The Official Newsletter of ONONDAGA CYCLING CLUB

THE SPOKE 'N WORD

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UPCOMING EVENTS IN THE CNY AREA

Earthday Cleanup
Save the date:
Saturday April 25, 2015

Syracuse Race Weekend!
May 15-17 2015, It's a great event and we can use volunteers!

IronMan 70.3 Warmup Ride and Picnic
Saturday May 30, 2015 at Jamesville Beach.

Tour de Cure CNY
Sunday June 14th at Verona Beach State Park - Join the OCC team and help support diabetes research!

THE PRESIDENTS MESSAGE

Welcome to the start of the 2015 cycling season!



Although there are still large mountains of snow and ice melting, one of the least cycling friendly winters we've seen in a long time is finally behind us. On more than one occasion I seriously considered picking up a fat bike to ride in the snow, but buying a third bike in a year seemed a little excessive (but only a little).

If you haven't pulled your bike out of storage yet, then it time to dust off the cobwebs, get your trusty steed tuned up and start rolling, because you're already missing out on scheduled OCC rides. April starts slow but we'll be up to six rides a week by the end of the month. All rides and events can always be found in the ride calendar on the OCC web site, and don't forget to check our Facebook page and the listserv for last minute updates.

As usual the OCC will be busy for 2015. In addition to over 150 scheduled rides, the club has a full slate of events this year. Our annual banquet in January was a huge success as was the OCC/CNYTriathlon Spring Fling which included Time Trial Wars and a bike swap.

Looking forward Syracuse Race Weekend is right around the corner starting on May 15th running to Sunday May 17th. As always, if you're not racing, then please help support the event by volunteering. Even a few hours of your time is a huge help for the largest bike race in the area.

Following Syracuse Race Weekend, on May 30th is the Ironman 70.3 Warm-up ride out of Jamesville Beach. The ride follows the challenging but fun Syracuse half-Ironman bike course that participants will be riding on June 21st. Don't worry if you're not planning on doing the triathlon, this

ONONDAGA EST. 1972 CYCLING CLUB PRESENTS IRONMAN 70.3 Syracuse WARMUP RIDE

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From the Editor

By DAVE VANWIE

Winter, What Winter?

How many people were RAW this winter (Rode All Winter)? A show of hands... anyone?

[crickets...]

I'm not surprised. With the coldest February on record, and at least our average snowfall (most of it seeming to fall in February as well) this made for a brutal winter in Central New York and our biking legs suffered for it. I for one had much less riding than typical. In fact this February was so cold, it was the first month in more than 3 years that I did not get a ride in. My first commute of 2015 was on January 23rd, and my second was on March 9th.

In fact, it was SO cold, I couldn't even do the Winter Newsletter! I mean really, who was thinking of cycling this winter??

There was one person. You may have heard, Tim O'Shea rode a phenominal 200 miles, from Manlius to Mt Marcy, then hiked up and down the mountain to raise funds for **Two Smiles One Hope**. And he started out on February 16th with morning temps of -15º below and a high of 6º above. And that was in Syracuse. He rode North, so it was surely even colder.



I mention this because it puts things into perspective. A friend of mine once said (in reference to a skiing trip) "There's never a bad day of skiing, just bad preparation." I think the same holds true for cycling.

Case in point: During March we also had some very cold temps, some mornings down into the low single digits. I had never commuted in temps that cold before. I was telling myself that my limit was 20º, I just couldn't ride 45-50 minutes if it was any colder than that. But knowing that Tim rode as long as he did, with temps much colder than that, just made me realize it's not a question of the temperature, it's all in the preparation. So when we had a couple of bright and sunny days on early March, I decided to get out and start my commuting. With a morning temp of 5º it was brisk, sure, but I made it to work fine, and by the time I rode home the temperature was up near 30 degrees, balmy by comparison.

Now, I don't know if I could have survived the ride Tim did, even if Paul Komanecky and Phil McCarthy were right in front of me cheering me on. But when I realize how long he was on a bike in those temperatures, I realized I could ride in above zero weather for a few minutes.

It's all in the preparation.

I know not everyone is going to ride when it's 5º outside, heck most won't even ride when it's below 40º, but if you're prepared for the possibilities when you get on your bike, you'll be out more often and it will make those rides better should inclement weather pop-up.

