

## Testicular Cancer: An Overview

*Lisa Nojaim*

For the past few months I have spent my weekends reading about testicular cancer from information provided by the American Cancer Society, The National Cancer Institute, and various cancer journals. I decided to write this article after joining the Lance Armstrong Foundation Peloton Project. This organization was born out of Lance's experience battling advanced testicular cancer, and beating his 50% chance of survival. I initially joined because I wanted to give something back to a guy who inspired me on winter days, when a video of the 1993 World's was my only motivation to get on a trainer; a guy who would throw his hands up in victory not only for himself but for America. When Lance won a race, we'd all win. Now he has inspired us again, this time off the bike.

Please read this article. It doesn't matter whether you are male or female, young or old - we should all know the facts about testicular cancer. I have included instructions on self examination because it is easy to do, and because, like breast cancer, early detection may prevent unnecessary pain and suffering. This disease doesn't have to be a killer.

If you walk into your local pharmacy and ask for a pamphlet on testicular cancer, it's not very likely that the person behind the counter will be able to help you. This is because testicular cancer accounts for only 1 percent of all cancers in men, and very few people ever ask their pharmacist for this type of brochure.

Yet, if one looks at the actual numbers for testicular cancer, there is some reason for concern, especially if you are between the ages of 15 and 34. It is projected that 7,200 new cases of testicular cancer will be diagnosed each year in the U.S., and 350 men will die of the disease. Unlike most other cancers, this disease is usually found in young men. It is 4.5 times more common in white men than in black men, with intermediate incidence rates for Hispanics, American Indians, and Asians.

Two groups of men have a greater risk of developing testicular cancer - those with undescended testicles, and those whose testicles descended into the scrotum after age 6. The disease is 3 to 17 times more likely to develop in these men.

*(continued on page 5)*

## Time Trial Trivia

*Bill Kocher*

The 1998 Time Trials will begin on 5 May 1998 at 6:00 P.M. They start on Caughdenoy Rd approximately 1/2 mile north of route 31 in the Town of Clay. Once again Mr. Jerome of Jerome Fire Equipment has given us permission to park on his property at 8721 Caughdenoy Rd. The time trial is an out and back course which covers 10 miles. The road is open to traffic. Last year was a successful season with lots of participants, volunteers and no accidents. Our goal is to do the same this year.

## Ride Schedules, Novice Riders and Volunteers Take Note!

*From the President, Bill Johnson*

By now you should have received your brand new green cover Ride Schedule provided you have renewed your membership for 1998! Our ride meister, Bob Spear, along with a host of others has been busy since January putting together this year's ride schedule.

One of the major enhancements to the ride schedule is the Novice ride opportunity. This program started last year and is modified to include a designated ride leader for each Novice ride. The Novice ride will be a group ride separate from the normal club ride. The ride leader will assist participants on riding techniques and keep the group together so no one will get lost or be alone.

The Novice rides will meet at the same location as the scheduled club ride and depart shortly after the regular riders. Typical Novice rides will be 10 - 20 miles in length depending on terrain conditions and proceed at a slower pace. Many people have requested this type of ride so the Board has responded to those requests. The success of this program depends on Club members taking advantage of the opportunity. Look for the script N with an underline in the schedule starting on 26 April. Many of these rides are also suitable for families.

The Club volunteer weekend will soon be here. The first week and weekend in June (4th-7th) includes the Empire State Senior Games and the Syracuse Criterium. The Club operates the Cycling venue for the Empire State Senior Games which host seniors 50 years and older from all over New York State and includes many of our members. Volunteers are needed to help run these

*(continued on page 5)*



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

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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 (11 issues) runs. Please contact the editor for information.

