

OCC Picnic Scheduled for July 25

Chad Bradshaw

Mark Your Calendar! - The Annual OCC Family Picnic is Saturday July 25th from 11 AM to 4 PM at Highland Forest. We are again using the Torbert Shelter located above the main parking lot across from the office (there'll be a sign). We do NOT have to pay the \$1.00 parking fee since parking is included in the shelter rental fee. Bring the family, friends, something to grill and, if you're feeling sociable, a dish or treat to pass. Soda and chips will be provided as will a few hotdogs for those who forget to bring something. Bring your mountain bikes to try the great trails or to pre-ride the race course for the following week's Highland Forest Classic.

The Saturday morning club road rides will leave from the lower parking lot at the foot of the sledding hill and should return just in time for lunch. Since there will be some extra food, come on up the hill and relax with your friends after the ride. Last year we had a great turn-out and a good time was had by all. Call Chad (446-0876) or Zeke and Deb (445-1221) for info or questions.

Firecracker 100 Fizzled!

Gianfranco Vidali

Under a uniformly gray sky, 35 bikers gathered at Carpenter's Brook parking lot in the early morning of July 4th for the much awaited Firecracker 100. The ride leader, and perhaps a few others, were not thrilled to have gotten up so early in the day, but were comforted by the thought that it could have been worse, much worse, as in the Giro d'Italia in 1909, one of the first, where the start of the first stage was set at 2:59 (a.m.) Soon after we pulled out from the parking lot, the first drops of rains started to fall. Most riders decided, wisely, to do the metric or an unofficial 50 mile ride; four racers sprinted ahead on their century, never to be seen again.

Ten of us stayed pretty much together during the entire course. As we were cutting through the upper part of the Montezuma plain, the sky looked more ominous than ever; the group proceeded in silence, with only the whirring of 10 wheels to be heard in the stillness that precedes a major downpour.

The ride leader's thoughts went to a ballad he read recently about the Montezuma marsh and the conditions under which the men that dug the ditches for draining the swamp labored for years. Eventually over 1,000 died of accidents and malaria. Here it is, reprinted without permission from "30 bicycle tours in the Finger Lake Region".

"We are digging the Ditch through the mire;
Through the mud and the slime and the mire, by heck!
And the mud is our principal hire;
In our pants, up to our sleeves, down our neck, by heck!
The mud is our principal hire."

Soon it started to rain steadily; we passed two laborers in the field, perhaps migrant workers attending the fields. They probably thought: who is more miserable here, them or us? By Lyons, the rain ceased and morale soared as we prepared ourselves
(continued on page 6)

Black Fly Bites Hard

Joe Pechacek

(Joe originally sent this Black Fly report only to the email list. So many people enjoyed it, it now appears here in the newsletter. I hope he doesn't mind. - ed.)

The Black Fly was probably the toughest race/ride I've ever done. The race started in Inlet and finished in Indian Lake. The race course was thru the Limekiln Recreation Area and was 45-47 miles in length.

(continued on page 6)

Mountain Bike Clinic

Scott Wright will be conducting a Mountain Bike Clinic on Saturday, August 8 at Great Bear from 10:00am - 12:00 noon. It will be geared towards beginner riders, teaching basic skills to help people feel more comfortable and relaxed. Helmets are required. Contact Scott at 698-9502 for more info.

Thursday Mountain Bike Ride Schedule

The Thursday evening Mountain Bike Rides will be alternating locations. Dates and locations follow: July 30 at Skytop; August 6 at Split Rock; 13 at Great Bear; 20 at Sky Top; 27 at Bird Sanctuary; September 3 at Split Rock; 10 at Great Bear; 17 at Sky Top; 24 at Bird Sanctuary; October 1 (last ride) at Split Rock. Contact Scott at 698-9502 for more information.

