

THE SPOKE 'n WORD

Volume 25, No 6

September 2005

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And welcome to the following new members:

- Doug Ahlsen
- Brian Buttner
- Charlie Crary
- Michael Crinnin
- Patrick Green
- Robin Green
- James Herr
- Kelly Herr
- Matt Hiemstra
- Dan Hodge
- Jeffrey Lamb
- Tim Manchego
- Ken Margrey
- Christy Patterson
- Ben Reller
- Scott Reller
- Kevin Relyea
- Douglas Roik
- Miranda Saint
- Nate Saint
- Eileen Stigers
- Tom Stigers
- Andy Stiteler
- Caitlin Storage
- Dana Storlinge
- Micheal Volo
- Shannon Walters



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.

Discount for OCC Riders at the Beaver Lake Nature Center

A discount of 10% on goods purchased at the Beaver Lake Nature Center is offered to all OCC riders who show up at our club rides from Beaver Lake (August 17 and October 1). Jon Bowen, a former OCC member and a current member of Board of Directors of the Beaver Lake Nature Center will be at the ride start and hand out certificates plus info material. Check out the park and the nature center store; probably you'll find something of interest!

jochen

LAB Membership On Sale

For individuals interested in joining the League of American Bicyclists (LAB) they are offering a special \$20 membership for new individual members (a savings of \$10) who belong to an affiliated organization (OCC is an affiliated club.). Their Web page which lists membership benefits can be found at:

<http://www.bikeleague.org/support/join.htm>

For more information and a discount membership form you can email Todd McDonald at todd@bikeleague.org.



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



Join us on the

2005 Bill Johnson Memorial Fall Century

our annual charity ride which will benefit the Bill Johnson Memorial Fund at SUNY College of ESF. Bill served in many club positions including president before his death in 1999. He was an inspiration to all.

The Ride: Through the beautiful eastern Finger Lakes area (Skanateles, Owasco, and Cayuga); options of 64 and 100 miles; rolling terrain with hilly sections.

When: Saturday, September 10, 2005; the century ride starts at 8:30 and the metric century (64 miles) starts at 9:30. The park opens at 7:30.

Picnic: A post-ride picnic will be held for all riders.

Cost: \$25.00. This covers water/food stops, a souvenir gift (to the first 60 registrants) and a donation to the memorial fund.

Register: Please fill out below and, with a check payable to the Onondaga Cycling Club, mail to: Onondaga Cycling Club, P.O. Box 6307 Teall Station, Syracuse NY 13217

Start: Carpenter's Brook Fish Hatchery, which is 6 miles north of Skaneateles on 321. From Syracuse take exit 6 on I-690 for 695 (this exit is near the State Fairgrounds on the west side of Syracuse; it is easily reached from the Thruway and I-81). At 6 miles take 5W; at 11.5 miles stay on 5W. At 13.5 miles take a left on 321 (a Citgo is on the left and a Hess is on the right). Carpenter's Brook is on your left at about 16 miles.

Registration and Waiver of Liability

IN CONSIDERATION of being permitted to participate in any way in the Bill Johnson Fall Century, on September 10, 2005, a Bicycling Activity ("Activity") sponsored by Onondaga Cycling Club, Inc. ("Club"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2.FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club and the LAB, their respective administrators, directors, ride leaders, volunteers, agents, officers, members, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation, expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant 1 (Name) _____ Signature _____ Date _____

Participant 2 (Name) _____ Signature _____ Date _____

2005 Road Ride Points and Mileage Results

Here's the results for Points and Mileage as of July. All riders who have ridden at least 3 rides are included.

A point is earned for each club sponsored ride. Mileage is the total of what is reported by the rider on the sign out sheet. Total points and miles are used to recognize riders at the end of the year. To be eligible for these awards a rider must lead at least one ride during the season.

Thanks to Jim Price for compiling these results.



