

THE SPOKE 'N WORD

Vol 32, Issue 3 - Summer 2013

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UPCOMING EVENTS IN THE CNY AREA

OCC Clothing Order: Re-Opened!!!

We have started a new order for OCC club clothing at Voler. Go to this link and follow the prompts to order:

<http://www.voler.com/custom/ordering/li/3589>

Kingdom Road Ride & Picnic

Saturday, August 3rd, 2013
Join the Club poolside at Mike & Nancy Lyons house for the annual picnic!

Swinburne Memorial Ride & Picnic

Saturday September 14th, 2013. Come on out for a supported century ride, and help us raise funds for the ALS Therapy Development Institute. It's a great time, with a picnic to follow at Carpenters Brook.

BY MIKE LYON

I never really know what to write about when I start these columns. It's difficult at times to come up with stuff that would be of interest to most of you. So I have decided to write about what has interested me over the last few months. One thing that keeps coming back to me, by various modes, is cyclists not obeying the rules of the road. You know, blowing through stop signs, red lights, wrong side of the road, etc. I think the one thing at really vexes me the most is when we are discourteous to motorists. That's right CARS, TRUCKS ETC. While we have the right to be on the road we don't have the right to claim that it totally belongs to us. This has been discussed on the listserv many times but it keeps occurring on club rides and I keep getting emails about it. It is not the new guys that are riding two or more abreast blocking the lanes and ignoring the "car back" yells. It's mainly those with many years of experience. May be if we start naming them on the listserv it might stop. I know wishful thinking. I have to admit there have been times when I have come upon riders that 3 or 4 abreast that appear to be oblivious to the fact that there is a 5K+ lbs. metal monster behind them with, let us say, a distressed person behind the wheel. If you think this will go away here's a link that was sent to me for you to take a look at: <https://www.facebook.com/GetBicyclesOffTheRoads>. So please when you are out there, whether or not you like it, you represent every one of us and it is possible that the driver in that car behind you had a really bad day and wants nothing better than to release some of his bottled up anger and you make an easy target. Ok enough soapbox.

This year's Tour de Syracuse (aka: Syracuse Race Weekend) saw a few changes. We held the time trial and the criterium on the same day. In the morning the time trial was run along an out

and back 9 mile course on Pleasant Valley Road, Marcellus. Things went smoothly for the most part but we do have a couple of bugs to workout. However, the comments we received were very positive. The criterium was held later the same day at Upper Onondaga Park, in the Strathmore section of Syracuse. This too went smoothly and knock on wood (knock knock) there were no crashes. I think this is the first time, in my limited experience that this has occurred.

As part of the event, we hosted the New York State Road Race Championship, a New York Bicycle Racing Association event. We had 120 riders registered for just this event along with another 200+ registered for the omnium. The start was different from previous years. Instead of Song Mountain Lodge, we began the race at Tully High School heading south to pick up route 281 and onto part of the old course through Preble and then onto Otisco Valley Road. Having the high school gym for the podium events was a great plus as was the food served up by the Tully Girls Cross Country race team, yummm. Here too we have some things that need to be addressed but all and all a great event. Keep an eye out for announcement about next year since some other changes are in the works.

Slow-n-Easy rides have just exploded; So much so that we have added the Slow-n-Easy Eastside on Thursdays. At these rides, there will always be at least two experienced riders to help with equipment and offer advice. Our goal is to provide every participant with a fun experience as well as one where they can gain more knowledge about our sport and maybe even a higher level of fitness, but let's not get carried away. I don't think that there have been less than 20 riders ev-



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FROM THE EDITOR

By DAVE VANWIE

TO STRETCH OR NOT TO STRETCH

I grew up hearing that we should warm up with a stretch. Strike and hold a pose, such as touching your toes, for 30 seconds or more, we were told, and you'll be looser, stronger and injury-proof.

But anyone who follows fitness science knows that in recent years a variety of experiments have undermined that idea. Instead, researchers have discovered, this so-called static stretching can lessen jumpers' heights and sprinters' speeds, without substantially reducing people's chances of hurting themselves.