Tuesday Road Ride Schedule

The Tuesday evening Road Ride schedule is as follows: August 4 Jamesville; 11 Green Hills; 18 Time Trial; 25 Minoa; September 1 Jamesville; 8 Time Trial; 15 Green Hills; 22 Minoa; 29 Time Trial. All are welcome. Contact Tim at 478-7750 for more information.



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

Board of Directors

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The Spoke 'n Word Newsletter

The Spoke 'n Word is distributed to households of OCC club members free of charge. This newsletter is an open forum for club announcements, activities, and for articles by club members. Members are invited to submit items for publication to the club address or editor address before the deadline dates below. Electronic format is preferred. Photos submitted will be made available for pick-up or returned via SASE. Club members may submit cycling-related classified ads free of charge.

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Advertise in the Spoke 'n Word

OCC invites individuals and businesses to advertise in The Spoke 'n Word. We offer competitive rates for ad sizes from business card to full page. Discounts are available for larger ads and for half-year (6 issues) and full-year (12 issues) runs. Please contact the editor for information.

Spoke 'n Word Submission Deadlines

September Issue, arriving in late August - Friday, August 7
October Issue, arriving in late September - Friday, Sep 11
November Issue, arriving in late October - Friday, October 9

OCC on the Internet

Our home page is www.cny.com/OCC/. The OCC email discussion list address is occ@list.hscsy.edu. To subscribe to the list, send email to majordomo@list.hscsy.edu with the line

subscribe occ John Doe

in the body of the email message.

To Become an OCC Member

Fill out this application form and send it to the OCC with the appropriate fee. Make checks payable to: Onondaga Cycling Club, Inc.

Name: _____ ☐ Single \$20.00
BirthDate: ____/____/____ ☐ Family \$30.00
Phone: _____ ☐ Youth \$5.00
Address: _____ ☐ Contributing \$10.00

City: _____ State _____ Zip _____
Email: _____
Occupation: _____
Bus Phone (opt): _____
Other Family Members:
Name: _____ DOB: _____
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Waiver:

In consideration of my membership in the Onondaga Cycling Club, Inc., I do hereby waive myself, my heirs, executors, administrator and assigns all rights and claims for damages I might have against the Onondaga Cycling Club, Inc., its officers or members and assigns for any and all injuries suffered by me while participating in any scheduled activity of the Onondaga Cycling Club, Inc. I will be completely responsible for any minor that I may bring to a scheduled activity. This waiver pertains equally to traveling to and from any scheduled activity.

Signed: _____ Date: _____

Consent for Individual Youth member:

Signed: _____

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ROAD WORK

Bob Spear

Corn, the CNY saying goes, should be knee-high by the 4th of July. This 4th found the green stalks almost to Oklahoma's as high as an elephant's eye. "The locals say it's the warm, wet June. Certainly wet. Four of the past five weekends have seen one or both rides looking at that corn-loving stuff. Only the summer solstice rides stayed dry. And warm.

The OCC schedule reached it's midpoint with the Clifton Springs-Old Trnpike century. As ride leader Gian paraphrased it from some published poetry: "Through the mud and the slime and the mire, by Heck!...." Mire, indeed. 85 of the 100 miles were wet. Most of the 40 riders opted for shorter, but not dryer, distances. The fluorescent green arrows were needed.

Speaking of green corn, arrows and such, the pursuit for the mileage leader's green jersey has also reached the halfway point. Two names unfamiliar to the banquet podium lead the list on the men's side (hint: their initials are pvz and km). The women are led by who else, riding stronger and longer each year, jy.

A final note of green goes to the designer of this years schedule cover - bjk. Sorry for the belated recognition, Brian. (He would undoubtedly prefer no recognition but then why does he use a pedestrian-bell on his bike?

