

# THE SPOKE 'n WORD

Volume 24, No 3

April 2004

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

Keyhan Arjomand  
David Colbert  
Michael Fleszar  
Ellen Garcia  
Mikaela Garcia  
Teresa Garcia  
Rich Jarvi  
Jeffrey McFarland  
Ann Mullen  
David Mullen  
Jim Opela



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.....	Jim Price
Vice-President.....	Jochen Woicke
Secretary.....	Kelly Wheeler
Treasurer.....	Deb Leal

### *Board of Directors*

Advocacy/Merchandise...	Zeke Ronnow
Cartographer/ Racing....	Bill Stiteler
Fall Century/Equipment..	Jack Lancette
July Century/Vacation....	Bob Spear
Long Distance/Insurance..	Jennifer Barber
Membership.....	Bob Ruth
Newsletter Editor.....	Deb Virgo
Social/Mailing.....	Carolyn Sterritt
Ride Schedule.....	Bill Goffe
Ride Schedule.....	Gian Vidali
Time Trials.....	Mary Thomas-Madonna
Web Developer .....	Marcello Prattico

### *Other Positions*

John Baker.....	Earth Day Cleanup
Chad Bradshaw.....	Picnic
Jeremy Burton .....	Cyclocross
Chuck Dominick .....	Criterion Director
Jim Price.....	Points/Miles

## **OCC on the Internet**

Our Web site can be found at <http://www.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.

## Ride Schedule for March and April

- Cic-1** 27-Mar, Sat at 11:00 (F) 18, 35 miles.  
Ride leader: Sam Sampere 698-9601 sampere@physics.syr.edu
- Cam-2** 28-Mar, Sun at 11:00 (gR) 16, 28, 39 miles.  
Ride leader: David Madonna 455-7119 dmadonna@gcfoods.com
- Brew-1** 3-Apr, Sat at 11:00 (gR) 19, 30, 43 miles.  
Ride leader: Paul Swinburne 342-2359 pswinbur@twcny.rr.com
- Mar-5** 4-Apr, Sun at 11:00 (gR) 31, 41miles.  
Ride leader: Mark Wheeler 476-4637 mwheele2@twcny.rr.com
- Fay-4** 10-Apr, Sat at 11:00 (F) 30, 50, 62miles.  
Ride leader: Jack Lancette 454-0852 jlance@usadatanet.net
- B'ville B-1** 11-Apr, Sun at 11:00 (FR) 26, 39, 60 miles.  
Ride leader: Erik Wennberg 457-8668 ewennber@yahoo.com
- CarBk-7** 17-Apr, Sat at 10:00 (gR) 19, 39 miles.  
Ride leader: Gian Vidali 445-2864 gvicycling@yahoo.com
- Bridg-1** 18-Apr, Sun at 10:00 (F) 32 miles.  
Ride leader: Dick Matthews 463-8469 richardmat@msn.com
- Caughdenoy** 24-Apr, Sat at 10:00 (F) 33 miles.  
Ride leader: Sam Sampere 698-9601 sampere@physics.syr.edu (ride)  
John Baker 638-4788 jbakero1@twcny.rr.com (Earth Day cleanup)

...ride locations correspond to the maps on our Web page. Contact the ride leader for directions to the starting location, and for specific days when "Sat or Sun" is noted.

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

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**SATURN**

**POMCO®**

**brevet**

\Bre\*vet\" (br[-e]\*v[e^]t"), n. [F. brevet, LL. brevetum, fr. L. brevis short.] 1. A warrant from the government, granting a privilege, title, or dignity. [French usage].

*Source: Webster's Revised Unabridged Dictionary, © 1996, 1998 MICRA, Inc.*

**Ides of March - A Time to Recycle!**

Mid-March and the snow is rapidly melting, spring is near. Today I saw the return of one of the first winter hibernating or migratory species returning to the area - a cyclist! I'm sure this solo rider must be one of those snowbirds that are becoming more common year round - even in midwinter. Brrrr. Spring is the time of year that gets me thinking of cycling and recycling. RECYCLING \re`si-kel ing \ according to Baker's Unimproved Dictionary means to get out on one bicycle again and again and again. Spring also reminds me of our first event of the year - the annual Earth Day clean up of Caughdenoy Road.

Last year over 40 members joined together to clean up the stretch of our adopted highway from Jerome's Fire Apparatus to a point five miles north. After two hours of cleaning up, most mounted their bikes and enjoyed a short ride or just hung around and had coffee and donuts. This year I hope to see some new but familiar faces and of course all the old faces we see every year. You are invited.

This year's Earth Day event will occur on Saturday, April 24. Every one should plan to meet in front of Jerome's no later than 9:00 am for coffee and donuts and to pick up safety equipment (vests, cones, bags, etc.). Everyone should wear hard-soled shoes and bring a pair of old work gloves.

For those interested, after the clean up there will be a club ride lead by Sam Sampere. There will also be a novice ride for any one that would like to introduce a friend or family member to the Onondaga Cycling Club. This will be a great time to see how you held up over the winter or just to recycle old friendships.

