

# THE SPOKE 'n WORD

Volume 25, No 8

November 2005

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### OCC Banquet...

In 2004 we had extreme cold,  
in 2005 we had extreme snow,  
what will the weather extreme be for 2006?



### **And welcome to the following new members:**

Douglas K Abbey  
Anne Catherine Blake  
Kenneth J Imboden

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

## Recondition & Rejuvenate Your Body for Next Year

Performance enhancement specialists are studying the effects cycling has on the body. With collective data these specialists are keeping cyclists on the road more injury resistant.

### The Science of Cycling Movement

As cyclists we are in a fixed position on the bike for a prolonged period of time. Because of this we are over working primary cycling muscles such as the Hip Flexor, Gluts and Hamstrings, etc. These muscles are extremely important for performance results. What many do not know is that when we exhaust our primary muscles in cycling as a result of pattern over load the body will tap into an incorrect source of muscles to survive. These muscles are far more inefficient for cycling and they contribute to a host of injuries. Specialists refer to this process as the cumulative injury cycle. Some symptoms may include joint discomfort, muscle soreness and decrease performance results.

Everything originates from the bodies core. The core refers to the Lumbo Pelvic Hip Complex. The LPHC needs to be correctively conditioned through several tailored exercises in order to improve strength, power, speed, and endurance, etc.

### Where do you start?

Building an athlete's body is like building a house. We begin with a foundation that is strong and stable and then move outward. A weak foundation is susceptible to injury, as a strong foundation is ready for more challenges. In the off-season we begin laying a foundation for the season ahead. The first step is getting a postural assessment done. We all will be much more confident next year if we train for it.

Good Luck. Bryan Morgan, CPT

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We would like to thank our sponsor Saturn and ask you to give them your support...



**A BIG THANK YOU** to all volunteers and organizers of our *cyclocross* race: Norm and Paul Asbarry, Tim Bingham, Ginny and Bob Burton, Bill Goffe, Andy Hadley, Paul Kocher, Eddie Luban, Kate Stewart, Bill Stiteler, Paul Swinburne, and Eric Wennberg. Through your help, everything went so amazingly smoothly; this was quite an experience to have expert advice and support and hands on help when needed. Everybody, racers, volunteers, spectators, and organizers had a great time.

I truly believe, folks that did not come out missed a great event!

Thank you very much again.

Jochen

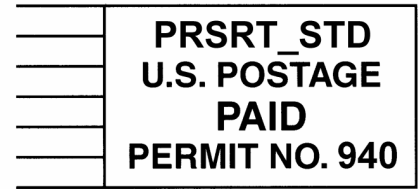
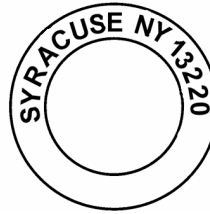
## 2005 Syracuse Cyclocross Grand Prix Results

Category: Masters Men		
1 <sup>st</sup>	Andy Melnychenko	161
2 <sup>nd</sup>	Greg Drumm	158
3 <sup>rd</sup>	Jeff Walker	165
4 <sup>th</sup>	Mark Williams	157
5 <sup>th</sup>	Dave Faso	160
6 <sup>th</sup>	Paul Asbarry	153
7 <sup>th</sup>	Karl Faruzel	154
8 <sup>th</sup>	Mark Shenstone	162
9 <sup>th</sup>	Tom Emrich	169
10 <sup>th</sup>	Keith Gregory	159
11 <sup>th</sup>	John Poland	167
12 <sup>th</sup>	David Burnside	164
13 <sup>th</sup>	Eddie Luban	168
14 <sup>th</sup>	Philip Thompson	156
15 <sup>th</sup>	Dan O'Brien	155
16 <sup>th</sup>	Ed Burns	170
17 <sup>th</sup>	Stuart Joseph	166
18 <sup>th</sup>	Scott Mott	163

Category: Open Women		
1 <sup>st</sup>	Laura Bowles	243
2 <sup>nd</sup>	Katina Walker	242
3 <sup>rd</sup>	Margaret Thompson	241
4 <sup>th</sup>	Liz Carrington	240
Category: Masters Women		
1 <sup>st</sup>	Amanda Shenstone	643
2 <sup>nd</sup>	Kim Celecki	642
Category Open Men		
1 <sup>st</sup>	Dan Timmerman	37
2 <sup>nd</sup>	Peter Ozolins	43
3 <sup>rd</sup>	Joe Halter	36
4 <sup>th</sup>	John Roden	35
5 <sup>th</sup>	Jeremy Gardner	39
6 <sup>th</sup>	Andrew Kraszewski	44
7 <sup>th</sup>	Seth Torrice	34
8 <sup>th</sup>	Stan Skotnicki	33
9 <sup>th</sup>	Thomas Gaborski	41
10 <sup>th</sup>	Matt Delisa	31
11 <sup>th</sup>	Mike Kumiega	28
12 <sup>th</sup>	Rich Rutishauser	42
13 <sup>th</sup>	Mark Herman	32
14 <sup>th</sup>	Dave Bisers	38
15 <sup>th</sup>	John Ormsby	30
16 <sup>th</sup>	Steve Edgar	46
17 <sup>th</sup>	Laura Bowles	48
18 <sup>th</sup>	Karl Faruzel	29
19 <sup>th</sup>	John Crumlish	47
20 <sup>th</sup>	Brian Thomas	40
21 <sup>st</sup>	Eric Wennberg	45

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

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### Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday November 13th** at **6 PM** at Jochen Woicke's house. Any member is welcome to attend. Call or email Jochen for information.

### 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)

**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.