

One Man's Cycling History

John Burgess

When I was a teenager and dinosaurs walked the Earth, I lived on a bicycle. My family did not own a car and so I rode back and forth to school and to any social function. But I also raced - a few time trials and one massed start where my chain broke after half a mile much to my chagrin. But when I saw my friends bloody knees and elbows from the frequent crashes of these very novice riders, I realised that I had, in part, been very lucky.

Most of all, however, I rode the tracks. This was England just after World War II and there were many bomb sites which groups of teenagers turned into oval race tracks. The surface might be dirt, cinder, brick dust, or in my home track's case, red shale - a former tennis club destroyed by a land mine.

We raced dual meets. Two riders from each team for each heat with a single low gear and no brakes but sliding around the corners on the loose surface meant your left foot down on the ground for support and rapid acceleration out of the corner but low top speed.

We raced two or three times a week; crashes were frequent but rarely serious and unbeknownst to us we became very fit. As I grew older I found other interests - most of which wore a skirt and thence to medical school, two years in the British Army at the request of the Queen and then surgical training.

I became a runner and when I moved to the United States I actually ran the New York City Marathon - nearly killed me but I did finish.

In 1994, my knees began to trouble me and after orthoscopic surgery I gave up my running and returned to cycling. I enjoyed chugging around the neighborhood early each morning and in 1996 decided to try an organised ride - the Tour de Cuse. I collapsed half way through and before the event was over I was undergoing balloon angioplasty!

I made an excellent recovery, renewed cycling and this Spring discovered the Onondaga Cycling Club. I have enjoyed several of the club events and have been made most welcome. However the novice rides are about my level at the moment but I have every hope of improving my performance and moving up to the regular rides.

Of course, always off in the distant future is the dream of perhaps racing again, in my age group. What a thrill it would be to return to competitive cycling again after all these years.

Time Trial Trivia

Bill Kocher

As of this writing 18 of the 20 T.T.'s have been completed. We have had 87 different people ride with an average of almost 22 people per night. I have been involved with the T.T. for at least a year and on August 11th this year we had a first time event happen. On that evening, 5 riders showed up to do their first ever individual time trial and each of these people were under the age of 13. They all rode in a safe and competitive manner - so Calvin, Ike, Sam, Mike, and Chris - keep up the good work. The points race is still being hotly contested and Pete VonZwehl has a small lead over Paul Ashbarry. The following people have new life time personal records: **Peter VonZwehl 25:03; John Saint 24:31; Jose Batlle 24:45; John Baker 27:12; Rob Coapman 24:01**

Syracuse Cyclocross Volunteers Needed

Lisa Nojaim

There will be a volunteer meeting for the Syracuse Cyclocross race at Clark's Ale House, Monday October 5 at 7:30 PM. All those who would like to volunteer before, during, or after the race are urged to attend. If you cannot make the meeting, but still want a job, contact Lisa Nojaim at 446-1052 or email nojaimla@maple.lemoyne.edu. The race is scheduled for Saturday, October 31 at Van Buren Park, Baldwinsville.

OCC Stuff You Can Buy!

OCC Clothing

There is a wide variety of OCC clothing for sale from the club's inventory. We have a wide variety of styles, colors, and prices from present and past years to choose from. There are even lots of jackets for the upcoming cold weather! Contact Tim at 478-7750 or binghamt@hscsy.edu for more information.

Century Mugs

It's undecided at press time, but the club may be selling the surplus 1998 Dick Richards Memorial Century coffee mugs. Sources tell us they're very nice mugs. Contact Tim at 478-7750 or binghamt@hscsy.edu for more information.

Saved by the Helmet

Have you been saved by a helmet? If so, become a member of the N.Y.S. Dept of Health "Saved by the Helmet" club and get a free t-shirt. The club's goal is to recognize people who wear helmets and encourage others to do so too. Contact Gina Gillooley at (518) 473-1143 for an application form.



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.

Tim Bingham
126 Jamesville Ave Apt E4
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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

November Issue, arriving in late October - Friday, October 9
December Issue, arriving in late November - Friday, Nov 6
January Issue, arriving in late December - Friday, Dec 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

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

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**

Race Results!

About Two Hours from Anywhere TT, RR, Crit Omnium

Jeff Koontz TT - 3rd; RR - 13th; Crit - 6th - (plus a \$25 prime); Overall - 5th

Oswego Tour de Loop

A race: Jeremy Burton (2nd); Jude Burke, Scott Wright, Tim Bingham, Jeff Koontz, Joe Pechacek, and Bill Krichbaum

B race: Lindsay Williams (2nd woman); Gaetane Perrault (3rd). Age group awards went to John Saint, Christy Saint, Bill Stiteler, Greg Low, Bob Swizdor, Tim Button, Fred Koegel, Kate Stewart, Mark Wheeler, Chad Bradshaw, Mike Religa, Eddie Luban, Chuck Dominick, Bill Kocher, and Bob Hinman. John Saint won the hill prime

too. Jim Carr, Brian Kelly, Ed Keplinger, Eric Dombkowski, Paul Kocher, Paul Swinburne, Bryce Button, and Bill Downey were among the other club members who raced. Apologies to those we left out...