### Spoke 'n Word Submission Deadlines

June Issue, arriving in late May - Friday, May 8  
July Issue, arriving in late June - Friday, June 5  
August Issue, arriving in late July - Friday, July 10

### OCC on the Internet

Our home page is [www.cny.com/OCC/](http://www.cny.com/OCC/). The OCC email discussion list address is [occ@list.hscsy.edu](mailto:occ@list.hscsy.edu). To subscribe to the list, send email to [majordomo@list.hscsy.edu](mailto: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.

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BirthDate: \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ Family \$30.00  
Phone: \_\_\_\_\_ ☐ Youth \$5.00  
Address: \_\_\_\_\_ ☐ Contributing \$10.00  
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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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## Thursday Night MTB Rides

Come join these off-road group rides! They leave the upper parking lot at Skytop on the S.U. hill at 6:00 P.M. Advanced recreational riders to established racers will find these rides perfect for them. For more information, contact Scott Wright at 698-9502.

## Tuesday Night Road Rides

Locations for upcoming Tuesday night training rides cycle between the Minoa Elementary School, Jamesville Strip Mall, Green Hills parking lot in Nedrow, and the club time trial on Caughdenoy Road. The team meets for the time trial every third Tuesday. Upcoming locations include: 4/21 Minoa, 4/28 Jamesville, 5/5 TT, 5/12 Green Hills, 5/19 Minoa, 5/26 TT, 6/2 Jamesville, 6/9 Green Hills... For more information, call Tim Bingham at 478-7750. All are welcome!

## Edward Luban Attorney at Law

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

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## Finger Lakes Tour

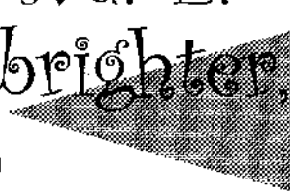
*Jack Lancette*

Gear up for the July 19-25 Finger Lakes Tour. All are welcome to join this great ride through some of the most beautiful areas in New York. Contact Jack Lancette at 454-0852 for more information.



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# OPEN ROAD CYCLERY

### Bike Advocacy Note

*Chad Bradshaw*

Advocacy Note: The bicycle/pedestrian advisory committee of the SMTC is finally starting to gel. We're coming up with ideas for short-term achievable goals as well as thinking about longer term goals to improve the bicycling infrastructure in the area. I'll pass along ideas that we hope to implement as they are generated. As always, I hope that OCCers will share their ideas with me to present to the committee. Last meeting, we were asked to come up with ideas for routes to connect the Erie Canal recreational paths between the east (Dewitt) and west (Camillus) ends of the existing trails. If anyone has any feasible ideas for a route, or any other relevant bike issues, let me know. Phone 446-0876 or Email.

### ROAD.....WORK

*Bob Spear*

After record setting turnouts by OCC road-riders during February and early March, the season was scheduled to officially begin on March 14 or 15. Whichever day offered the most promising weather. Promising? Temperatures in the teens kept Team S.I.T. (Stay In Today) at their usual venue. The next weekend, the first of the Spring according to the calendar, brought seven inches of S---. As reporter Tony K. put it: "A seasoned, accomplished Team W.A.R. (Winter Always Wins) totally outplayed an inexperienced and obviously overmatched Team R.A.W. (Rides All Winter). One member was heard to complain that the S--- was too sticky to ski on and too slippery to bike on."

Team RAW, however, denied their demise and promised to return albeit with a different nom de plume. How about Ride And Whine or Rolling And Wheezing or even Riding After Waffles? Diners will remain part of their training regimen.

Speaking of which, better than two dozen club- members made up the canceled Buille Diner Dash on the following Sunday. And no one stopped to eat! The weather was that pleasant. Perhaps not the 85 degrees of the previous day when an OCC record-for-March contingent rolled along Indian Opening to Canastota, (continued on page 7)

### Parking Request for Rides Starting in Skaneateles

The shop owners in the village of Skaneateles have asked OCC members not to park in the village center when leaving their cars for long periods during the day. There is a free parking lot at the corner of route 41A and route 20 near a Citgo gas station that riders can use. Please respect the shop owners' wishes and park in the lot indicated.

