

THE SPOKE 'N WORD



Welcome to these new members !

- Suzanne Buck**
- Denise Butler**
- Bonny Donzella**
- Linda Greytak**
- Keith Miller**
- Dave Pratt**
- Chelsea Richard**
- Hannah Richard**
- Peter Richard**
- Shannon Richard**
- Tess Richard**

Paid 2005 Members: 509
Paid 2006 Members: 294

Next Board Meeting – April 9 at Claire Reichl’s house: 347 Summerhaven Drive, East Syracuse.

To renew your membership, see page 2

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NOTE: The next issue will be out in the second week of May

OCC: Onondaga cycling Club is a Central New York State non-profit organization that facilitates the 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. Our Web-site is at: <http://www.onondagacyclingclub.org>. The OCC email discussion list (listerver) can be subscribed to from our Web site.

Renewal Information

MEMBERSHIP REMINDER

The Ride Schedules were mailed to paid members on Monday, March 6th 2006. Membership cards for all family members were enclosed with the ride schedule.

DID YOU GET ONE?

If you did not get a ride schedule, check the mailing label on this issue of the Spoke-n Word to see if your membership is current or not. An S2005, F2005, Y2005, or C2005 in the upper right corner of the mailing label indicates your 2005 dues were paid but **NOT** for year 2006 (**BAD**). Anything with a 2006 or greater indicates your dues are current (**GOOD**) and you are due a Ride Schedule. If you read the Spoke-n Word via the Web, and think you should have gotten a schedule see "PROBLEMS?" below.

THE RENEWAL FORM

If you need to renew, remember that the Renewal Form needs to be returned. This is important for two reasons:

1. The waiver at the bottom of the form (and the MINOR RELEASE on the back) needs to be signed and dated in order for us to provide insurance coverage for all our members. Anyone 18 or older must sign this waiver to renew membership. If you do not have under age children listed as family members, you can skip signing the minor release on the back.
2. The president collects mail from the Post Office box. He sends checks

to the Treasurer and the forms to me. If you just send a check, it may wind up as a donation since I may not get the necessary information to update your records and you are counting on someone to remember to tell me that a membership has been received. Then, I will send you a form to complete anyway because we need the waiver to be signed and dated.

PROBLEMS?

If you have paid year 2006 dues and didn't get a Ride Schedule or the mailing label on this issue of the *Spoke-n Word* indicates 2005, or if your address is incorrect, your name is spelled wrong, etc., please contact **Bob Ruth**, membership chair at (315) 451-0685 or email at ruthrob@twcny.rr.com.



Remember to sign in and sign out at scheduled rides!

News for Riders and Ride Leaders

Attention Ride Leaders:

If you prefer to pick up the package (maps, sign-in sheets, insurance forms) as hard copy instead of downloading them from the internet, please contact me, Käthe Woicke, either by e-mail or by phone (woicke@mac.com , 315-682-7841), ideally ap-

proximately two weeks before the ride. We can arrange a pickup at my place (8335 Decoy Run, Manlius) or I can bring the package to one of the next rides. Please let me know as soon as possible to schedule the pick up.

Thank you,
Käthe

New Rides and Centuries:

- Leisure rides have moved from Wednesday night to Saturdays. They'll be held from the start of June to the first weekend in September. We'll be pushing them more this year, so if you know of someone interested in 10-14 miles at a moderate pace, please encourage them to attend. We would very much like to make them self-sustaining.

- On the other end of the scale, there are a total of 4 centuries.

Besides the usual ones near the Fourth of July and in in early September, there is also one on Memorial Day and another in early August. The two new ones are being run as regular rides with no support or marked roads. Three of the century routes are ones we haven't used in some years (thanks to Jeff Palmer for digitizing them).

- There are three new rides. Thanks for Paul Swinburne, Eddie Luban, and Doug Taylor for putting them together and again for Jeff Palmer for digitizing them.

- Many routes we haven't ridden in a few years have been put back in the schedule.

- There is one new starting location -- Oneida Shores County Park (1.5 miles east of the usual Brewerton starting location on Bartell Road). It will be used for the Fall Century.

