

Time Trial Trivia

Bill Kocher

After five weeks, the time trials are off to a good start. We are averaging 22 riders per night and the volunteers have been numerous and helpful. Once again we are looking for an accident free season and so far we have attained that goal. It is obvious that the skiers and ice skaters begin the time trials in better shape than the ice fishermen and turkey hunters but we will catch up. We have already had two personal records set. Skip Carr who is a regular time trialer had a P.R. of 28:33 and Jose Battle who is a new comer to the time trials had a P.R. of 25:36. Each rider has 15 weeks to lower these times and I hope they and other set more P.R.'s. Some of the better times so far are: Sean Tompkins 21:27; Mike Hopper 22:14; Paul Ashbarry 23:40; Dave Resseguie 23:52; Trevor Ashbarry 23:58; Laura Miller 24:40; Christian Saint 26:54; Mary Handley 27:46.

Advocacy Note

Chad Bradshaw

As some may recall from earlier notes, the Bicycle/Pedestrian Advisory Committee for the SMTC is focusing on the completion of an Erie Canal bike/ped path to connect the Dewitt and Camillus ends of the existing canal paths. We plan to submit a grant in October for ISTEAF funding. This, unfortunately, has put local road issues on the back burner, so I hope the committee can be reinvigorated for action on other bike facilities and road improvements. As I mentioned last month, the much-trumpeted bus bike racks are only a single piece of the bicycle-as-transportation equation and without the other pieces in place will likely be under-utilized, so now is the time to capitalize on the momentum of the bus-racks announcement and on the results of the Vision Fair poll citing bike paths as a high priority. This might include mentioning to our employers the need for (and ultimate economic sense of) bike racks, lockers, showers, etc., as well as directing suggestions or complaints about particular roads to our local elected representatives. In regard to complaints about particular roads, we are putting together a form to be sent to highway departments on which riders can indicate road hazards or road repair needs that present obstacles to bicyclists. We hope to make these available at local bike shops as a public service. Given the various town, city, county and state highway departments in the area, they will be returned to the OCC bike advocate (me) and then redirected to the appropriate highway department. Look for these this summer.

One aspect of bicycle advocacy is to present bicycling in the best light to the public, including others with whom we share the road. Given some of our three and four abreast group rides that block traffic and elicit angry car-driver responses, it may be only a matter of time until letters to newspapers, calls to law enforcement agencies, etc., will bring public criticism or worse to bicyclists. As attorney Ed Luban states:

"Riding all over the road is not only dangerous, it is illegal. Section 1234 of the New York State Vehicle and Traffic Law provides that bicyclists must ride either in a bike lane, on the shoulder, or near the right-hand curb or edge of the road in such a manner as to prevent undue interference with the flow of traffic. Except (continued on page 5)

4th of July Century

Gianfranco Vidali

It is not too late to train for the 4th of July Century!

This year's edition of the 4th of July Century - Firecracker 100 features a new course; we start from Carpenter's Brook Fish Hatchery and move west on mostly flat/rolling terrain. On the way westward, we will spend most of the time on secondary roads (old turnpikes and state roads) flanking the Barge Canal and on Rt.31. After going through Lyons, the ride heads south-west and then east through Clifton Springs and then on NY96 and NY318. The ride starts promptly at 8 a.m., Saturday July 4th. If you would like to bring some munchies to share for after the ride, please do so. Do you want to ride but forgot to renew your membership? Application fliers will be available on site. For more information, call Gianfranco Vidali at 445-2864 or send an e-mail to: gvidali@syr.edu

Thank You

Lisa Nojaim

Many thanks to the following OCC members for their generous donations to the Lance Armstrong Foundation. The trip to Austin was amazing, though the weather was very HOT and the Ride for the Roses was very HILLY! Even so, I hope to do it again next year. Lisa N.-

Tim Bingham, Jude Burke, Bike Loft, Chuck Dominick, Dave Faso, Bob & Jackie Feak, Gail Ferat, Bill Johnson, Brian Kelly, Ed Keplinger, Greg Low, Ed Luban & Mary Handley, Dick Matthews, Kevin & Carol Morris, Dan Ogut, Pam Pasciak, Russ Rahrle, Zeke Ronnow & Deb Leal, Tom Shatraw, Bob & Marjorie Spear, Bill Stiteler, and Dick Vanvalkenburgh



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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.

