

THE SPOKE 'N WORD

Vote!	1
Membership Renewal Information	1
A Note from the Prez	2
The OCC Annual Banquet	2
Thank-You Bob, Thank-You	3
Just a Few Highlights of the Year:	4
Tour de Syracuse	
Slow n Easy	
Grand Prix Cyclocross	
Breast Cancer Awareness Ride	
Tour de Cure for Diabetes	
The Winter Training Facility	
Board of Directors	7
Membership Renewal Form	8
Ballot	10

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.

VOTE!



Once again, it's time to vote for your board of directors. To be a part of this process you'll find a ballot at the end of the newsletter. With the



ballot are the directions. So please mark your choices and drop it in the mail. Thank-you!

Membership Renewal Info

This issue of the Spoke-n Word includes the annual Club Renewal Form for year 2011. Check your mailing label. If you see 2010 to the right of your name, you need to renew membership for 2011. 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 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 Treasurer collects mail from the Post Office box. He deposits the payments 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 or phone at (315) 451-0685.

The OCC Annual Banquet

By Joanne Yaworsky



As previously announced, the annual banquet will be held once again at the DoubleTree Hotel off of route 298 and Carrier Circle on **Friday, January 28, 2011**. 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 mandarin orange and almond romaine salad with choice of dressings, and warm rolls and butter. The buffet will include a marinated mushroom salad, Chicken Princess, sliced London Broil with sherry mushroom sauce, grilled vegetable stuffed ravioli, rice pilaf, fresh vegetables, assorted dessert bar, and coffee, tea, or decaf. New this year will be a bar set up in the room for your convenience.

Officers for 2011 will be voted on and elected, and various awards for our 2010 cyclists will be presented. This has continued to be an outstanding location so please come and bring a guest! The price is still at \$25 for adults and children 16 and under is free. The deadline for reservations and payment is Friday, January 21, 2011. To sign up now, mail your check to Onondaga Cycling Club, PO Box 6307, Syracuse, NY 13217-6307.

Again as in years past, 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.

Let's hope for good weather to ensure a good attendance once again!

A Note From the President

It's the start of a new season. With snow on the ground one might think that's not really the case. However, long before this point the board is already planning: looking at the activities that were offered last year and considering those the members may find valuable in their club as part of the new season of cycling.

This issue of the newsletter reflects on a small portion of those activities. I say small because as most of you know the club does much, much

more. Among the activities, which are and aren't talked about in this issue of the newsletter, are the ...

- Slow N' Easy Rides - the title says it all and Tony writes about this excellent new addition to the club's repertoire of offerings;
- TNTS (dynamite) - yep, every Tuesday night for those that like to race;
- A growing partnership with the Tri-club with one example being the Winter Training Facility, of which there's a brief article at the end of the newsletter;
- Women on Wheels rides - just for the gals and a partnership with Syracuse Bicycle;
- A Gran Fondo - new for 2011 and we believe will be a central New York classic;
- New social events. Last year we had a few social gatherings, okay parties, and this year we're going to add some educational events to some new social events;
- Some training and educational opportunities: two examples of which have been already mentioned and there'll be more.
- A new website with lots of new content, which will appear in the coming months.
- Weekly time trials. Tried and true, and simply loads of fun;
- A rich, rich ride calendar with over 115 different club rides and over 200 different mapped routes;
- Century rides at least 4 times a year;
- A vacation ride. Joan and Jimmy are, year after year, the amazing planners for this event;
- The Tour de Syracuse - one of the biggest races in the northeast;
- The Syracuse Grand Prix Cyclocross race - Yah, I don't understand running with

your bike on your shoulder either, but these "nuts" are part of the fastest growing segment of the sport;

- And, more to come. For example, online membership, an online newsletter, and your club becoming a 501(c)(3), of which I'll be writing an article about in the coming month;
- Who knows as the new board will decide next.

So, yes it is an amazing club. It's your club, so thank-you for the support.

Very importantly we look for your ideas and energy so if there are new activities or elements you would like to see added to the club please let us know. Of course, these activities and all of those listed occur because our members step forward to make them happen. Among the many ideas and issues that are always a topic of discussion among the board are what we can do given the limits of the time and energy of our community of volunteers. So even though the club does a great deal we always reach out to those who can provide their time, because as the community of volunteers and the relationships we develop grows so grows the club.

Among the many individuals that help keep the club rolling is Bob Ruth, and I write about him in this issue. Also among the energy of the club are several new board members to be announced at the annual banquet. So please attend. It's your party, which by the way is a benefit of membership as the costs are partly subsidized through your purchase of a membership. Ah membership, it's that time of year so consider renewing.