- As we did last year, we're doing 3 joint rides with the Rochester Bike Club. This year we're adding 2 joint rides with the Finger Lake Cycling Club.



By Bill Goffe, OCC Scheduler and vice-President

Board of Directors

Club Officers

President	Jochen Woicke
Vice-President/Ride Schedule	Bill Goffe
Secretary	Claire Reichl
Treasurer	Mike Lyon

Board of Directors

Fall Century	Mike Mansfield	Vacation Ride	Bob Spear
Membership/Insurance	Bob Ruth	Merchandise	Kelly Wheeler
Newsletter Editor/Advocacy	Gianfranco Vidali	Time Trial	Sam Sampere
Social/ mailing	Carolyn Sterritt		
Racing/USCF Liaison	Chuck Dominick		
Web Developer	Marcello Prattico		
Summer Centuries	Anne Diekema		

Other Positions

Earth Day Clean-up	John Baker	Equipment	Jack Lancette
Picnic	Chad Bradshaw	E-map Designer	Jeff Palmer
Long Distance Riding	Jennifer Barber	Listserver Admin	Tim Bingham

Important Dates

Dear Members,

Please mark your calendar for the upcoming **Earth Day Clean Up on Caughdenoy Road: April 22!** It would be great, if we had a good participation, as we did in past years or even a better one. The more members show up, the earlier we will be done. Please consider: This is one opportunity for us as a club (this includes you as one who engages in outdoor activities) to prove that we care about the environment. As in past years,

John Baker will organize this event and I heard through the grapevine, that he plans something special for the pre-cleanup breakfast. Also: Think about those 5 volunteer points that will be granted for this event.

The clean up starts at 9.00 a.m. at the Jerome Fire Equipment on Caughdenoy Rd, approximately half a mile North of NY 31. When we are done, approximately at 11 a.m., the official club ride will start from this location.

Stay tuned for specific info about this event on our web site and the list server!

Hope to see you all there,
Jochen

Time-Trial Season to Begin Soon

Our first time trial of the new cycling season is scheduled for Tuesday April 25, starting time 6:00 p.m. For those of you new to the club or those who have not ridden a time trial, let me encourage you to come out to give it a try. Let me now describe the event.

The course is 10 miles long. You ride out about 5 miles, turn around and ride back, it's really that simple. There will be a volunteer at the turn signaling to you whether or not you can safely turn. This is a battle between you and the clock, the object being to complete the ride in the shortest time possible. The course would be classified as flat if this were a longer club ride, but when you are riding at your maximum effort, those little 'hills' seem to grow! The time trial really is a sufferfest if you ride it correctly. This is a great way to gauge both your ability to learn to ride when your body is telling you to quit, and to track your fitness as the season progresses.

You accumulate club points for riding the time trials. The points are awarded as follows:

Earth Day Cleanup	1 pt.
Volunteer	1 pt
Ride	1 pt
Beating your previous best time for the year	0.5 pt
Passing that \$\$\$ tricked out TT bike	priceless

None of the points accumulated will count unless you volunteer at least one time during the season. We need volunteers at the turn alerting riders whether turning is safe, and at the start to release riders and collect times. We will allow non-club members to ride one TT free of charge, but

since this is the club newsletter, this rant really doesn't apply to those reading it!

I rather liked Eric's implementation of the ride-and-volunteer idea and will continue that option this year. As the days grow longer and daylight spills later into the evening, I am considering delaying the start time to 6:30 p.m. This benefits those struggling to get to the start on time because of work or other constraints, and the time-zapping winds seem to diminish in the evening hours.

Please e-mail me at vegasammy@hotmail.com if you have other suggestions for the TT and want to volunteer. We already have Eddy and Adam for the first night, but can use another volunteer or two at the start.

Lactically yours,

Sam Sampere
OCC Time Trial Director

Ride Statistics



* March 11, Ride from Chittenango - 33 miles, 48 F and wind at 5 mph or less, 57 riders.

* March 18, ride from Gillette Road (Cicero) - 25 miles, 27 F, wind gusting to 30 mph, 4 riders.

