

THE SPOKE 'n WORD

Volume 25, No 7

October 2005

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And welcome to the following new members:

Jade Abulencia
Jeff Abulencia
Jennifer Abulencia
Jordyn-Lee Abulencia
Zach Abulencia
David Baker
Tony Baleno
Kimberly Blake
Bob Blount
Bob Cooney
Brad Crosby
Jeffrey Grover
Don Healey
Jo Healey
Simon Hurley
Mary Jo Kiggins
Jody Koch
Chuck LaComb
Kyran Ludden
Jim Maxon
Phillip McCarthy
Mike McFadden
Mark Mense
Gary Meyers
Bob Ravera
Daniel Ravera
Elena Ravera
Laura Ravera
Olivia Ravera
Chuck Rock
Fred Santucci
Matt Thibodeau
John Weidman



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 or mailed to Deb Virgo. Contact me at 446-0266 with questions.

Call for Nominations

Once again it's time to recycle some OCC board members. There are a few positions that are open for 2006 and we're looking for members who are interested in joining the OCC Board of Directors.

The Schpeel: This club really does a lot. There is some ride almost every day of the season as well as many special events. If you're on the board then you have a voice in how this club operates. Oh, and the food spread is usually amazing.

Contact Bob Spear to nominate your best friend.

Save the Date and Find a Date

For the banquet! It will be held on **January, 21, 2006** at Traditions Restaurant at the Links at Erie Village. Stay tuned for details...

Are you reading this on the Web?

If you've opted out of receiving your newsletter by mail then you missed out on getting the 2006 Membership List. If you'd like to get a copy please contact Bob Ruth at ***ruthrob@twcny.rr.com***

Here's what's going on at NYBC (New York Bicycling Coalition):
Support Efforts to Increase Bicycling and Pedestrian Safety and Access Today!
-> <http://www.nybc.net/about/htmlform.shtml>
Join E-NY Bikes! for news, advocacy and event updates (once a month)
-> <http://lists.nybc.net/mailman/listinfo/nysbikewalk>

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



Onondaga Cycling Club
Presents the Annual
Syracuse Grand Prix
Cyclocross

Sunday, October 9, 2005
Onondaga Lake Park, Liverpool, NY
USCF Permit pending

Sponsored by Wayne's and Meltzers Syracuse Bicycles, The Bikery and
Budwiser

Cash or Prizes for all Categories

Time	Category	Duration	Entry	Prizes/Places
11:00AM	Open Women	45 min.	15.00	US\$ 100/3 (50-30-20)
12:00PM	Masters Women	45 min.	15.00	US\$ 100/3 (50-30-20)
1:00 PM	Masters Men	45 min.	15.00	US\$ 100/3 (50-30-20)
2:00 PM	Open Men	60 min.	15.00	US\$ 100/3 (50-30-20)

*Promoter reserves the right to combine categories depending on turnout.

Visit www.nycross.com for more information on the series.

Registration: Day of Registration opens at 8:30 AM and continues until 15 minutes before race start.
One day USCF licenses available at registration.

Directions: From East or West take NYS Thruway exit 39 to 690 E to John Glenn Blvd. Exit. Take right at first traffic light onto VanVleck Rd. Course is on left before bridge.

From the North coming 81S get on NYS Thruway and follow directions above.

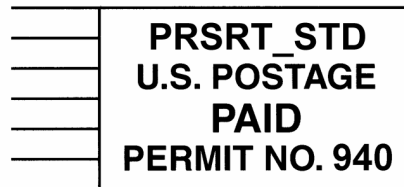
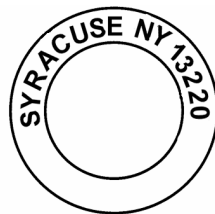
From the South taking 81N take 690W to John Glenn Blvd exit and follow directions above.

Questions: Contact: Jeremy Burton at (315)263-1033



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P. O. BOX 6307 TEALL STATION
SYRACUSE, NY 13217-6307



RETURN SERVICE REQUESTED

Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday October 16th** 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

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.