Pottstown Crit

Dan Ogut - Pack finishes in Cat 3/4 and 1/2/3; Jeff Koontz - Pack finish in Cat 3/4 and 7th in the 4/5.

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is October 4 at 7:00pm at Bill Johnson's house. Any member wishing to attend is invited. Call Bill at 422-7570 for more information.

October 1998

03 CrOs-we-go. 298-5378
04 The Very Best Ride of the Season. 607.753.8892
04 NYS Cyclocross Warsaw 716.786.2186
10 Utica Cyclocross Clinic 716.786.2186
11 NYS Cyclocross Utica 716.786.2186
9-11 OCC Pioneer Lodge Weekend. 451.1616
11 Triple Lakes Tour. 422-6818
17 The Pie Ride. 252-2127
18 Clark Hollow Foliage Check. 449-1722
24 or 25 Roads and Wine. 445-2864
25 NYS Cyclocross Warsaw 716.786.2186
25 NYS MTB Series Championship 914-338-5483
31 Syracuse Gran Prix Cyclocross Race. Lisa Nojaim 446-1052
31 An Urban Halloween 474-3891

November 1998

08 NYS Cyclocross Greene 716.786.2186
07 or 08 Fall in the Muck 449-1722
14 or 15 Last Official OCC Ride 474-3801
15 NYS Cyclocross Warsaw 716.786.2186
23 NYS Cyclocross Championships Warsaw 716.786.2186

The RAW Report

Bob Spear

Not so much a report as some miscellaneous ramblings...

The page turns. You know summer is rapidly on the wane when you flip that last white page of the OCC Ride Schedule. In fact, as you read this, we're probably down to the last dozen scheduled rides. The "Richards" century is history. I wonder if we finally lucked out with the weather on this ride.

Central NY cyclists certainly had dry, sunny weekends the past summer. And it showed as participation was considerably increased over the previous two years. A new club record on the socialability index—a 30 rider peloton stayed together for 20 miles or so in the tour de petit France.

Speaking of the TdF, kudos to the top three local entrants in the worldwide cyber-TdF. Eddie Luban, Gian Vidali and Ed Keplinger. They are currently competing in the Virtual Vuelta against a thousand or so entrants (mostly from Spain!). The gamesters pick a team or individual riders from the pro peloton and are scored by computer (somewhere) based on the actual results. Like the fantasy baseball, football, etc leagues.

Picnics and swimming was high on the list in August. A dip, in the pool or in the mouth, after club rides proved popular. At Gail Ferat's rebel ranch, at Mike Lyon's Memphis mash and at Kathy Same's Loomis gang trail. Now this could get to be a habit. No Geezers did any dipping at Southwick's Beach but they have been out in force at the Wed. nite repasts. Another *full* year for the most-popular, mid-week rides has pushed away from the table. Forty or so riders, every Wednesday. Including fifteen women (or is it ladies?) at one event. Another club record.

Did you hear about the team RAW guy who missed a few weeks of cycling because of bare feet? Seems he was holding a naked rim at eye level when his son startled him causing said rim to fall onto said bare toe and breaking it -the toe rather than the wheel.

Many, well one or two, people have asked about the RAW acronym. Some have said Ride And Whine. On the weekend of Oct 24 it will be wine, call Gian for details. Also, still left on the fall schedule as we chase autumn's colors are three new rides,

Joan's Tug Hill weekend, and some of the previous years winners of best foliage ride. The Halloween ride on the 31st will be the next day so we don't miss seeing the local edition in the NYS cyclocross series. As always, call for details and keep on Riding A Wheel.

Advocacy Note

Chad Bradshaw

We are now distributing postcards to bike shops so that bicyclists can report road hazards to town, county or state highway departments with hopes of having them fixed. These postcards will be sent back to the advocacy committee (i.e., me) who will then forward them to the appropriate highway department. We will also provide cards to club ride leaders so that riders can fill them out after club rides should they encounter roads in need of attention. Anybody want to volunteer to help coordinate this?

In other advocacy news, we will be adding new members to the Citizens' Bicycle/Pedestrian Advisory Committee for the Syracuse Metropolitan Transportation Council. We've lost some members and I would like to see new members with conviction, courage, and stamina to tackle the uphill battle of improving our highway infrastructure for increased bicycle use and safety. While the SMTC will ultimately decide who to accept on the committee, you won't be considered if you don't show interest. If anyone has interest and ideas on how to better meet bicyclists' needs, please contact me. Email is best (Bradshac@vax.cs.hscsy.edu). Otherwise call me at home (446-0876). Thanks.

RBC 'Tween the Lakes

Harvey Botzman

I'm a member of the Rochester Bicycling Club. I've suggested and asked our Ride Chairs to schedule a weekend ride, 'Tween the Lakes (Cayuga & Seneca) for late June, 1999.