June is over now but not the dampness. It's raining as I think about tonight's [Wed] Pedal to Palermo! Some other quotables from the June schedule include mw's report from the Rideau Lakes double 100 in Ontario where he said: "OCC had it's largest contingent" and, guess what? "Sprinkles turned to rain..steady rain turned chilly..inevitable headwind..no one shed their tights..our feet were numb.." Sounds like the entire northeast was in the same "trough of low pressure" as the Syr. Crit was also plagued with showers.

BS, jr. reported on "not seeing any wildflowers for the rain in my face" and "descending in the fog and gloom" on the 27th and 14th respectively. From mr: "Quite a bit of the ride was over excellent country roads through forested areas...past picturesque farmland...although the humidity made the final miles tougher." [Salmon R. Tour, Tour of Oswego Co]. At least the drops were falling from your brow, Mike, and not from the skies.

Brighter days beckon. The OCC picnic at the end of this month, the Chenango Co. tour and le petite France ride; not-to-mention Mike's bbq, the Orwellian ice cream and the Loomis gang's trail. Keep that green-covered schedule handy in August and hearken to the enthusiasm of 9-year old Tom who kept begging his father on the last family ride to "go farther, go faster."

OCC Board Meeting Highlights

Deb Wilkes

The OCC Board Meeting was held on July 6. Here are some of the major topics that were discussed:

Old Business:

- The fate of the parking lot on Rt 290 near Green Lakes is still "in committee".
- The Empire Senior Games are considered a success. Some concerns were heard about the traffic problems on the time trial course.
- The Forth of July Century was a wet one. 14 riders completed the century.
- Children (under 12) who attend a novice ride will be given an Ride Certificate. Gianfranco Vidali has developed the certificate and will print some up.

New Business:

- A motion was passed to allocate \$75 to Chad Bradshaw to cover expenses for the OCC Annual Picnic at Highland Park.
- Postcards for Road Hazard Complaints: Chad Bradshaw passed around a draft copy. These will be available at club rides and at bike stores. People can describe a dangerous road hazard. They will be mailed to OCC and we will then pass them on to the appropriate (state, city or county) highway department. A motion was passed to allocate \$25 to Chad Bradshaw to cover the cost of these postcards.
- A discussion was held about seeing more kids on the street riding without helmets. It was decided that we will write letters voicing our concern about this. The club will send letters to the Department of Health and the Syracuse Police Department. Ed Luban will draft a letter to be reviewed at the next meeting and be signed by Bill Johnson.

(Firecracker - continued from page 1)

for 20 miles of rolling hills down to Clifton Springs. Halfway through, it started to rain again. We stopped for refueling in Clifton Springs, where a pungent odor of sulfur couldn't be missed.

The next twenty miles were mostly flat on roads with large shoulders; the rain was still coming down, steadily. The last twenty miles were on Old Turnpike Road, a charming rolling road that this scribe rode effortlessly on just a week ago. After 80 miles of rain and riding, the climbs turned brutal on the ride leader, who started questioning himself on the meaning of this all.

Eventually, under unrelenting rain, we made it back to Carpenter's; 102 miles in about 6 hrs. Although the rain made riding easier in certain aspects (the body doesn't have to fight to get rid of the heat produced by the muscles), the riders that didn't go on these roads before missed the beautiful countryside. As Bob Sr. and I were driving along Pre-Emption Road on Thursday evening on our painting-sign mission, we couldn't but marvel at the beautiful, soft colors that the late setting sun cast on the fields and sparse homesteads, making them glow of their own.

Many thanks to Bob Sr., Bob Jr. and Ed for their help in painting the marks and mapping the route.

(Black Fly continued from page 1)

The first 30-35 miles of the course were on sand "truck roads". It was dicey because the surface was very unpredictable.....1/8 inch tire penetration in one line then move left/right 6" and your tires are sinking in 2 inches. Also there were several long climbs followed by fast descents that make for some scary cornering.

Anyway, I stayed with a strong group of 6-8 experts for the first 45 minutes of the race. There were two people off the front (Andy Melanchanko (sp) and some other guy. I got dropped then end up working with Challen Ingram who caught me with a group of 6 others.