The Advocacy Page

Update From the New York Bicycle Coalition

by: Joshua Poppel
Executive Director
NY Bicycling Coalition

I hope that by the time many of you are reading this, the spring cycling season will have already begun. This tends to be a busy time of year for the Bike Coalition as we prepare to publish our annual Events Calendar and also plan for Bike Month activities in May. The digital copy of the Events Calendar is available on our website and will be updated throughout the riding season. To check for rides around the state please visit: <http://www.nybc.net/clubs/calendar/index.shtml> Printed copies of the Events Calendar will be distributed at the beginning of April. All current NYBC members will receive a copy in the mail. Additional copies will be available at bike shops throughout the state as well as other tourism venues. If you would like a copy mailed to you please drop us a line and we'll add your name to the mailing list.

The New York Bicycling Coalition will be hosting the third annual Capital Bike Week from May 20th-26th. The current schedule of events includes the Tri-County River Ride and Legislative Breakfast as well as the Commuter Race and the Road I cycling education class through the League of American Bicyclists. We also offer a Bicycle Buddy Commuter Program for anyone interested in preparing for Bike to Work day. Information on the above mentioned programs is available at our website: <http://www.nybc.net>

NYBC has already scheduled a number of speaking dates with bicycling clubs around the state. If your club is interested in hosting the Bike Coalition and hearing about the projects that we are working on please call Joshua Poppel at 518.436.0889.

NYBC is a registered 501c3 organization (all donations are tax deductible) whose mission is to provide a coherent, credible voice for the interests of all bicyclists in the state and encourage the use of bicycles for transportation, sport, recreation and health. Please take the time to review our webpage (www.nybc.net) and consider joining the New York Bicycle Coalition today.

The University Hill Comprehensive Transportation Study

by *Gianfranco Vidali*,
OCC Advocacy Director

There was a public hearing at the Goldstein Student Center (located on the South Campus of Syracuse University) on March 8 on the progress of the University Hill Comprehensive Transportation Study commissioned by the Syracuse Metropolitan Transportation Council (STMC). The purpose of the study is to look at transportation issues in the University Hill area in light of projected increase in vehicular traffic and in demand of parking spaces. About 30 people were in the audience. There are six phases to the study: planned vision, mobility forecast, 2025 issues and needs, alternative development, shortlist selection and analysis, recommendation and implementation. The topic of the public meeting was the first of the six phases: current planned vision. The duration of the study is two years, and the planning is for the next 20 years.

In essence the situation is this: there will be an increase in vehicular traffic and related demand for parking spaces as Syracuse University, the medical centers, and commercial and residential units expand. In the long term, there will be added upward of 4 million square feet of occupied space. In order to address viability and coordinate land development, several strategies are being considered, from improving the bus system to find out how to facilitate walkability and biking. In order to encourage people to walk and bike more and for longer distances, users of al-

ternative modes of transportation need to feel secure and have a pleasant experience. Currently, garage and parking spaces - which are especially concentrated in the northwest side of the University Hill area, are among the worst for alternative transportation.

What are the changes proposed? Only hints were given. They go from the mundane (better pedestrian and biking facilities, including secure bicycle storage facilities) to the radical, such as changing the appearance of the area below a one mile stretch of I-81 (near the Adams and Harrison streets ramps); an extreme solution calls for removing that 1-mile stretch. More about this in one of the forthcoming issues of this newsletter.

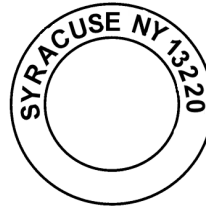
For more information, see:

<http://www.smtcmpo.org/studies/univ-hill.asp>

New signs on the Hill.



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



ADDRESS SERVICE REQUESTED

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. Submissions are due the second Saturday of the month. Mail material to **OCC Newsletter Editor, PO Box 6307 Teall Station, Syracuse, NY13217-6307**; or e-mail submissions to Gianfranco Vidali, gvcycling@yahoo.com. Material submitted is subject to editing and is not returned.

Photo Credits: Gianfranco Vidali

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 as 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.