

THE SPOKE 'n WORD

Volume 25, No 3

April 2005

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And welcome to the following new members:

Jim Allen
Joshua Allen
Joybelle Allen
Justin Allen
Bill Dewey
Harold Oot
Catherine Pittenger
James Pittenger
Andrew Ross
John Sidd
Joe Walshi



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.

RIDE SCHEDULES ARE OUT

The 2005 Onondaga Cycling Club Ride Schedule was mailed to current (2005) members. The color of the cover is a distinctive fruity color...somewhere between mango, tangerine and cantaloupe.

DID YOU GET ONE?

If you didn't get your ride schedule then maybe you forgot to renew your membership. Copies of the Renewal Form can be found at <http://www.onondagacyclingclub.org>

PROBLEMS?

Please contact **Bob Ruth**, membership chair at (315) 451-0685 or email at ruthrob@twcny.rr.com.

Have you seen our new Web site?

Be sure to update your bookmarks. The new site has a different layout and overall sitemap. So your favorite bookmarks just might not work any longer. Also, no more /occ/ the site is located at

<http://onondagacyclingclub.org/>

Many thanks to Marcello Prattico for his hard work!



nvtech.com

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



Caughdenoy Road Highway Clean Up

As most of you know, OCC has taken the obligation within the Adopt-a Highway program to clean up a section of Caughdenoy Road in celebration of Earth Day. Each year, we can prove that our club is not only a bunch of cycling freaks but also a crowd that cares about the environment and the community we live in. John Baker has started this fine initiative. In my opinion, this is an excellent example for leadership without mandate, something the club badly needs. John deserves a sincere thank you from the membership for his effort and for the organization and conduct of this event in past years.

This year, the clean up is on our schedule for **Saturday, April 23**. As in past years, we are going to meet at the Jerome Fire Department on Caughdenoy Road (approx. 1/2 mile north of the SR 31 Intersection) at 9.00 a.m. Usually the clean up takes about 2 hours.

It is not a coincidence that we adopted the road on which we conduct our weekly time trials. However, the call for volunteers is not limited to our time-trial group. Please consider Caughdenoy Road to be representative for all roads we share, use, and enjoy during our rides in Central New York. I am asking all of you who can spare the time to come out and help making the clean up a success. Please check the list server and the website for calls for volunteers and sign up.

By the way, after the work, at approximately 11.00 a.m., we'll do what we prefer to do: Riding. Hope to see you all on Caughdenoy Road on April 23 (for clean up and for the ride).

Jochen

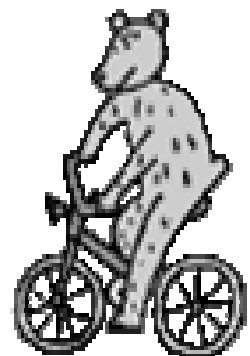


Call for Volunteers

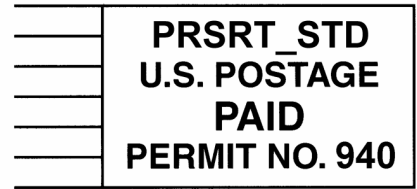
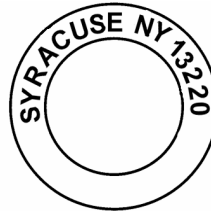
Syracuse Race Weekend will be held on Memorial Day weekend. Similar to last year, the road race will be on Saturday and the Criterium will be on Sunday.

...If you can help with the race please get in touch with Jochen unless you are a driver, then it would be Steve Ransford.

Come out and lend your support to this wildly successful event. When in doubt call Chuck D and he will tell you what to do.



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



RETURN SERVICE REQUESTED

Classified:

Road Bike For Sale: Cannondale 2.8, 60 cm (dark blue with silver detailing). All Ultegra (shifters, bottom bracket, crank arms, hubs). Men's Avocet O2 saddle. CONTROLtech stem. triple (52-42-30) 9-speed (12-25). no pedals...BYO. \$800
Contac Jim Ryant: jryan005@twcny.rr.com or (315) 451-1616

FOR SALE: Blackburn Basic Trackstand Trainer. Fits most bikes (allows you to ride stationary indoors). 3-level magnetic resistance. Easy adjustment. 26.0 x 21.0 x 9.0 inches ; 15.0 pounds. Price negotiable - Email mdrasmus@maxwell.syr.edu

How to Read the Spoke n' Word Online...

at our Web site <http://www.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

Next BOD Meeting

The next Board of Directors meeting will be held on **Thursday March 31st at 6 PM** at Jochen Woicke's house. Any member is welcome to attend. Call or email Jochen for information.

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.