## Upcoming Events

**Items in italics have not yet been confirmed.**

The next BOD meeting is Monday, May 11 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

### May 1998

2 Jiminy Peak RR, Pittsfield, MA. Mike Ward 413.499.0462

2 Canaseraga Creek Crawl. 495-2911

3 Virgil Spring Classic RR, D. Andersen 607.758.3481

3 Four Corners Cruise. 445-1221

4 Recovery Rides Begin. Every Monday @ 6pm. Burke 453-7455

5 OCC Time Trials Begin. Every Tue at 6pm. Kocher 487-7373

6 Supper Rides Begin. Lancette 454-0852

9 Albany Tulip Festival Crit. G. Toth 518.766.5280

9 Muskrat Love Dalliance. 458-4593

10 Panther Lake Tour. 476-4637

13 JR's hilly or El's Flat. 454-0852

16 Breakfast at the Beach. 422-7570

17 Bristol Hills RR, F. Hoyle 716.394.9106

17 Tomkins County Tour. 448-0286

20 DeRuyter Reservoir Ride. 454-0852

23 Eddie's Choice. 449-1722

24 NYS Championship RR, Glen Spey, P Stephens 914.856.2747

24 Tex-Mex Tour. 458-4593.

24 NYS MTB Series #2. Pasciak 437-2246  
25 Lancaster Crit, PA. Tom Goldbach 717.295.2598

27 Peter Scott Swamp Ride. 454-0852.

29-31 Enchanted Mtn SR, Olean, NY. B Walsh 716.372.2352

30 Six Lakes Sojourn. 468-2343.

31 OCC's Giro d'Italia. 252-2127

31 NYS MTB Series #3. Pasciak 437-2246

### June 1998

3 Not-so-Lazy Figure Eight. 454-0852

4-6 Empire State Senior Games. Johnson 422-7570

6 NYS Crit Championships. Foster 914.452.1557.

*(continued on page 7)*

## Ride Schedules...from page 1

events. Time trials will be held on Thursday, June 4 and Friday, June 5 from 4:00 - 6:00 PM. The road race event will occur on Saturday, June 6 at 8:00 AM. All these events will operate from North Chittenango. Please contact me at 422-7570 to sign up to help. Your help at one event will be appreciated. On Sunday, June 7 the Syracuse Criterium will be held in Onondaga Park (City of Syracuse) featuring several races of varying length and skill. Kids races are part of the planned activities and was a lot of fun to watch last year, especially the tri-cycle race. Those kids were serious! Please contact Jeff Koontz 424-1293 to sign up to help on this event. After this weekend all we do is enjoy riding, which is what we do best!

Keep your tire pressure up and hope for good weather!

## Pioneer Lodge Weekend

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.

## Testicular Self Examination

The best hope for early detection is a simple 3-minute monthly exam. The best time is after a bath or shower, when the lump is easier to find. Roll each testicle gently between the thumb and fingers of both hands. The epididymis is a cord-like structure on the top and back of the testicle that stores and transports sperm. Don't confuse it with an abnormal lump. Feel for any pea-sized lumps on the front or the side of the testicle. These lumps are usually painless. If you do find a lump, you should contact your doctor right away. If the lump is not an infection, it is likely to be cancer. Remember that testicular cancer is highly curable, especially when detected early.

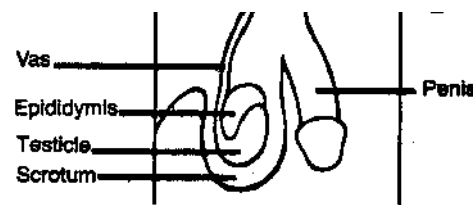
**Look on page six for the second part of Lisa Nojaim's article, featuring an interview with Michael Pardee, a survivor of testicular cancer.**

## Testicular Cancer...from page 1

The symptoms are few and subtle. The most common symptom is a small lump, or slightly enlarged testicle, and a change in its consistency. Pain may or may not be a symptom, but often there is a dull ache in the lower abdomen and groin, together with a sensation of dragging and heaviness. These symptoms can also be caused by infections or other conditions. A doctor can provide proper diagnosis and treatment.