Now, two new studies are giving us additional reasons not to stretch.

One study in *The Journal of Strength and Conditioning Research*, concluded that if you stretch before you lift weights, you may find yourself feeling weaker and wobblier than you expect during your workout. Those findings join those of another new study from Croatia, a comprehensive re-analysis of data from earlier experiments that was published in *The Scandinavian Journal of Medicine and Science in Sports*. Together, the studies augment a growing scientific consensus that pre-exercise stretching is generally unnecessary and likely counterproductive.

Many issues related to exercise and stretching have remained unresolved. In particular, it is unclear to what extent, precisely, subsequent workouts are changed when you stretch beforehand, as well as whether all types of physical activity are similarly affected.

For the more wide-ranging of the new studies, and to partially fill that knowledge gap, researchers at the University of Zagreb began combing through hundreds of earlier experiments in which volunteers stretched and then jumped, dunked, sprinted, lifted or otherwise had their muscular strength and power tested. For their purposes, the Croatian researchers wanted studies that used only static stretching as an exclusive warm-up; they excluded past experiments in which people stretched but also jogged or otherwise actively warmed up before their exercise session.

The scientists wound up with 104 past studies that met their criteria. Then

they amalgamated those studies' results and, using sophisticated statistical calculations, determined just how much stretching impeded subsequent performance.

The numbers, especially for competitive athletes, are sobering. According to their calculations, static stretching reduces strength in the stretched muscles by almost 5.5 percent, with the impact increasing in people who hold individual stretches for 90 seconds or more. While the effect is reduced somewhat when people's stretches last less than 45 seconds, stretched muscles are, in general, substantially less strong.

They also are less powerful, with power being a measure of the muscle's ability to produce force during contractions, according to Goran Markovic, a professor of kinesiology at the University of Zagreb and the study's senior author. In Dr. Markovic and his colleagues' re-analysis of past data, they determined that muscle power generally falls by about 2 percent after stretching.

And as a result, they found, explosive muscular performance also drops off significantly, by as much as 2.8 percent. That means that someone trying to burst from the starting blocks, blast out a ballistic first tennis serve, clean and jerk a laden barbell, block a basketball shot, or even tick off a fleet opening mile in a marathon will be ill served by stretching first. Their performance after warming up with stretching is likely to be worse than if they hadn't warmed up at all.

A similar conclusion was reached by the authors of the other new study, in which young, fit men performed standard squats with barbells after either first stretching or not. The volunteers could manage 8.3 percent less weight after the static stretching. But even more interesting, they also reported that they felt less stable and more unbalanced after the stretching than when they didn't stretch.

Just why stretching hampers performance is not fully understood, although



the authors of both of the new studies write that they suspect the problem is in part that stretching does exactly what we expect it to do. It loosens muscles and their accompanying tendons. But in the process, it makes them less able to store energy and spring into action, like lax elastic waistbands in old shorts, which I'm certain have added significantly to the pokiness of some of my past race times by requiring me manually to hold up the garment.

Of course, the new studies' findings primarily apply to people participating in events that require strength and explosive power, more so than endurance. But "some research speaks in favor" of static stretching impairing performance in distance running and cycling, Dr. Markovic said.

More fundamentally, the results underscore the importance of not prepping for exercise by stretching, he said. "We can now say for sure that static stretching alone is not recommended as an appropriate form of warm-up," he said. "A warm-up should improve performance," he pointed out, not worsen it.

A better choice, he continued, is to warm-up dynamically, by moving the muscles that will be called upon in your workout. Jumping jacks and toy-soldier-like high leg kicks, for instance, prepare muscles for additional exercise better than stretching. As an unscientific side benefit, they can also be fun.

This article originally ran in the NY Times on 4/3/13

TOUR DE SYRACUSE

On May 18th and 19th, hundreds of racers converged on the Upstate area to take part in the Annual Tour de Syracuse Race Weekend, the flagship event of our club.

We had many club members that participated or volunteered for the weekend and the weather cooperated making it an enjoyable event for racers and organizers alike.

Following are some results and photos of the event.