Tim Bingham
 126 Jamesville Ave Apt E4
 Syracuse, NY 13210
 315.478.7750
 binghamt@hscsy.edu

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

August Issue, arriving in late July - Friday, July 10
 September Issue, arriving in late August - Friday, August 7
 October Issue, arriving in late September - Friday, Sep 11

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
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 City: _____ State _____ Zip _____
 Email: _____
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 Name: _____ DOB: _____
 Name: _____ DOB: _____
 Name: _____ DOB: _____

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: _____

D	C	S

Miller, Pezzulo take The 1998 POMCO Syracuse Criterium

Jeff Koontz

In it's third running, The Syracuse Criterium attracted some of the best racers in the Northeast. The Pro-123 race had an international flavor with racers from the US, Canada, New Zealand, Dominican Republic and Venezuela competing for a \$2000 purse that included a \$200 team prize, and an additional \$200 prime for the fastest lap of day. The early favorites for the team prize looked to be the Ital Pasta (a Canadian/New Zealand) team with 7 team members present. The race saw some furious action early on with Jason Gould of Breakaway Couriers winning an early \$50 prime, that also ended up earning him a \$200 bonus for the fastest lap of the day (1:53 and change on the one mile course). After several short lived breaks, the first selection of six began to build a lead of 25 to 30 seconds. With many of the teams represented in the break, the field remained passive and allowed the break to build a insurmountable lead. Late in the race after a prime, Graeme Miller, a 3 time New Zealand Olympian, of team Torelli/DeFeet made his move, with only Norm Shattock of Ital Pasta, (Ontario, Canada) able to counter from the remaining five riders in the break. The two built a lead on the four person chase group that did not falter. At the end, Miller, also the winner in the earlier "Miss and Out" event, put away Shattock in the sprint and claimed victory. Adam Myerson of Breakaway Couriers took third from the chase group and helped the Breakaway Courier team from New York City win the \$200 team prize, with all three of their riders finishing in the top 10 places.

In the womens race, Tiffany Pezzulo of team Smartfuel made several relentless attacks, early and often, to eventually get away from the main field of women for good. Elizabeth Tyrell, a 45-49 National Time Trial Champion, and Tanya Duff Miller originally from New Zealand, recognizing the potential winning money was up the road, bridged up to Pezzulo. Pezzulo, now living in Colorado, but originally from Rochester, NY, eventually out-sprinted them at the finish to claim victory in front of many of her local friends and family. The field sprint for 4th place was won by local junior phenom, Lindsay Williams, 16, of Syracuse.

Several hundred kids participated in the third annual "Syracuse Kids Challenge" a free event open to kids ages 2-14. Our sponsors and the United States Cycling Federation subsidized the event to open it up to the public for free. From noon to shortly after 1 PM, kids competed in different age categories over distances as short as 20 yards for the 2 year olds, to 2 miles for the 14 year olds. All children get an official race number, as well as, ribbons for participating. All of the participants were winners.

Pro-123: 1. Graeme Miller, Torelli/DeFeet, 2. Norm Shattock, Ital Pasta 3. Adam Myerson, Breakaway Courier, 4. Jose Pinada, Gotham, 5. Manuel Guevara, Barinas.

Women 123: 1. Tiffany Pezzulo, Smartfuel, 2. Elizabeth Tyrell, 3. Tania Duff Miller, Torelli/DeFeet, 4. Lindsay Williams, Onondaga Cycling Club, 5. Laurie Tavares, North Shore.

Miss and Out: 1. Miller, 2 Emile Abraham, TGV Express, 3. Vincent Oliver, Verrazano, 4. Pinada, 5.Shattuck

Masters 35+: 1. Ed Gravell, ARC En Ciel, 2. Jonathan Howard, GVCC, 3. Aubrey Gordon, Team Squiggle 4. Glen Swan, FLCC/OFRT 5. Myles Raynor, Somerset Wheelmen.

Masters 45+: 1. Aubrey Brice, Danellas, 2. Patrick Gellineau, Team Squiggle, 3. Howard Orlando, Buffalo Bike Club, 4. David Burnside, GVCC, 5. Ed Burns, Tioga Velo.