Alright I've gone on long enough for now.

Wayne

Thank-You Bob, Thank-you!

By *Wayne Miner*



Of course, the strength of any organization resides with the individuals that lead and innovate, providing the ideas and energy that enable its growth. One such individual is Bob Ruth.

Bob's passion for the sport of cycling goes back over 40 years and, almost as long is his service to the club. In the early 1970's Bob was cycling to work, joining in on a few club rides and participating in the Syracuse to Rome benefit rides, which the club sponsored in partnership the Heart Association at that point in time. As Bob's interest in both the sport and club grew he was nominated to the board in 1980 and, well, the rest was history.

Since that time Bob has continued to serve for an incredible 31 consecutive years as a member of the board. In that time he has served as club president, secretary, been a part of numerous committees and supported numerous club events, and, most recently, has served as the Director of Membership for many, many years.

A leader in every definition of the word Bob engenders what any organization looks and hopes

for in its members through participation, ideas, and helping the organization to grow. In this process Bob has done so selflessly, with energy and with the best interest of the club foremost and always. Of course, in that time he has seen countless changes in the club and has been a key part of many decisions in its growth.

However, after 31 years Bob has finally decided to take it just a little bit easier and will be stepping back from the board. While I and many others regret his decision we certainly understand. And, while we might say that we're sorry to see him "go" we can't because fortunate for us once again Bob will continue to serve the members of the club in an off-board capacity, still overseeing the issues of membership, maintaining the membership database, and continuing to serve as a volunteer and an experienced source of advice.

So for your many, many years of ongoing service to the club and its members we say ...

Thank-you Bob, Thank-you.

Highlights of the Year ~ just a few of them, mind you

The Tour de Syracuse

By *Wayne Miner*

The 2010 Tour de Syracuse was a tremendous success:

It drew 492 registrants from all over the northeast, Canada and beyond. The attendance was a new record, by quite a substantial margin;

In only its second year the junior race series, providing opportunities for young men and women ages 10 – 18, has become one of the largest events of its kind; providing a significant opportunity for young athletes to compete with their peers, to gain experience, develop physically and mentally and to share and take home memories with family and new friends;

The race has become an important event that is truly a central New York showcase and a part of the quality of life that many of us already know about. BTW, the club has been putting on sanctioned races since 1975.

Importantly, the race was a financial success making over \$7,000, which in turn enabled the club to donate \$1,000 to the b.i.k.e. Syracuse program, to purchase some new equipment for the race, and provide support other club activities and programs.

The support of sponsors such as Dr. Dan Wnorowski, Mike Reagan, Jeff Crouse, Robyn Low, the bike shops and many others was both vital to the event and a tremendous opportunity for the club and its members. So **Thank-You** to our supporters of the event!

However, the number that impresses me the most is the number of volunteers – all 103 of you – that came out to help and truly make the event a huge success. That number is also a record by quite a substantial margin.

Yes the Tour de Syracuse was a huge success in 2010. Thank-you for your support of the event as it is important to the sport of cycling, the community and your club. With your support we look to repeat that success again in 2011.

Slow ‘n Easy Rides...

by Tony Baleno

2010 brought OCC members another ride option when the club

began its “Slow ‘n Easy” Rides out of Reed Webster Park in Camillus. These Thursday evening rides were specifically geared to new or novice riders as well as riders who just didn’t want to ride fast or on busy roads. A number of riders came out to ride with Mike Lyon and Tony Baleno who led the rides.



Everyone was promised that these were ‘no drop’ rides and no one would be left behind to fare for himself or herself. The variety of people who came out to ride over the season was very diverse. We had riders who were not yet teens as well as those who were well into retirement. There were strong riders and not so strong riders. Some had ridden on roads previously while others had not. They came with all kinds of bicycles and most had not repaired a tired previously. This was a great opportunity to share knowledge and to allow people to ask their questions. As we told them at the start, there are no dumb questions! At the close of each night’s ride, everyone went home with a feeling of accomplishment at what they had learned and done.

I’ll never forget one women’s comment when we returned to the park and I said that we had just completed a 10 mile loop: “...*I can’t believe that I just road my bicycle 10 miles!*” There were a number of “personal bests” achieved by the

riders. People gained confidence in their ability to ride both on and off the road.