Photos by Pat Hendricks photography:

http://www.backprint.com/view_event.asp?PID=bp%131%40&EVENT

**Tour de
Syracuse**

OMNIUM 2013



TOUR DE SYRACUSE



Tour de Syracuse Omnium Results

Pro/1/2 Men

Place	Pts	Bib	First	Last	Team	City	State
1	117	8	Dylan	Pudiak	Mt Borah / Minerva Design p/b Basso	Fairport	NY
2	99	3	Brendan	Housler	Mt Borah / Minerva Design p/b Basso	Rochester	NY
3	85	7	Sean	Piper	Freddie Fu Cycling Team	Pittsburgh	PA

3 Men

1	111	351	Bruce		Beauharnois Team Wear on Earth	Peru	NY
2	97	363	David		Richardson Team Towpath	Rochester	NY
3	87	360	Graham		Macbeth CRCA/Setanta	Brooklyn	NY

4 Men

1	109	253	Craig	Burbules	TBS Racing p/b Plan2Peak	Corfu	NY
2	91	258	Fred	Harle	Chobani - Syracuse Bicycle	Jamesville	NY
3	88	265	Austin	Skomra	TBS Racing p/b Plan2Peak	Buffalo	NY

Masters Men 35+ (1-4)

Place	Pts	Bib	First	Last	Team	City	State
1	117	954	Michael	Magur	Verge Sport	Newburgh	NY
2	107	952	Mariano	Garcia	Chris Cookies / Swan Cycles	Ithaca	NY
3	104	951	Jason	Dellilo	Bike Loft East	Baldwinsville	NY

Masters Men 45+ (1-4)

1	105	457	Mark	Sumner	CCC/Keltic Const/Zanes Cycles	Clifton Park	NY
2	102	452	Donald	Davis	Team Truly Spokin	Pensacola	FL
3	102	456	Carl	Reglar	Verge Sport Mount	Vernon	NY

Masters Men 55+ (1-4)

1	114	851	Doug	Chiasson	Peak Racing/Gear Works Cyclery	Athol	MA
2	114	855	Jim	Laird First	Capital Cycling, Kingston	Kingston	ON
3	102	853	Eric	deRivera	Peak Racing / Gearworks Cyclery	West Boylston	MA

Pro/1/2 Women

1	123	400	Ariane		Bonhomme Stevens Racing p/b The Cyclery	Gatineau	QC
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3 Women

Place	Pts	Bib	First	Last	Team	City	State
1	113	52	Evelyn	Korbich	Young Medalist	New Tripoli	PA
2	108	50	Emily	Elbers	Farm Team Elite Women	Syracuse	NY
3	102	53	Kellie	Strang	Cleveland Clinic RGF p/b felt	McDonald	OH

TOUR DE SYRACUSE



4 Women

Place	Pts	Bib	First	Last	Team	City	State
1	120	100	Lucia	Deng	CRCA/Rockstar Games/Sig. Cycles	New York	NY
2	111	103	Gina	Rocco	CRCA/Rockstar Games/Sig. Cycles	New York	NY
3	99	102	Sara	Perlmutter		Buffalo	NY

Junior Boys 10-12

1	117	904	Maxwell	Mclenithan	Farm Team Cycling	Cambridge	NY
2	111	905	Ian	Vernooy		Niskayuna	NY
3	102	901	David	Do	Young Medalists	Landisville	PA

Junior Boys 13-14

1	120	208	Christopher	Welch	Motion Elite Cycling Team	Noblesville	IN
2	111	207	Griffin	Schwartz	Independent	Lachine	QC
3	102	210	Mark	Yaroshevsky	Liberty Cycle	North Caldwell	NJ
7	75	211	Christopher	Larson	Onondaga Cycling Club	Syracuse	NY

Junior Boys 15-16

Place	Pts	Bib	First	Last	Team	City	State
1	126	804	Derek	Gee	Ottawa Bicycle Club	Osgoode	ON
2	113	801	Connor	Byway	Ottawa Bicycle Club	Ottawa	ON
3	99	802	Marcello	Cesario	Young Medalists	Downingtown	PA