Men - Cat 3-4: 1. Steve Krisko, Tioga Velo Club, 2. David Perham, OTR 3. Tim Tobbe, Tioga Velo, 4 Mitch James, Tioga Velo 5. Peter Mazur, Jeep

Women - Cat 4: 1. Rosemary Coleman, GVCC, 2. Christy Saint, OCC, 3. Gaetane Perrault, Risley Cold Springs, 4. Mary Handley, Onondaga, 5. Heather Clark

Men - Cat 5. 1. Adam Gutches, Hammerlane, 2. Greg Low, Onondaga, 3. Scott Stanley, 4. John Saint, Onondaga, 5. Stan McFall

Junior Men: 1. Gary Dickinson, CBRC/Homestead, 2. Andrew Gravelle, ARC-GN-Ciel, 3. Joe Campanie, Team Devo

Junior Women: 1. Sarah Groff

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is Monday, July 6 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

July 1998

01 Granby Grind. 454-0852

2-5 Fitchburg-Longsjo Classic Stage Race, MA 508-582-0226

04 Firecracker 100. 445-2864

05 Rebel Range Ride. 298-5378

08 Pedal Palermo 454-0852

11 The Push to Pompey 487-7373

11 Fulton County Cup Gloversville Criterium 800-676-3858

12 Fulton County Cup Johnstown Road Race 800-676-3858

12 NYS MTB Series #6 437-2246

12 Skinny Atlas Loops 445-1221

15 Lafayette-Apulia 454-0852

18 NYS MTB Series #7 437-2246

18 Fly-by-Night Cookie

Company Call 422-6918

18 Broome County Race for Sight. 607-771-0489

19 The Skyline Drive. 449-1722

19-25 OCC Western Finger Lakes Fling 454-0852

22-26 Empire State Games

22 Skaneateles Supper (nee'B'fast) Ride 454-0852

25 OCC Picnics at Highland Forest 446-0876

26 Sun Harvard Classic. MA

26 Railroad Ride 607-753-8892

26 Tug Hill MTB Series. 599-7377

29 Tuscarora Lake Loop 454-0852

29-2 Tour de Toona Stage Race. PA 814-949-7223

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

Edward Luban **Attorney at Law**

General civil practice, with an emphasis on education and immigration law

**317 Montgomery Street
Syracuse, New York 13202
(315) 472-1935**

9 *The Canal Classic*. 315-823-0031
12 Central Square-Brewerton. 454-0852
15 Of Silk and Swamps. 458-4593
15 *Tour de Loop*. 315-343-1981
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
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 Triple Threat Throwdown #1 437-9280
06 Triple Threat Throwdown #2 437-9280
07 Triple Threat Throwdown #3 437-9280

(Advocacy - continued from page 1)

tions are permitted only when preparing for a left turn or to avoid obstacles or unsafe conditions. Bicyclists may not ride more than two abreast, except when they are on a shoulder, bike path, or bike lane that has sufficient space available. When being overtaken by a vehicle, bicyclists must ride single file."

Please remember that when riding, we represent not only the club but bicycling in general. If we expect car drivers to respect our rights as vehicles, we need to be responsible riders. Even as a bicyclist who makes some pretty thoughtless traffic decisions (or lack of decisions), I catch myself muttering to other thoughtless bicyclists

when driving my car, so I can only imagine what goes through the heads of drivers who are anti-bike to start with! Next time you hear a rider yell "Car back!" please try to move to the right. This may require quick communication with a rider next to you, but it's not only courteous, it can save your life. As they say: "Live to ride - ride to live". Thanks for the soapbox. I'll try to spare the rhetoric next time.

Other advocacy news: After years of negotiations, Green Lakes State Park is re-opening some trails for mt. biking. Thanks to all the dedicated bikers involved.

Race Results!

Lancaster Race Ave Criterium

Cat 4 - Jeff Koontz 8th; Cat 3 - Dan Ogut 19th; Jude Burke pack finish; Pro 123 - Jeremy Burton 17th

Tour of Nutley Criterium:

Cat 4/5 - Jeff Koontz 9th; Bill Kirchbaum Pack finish; Cat 3 - Dan Ogut, Jude Burke Pack finish; Scott Wright - 7th; Pro-12 - Jeremy Burton pack finish

Streets of Somerville:

Cat 3/4/5 - Jeff Koontz 3 2cd's, 9th at the finish

Tour of Somerville

Vet 30+ (cat 123) Dan Ogut, Jude Burke pack finish; Scott Wright ?; Women Lindsay Williams 26; Pro-1-2 Jeremy Burton Crashed out

Hellertown Crit

Jeff Koontz Masters 30+ 9th; Cat 4/5 9th

Enchanted Mountain Stage Race

Cat. 4/35+ Women Christy Saint 12; Pro-1-2-3 Women Lindsay Williams 41; Cat. 5 Men John Saint 14; Cat. 4

Men Tim Bingham 26 Bill Stiteler 69; Master 45+ Men Eddie Luban 20
Chuck Dominick 29; Pro-1-2 Men
Jeremy Burton ?

