

# THE SPOKE 'n WORD

Volume 25, No 9

December 2005

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*Time to renew your membership!  
..Please make sure all adults (you know who you are!) sign the waiver because of the club's liability policy requirements. OK?*



OCC: The Onondaga Cycling Club, is a Central New York non-profit organization which facilitates participation in the sport of bicycling. The club schedules and conducts bicycle rides, tours and sporting events from March through November. Meetings and social occasions are held throughout the year.

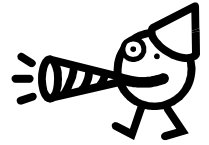
- Club Officers**
- President..... Jochen Woicke
  - Vice-President/Ride Schedule.. Bill Goffe
  - Secretary..... Kelly Wheeler
  - Treasurer..... Deb Leal
- Board of Directors**
- Advocacy/Ride Schedule.. Gianfranco Vidali
  - Fall Century..... Mike Mansfield
  - Membership/Insurance... Bob Ruth
  - Merchandise..... Claire Reichl
  - Newsletter Editor..... Deb Virgo
  - Points/Miles..... Jim Price
  - Social/Mailing..... Carolyn Sterritt
  - Time Trials..... Eric Flanders
  - Racing/USCF Liaison.... Chuck Dominick
  - Web Developer ..... Marcello Pratico
  - At Large..... Jaqueline Martello
  - At Large..... Bob Spear
- Other Positions**
- Picnic..... Chad Bradshaw
  - Cyclocross..... Jeremy Burton
  - Long Distance/July Century... Jennifer Barber
  - Cartographer/ July Century..... Bill Stiteler
  - Vacation Ride..... Joan Yungwirth
  - Equipment..... Jack Lancette
  - E-Map Designer..... Jeff Palmer
  - Listserv Administrator ..... Tim Bingham

**OCC on the Internet...** Our Web site can be found at <http://onondagacyclingclub.org>. The OCC email discussion list (listserv) can be subscribed to from our Web site.

The Spoke 'n Word newsletter is distributed free of charge to all OCC members. It is an open forum and members are invited to submit items. The newsletter is published monthly March-December. Submissions will be due the 2nd Saturday of the month and can be emailed to [dvirgo@twcny.rr.com](mailto:dvirgo@twcny.rr.com) or mailed to Deb Virgo. Contact me at 446-0266 with questions.

## OCC Annual Banquet!

The annual banquet will be held **January 21, 2006** at *Traditions At the Links*, 5900 Burdick Street in East Syracuse. Cocktail hour begins at 6:30 with savory hors d'oeuvres, such as their International Cheese Board, Garden Vegetables and Dips, Fresh Fruit Display, Crab Tureen and Swedish Meatballs. There will be a full buffet menu at 7:30 including vegetarian dishes.



Officers for 2006 will be voted on and elected, awards for our 2005 cyclists will be presented and of course we will have many wonderful door prizes! ***Come and enjoy!*** OCC BOD voted to keep prices low with \$25.00 per adult and \$10.00 for children. To sign now, mail your check to Onondaga Cycling Club PO Box 6307 Syracuse, NY 13217-6307

...Thanks go out to our favorites place to shop: The **Bike Loft** in North Syracuse, The **Bikery** in Baldwinsville, **Bicycle Alley** in Manlius, **Wayne's Bicycles** on Erie Blvd in Syracuse, **DeWitt Sports** at Lyndon Corners, and **Eastern Mountain Sports** in Fayetteville and the Carousel Mall for their contributions to our many wonderful door prizes and for all the services you provide to our club members throughout the year.



*The club received the following advertisements about cycling events/tours. If interested check out the websites or contact Jochen Woicke (woicke@mac.com) for hardcopy info (on first come – first serve basis):*

DuVine Adventures offer various tours in Europe: [www.duvine.com](http://www.duvine.com)

2006 Cycling tours, biking tours in Europe: [www.tripsite.com](http://www.tripsite.com)

Freewheeling Adventures, biking tours in North and Central America, Europe, Australia, New Zealand: [www.freewheeling.ca](http://www.freewheeling.ca)

Volvo Best Buddies Challenge – Hyannis Port, cycle with celebrities and professional athletes on May 20, 2006, for the benefit of people with intellectual disabilities : [www.bestbuddies.org](http://www.bestbuddies.org) ; 1-800-718-3536 x60

Cycling in Switzerland, "somewhat" hilly imho; [www.swiss-cycling-tours.com](http://www.swiss-cycling-tours.com) (even if you don't plan to go, check the trip description if you got the time, quite interesting).

# A Life Changing Experience!



We provide all the support and inspiration you need  
- you raise funds for lifesaving cancer research.

[www.teamintraining.org/cny](http://www.teamintraining.org/cny) • 315-471-1050

Walk or Run, Half or Full Marathons • 100-Mile Cycle Rides • Triathlons



### ***Congratulations to Erik & Eddie!***

The things people will do to get their name in [cyclingnews.com](http://cyclingnews.com) Erik Wennberg raced in the 35+ B race and Ed Luban raced in the Masters 50-54 at the US Cyclocross Championships held on Dec. 9-11 in Providence, RI.

### **Donation from the Fall Century**

Proceeds from the Fall Century were donated to ESF in memory of Bill Johnson. The name of the endowment at SUNY ESF is the William Johnson Mapping Sciences Fund. OCC donated \$750 to this fund.

If you're new to this club and didn't know Bill, ask anyone about him. Guaranteed they will tell you a story about his kind and generous nature.

### **OCC Supports Jan Maloff and his Bike Giveaway**

Every year Jan Maloff organizes a bike giveaway where hundreds of bikes are made available to anyone who wants one. This year he was short of funds for parts.

OCC donated \$250 to Maloff for the purchase of parts. As reported in the Post-Standard, almost 875 bikes were given away on Dec. 17th.

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**Classified Ads:** OCC members...free!  
Non-members \$5 for 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 or digital format ads follows:

Full Page..... \$68  
Half Page..... \$36  
Quarter Page..... \$19  
Business Card..... \$10  
Discounts available for larger ads and multiple issue ads. Please contact the editor for more information.

- **Who reads the Spoke 'n Word newsletter?**
- **228 families receive a paper copy**
- **128 families have elected to read it online**

### **How to Read the Spoke n' Word Online...**

at our Web site <http://onondagacyclingclub.org/>. A note is sent to the club listserv (sign up through the Web site) when the newsletter is ready. If you are still receiving a paper copy and wish to discontinue you can send email to Bob Ruth at [ruthrob@twcny.rr.com](mailto:ruthrob@twcny.rr.com)

**Next BOD Meeting**  
The next Board of Directors meeting will be held on **Sunday February 5th at 6 PM** at Jochen Woicke's house. Any member is welcome to attend. Call or email Jochen for information.