The newly formed group finally whittled down to three of us at which point I was dropped again.

The race then transitioned to a paved section where I thought I could hold my own. Several minutes later, I was quickly passed by two team ROAR guys that seemed to be working very efficiently together.....free ride time. I latched on to their wheel and things were fine until they thought it was my turn to work.....the "I'm too toasted excuse always works". The paved section was probably 5 miles.

At this point I had sucked down 85% of my Camelback filled with Cyto and had downed two Gu's. This was the two hour mark and I'm thinking "where's the five miles of single track to the finish". I had paced myself for a 2:00 - 2:15 hour race since those were good times last year.

Once we got to the single track it SUCKED. There were several bogs that were over 3 ft deep. They tried to lay plywood over some of the areas but the coating of mud and rain made it unridable. At one point I was battling a bog just to retain possession of my bike after it was sucked in. There was some rideable single track with some tricky descents. I did pass a couple of guys that had bonked bad.

The single track sections seemed to take forever since the length of the race was starting to play with my head. It was a race of survival the last 5 miles.

Upon crossing the finish line, things got very cold since I only had what I was wearing during the race...s/s jersey, arm warmers and shorts. It was freezing cold and everything was wet since it had rained persistently the entire race (2 hours, 54 minutes for me).

I found a heated building which after being inside 15 minutes I could at least control my shivering. After the award ceremony I was like " Gee thanks...the course was great (white lie), and where's the heated bus for the ride back to my car in Inlet ?". The response was "Well, we have a van that will take the first 11 people that are in it". The smart people had been in the cold van for the last hour.

After doing the math..."80 + riders, 1 van that will hold 11 passengers, 1.5 hour round trip time", I quickly calculated that it would be faster to ride my bike back to

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is Monday, August 10 at 7:00PM at Bill Johnson's house. Any member wishing to attend is invited. Call Bill at 422-7570 for more information.

Series Events

Mondays: Recovery Rides. Burke 453-7455

Tuesdays: OCC Time Trials. Kocher 487-7373

Tuesdays: Road Training Rides. Bingham 478-7750

Wednesdays: Wed Night Worlds. Burton 638-9768

Wednesdays: Supper Rides. Lancette 454-0852

Thursdays: Mountain Bike Rides. Wright 698-9502

August 1998

01 Chittenango Creek Ride. 656-8591

02 Tour de petit France. 474-3801

02 NYS MTB Series #8. 437-2246

05 Van Buren Medley. 454-0852

08 Westward, ho! from Memphis. 689-3502

8 *TEC-CRIT. Ren Szarek 315-865-4832*

09 JR's Infamous, V. Hilly Western Ride. 451-1616

9 The Canal Classic. 315-823-0031

12 Central Square-Brewerton. 454-0852

15 Of Silk and Swamps. 458-4593

15 NYS MTB Series #9. 437-2246

16 Southwick's Beach-Henderson Harbor Tour. 298-5378

19 Plainville or Cross Lake Ride. 454-0852

19-23 *Tour de Toona Stage Race. 814-949-7223*

22 Tour of 9-mile Creek. 487-7373

22 Tour de Loop RR. 315-343-1981

23 Tour de Loop Crit. 315-343-1981

23 On the Trail of the Loomis Gang. 495-2911

23 Tug Hill MTB Series. 599-7377

26 Jordan Jaunt. 454-0852

29 Otisco Lake Loop. 252-2127

29 Tour de Tug. 599-7377

30 Ridges of Madison County, Vol III. 449-1722

30 Chris Thater Memorial Criterium.

James May 607-778-2056

30 NYS MTB Series #10. 437-2246

September 1998

02 Chitt-5. Lancette 454-0852

05 Minsi Lake RR, PA 478-7750

05 Triple Threat Throwdown #1 437-9280

06 Triple Threat Throwdown #2 437-9280

07 Triple Threat Throwdown #3 437-9280

12 OCC Dick Richards Memorial Fall

Century 315-252-2127

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Inlet on Rt. 28 (45 +/- miles). At this point, I queried a group of nearby racers..."Hey, anyone interested in a little road ride...it will be less painful with a pace line". Everyone just looked at me like "you're f**king crazy."