Stay warm out there, it's still only Spring!

Dave

SYRACUSE RACE WEEKEND

Every year the club plans and runs the Syracuse Race Weekend, a 3 day 4 event race that draws riders from across the Northeast. If you're not planning to race during the event, please consider volunteering to help at one or more of the venues. A club like ours is only as strong as it's members and we value all the support you can give.

We'll have refreshments for anyone who is working an event, there will be mileage reimbursement for anyone driving as a pace car or wheel car for the Road Race, you'll get a GREAT view of the events (I was fortunate enough to do pace car duty at the Criterium last year, and that was fun!)

We have humdreds of riders each year who travel from all over the Northeast and Canada to come to our event, and I have heard some great comments about how well run it is. Let's keep them coming back!

And don't forget, you'll get volunteer points with the club and as they add up, you can get a great gift at the Annual Banquet.

So make time in your schedule and help out at one or more of the events listed below. You'll be glad you did, and so will the club!

THE ONONDAGA CYCLING CLUB PRESENTS



The 2015 Syracuse Race Weekend is a four event omnium!

The Omnium consists of the following events:

- Hill Climb – Friday May 15th, 2014 - LaFayette, NY
- Time Trial – Saturday May 16th, 2014 - Marcellus, NY
- Criterium – Saturday May 16th, 2014 - Syracuse, NY
- Road Race – Sunday May 17th, 2014 - Tully NY

Register for the Omnium or Individual events at BikeReg.com

Each event is held rain or shine in accordance with USACycling rules.
Complete information for the event can be found on the OCC Web site: http://onondagacyclingclub.org/syracuse-race-weekend/

Held under USA Cycling event permit No. 2014-245

THE SPRING FLING!

On Sunday March 29th, from 9 a.m. - 4 p.m. There was food and beverages and fantastic vendors (many are giving out discounts, a few are doing massages, and one did acupuncture). There was also seminars starting at 9 a.m. and a bike swap (think garage sale except with bikes and gear). And of course the Time Trials Wars started at 11 a.m. as people duked it out on the Computrainers. Lots of stuff. Lots of information. It was a great time!

Here are a few photos of the event:













EARTH DAY CLEAN-UP & RIDE



Each year the members and friends of OCC head out to Caughdenoy Rd. in Cicero to cleanup a section of Onondaga County road adopted by the club (honest, it's got our name on it).

So come on out, have some fun, enjoy some laughter with friends, eat, clean up, go for a ride afterwards , and see why so many of our friends show up year after year.

When: Saturday April 25, 2015 at 9:00 am

Where: Everyone meets at Jerome's Fire Apparatus on Caughdenoy Rd., 1/2 mile north of Route 31.

Sign-in and breakfast pizza, donuts, coffee and hot chocolate will be served prior to the clean up. Gloves, vests and other safety equipment will be provided to all.

Post Clean-up Ride: As always, there's a ride after the clean up. The ride will kick-off at 11:00 AM.

TOUR DE CURE

I have volunteered to take over the role as Captain of the OCC Tour de cure Team. I thank Peggy Hotaling for all her years serving as the team Captain.

Take the Ride of Your Life
American Diabetes Association.
TourdeCure

The 2015 date is 6-14-15 at Verona Park. I have created the OCC team on the Tour de cure website, so when you register and donate, do so under the OCC team.



Our goal this year in Fundraising is $10,001. (One dollar over 10K to beat out Syracuse Bicycle!).

Thank you for your help to fight diabetes.