In the early part of the season, we rode as a single group along the canal towpath and returned via the road clocking a 5 to 10-mile loop. As the season progressed and people's interests and ability grew, we broke the group into two separate segments where the less experienced riders continued to ride on the towpath for a portion of the ride and a second group headed out for an all road ride that ran from 10 to 15 miles with more hills and challenges. This continued through to the end of the season. Each rider was given the opportunity to help in deciding the route for the evening's ride and once a consensus was reached, the groups headed out to ride.

Mike and I are happy to say that we plan to offer these rides once again in the 2011 cycling season. The only thing that we are changing at this time is the day of the week. In 2011, the "Slow 'n Easy" rides will operate on Tuesday evenings

starting at the same site. We may over the season offer some additional ride venues in other locations. This is yet to be determined. Watch the club list serve and website when the season begins to open up for more information. Thanks to all who came out to ride with us. We look forward to seeing you in the new season.

2010 Syracuse Grand Prix Cyclocross

by Sue Faso, photo by Joanne Yaworsky

Once again, the club hosted the fall cyclocross race at Longbranch Park in Liverpool. There were a total of 127 participants, separated into 5 categories. The course was designed by Eddie Luban, who also officiated. The main change for 2010 was the inclusion of a staffed pit, accessible from two locations on the course. Feedback from the racers regarding the pit and the course was extremely positive. Several gift certificates each from the Bike Loft, Syracuse Bicycle, and Knead

to Succeed Massage Therapy enabled us to offer gift certificates several places deep in many of the categories.

Many thanks to all of the volunteers who helped make the day run smoothly as well as the local business whose generosity contributed to a very successful event. The park has been reserved for October 16, 2011 and we're planning even more improvements, so we'll see you there!



2010 Breast Cancer Awareness Ride

by Paul Komanecky of Syracuse Bicycles

The OCC played a huge role in our end of season Breast Cancer Awareness Ride back on October 9th, 2010... The club encouraged its members to participate and also made a generous additional donation for each club member that registered for the ride. This ride was a national event held by roughly one hundred Trek retailers from across the country on 10/09/10. Syracuse Bicycle has been recognized by the event organizers for not only having the largest turnout but also for fundraising the most money of all the participating dealers. We surely couldn't have accomplished that if the cycling and triathlon clubs didn't show such great support. The OCC, specifically, contributed immensely to the overall dollars raised, as their donations were in addition to each participants. registration/donation fee. The triathlon club paid a portion of each of their members fees. I believe we raised well over \$8000 for breast cancer research that day. We are very grateful for the support and look forward to teaming up again next October!

If this is of interest enough for the newsletter, let me know and I can maybe have Trish put something more detailed together and find you some higher quality pictures, if the below won't do.

2010 Tour de Cure for Diabetes

by David VanWie and Peg Hotaling

Another OCC Team has been created in the Tour de Cure for Diabetes for 2010. We had a great turnout last year and our team raised \$6,848.30

for diabetes advocacy and research, the 3rd highest in fundraising. The participants rode various mileages including 40, 62.5 and 100 miles around the Oneida Lake region. The group raised \$6,848.30 and was the 3rd highest in fundraising.

In 2011 the Tour will be on Sunday June 6th at Verona Beach State Park. More information can be found at 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!

The Winter Training Facility

Want to stay in shape during the winter months, have fun doing it with other cyclist, and do it without costing you a dime. Then join us at the new Winter Training Facility.

The facility is a benefit of your membership and a trail to see what interest it generates. The facility is a partnership with the CNY Triathlon club and part of the costs are being underwritten by the OCC.

We think the facility is an excellent opportunity to stay fit during the winter months, an opportunity to receive some training tips to improve your fitness level and cycling skills, and an opportunity to share good times with friends.

For a schedule and more information please visit the club website. Regardless, let us know your thoughts.

Board of Directors

President

Wayne Miner

Vice-President

Phil McCarthy

Treasurer

Mike Lyon

Secretary

Tony Baleno

Directors

Sue Atwood, Bill Goffe, Laura Kline, Robert Ravera, Robert Ruth, Sam Sampere, Robert Spear, Gianfranco Vidali, Joanne Yaworsky

ONONDAGA CYCLING CLUB, INC. 2011 MEMBERSHIP RENEWAL FORM

Check only ONE Membership Category below.

Make checks payable to: Onondaga Cycling Club, Inc.

- Single \$20.00* Family \$30.00** Individual Youth \$5.00 Contributing \$10.00
 * 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 A PAPER COPY OF THE SPOKE-N WORD. I DON'T WANT TO READ VIA THE OCC WEB SITE.
 DO NOT SEND ME A RIDE SCHEDULE BOOKLET. I WANT TO ACCESS IT VIA THE OCC WEB SITE.