So I start off in the rain on Rt 28 alone with my lactic acid bound legs. I had gone probably 1.5 miles (in the middle chain ring on a flat section) when I noticed a couple of guys I had met at the race riding in the back of an uncovered mini pickup. They were yelling like a bunch of maniacs "go dude go ..." I was dying absolutely dying so I pleaded..."Hey can I get a ride"...just then I saw the brake lights come on.....bingo.

The ride in the back of the truck was excruciating. It was raining so hard that at 65 mph it felt like hail. I couldn't stretch out my legs due to the bikes in the back and you really couldn't sit down since it was obvious that the guy had hauled a load of top-soil the day before and all the drain holes were clogged in the bed. In retrospect, I can't decide if severe cramping or being sub-hypothermic is more painful.

Other than the above though, it was a "fun" race.

Tug Hill Weekend

Come enjoy a great OCC event. There will be road biking, mountain biking and hiking on beautiful state forest/park lands. Sightseers and tourists are welcome. Simply enjoy the fall foliage and all the north country has to offer (lakes, historic homes, antique shops). Relax, read, knit, play board games, sleep, talk with friends! Golf course nearby too! For more information or to make reservations for accommodations, please call Joan and Jim Yungwirth at 315-451-1616.

Time Trial Trivia

Bill Kocher

The time trials have reached the halfway point of the twenty week season and they are proving to be having something for everyone. We've had thunderstorms and lightning bolts to dodge and hungry railroad tracks to avoid. The first two we are doing A.O.K. with but the railroad tracks have now claimed either three or four expensive front wheels.

Time trials also have been good for the young and the mature as well as the female and male participants. The young riders like Lindsey Williams and Adam Duncan have had lifetime P.R.s with 23:39 and 25:35 respectively. Among the mature set lifetime P.R.s have been recorded by Larry Comfort at 28:16, Skip Carr at 27:39, and Paul Kocher at 27:06. In between the young and mature there are other riders who have also had lifetime P.R.s and they are John Saint at 25:30 and Peter Nicola at 29:07. The top points leaders are Peter VonZwehl at 13.5, Paul Ashbarry at 13.5, and Dave Resseguie with 11.5.

Three other points of importance are that Lindsey Williams will be com-

peting in the Jr. Nationals in California in August 1998, to be eligible to win a time trial award, you have to volunteer at least once helping out with the time trials, and the best tandem time so far is a 21:41 by Kathy Urschel and Mike Hopper.

Race Results!

Song Mountain MTB Race

Senior Sport - Joe Pechacek 10th

Black Fly Challenge MTB Race

Senior Sport - Joe Pechacek 1st

Hans Huddle Road Race

Overall and Age Group Placings

4. Tim Bingham (1st, 20-29) 6. Greg Low (3rd, 30-39) 7. Mark Wheeler (3rd, 40-49) 8. Chuck Dominick (1st, 50+) 10. Jim Carr (4th, 30-39) 15. Eddie Luban (6th, 40-49) 16. John Saint (3rd, 20-29) 18. Chad Bradshaw (8th, 40-49) 20. Jeff Koontz (7th, 30-39) 26. Bob Swizdor (12th, 30-39) 34. Bill Stiteler (5th, 20-29) 35. Paul Swinburne (13th, 40-49) 40. Christy Saint (1st woman) 55. Kate Stewart (2nd, 30-39) ? Jenn Barber (2nd, 20-29)

Tug Hill Challenge #2

Sport Senior - 1st Joe Pechacek

Jack Schapiro Memorial Road Race

Cat 3-4: Joe Pechacek 8th

Women: Mary Handley 4th

Gloversville Criterium

Pro-1-2: Jeremy Burton 21st

Cat 3-4: Scott Wright 11th, Jeff Koontz ?, Dan Ogut ?