The route will start at Sampson St. Pk. proceed to Taugahonnock St. Pk. (Trumansburg) on Saturday. Then go from Taugahonnock Pk. to Sampson via Cayuga St. Pk. (Seneca Falls).

The ride map has not yet been assigned a number thus it is not on our web site yet. Nor has a date been firmly set for this ride. I've e-mailed Fred (newsletter ed. at FLCC) also. If any OCC members are interested in joining us please have them e-mail me: harvey.botzman@rbcbbbs.win.net.

Tug Hill Weekend

Come enjoy a great OCC event October 9-11. 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 Yungwirth and Jim Ryan at 315-451-1616.

Tour de Grasshopper

Tim Bingham

Sympathies to those who missed the fifth annual Tour de Grasshopper OCC Race and Picnic on Sunday, September 13. The attendance was low this year but the fun and food was once again fantastic. With the only entrance fee being a dish to pass in the post-race party, this event is the lowest-cost race on our calendar. Chuck Dominick, the event's host, was and is recovering from knee surgery to replace a torn ACL. Although he didn't ride, his bandaged leg didn't seem to be slowing him down too much. I also sat out the race because a sore throat and joined Chuck in his pace/camera car. The usual race includes a short

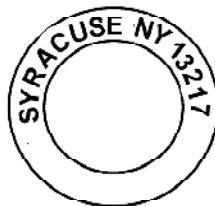
prologue time trial, a road race, and 200 yard sprints (drag races). The race officials got wind of a possible racer strike during the prologue, and no one really wanted to do it anyway, so the first stage was scratched from the schedule.

The four lap, approximately 25 mile road race then began. Trying to take advantage of an initially lazy field, Mike Mansfield took off on a solo flyer and stayed away for the first lap. As the first lap concluded, the peloton brought him back. Kate Stewart and a fellow named Peter (sorry - can't remember your last name) rode a bit off the back of the peloton looking relaxed. Mary Handley and Jenn Barber completed the field and occasionally paused to ham it up in front of the camera. Near the end of the third lap, a strange phenomenon occurred, and we have proof on video tape. At the rear of the pack, a bright white full moon appeared briefly in the midday sun. At the end of the fourth lap, Mike Mansfield again tried a breakaway, but it was shut down rather quickly by Jeremy Burton who went on to win at the top of Thirteen Curves by a healthy margin. Greg Low narrowly beat Eddie Luban in the sprint for second, with Bill Krichbaum following in fourth. Jose Battle, Bill Stiteler, Mike Mansfield, Kate Stewart, Peter ?, Mary Handley and Jenn Barber came in in that order. My apologies if I forgot anyone. The single elimination sprints put Jeremy again on top, with Greg again in second.

After gorging ourselves on Gatorade, beer, venison steaks, ziti, shrimp, and at least three different brownie recipies, Jeremy took home the year's Malliot Jaune, added his name to the trophy, and joined past years' champions of Steve Litszwan '94, Paul Ashbarry '95, Jeff Koontz '96, and Mariano Garcia '97.

Hopefully more OCCers will attend this fun event next year. Hopefully Chuck will have his hot tub leak fixed by then.

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



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Classified Ads

For Sale: 18" GT Zaskar w/Shimano XTR/XT, Judy Shock w/White Brothers Spring Kit, Professionally maintained, Rapid fire shifters. Asking \$750. Also, 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! Will sell both bikes above for \$1100. Magura hydraulic brakes ready to go only \$50. Call Anne and Scott Wright @ 698-9502.

For Sale: NEW: Vittoria Tigre Cyclocross Tire, \$15; Onza Aggro front MTB Tire, 2.1, \$10; Continental Town & Country MTB/Touring tire, 2.1, \$6; Avenir Race seatpost, \$12; Specialized Self-Seal MTB tube, 2.1, \$3; USED: GT rigid MTB fork, black, used once, \$12; Troxel Diva ladies helmet, size small, \$7, Look clipless pedals, as is, \$9. Call

Lisa@ 446-1052

For Sale: Cannondale R600, 54 frame size. Excellent condition. \$525 Al, 682-5636. Leave message.

Wanted: Inexpensive rattrap type standard MTB pedals with toe clips. Call Tim 478-7750.

Wanted: Mountain Bikes; one for 6'4" rider, one for 5'11" rider; fork or full suspension. Call Ted (work: 443-4209, home: 422-2988) or email tgdiamon@nwlinc.com.

For Sale: Cannondale 2.8 60cm w/ Ultegra STI. \$650 o.b.o. Call 564-7701 after 5pm

For Sale: Cannondale ST600 2S, 25" frame. Excellent Condition. \$400. Trek 420, 22" frame. Excellent Condition. \$300. Offers will be considered. Mary or Tom at 683-9443.

For Sale: Miscellaneous Yakima rack parts. 4 towers for cars with raingutters,

short wheel trays and fork mounts, 48" crossbars, assorted "snaparounds" and hardware. Everything is old but usable. Call Eddie at 449-1722 (h), 472-1935 (w) or email, eluba@dreamscape.com.

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.