Empire State Senior Games

10K Time Trial

Chuck Dominick 1st, 50-54M
Gail Ferat 1st, 55-59W
Bill Kocher 3rd, 55-59M
Paul Kocher 5th, 55-59M
Mary Frances Comfort 2nd, 65-69W
Bob Hinman 5th, 65-59M
Larry Comfort 6th, 65-69M
Al Sunderwirth 9th, 65-69M

5K Time Trial

Chuck Dominick 1st, 50-54M
Bill Kocher 4th, 55-59M
Paul Kocher 5th, 55-59M
Gail Ferat 1st, 55-59W
Bob Hinman 2nd, 65-69M
Larry Comfort 5th, 65-69M
Mary Frances Comfort 1st, 65-69W

Syracuse Criterium

Greg Low 2nd, Cat. 5 men
John Saint 4th, Cat. 5 men
Jim Carr 8th, Cat. 5 men
Paul Ashbarry 6th, Masters 35+; pack finish, Cat. 3-4 men
Jeff Koontz 12th, Cat. 3-4 men
Jude Burke 17th, Cat. 3-4 men; pack finish, Pro-1-2-3 men
Dan Ogut 19th, Cat. 3-4 men; 19th, Pro-1-2-3 men
Jeremy Burton 6th, miss-and-out; pack finish, Pro-1-2-3 men
Scott Wright pack finish, Pro-1-2-3 men
Dave Faso pack finish, Pro-1-2-3 men
Lindsay Williams 4th, Cat. 1-2-3 women
Laura Miller 6th, Cat. 1-2-3 women
Christy Saint 2nd, Cat. 4 women
Gaetane Perrault 3rd, Cat. 4 women
Mary Handley 4th, Cat. 4 women
Bill Krichbaum, Joe Pechacek pack finish, Cat 3-4 men

Tug Hill Weekend Tour

Anyone planning to ride October 9-11 in the Tug Hill Weekend Tour is encouraged to send in your reservation deposits soon. Enjoy road and mountain biking, hiking, and otherwise taking in all the North Country has to offer. For more information, contact Joan Yungwirth at 451-1616.

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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: Vittoria Tigre cyclocross tire, green compound, kevlar, NEW! \$15 Onza Aggro front MTB tire, 2.1, NEW! \$10 Performance ladies cycling shoes, size 8.5, black & purple, excellent, \$10 GT rigid MTB fork, black, used once, \$15 Troxel ladies helmet, size small, \$7 Continental Town and Country MTB touring tire, 2.1, \$6 Avenir Race seat post, easy seat adjustment dial, NEW! \$15 Specialized Sealf-seal MTB tube, 2.1, NEW! \$3 Look clipless pedals, as is, \$10 call Lisa @446-1052 or Nojaimla@maple.lemoyne.edu

For sale: Proflex 856, 14" (like 16"), full XT components, Magura brakes. \$800 or best offer. Call Pam at 437-2246.

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 bbuttnr@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: New Items: Giro Terramoto Helmet w/visor & roc loc \$30; XT frt derailleur \$15; Ultegra frt derailleur \$10; STX frt derailleur \$10; Rhode Shuttle 2 bike car carrier \$35; Camelback wire brush cleaner kit \$5; Shimano Acera X rear derailleur \$10; Profile arm rest pads \$5/pr; Mavic MA40 rims \$20ea; Mavic tubular rim \$20; Mavic M231 rims \$20; **Used Items:** Pair of J-disc aero wheels \$150; Iron Man Centurion 56cm Shimano 105 index \$250; Specialized Stumpjumper 20in \$200; Time shoes 46cm \$15. Call Norm at 638-9125 or beep at 241-0458.

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.