If any one has questions, email me at eclinton@twcny.rr.com

Eileen

WANKMEISTER

What Cyclists Say...	and What They Mean
I think I might have a flat tire	Slow down, will ya?
I definitely have a flat tire	Help me change it
I don't have a low enough gear	I've gained 5 pounds
I've decided to buy a lighter bike	I've gained 10 pounds
I'm carbo loading	Pass the ice cream
I'm tapering	I haven't ridden in 2 months
If you're a good bike handler, you don't need to wear a helmet	I'm so stupid a brain injury wouldn't affect me
She's a hammer	She's faster than me
He's a geek	I'm faster than him
I bonked	All I took for a 4-hour ride was a half-empty bottle of month-old OJ and a moldy Twinkie
If you don't crash, you're not going fast enough, dude!	I crash a lot
I don't own a car	I'm a better person than you
Why doesn't somebody do something about all these potholes?	Why doesn't somebody else do something about all these potholes?
I do all my own bike maintenance	When I squeeze the front brake lever, the bike shifts gears
Thanks for waiting	Wipe that smug grin off your ugly face
Hey, did you guys hear about those new 1.8 gram carbon-fiber quick-release skewers with titanium springs?	I am a very lonely person
I want to ride my bike to work, but...	I don't want to ride my bike to work
He's such a wheelsucker	I can't drop him
She's always half-wheeling me	I can't keep up with her
The town-line sprint is 100 yards beyond the next bend	The town-line sprint is 200 yards beyond the next bend
Well, let's take it easy today.	Ready, set go!
Hold on, there's something wrong with my bike	Let's stop so I can rest
My tires suck!	This climb is killing me!
It's getting dark	I wanna go home
This bike is a piece of ****	I can't ride worth ****
I think I broke my arm	There's a little bruise on my arm and I don't want to ride anymore
This hill is easy	This trail's pretty tough but I'm gonna try and lose you on it
My bike was acting funny	Otherwise I would have whooped your butt!
He's pretty good	I know I'm better than him
He sucks!	He's better than me

GREAT RECIPES

Help spark the calorie burning early with these recipes!

SPICED GREEN TEA SMOOTHY

Ingredients

3/4 cup strong green tea, chilled
1/8 teaspoon cayenne pepper
Juice of 1 lemon (2-3 TBSP)
2 teaspoons agave nectar
1 small pear, skin on, cut into pieces
2 tablespoons fat-free plain yogurt
6-8 ice cubes

Preparation

Prep Time: 30 minutes
Cook Time: 5 minutes
Total Time:
Yield: Makes 2 servings (serving size: 1 cup)

Put all ingredients in blender. Blend until smooth. Drink cold.

Nutritional Information

Calories per serving:	82
Fat per serving:	0.2g
Saturated fat per serving:	0.0g
Monounsaturated fat per serving:	0.0g
Polyunsaturated fat per serving:	0.0g
Protein per serving:	1g
Carbohydrates per serving:	21g
Fiber per serving:	3g
Cholesterol per serving:	0.0mg
Iron per serving:	0.0mg
Sodium per serving:	13mg
Calcium per serving:	39mg

Good to Know

Caffeine and an antioxidant called catechin are thought to stimulate your nervous system and increase fat-burning, so green tea can help you shed pounds and trim your waist.



ENERGY-REVVING QUINOA



Ingredients

This meatless meal of Energy-Revving Quinoa keeps you energized between meals or after a workout.
Ingredients

1 cup cooked quinoa
1/3 cup canned low-sodium black beans, drained and rinsed
1 small tomato, chopped
1 scallion, sliced
1 teaspoon olive oil
1 teaspoon fresh lemon juice
Pinch of salt
Pinch of freshly ground black pepper

Preparation

In a medium bowl, gently toss all ingredients to combine.

Nutritional Information

Calories per serving:	337
Fat per serving:	8.2g
Saturated fat per serving:	1.1g
Monounsaturated fat per serving:	4.2g
Polyunsaturated fat per serving:	2.4g
Protein per serving:	14g
Carbohydrates per serving:	53g
Fiber per serving:	9g
Cholesterol per serving:	0.0mg
Iron per serving:	4mg
Sodium per serving:	165mg
Calcium per serving:	88mg

Good to Know

Kara Goucher, Olympic runner, stays energized with this snack between meals and after workouts.

GUIDE TO SPRING CLASSICS ROAD RACES

The classic cycle races are one-day professional cycling road races in the international calendar. Most of the events, all run in western Europe, have been fixtures on the professional calendar for decades and the oldest ones date back to the 19th century. They are normally held at roughly the same time each year. In the last few years, the five most revered races are sometimes described as the 'Monuments'.



Together, Milan – San Remo, the Cobbled classics and the Ardennes classics form the "Spring Classics", all held in March and April.

Milan-San Remo

Known as la Primavera as it is the traditional start of big-time racing, M-SR is one of the most prestigious and sought-after palmares a rider can have on his resume.

