day with a mournful whistle and a huge plume of coal-like smoke. Onboard, more PA Dutch food, huge quantities of ham and turkey, followed by a slab of shoo-fly pie, served in a early 20th century setting as we chugged over to Ronks and back. Now, the bike rides were hot but at the very least one generated some breeze for cooling purposes while pedaling. In a 1917 (long before A/C) dining car, moving at ten mph, open windows or no, that is...umnn... sultry.

Day 4, Wednesday, August 11: Climber’s Delight Ride. Delightful in the sense that it was LESS hilly, less hot than Monday’s trek. We did venture off the printed course for an extra hill aptly named ‘Sickman’s and a visit to nearby Mount Nebo and the lovely old mill in Drytown.

Our super-organized vacationmeister Frau Yungwirth wrote: “Somehow we also managed to find Lapp’s Ice Cream in the Kitchen Kettle Village place too. A collection of Pennsylvania Dutch shops, crafts, fudge, bake shop, flowers, food...and bathrooms!” Time, and room for one more ice cream on a sweltering afternoon and she now informs us that we should ‘think about’ squeezing in one more expedition,

early Thursday morning before we leave. If you know Joan, that would not be surprising.

The time-honored OCC group dinner was held at the Fireside Tavern adjacent to our inn where we feted Joan for her administration and operating this year's 'vacation ride.' What's in store for next year, Joanie?

Day 5, Thurs., Aug 12.

Fortunately for the old guy, it rained this morning and forced the caravan to MOTOR out to the renowned Shirk's bike shop in East Earl after a stop at the local PA regulated beverage store for some souvenirs to drink back in CNY. I'm already looking forward to another OCC holiday next summer but not hastening it.

Mark Wheeler has posted a nice slide show at:

<http://gallery.me.com/mwheels9854/100055>

'Tricky Dick,' aka Dirty Dick, [Matthews] summed it up nicely although his 'grouping' is not very accurate. "You might notice a few too many pictures of us eating, drinking and

socializing.....and that's because.....it was true ! But we did ride a lot also, in some mighty hot weather. No rain. We sort of broke into two groups: The Hammerheads and The Mediocre."

Some riders cycled longer and hillier routes but hardly at a hammerhead pace. They also stopped whenever an attractive venue presented itself for, lunch, afternoon ice cream and held their own at Happy Hour.

http://picasaweb.google.com/107715444813203746013/OCCVacRideLancaster?authkey=Gv1sRgCO_Sz_2UzI_rEg

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