

OCC to Host NYS Criterium Championships

Chuck Dominick

The race is on track for June 6th this year with the most exciting news that the event will be the New York State Criterium Championships. Pomco, Saturn of Syracuse, and Frontier Cellular are all on board as sponsors.

Pomco is back for a fourth consecutive year as a sponsor of the criterium. Many thanks to Bob Pomfrey, president of Pomco for his continued support. Bob is an avid cyclist and has certainly given back to the sport.

Saturn of Syracuse, a past sponsor of the OCC team has expressed great enthusiasm to work with the club on their various Saturn Cycling endeavors (namely bike rodeos, safety clinics, etc) and in turn is sponsoring the Kids Challenge Bike Races. We'll be looking for volunteers to work with the Saturn program. Thanks to Patti Vinciguerra, Saturn manager, for her help. Patti is a bundle of energy and has some great ideas to promote kids in cycling.

Frontier Cellular is back again and this year they are sponsoring the New York State Championship. Dave Cook, local manager, has committed cash and merchandise to make this portion of the event possible. We will be crowning male and female champions in each category.

This year we looked for help from corporate sponsorship outside of the cycling industry to lighten the burden on the local shops. Open Road Cyclery, The Bike Loft, The Bikery, and Bicycle Alley have all been there for us in the past and hopefully will be willing to support the race but we will not be requesting cash support this year. They were there to get us started and we are grateful to them for all their assistance. Let's not forget them and frequent those shops that have historically supported the Onondaga Cycling Club.

Our main focus this year is to get more kids involved and we welcome your participation. Please contact Jude Burke at 363-2026, Tim Bingham at 478-7750, or Chuck Dominick at 469-0484 to help out.

A quick thank you goes out to our other supporting sponsors: Jude Burke, D.D.S., the main cog in setting up the kids' race. Darco Mfg and Laura Miller has been instrumental in supplying tee shirts. C.A.Dominick Agency for various support no the least of which is the Port-A-Potties. Thanks also to Rural Metro Ambulance and Syracuse Parks and Recreation.

Ride Leader Responsibilities

Note: If you cannot lead a ride for which you signed up, it is your responsibility to find a substitute. Please do not call the cartographer or the club president the night before the ride and ask them to find someone else.

1. Pick up the ride packet from the cartographer. Packets, which include maps, sign-in sheets, and membership applications, are available the Wednesday evening before weekend rides and the weekend before Wednesday night rides.

2. Familiarize yourself with the route, preferably by driving/riding it in advance. Note any road construction, problems with signage or directions, hazards, or points of confusion.

3. Arrive at the start at least 15 minutes early.

4. Make sure all riders, including guests, sign in.

(continued on page 4)

Membership Drive

The C.A.Dominick Agency is sponsoring a \$50 gift certificate to the local OCC-sponsoring bike shop of your choice to the person who brings in the most new members to the Onondaga Cycling Club. So, recruit your friends and coworkers into the club, have them indicate your name on their application, then go on a shopping spree! The contest winner will be announced in the August newsletter, so the deadline to bring in new members is July 1st.

April Social

OCC will be having an April Spring Social Thursday, April 15 from 5:30 to 8:00 at the Reylea Brewing Company on 222 Teal Ave. There will be open discussion of club issues, ideas, rides, and more. The meeting corresponds with the brewery's open house tour and tasting night. See you there!

Mountain Biking

OCC welcomes Scott Wright as the club's Mountain Bike Coordinator. Scott volunteered after the announcement in the last newsletter. He will work to further mountain biking and is especially interested in getting more youth into the sport.

Corrections

The March 99 Spoke N Word's club renewal form had some incorrect information on it. Steve Ransford 446-2380 is the contact for the Fall Century. Gian Vidali 445-2864 is the contact for the July 4th Century. Tim Bingham 478-7750 is the contact for the cyclocross race.

Social Director Needed

The club is looking for someone to take on the role of directing and improving OCC's various social events. If you're into organizing fun, give Prez Bob Spear a call at 474-3801.



Onondaga Cycling Club, Inc.
P.O. Box 6307 Teall Station
Syracuse, NY 13217-6307

Board of Directors & Other Club Positions

President: Bob Spear
 Vice President, Fourth o' July Century: Gianfranco Vildali
 Secretary: Deb Virgo
 Treasurer: Erik Wennberg
 Newsletter Editor, Contact to USCF: Tim Bingham
 Bicycle Advocacy, Contact to LAB, SMTC: Chad Bradshaw
 Media Relations: Mary Ellen Johnson
 Time Trial Director: William Kocher
 Cartographer: Ed Luban
 Membership Director: Robert Ruth
 Mailing Coordinator: Kathy Same
 Ride Schedule: Bob Swizdor
 Fall Century Director: Steve Ransford
 Merchandise Director: Ed Keplinger
 Director: Russ Zackevich
Special Events: Bill Johnson
Mountain Bike Coordinator: Scott Wright

The Spoke 'n Word Newsletter

The Spoke 'n Word is distributed to households of OCC club members free of charge. This newsletter is an open forum for club announcements, activities, and for articles by club members. Members are invited to submit items for publication to the club address or editor address before the deadline dates below. Electronic format is preferred. Photos submitted will be made available for pick-up or returned via SASE. Club members may submit cycling-related classified ads free of charge.