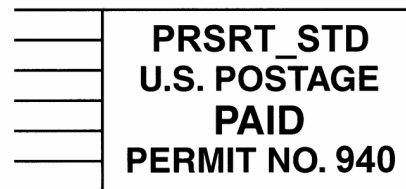
Hungry Biker by Kate O'Kelly and Jim Joyce

	Miles	Points
ryan, jim	1349	31
matthews, dick	1079	29
elphick, brian	1388	29
mautz, joe	1213	26
yungwirth, joan	927	24
vidali, gian	1005	24
woicke, jochen	1051	22
wheeler, mark	1092	22
reid, pat	614	20
ronnow, zeke	840	19
diekema, anne	861	19
woicke, kathe	622	18
mansfield, mike	630	18
taylor, doug	921	18
swinburne, paul	924	18
wheeler, kelly	521	17
spear, bob	817	17
vanwie, david	835	17
price, jim	543	16
goffe, bill	865	16
hadley, andy	476	15
martello, jacqueline	428	14
reichl, claire	439	14
madonna, mary	566	14
luban, eddie	606	14
sterritt, carolyn	369	13
ross, margo	398	13
merrick, bill	452	13
ruth, bob	489	13
topp, mark	749	13
petrie, rich	368	12
stewart, kate	450	12
madonna, david	474	12
wennberg, erik	492	12
falso, ray	493	12
walker, katina	571	12
murphy, mike	296	11
lyon, mike	399	11
roemer, mark	440	11
swizdor, bob	468	11
walker, jeff	517	11
laprate, ron	307	10
mccarthy, david	405	10
doody, m e	417	10
longacre, andy	256	9
price, cheryl	276	9
montoya, carlos	282	9
oneil, rich	302	9
cardinale, jim	309	9

	Miles	Points
kocher, paul	333	9
beckman, ron	382	9
swizdor, mj	385	9
veenstra, rich	385	9
vonzwehl, pete	244	8
gummer, mark	258	8
panagakis, john	270	8
dominick, chuck	279	8
baker, john	287	8
tarolli, gary	296	8
ferat, gail	307	8
faso, david	309	8
sampere, sam	199	7
walters, shannon	225	7
bradshaw, chad	238	7
doctor, vern	243	7
hahn, brian	254	7
meyer, sabine	261	7
casler, brian	287	7
arjomand, keyhan	333	7
mautz, barbara	356	7
buck, amy	383	7
virgo, deb	157	6
sidd, john	197	6
bonk, noel	200	6
bernstein, scott	203	6
low, greg	204	6
morgan, john	206	6
komanecky, paul	209	6
nicholson, william	213	6
ransford, steve	255	6
perrault, gaetane	289	6
hotaling, tom	298	6
comfort, larry	133	5
prill, larry	151	5
kelly, brian	165	5
panuto, bob	166	5
bingham, tim	168	5
ahlsen, doug	190	5
crinnic, michael	193	5
dewey, bill	199	5
dombkowski, eric	203	5
prattico, marcello	216	5
hotaling, peg	245	5
burton, jeremy	122	4
colegrove, dave	132	4
bingham, sue	137	4
flanders, eric	142	4
panzarella, matthew	142	4

	Miles	Points
stiteler, bill	154	4
blume, dick	159	4
petro, dean	169	4
relyea, kevin	172	4
voutsinas, dan	187	4
walburger, adam	190	4
evans, jay	222	4
longacre, virginia	49	3
solan, kevin	70	3
nojaim, lisa	74	3
annese, marnie	80	3
deggan, annemarie	80	3
wagner, gloria	82	3
sampere, tim	84	3
oster, sarah	86	3
ronnow, joseph	86	3
fischer, joe	89	3
burton, lauren	90	3
rogers, walter	93	3
boettger, jack	96	3
zackevich, russ	96	3
johnson, aaron	101	3
mollon, paul	102	3
shubsda, david	102	3
rhinehart, bob	103	3
duflo, paul	105	3
hahn, george	109	3
yonemura, ken	109	3
dellilo, jay	110	3
ashbarry, norm	114	3
woodford, ray	116	3
mathewson, kevin	120	3
jarvi, rich	127	3
stummer, andrew	128	3
palmer, jeff	156	3
palmer, sandy	156	3
evans, larry	214	3

ONONDAGA CYCLING CLUB, INC.
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 September 11th** 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.