It can confirm an ascendant career (in 1966, a precocious second-year pro named Eddy Merckx took the win and would go on to win six more times) or serve to confirm it—last year Australian Matt Goss was considered something of a surprise winner despite a number of race victories in his career. This year he'll lead the GreenEdge team in hopes of a repeat.

It's also a dinosaur of sorts. At just under 300 kilometers long, it's a throwback to the days when the Tour de France regularly featured 300km stages and riders unapologetically took the train after dark only to start again the next day.

The Cobbled Classics

Gent-Wevelgem



The event dates back to 1934 when a racer from Wevelgem named Gaston Rebry became the third rider (at the time) to win the Tour of Flanders and Paris-Roubaix in the same season. To recognize the achievement, Wevelgem held a junior race in his honor later that September. After five more amateur editions and then a five-year break during World War II, the race was re-born as a professional event in 1945. The race also had a new name: Gent-Wevelgem.

For much of the postwar era of professional cycling, the race was held on the Wednesday between the Tour of Flanders and Paris-Roubaix. Shorter than Flanders and Roubaix, Gent-Wevelgem was an ideal midweek appointment for riders looking to maintain their fitness between the two cobbled Monuments. It was also a race—thanks to the relatively longer distance from the top of the last climb of the Kemmelberg to the finish line in Wevelgem—known to favor sprinters, which is why one sees many riders on the list of Gent-Wevelgem champions (Djamolidine Abdoujaparov, Mario Cipollini, and Tom Steels) who are better known for winning green jerseys at the Tour

de France than cobbled Classics in Belgium.

E3 HarelBeke

E3 Harelbeke first took place in 1958 and was originally known as "Harelbeke-Antwerp-Harelbeke." Later, it was known as the "E3 Prijs Vlaanderen" in honor of a new highway (then called the E3, now called the A14) that connects the two Belgian cities.

Traditionally held on the Saturday before the Tour of Flanders on a course containing many of the climbs in the longer, more prestigious Monument, the E3 was a logical and popular choice for riders looking to test themselves and gauge their competition before the Ronde. It's no surprise that many riders (including Omega Pharma–Quick-Step's Tom Boonen and Trek Factory Racing's Fabian Cancellara) have won the E3 and then the Ronde a little more than a week later.

Tour of Flanders

The Tour of Flanders will get a slight tweak of the route for 2015, with two more climbs added. The 2015 race will be largely the same as the 2014 course but with the two additional climbs coming in the first half. The final 150km will remain the same, with three loops around Oudenaarde helping to funnel the spectators into the action-packed finale.

The Oude Kwaremont still features three times – which is not surprising given the success of the huge VIP tent that is now erected alongside it – but the Paterberg now only features twice. These two hills remain the final pair on the route, which ensures the relatively lengthy run-in to the finish to Oudenaarde is unchanged.

Paris Roubaix

There is no other race in the world like Paris-Roubaix. The French race is known as the 'Hell of the North' thanks to its torturous pavé sectors and the many stories of pain and destruction that they hold.

Dreams of riders like George Hincapie and Johan Museeuw have ended in tears along the roadside but the risks make victory in the velodrome that much sweeter. After 260 kilometres, around 50 of those on pavé, the race ends with one and a half laps on Roubaix's outdoor track.

The Ardennes Clasics

Amstel Gold

The Dutch Classic Amstel Gold Race has a character all of its own with twisty and narrow roads, short and steep climbs, and crazed orange-clad fans. The first of three Ardennes Classics is a race to watch and one for the riders to add to their palmarès.

The relatively new Classic (this year celebrating its 48th edition) starts in Maastricht and ends with three circuits on the Cauberg. The first two times up the 1.5-kilome-



tre climb splits the race into select groups, while the final ascent decides the race winner.



La Flèche Wallonne

Belgium's la Flèche Wallonne is a mid-week race with a comparatively short distance of 200 kilometres, but that does not change the importance of this race that always ends with spectacular explosions on the famed Mur de Huy. The climb is a 1,300-metre, leg-snapping ascent that averages 9.3 percent gradient and boasts a maximum of 25 percent.