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 : _____

D	C	S

MINOR RELEASE (complete for Participants Under the Age of 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Date: _____

Can you help in any of the following ways?

- Administration: Publicity Newsletter Mailings Membership
- Advocacy Ride Schedule Youth rides Club Meetings
- Touring: Ride leader Sag Wagon Bar-B-Que Organize tour
- Racing: Time trials Weekend Races Youth transportation Coaching
- Off Road: Ride Leader Recreational Tours Competitive / Race Team
- New Event (s) - Please describe.

ADDITIONAL COMMENTS OR SUGGESTIONS:

Send COMPLETED Renewal Form with payment to:

ONONDAGA CYCLING CLUB, INC.
P O BOX 6307 - TEALL STATION
SYRACUSE NY 13217-6307

Onondaga Cycling Club Inc. Annual Election Voting Instructions

The election of Officers and members of the Board of Directors for the Onondaga Cycling Club, Inc. will be held via mailed ballots this year. Results will be announced during the Annual Membership Meeting to be held January 28, 2011 at the DoubleTree Inn, 6302 Carrier Parkway, East Syracuse, NY along with the annual Awards Banquet. This page of the newsletter is to be used as the official ballot. It will be counted toward the election only if it is received at the post office box before the membership meeting. Do **not** bring this ballot to the meeting. In order for the vote(s) to be counted, the mailing label on the reverse side **must remain attached**.

INSTRUCTIONS:

Single (S) and youth (Y) memberships are allocated one vote and member should mark his/her selections using the boxes in the **S** column.

Family (F) memberships are allocated two votes. One member should mark his/her selections using the boxes in the **S** column and the other member should mark his/her selections using the **F** column.

The write-in area can be used to vote for persons whose names do not appear on the ballot. A plurality of votes is sufficient for election. If a write-in candidate receives enough votes for election, his/her seat on the board will be contingent on the person's willingness to serve.

When you have completed the ballot, return the entire page in an envelope addressed to:

Onondaga Cycling Club, Inc.
 P O Box 6307 Teall Station
 Syracuse, NY 13217-6307

Ballot must be received by Saturday January 28, 2011

Including write-in candidates, vote for no more than 4 officers and 12 directors.

Onondaga Cycling Club, Inc.

Election Ballot for 2011

<u>OFFICERS:</u>	Nominated by current BOD		* Incumbent			<u>OFFICERS WRITE-IN</u>
	S	F		S	F	
President:	<input type="checkbox"/>	<input type="checkbox"/>	Wayne Miner *	<input type="checkbox"/>	<input type="checkbox"/>	_____
Vice President:	<input type="checkbox"/>	<input type="checkbox"/>	Jeremy Burton	<input type="checkbox"/>	<input type="checkbox"/>	_____
Secretary:	<input type="checkbox"/>	<input type="checkbox"/>	Tony Baleno *	<input type="checkbox"/>	<input type="checkbox"/>	_____
Treasurer:	<input type="checkbox"/>	<input type="checkbox"/>	Mike Lyon *	<input type="checkbox"/>	<input type="checkbox"/>	_____

<u>BOARD OF DIRECTORS:</u>	Nominated by current BOD		* Incumbent					
	S	F		S	F	S	F	
<input type="checkbox"/>	<input type="checkbox"/>	Daniel Wnorowski	<input type="checkbox"/>	<input type="checkbox"/>	Chris Murphy	<input type="checkbox"/>	<input type="checkbox"/>	Bill Stiteler
<input type="checkbox"/>	<input type="checkbox"/>	John Cico	<input type="checkbox"/>	<input type="checkbox"/>	Chris Read	<input type="checkbox"/>	<input type="checkbox"/>	Bryan Blake
<input type="checkbox"/>	<input type="checkbox"/>	Sue Faso *	<input type="checkbox"/>	<input type="checkbox"/>	Sam Sampere *	<input type="checkbox"/>	<input type="checkbox"/>	Gianfranco Vidali *
<input type="checkbox"/>	<input type="checkbox"/>	Bill Goffe *	<input type="checkbox"/>	<input type="checkbox"/>	Robert Spear *	<input type="checkbox"/>	<input type="checkbox"/>	
<u>BOARD OF DIRECTORS WRITE-IN</u>								
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____

ONONDAGA CYCLING CLUB, INC.
P. O. BOX 6307 TEALL STATION
SYRACUSE, NY 13217-6307

ADDRESS SERVICE REQUESTED

**Membership
Renewal and
BALLOT
ENCLOSED**