Most testicular cancers are first detected by the patient, either unintentionally or by self examination. Delayed diagnosis resulting in advanced disease has detrimental effects beyond decrease in patient survival. The amount of treatment required in terms of chemotherapy and surgery is far greater, and carries a higher death rate and cost than that for patients with early diagnosis and treatment.

If you would like to find out more about the Lance Armstrong Foundation, call 1-800-496-4402 or check out the official website: [www.laf.org](http://www.laf.org). I am trying to raise \$2000 to earn a free trip to the Lance Armstrong Foundation Ride for the Roses charity 100 mile bike ride in Austin, TX next month. All donations will go to the Foundation, and I will get to ride with Lance and other cycling celebrities. Please make checks payable to the Lance Armstrong Foundation and send them to me before April 28. Thank you!



## **Interview with a Cancer Survivor: Michael Pardee**

*Lisa Nojaim*

LN: When were you first diagnosed with testicular cancer?

MP: I actually got the first diagnosis in 1997. I noticed a lump back in November, 1995. I just happened to notice it during the most inappropriate time, to put it tastefully. I went to a doctor, a regular physician. I was apprehensive about going. He checked it out, then told me it was a blockage and nothing to worry about.

LN: He didn't do any tests?

MP: He did nothing. I thought I got worked up about nothing. Consequently, a year went by and I happened to be watching TV... there was a movie called, "A Child's Wish" about a terminally ill girl, a soccer player, who hurt her leg, and went to the doctor. It wound up being bone marrow cancer. That's when I thought, 'I need to go to the doctor tomorrow'. I went on a Thursday, and he told me not to leave this office until he scheduled an ultrasound and an appointment with a urologist. I had the ultrasound on Friday and saw the urologist on Monday. He said, "I'm afraid it might be cancerous".

LN: So, at this point you really didn't have much of an option, medically.

MP: The doctor suggested that I have a biopsy, and that following Wednesday, I had surgery.

LN: What went through your mind when you heard it might be cancer?

MP: It was panic, immediate fear.

LN: What did you fear the most?

MP: Just the idea of finding cancer in my body. I think, aside from HIV, it's people's worst fear to go to the doctor and find out they have a disease.

LN: What happened next?

MP: I had the biopsy. They did a frozen section while I was asleep. They can't cut it (the testi) from the bottom because of possible contamination if they cut into one testi while it's near the other. So they push it up near your abdomen, and do the biopsy there. A pathologist was present to determine if it was cancerous.

LN: Did they remove it then?

MP: Yes, while I was on the table. I didn't know until I woke up in the recovery room. My friends told me!

LN: Did you know how to do a self examination before you accidentally noticed the lump?

MP: Yes. Several years earlier, while in the military, I just so happened to read a TSE pamphlet because I was bored

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sitting in the doctor's office. But I don't think I would have ever thought to do the self exam.

LN: Was the biopsy the only test done?

MP: As a part of the follow up, I started going to a hematologist/oncologist for blood tumor marker check-ups. They watch my hCG tumor markers to make sure the levels have not increased. They also take X Rays and upper GI tests each month. There is a certain percentage of recurrence. So after talking to my oncologist, we decided to do a lymph node dissection to make sure the cells hadn't spread.

LN: This must have taken a lot out of you emotionally. How was your support system?

MP: My friends were very supportive. I have a church group that was supportive. Some friends were ignorant. I was ignorant, just unaware of what this type of cancer involved.

LN: Do you think men will do monthly self-exams if they are more aware of the consequences?