Johnstown Road Race

Women 35+: Mary Handley 2nd

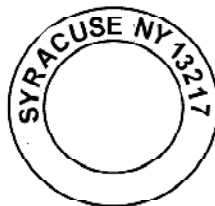
Men 45+: Ed Luban 15th

Pro-1-2-3 Women: Lindsay Williams ?

Cat 4 Women: Christy Saint ?

Cat 5 Men: John Saint ?, Bob Swizdor ?, Eric McNett ?, Jim Carr ?

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



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Classified Ads

For Sale: 17.5 in. Scott Boulder Mtb. This bike is only 8 months old. It has Shimano LX components, Rapid-fire shifters, Avid "V" style brakes, Mavic rims, and many more quality components. The bike has been ridden very easy and is in showroom condition. We hate to get rid of it but, it is slightly too big. Paid \$800. Asking \$500! Magura hydraulic brakes ready to go only \$50. Call Anne and Scott Wright @ 698-9502.

For Sale: Olde but goodie. Ladies Schwinn World Tourist, 27" wheels, easy shifting Shimano Positron II 10 speed derailleur system. \$50 Bob or Elissa 685-2457

For Sale: CycleOps Fluid trainer with video. Excellent cond. \$125 Brent, 461-9198.

For Sale: ACT C-1x cycle computer, brand new. Make me an offer. Pam 437-2246.

For Sale: Suntour Edge Triple Components Crankset (52/42/32, 170mm), Bottom Bracket, Downtube Shifters (7 Spd), Front Derailleur (1 3/8 94 Clamp), Rear Derailleur, Freewheel (13/26 or 13/28, your choice, 7 Spd), Front Hub (36 spoke), and Rear Hub (36 spoke, sealed cartridge bearings). All in fair to good condition. \$100 for all, or make

offer on individual parts. Call Greg at (315) 457-5983 or e-mail GregL64@aol.com

For sale: Profile Air Stryke 2B aero bars; new, in excellent condition. \$75 or best offer. Call Brent at 461-9198.

Wanted: Used child trailer (attaches to bike). Also, used tandem under \$500 or thereabouts. Please call Bob at 487-2703 or e-mail bbuttner@tactair.com

For Sale: 1 pr Mavic Cosmic Wheels 700C \$500 Used 1 full season. 1 pr Mavic Carbone Cosmic Wheels 650C Brand New \$700. Henry 446-5340

For Sale: Frames: Cannondale 2.8 54cm \$250, Williams Custom Frame Columbus SL Tubing \$250, both have Kinesis forks; Tubular race wheels Shimano 600 hubs 28 spokes, Wolber rims \$100 for set; Old Cannondale 54cm good winter frame \$50; Custom Burman TT 50cm frame \$100; Rear Campy Omega wheel w/DuraAce hub 8 or 9 speed \$80; Lots of misc items. Call Jeremy at 638-9768

For Sale: Tomasini Prestige 60cm, Campy, Modolo, Shimano and Cinelli. Will sell parts or whole bike \$500. Jeff 471-7947

Advertisement Rates

Classified Ads: OCC Members can submit classified ads free of charge. Non-members can submit classified ads for \$5 for the first 30 words and \$5 for each additional 10 words. These fees can be applied towards the cost of full OCC membership in the same year.

Commercial Ads: Rates for one-issue camera-ready ads follow:

Full Page.....	\$68
Half Page.....	\$36
Quarter Page.....	\$19
Business Card.....	\$10
Calendar Entry (25 words).....	\$2

Discounts are available for larger ads and multiple issue ads. Please contact the editor for more information.