Junior Boys 17-18

1	126	322	Sam	Morkal	Williams CRCA Junior Development	Briarcliff	NY
2	115	323	Sammy	Moseley	CRCA Junior Development	Scarsdale	NY
3	104	321	Peter	Harris	Young Medalists	Lititz	PA

Junior Girls 13-14

1	120	300	Alexis	Antelman	Mid Atlantic Junior Cycling p/b KOR	Frenchtown	NJ
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Junior Girls 17-18

1	120	703	Paige	Williams	Farm Team Elite Women	N Bennington	VT
2	108	702	Myriam	Burton	Ottawa Bike Club	Dunrobin	ON
3	105	701	Elissa	Antelman	Mid Atlantic Junior Cycling p/b KOR	Frenchtown	NJ



GREAT RECIPIES

Banana Oatmeal Energy Bars

Ingredients

- 1 cup raw rolled oats
- 2 sun dried bananas, roughly chopped
- 1 fresh banana (not so ripe), roughly chopped
- 3 TBSP almond meal
- 3 TBSP flax meal
- 2 TBSP sesame seeds
- 1 TBSP chia seeds
- 2 TBSP raisins

Instructions

Add all the ingredients to a food processor and pulse until combined. I would not use a blender for this as you want some chewiness and texture to the bars.

Scoop out and press the mixture in a cake pan.

You can serve straight away but it's good to place the pan in fridge for 20 minutes to firm up.

Cut and serve.

Store in fridge.



Homemade sports drink recipe without artificial flavors or ingredients

You can make a homemade sports drink with the same nutritional profile by using the following recipe but at a much lower cost than expensive store-bought sports drinks.

Ingredients

- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 cup hot water
- 1/4 cup orange juice (not concentrate)
- 2 tablespoons lemon juice (optional, but flavor will be weaker)*
- 3 1/2 cups cold water

Instructions

Dissolve the sugar and salt in the hot water at the bottom of a pitcher.

Add the juice and the cold water;

Chill.

Quench that thirst!

Yield: 1 quart

Nutrition Information:

Total calories: 200

Calories per 8 ounces: 50

Carbohydrate 12 grams

Sodium 110 mg

Create Your Own

You can be creative when making your own sports drink. For example, you can dilute many combinations of juices (such as cranberry + lemonade) to 50 calories per 8 ounces and then add a pinch of salt (1/4 teaspoon salt per 1 quart of liquid).

Some people use flavorings such as sugar-free lemonade to enhance the flavor yet keep the calories in the 50 to 70 calories per 8-ounce range.

The trick is to always test the recipe during training, not during an important event. You want to be sure it tastes good when you're hot and sweaty and that it settles well in the stomach when you're working hard.



TOUR DE CURE RIDE

By PEG HOTALING

Sunday, June 9 was a great day for a bike ride and so twenty members of the OCC team took a ride with the American Diabetes Association Tour de Cure. This is about the 22nd year of this event. And this year nearly 1,000 cyclists participated and raised funds to help Stop Diabetes. As of this writing, over \$335,000 had been turned in! Well beyond their goal of \$250,000.

Our team contributed \$11,700 to the total. We had some big numbers this year with Brian Kelly raising more than \$3,200, Caroline Brown also did a fantastic job with over \$1,700 and Stephen Wilson just above \$1,170. We also had several people over the \$500 level that meant you would receive a Tour de Cure cycling jersey. Not only did the team do a great job in fundraising, but several people challenged themselves on the road. At least eleven people reported they did the century ride, three did the metric and three the 40 miles. The routes went through several counties including some nice rural roads with little traffic and were designed by OCC member Dick Walters. Since the team raised over \$5,000, we were given a team tent at Verona Beach where we started. We could go relax after the ride, enjoy the food provided by Carrabba's, catch a few rays of sunshine and display our club banner.

Thanks to everyone who participated and worked so hard to raise money for the cause. And thanks to those of you who donated. Hope to see everyone again and maybe we will get more to join us in 2014!