MP: Originally I was aware of the TSE, but as you know, pamphlets are not readily available. I can't speak for the average man, but I don't know that most men would do a monthly selfexam. Mammography and breast cancer are very common in the media, and public awareness is high. But testicular cancer, well, men don't talk about it very much.

LN: There needs to be more public awareness.

MP: Absolutely. A positive thing for me was when Scott Hamilton was diagnosed with TC a month after my diagnosis. People Magazine did an article which got the word out. It takes a famous person to raise awareness.

LN: What is your perspective on life since the diagnosis?

MP: I've learned two major lessons: don't wait, and don't be afraid to be aware. My own ignorance cost me emotionally and physically. So if you think something is wrong, go to the doctor. In the long run, that initial diagnosis is a lot better than what it could be if you wait.

Michael Pardee is 31 years old. He is employed full time with the American Cancer Society. He can be contacted at 451-7710.

## ROAD...WORK from page 4

Whitelaw and back, but still nice--sunny and dry.

The club's first two excursions of April have been well attended. Sunny and breezy but dry. Predictably, the riding groups are splintering early; let us not forget the occasional regrouping. Still, OCC managed to lead our first guest of the season on her longest-ever ride. One regular pointed out the increased participation of the distaff side so far this year. We've noted the burgeoning buds on the trees and the varying yellows upon the landscape. Daffodils and forsythia, the yellow-green plumage of willows along the wetlands and even a few golden marsh marigolds. Add the cherry pink and apple blossom white of the flowering fruit trees and this is Spring in CNY. Now the beginning Saturday tours and weekday lunch rides offer us more opportunities to hit the road.

You have paid your '98 dues and received the new ride schedule booklet, right? One item continues to bother and bewilder our gentle readers. Namely, the number following the location-key for the starting point of each ride. This is only to distinguish one map-route from another one which starts at the same origin. To wit: G.Lk-1, on 28 March, is a different ride from G.Lk-4 though they start from the same place. OCC now has more than 100 rides on file and an indexing system helps the cartographer and schedulemeister keep things semi-straight. Confused? Collect the entire set of maps and it becomes clearer.

A couple of gripes from a retro-grouch reached our desk. There does seem to be more glass on the roadways but a good April shower (on a weekday, please) will clean things up. The new format of "Bicycling" magazine, you say? Yuck! Whom are they targeting? The MTV crowd?

May is national bike month and the nineteenth is bike-to-work day. Mark your calendar. May also brings the popular Wednesday evening rides with the Geezers' supper fests to boot. The time-trialists are hammering up and down Caughdenoy Rd. and the first OCC metric century rolls away on May 3. There are even some, gasp!, hilly rides creeping onto the schedule as we prepare for the end of the month's Giro weekend. Remember your 'friends' but also remember there are always shorter and less hilly options offered at every event. Enjoy the ride.....

## Upcoming Events from page 5

7 Syracuse Challenge Criterium. Koontz 424-1293.

7 Cape Vincent Spring Classic RR. Patti Sanford 654.2481.

10 Caughdenoy-Mallory-Brewerton Loop 454-0852.

13 Hans Huddle RR and Tour. Geneseo.

13 Pleasant Valley Ride. 472-8137

13 NYS MTB Series #4. Pasciak 437-2246

14 ESG Central Qualifiers

14 Cross County Challenge. 437-9280

17 Plainville-Jack's Reef Ride. 454-0852

20 Salmon River Tour. 454-0852

21 Owasco Lake Flyer RR. 253-5304

21 Ridges of Madison County 449-1722

24 Silk Road Ride 454-0852.

26-28 Tour de Sea Serpent 716.786.5786

27 NYS MTB Series #5. Pasciak 437-2246

27 Four Brooks & a Hill 252-2127

27-28 Columbia County Two Day

28 Tour of Oswego County. 342-2359

## July

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

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

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

29 Tuscarora Lake Loop 454-0852

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

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