The second of three Ardennes Classics starts at a leisurely pace in the Walloon city of Charleroi, but it ends with two circuits around the city of Huy. The riders scale the Mur de Huy the first time to start the smaller circuit that ends with Huy. From there it is all about positioning for the final larger circuit: Côte de Peu d'Eau, Côte de Haut-Bois, Côte de Thon, Côte de Bonneville, Côte de Bohissau, Côte de Ahin and Mur de Huy.

Riders need to be in the front 15 for the Mur de Huy if they want to stay in contention. Whoever wants to win needs to wait to the last three-hundred metres to light his dynamite. A well-timed blast will produce a victory, but an early move will mean you are gasping for breath on the fan-lined Mur.

Liège-Bastogne-Liège

Liège-Bastogne-Liège ends the run of Northern Liège-Bastogne-Liège is one of cycling's five Monuments, a designation reserved for the most difficult and historic races on the calendar. The race earns that status with its narrow roads, near-constant climbing, and uphill finish. It's 263 kilometers of nervous, technical racing. If Flèche Wallonne, with its excruciatingly steep Mur de Huy, is a punch the gut, Liège-Bastogne-Liège is a thousand paper cuts.

Nicknamed La Doyenne, for its age and prestige, Liège-Bastogne-Liège dates from 1892, predating the Ronde van Vlaanderen by more than 20 years. It was originally conceived as a prelude to a planned 845-kilometer monster, Liège-Paris-Liège. That race never took place, but Liège-Bastogne-Liège continues, and this year marks its 100th running. Like many European races, it was interrupted by two world wars.



BIKE RACING CALENDAR

APRIL

4-5 **Army Spring Classic**
West Point, NY

12 **GVCC Spring Classic**
Bloomfield, NY

18-19 **11th Annual Tour of the Battenkill**
Greenwich, NY

19 **EFP Rotenberg Methods Criterium At The Zoo**
Rochester, NY

25 **Check Your Legs Road Race**
New Lisbon, NY

MAY

2 **Women's Woodstock Cycling Grand Prix RR**
Woodstock, NY

3 **Hollenbeck Spring Classic**
Virgil, NY

3 **Lime Rock Grand Prix**
Lakeville, CT

10 **Bear Mountain Spring Classic (NY State Road Race Championships)**
Bear Mountain, NY

15-17 **SYRACUSE RACE WEEKEND**
SYRACUSE, NY

24-25 **Killington Stage Race**
Killington, VT

30-31 **Wilmington-Whiteface Race**
Wilmington, NY

JUNE

7 **Plan2Peak Empire Classic Road Race**
Buffalo, NY

13 **Green County Summer Classic (formerly Hunter Mountain)**
Hunter, NY

13-14 **Hamburg Race Weekend**
Hamburg, NY

14 **Giro d'Otisco**
Otisco, NY

20 **Corning Circuit Race @ Watkins Glen Speedway**
Watkins Glen, NY

21 **Bristol Mtn Road Race**
Canandaigua, NY

26-28 **Longsjo Classic**
Fitchburg, MA



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event is for everyone, with a mid-ride ice cream stop and catered picnic at the finish. It's all the fun of a triathlon without all that ridiculous running and swimming!

The club also sponsors events such as the vacation ride, the Earth Day Clean-up, Slow-N-Easy rides, our Fall charity century and the Syracuse GP cyclocross in conjunction with the Maxpower PowerCross at Onondage Lake Park. Of course cycling culture doesn't begin and end with the OCC, there are Freedom of Espresso rides in Fayetteville, Maxpower rides in Brewerton, and plenty of other rides sponsored by Syracuse Racing Development, the Syracuse Pub Peddlers, Syracuse Bike Race Team and plenty of other cycling groups here in CNY. Simply put, if you ride a bike, there's no reason you should be cycling by yourself or not be having fun on your bike!

I'll wrap-up by asking everyone to take a moment this spring and stop and smell the proverbial roses. Here in Central New York we have plenty to complain about when it comes to the weather, and sometimes the roads are a little crumbly, but the cycling here is second to none. I recently spent some time riding in Austin TX, and no doubt that the people were friendly and post ride espresso was great, but urban riding just doesn't compare to what we have in our own back yard with wide shoulders, long stretches of roads and more variety of rides than anyone could want. So stay safe, have fun, and get out there and ride!

Todd