Peg



JULY 4TH RIDE

Chimney Bluffs

Twenty-one members and one guest came out to ride the rolling roads of Oswego, Cayuga and Wayne counties. Twelve did the 70 mile route (two of these folks managed to get 72 miles and amazingly, stayed dry), the rest opted for 45 (and some of these folks managed to get more). Unfortunately our guest had a mechanical problem, her bike post broke, and had to call for assistance. No other incidents were reported. In total, we rode 1,264 miles. The long group saw Chimney Bluffs from the State Park on Garner Road. (Attached is the happy 70 mile group at the park, before we got wet).

Most of the feedback was that it was a great route. Hopefully the schedule-meister will put it on the calendar again!

Peg *Ride Leader*



BIKE CALENDAR

JULY

- 13 NY Capital Region Road Race**
Albany, NY
- 14 Albany Crit**
Albany NY
- 14 Gravity East - Swain Resort**
Swain Resort - Swain, NY
- 18-21 USA Cycling MTB National Chamionships**
Bear Creek Resort, PA
- 21 CRCA Lou Maltese Memorial**
NYC, NY
- 25 Larkinville Challenge**
Buffalo, NY
- 27 Sidney TTT**
Sidney, NY
- 27-28 Hardcore 24**
Naples, NY
- 28 EARC Criterium**
Buffalo, NY
- 28 Gravity East - Oak Mtn.**
Oak Mountain - Speculator, NY
- 28 S.O.S Mountain Bike Challenge**
Montgomery, NY

AUGUST

- 2-4 Tour of the Catskills Stage Race**
Hunter and Windham, NY
- 3-4 Wildcat Epic Weekend**
Gardiner, NY
- 4 Queen City Criterium**
Buffalo, NY
- 4 909 Challenge**
Pleasant Valley, NY
- 10 Mengoni Grand Prix**
Central Park, NYC, NY
- 11 Butternut Valley TT**
New Lisbon, NY
- 11 NYS Track Championships**
Flushing, NY
- 11 Belleayre Mountain All Terrain Challenge**
Hightmount, NY
- 17 Catskill Divide Road Race**
Big Indian, NY
- 18 Kissena Junior Meet**
Flushing, NY
- 24-25 Chris Thater Criterium - NYS Crit Champs / NRC**
Binghamton, NY
- 25 West Hurley Burly Backyard World Championships**
West Hurley, NY

SEPTEMBER

- 30-2 Green Mtn Stage Race**
Warren, VT
- 1 ADK 80K MTB Race**
Lake Placid, NY
- 1 Eastern States Cup - NY State Championship**
Plattekill, NY
- 2 47th Annual Kissena Labor Day Track Festival**
Flushing, NY
- 7 Hunter Mtn Fall Classic**
Hunter, NY
- 8 Riedlbauer's Round Top Rally**
Round Top, NY
- 14-15 Tour of the Adirondacks**
Lake George, NY
- 14-15 The Jimbo 24hrs of Garnet Hill MTB Race**
North River, NY
- 17 Calvert-Toefeld Memorial**
Brooklyn, NY
- 22 2013 SUNY Oneonta Mountain Bike Festival**
Oneonta, NY
- 22 Walnut Mountain Triple Challenge**
Liberty, NY

PREZ MESSAGE

ery Tuesday at the Westside rides and one night we had 50. Sure beats those nights when it was just Tony and me and sometimes Lee. So let your friends know about these great events that the club puts on. Go to our web page for more info.

Stay tuned for a new training ride for you Cyclocross enthusiasts or for those that just want to know more about the sport. Oh by the way, our Syracuse Grand Prix Cyclocross race will be held on November 2, a little later than usual, and will for the first time be part of the NYCROSS series of races.

I want to finish by thanking all the 100's of volunteers that

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turn out at our events, be it the ride leaders who every week do a great job or our board members who are sometimes overwhelmed. Hey, did you know that there is only one day of the week that you can't find an OCC sponsored ride. Does anyone know which one?

That's it for now, keep safe out there.

Mike



During this rainy weather stick to the road...
your brakes work better !