*Submitted by John Baker*

**Brevets**

The beginning of the long distance cycling season is upon us. There have been some changes for the OCC brevet series this year. Entry in the brevets is now

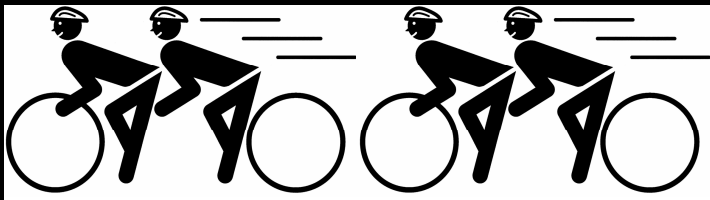
FREE for OCC members and \$5 per day for non-members. The \$5 fee for non-members is for a one day membership in the club. If a rider enters four days of events in a season they become a full OCC member. The rides will be unsupported as in the past two years. With the cost reduction there will not be food available at the starts as before, however there are stores at all of the control points and the start.

This year sees the addition of rides in the Western Region of NY. Peter Dusel of the Rochester Bicycling Club will be running these rides starting from his home on Lake Ontario. The rides head south into the Finger Lakes near Naples. These rides will also be free to OCC members.

Finally, I will be organizing a 1000km in conjunction with Don Podolski of the Berkshire Brevet series located in Westfield, MA. This ride is needed for riders who wish to qualify for the prestigious Randonneur 5000 Award in which riders must complete 5000 km of Audax Club Parisien sanctioned events with a four year period. These rides must include a full brevets series (200, 300, 400 and 600 kms), a 1000km ride, Paris-Brest-Paris, and a team event called a Fleche. I will need volunteers to assist with this event which occurs 22-25 July. The 1000 km ride has a 72 hour time limit. Our club is responsible for the central portion of the event extending from the Catskills through the Morrisville/Rome area and out to Saratoga. I will need a few people to man the sleep stop that is to be located in the Oneida area and 1-2 people to be on the route checking on riders periodically. Please let me know if you are interesting in helping out.

Information on the series is available at:  
[www.onondagacyclingclub.org/brevets](http://www.onondagacyclingclub.org/brevets)

*Submitted by Jenn Barber*



## Gear-To-Go Tandems

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### Did you Renew?!

Your Onondaga Cycling Club membership renewal form for year 2004 was included in the March issue of the *Spoke-n Word*.

The Ride Schedules will be mailed to year 2004 members in April. Membership cards will be enclosed with the ride schedule. Remember, your membership must be for 2004 in order to receive the Ride Schedule.

Remember: **All** adults need to sign at the bottom for Family memberships. Also, if there are minors in the family that will be riding, a responsible adult needs to sign the "minor release" on the second page

### Mileage Log...

On page 5 you will find a general mileage log to print out and use. There are also several forms available on the Web, either to print or use on-line. The Suburban Cyclists Unlimited bike club in Pennsylvania has a comprehensive list:

<http://www.suburbancyclists.org/links.htm#logs>

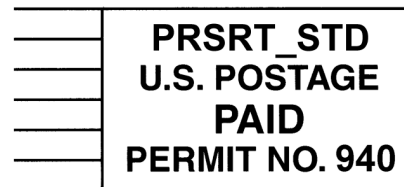
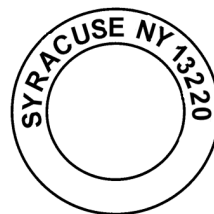
### Know any of these guys?

Courtesy of our historian and membership czar Bob Ruth, the following is a list of all OCC presidents.

Year	OCC President
1975	James L Konski
1976	James L Konski
1977	James L Konski
1978	William R Goodwin
1979	Frances A Bradford
1980	Donald H Mills
1981	Robert D Ruth
1982	Robert M Feak
1983	Michael M Recht
1984	Gail Ferat
1985	Kevin Morris
1986	James E Price
1987	Paul G Swinburne
1988	Steven L Johnson
1989	David B Hitchcock
1990	John E Lancette
1991	James G Stone
1992	Peter C Lemonides
1993	Katherine M Hahn
1994	Kevin M Krayna
1995	Donald R Knoop
1996	Zeke Ronnow
1997	Mark Wheeler
1998	William L Johnson
1999	Robert Spear
2000	Robert Spear
2001	Gianfranco Vidali
2002	Timothy Bingham
2003	Zeke Ronnow
2004	James E Price



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



RETURN SERVICE REQUESTED

## Club Clothing

The following OCC Apparel is for sale:

- Mens Club Jersey \$52 (M, L, 2XL)
- Mens Race Jersey \$52 (S, M, L, XL)
- Womens Jersey \$52 (S, L, XL)
- Women Sleeveless Jersey \$52 (Large Only)
- Mens Long Sleeve Jersey \$67 (M, 3XL)
- Men Skinsuit \$95 (Large Only)
- Womens Short \$37 (Large Only)
- Mens Jacket \$65 (Large Only)
- Armwarmers \$22 (S, XL)
- Socks \$6 (All Sizes, Both Colors)

### Vintage Clothing

- Pre-95 Jacket \$20 (M)
- Pre-94 Short \$10 (XS, XL)
- 94-97 Long Sleeve Jersey \$25 (XXL)
- 94-97 Jersey \$20 (S)

Contact Zeke Ronnow at 445-1221 or zronnow@yahoo.com for more information. Size and selection on some items is limited. All apparel is sold on a first come, first serve basis.

## Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday April 4th at 6 PM** at **Kelly Wheeler's** house. Any member is welcome to attend. Call or email Kelly Wheeler or Jim Price.

## Advertising Rates

**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.