Tim Bingham
 126 Jamesville Ave Apt E4
 Syracuse, NY 13210
 315.478.7750
 binghamt@hscsy.edu

Advertise in the Spoke 'n Word

OCC invites individuals and businesses to advertise in The Spoke 'n Word. We offer competitive rates for ad sizes from business card to full page. Discounts are available for larger ads and for half-year (6 issues) and full-year (12 issues) runs. Please contact the editor for information.

Spoke 'n Word Submission Deadlines

May Issue, arriving in late April - Friday, April 9
 June Issue, arriving in late May - Friday, May 7
 July Issue, arriving in late June - Friday, June 4

OCC on the Internet

Our home page is www.hscsy.edu/binghamt/occ/. The OCC email discussion list address is occ@list.hscsy.edu. To subscribe to the list, send email to majordomo@list.hscsy.edu with the line

subscribe occ John Doe

in the body of the email message.

To Become an OCC Member

Fill out this application form and send it to the OCC with the appropriate fee. Make checks payable to: Onondaga Cycling Club, Inc.

Single \$20.00
 Family \$30.00
 Youth \$5.00
 Contributing \$10.00

Name: _____
 BirthDate: ____/____/____
 Phone: _____
 Address: _____
 _____ Apt _____
 City: _____ State ____ Zip _____
 Email: _____
 Occupation: _____
 Bus Phone (opt): _____
 Other Family Members:
 Name: _____ DOB: _____
 Name: _____ DOB: _____
 Name: _____ DOB: _____
 Name: _____ DOB: _____

Waiver:

In consideration of my membership in the Onondaga Cycling Club, Inc., I do hereby waive myself, my heirs, executors, administrator and assigns all rights and claims for damages I might have against the Onondaga Cycling Club, Inc., its officers or members and assigns for any and all injuries suffered by me while participating in any scheduled activity of the Onondaga Cycling Club, Inc. I will be completely responsible for any minor that I may bring to a scheduled activity. This waiver pertains equally to travel- ing to and from any scheduled activity.

Signed: _____ Date _____

Consent for Individual Youth member:

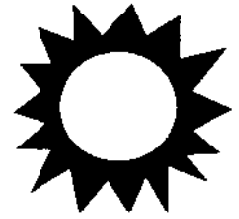
Signed: _____

D	C	S

OPEN ROAD SPORTS

**XC SKI
SALE
30%
Off**

Atomic
Alpina
Salomon
Madshus
Peltonen
Exel
Swix



3530 Erie Blvd. E.--446-3287

The RAW Team

Gian Vidali

You might think that this is not the time to bring up the bike from the basement, or to take it down from the hooks in the garage. Unbeknownst to many in this club, a group of people have been riding all along in the depths of winter. They belong to the RAW team. Bob Sr. says that this acronym is for "Ride All Winter", although others have come up with more evocative names. My favorite, which has acquired a poignancy of its own in recent past, is "ride in awful weather".

At the end of February, which, as Februaries go, was peculiarly devoid of snow, we had a gorgeous Saturday and our team swelled to nine riders. A windless day, with plenty of sunshine and a comfortable temperature helped us to log about 30 miles west of the city around Camillus.

Enjoyable as that ride was, I found that it was similar to many of the regular rides in March and early April. But the other rides during this pre-season were different. As my first-year participant in the RAW team, I found an unexpected enjoyment riding when I would have otherwise considered it insane. I know this doesn't sound plausible, so let me explain.

I remember that Saturday when Bob Sr. and I decided to ride from Green Lakes. The weather changed quickly and snow started to fall steadily. It reminded me when I used to hike into the mountains. Even in a hot and cloudless July day, there good chances were that by the time you reached an

altitude of 2,000 m, the weather would have changed. Many times we had to proceed in the fog (or within clouds); the path was marked but visibility was poor. Since we knew approximately the distance between markers, we would count loud the paces before the next one. If we didn't find one, we would ponder whether we could have missed it or maybe it was missing, for example because in fair weather everyone could have told where the path was going. This puzzle solving activity added something different to what would have been a rather mundane hike in the Dolomites.

Riding in the snow has some similarity to it. It heightens your attention. The landscape doesn't look familiar, and you try to look at some familiar landmark. You are less concerned to go at a fast pace and more to get to the destination in the first place.

Bob and I finally reached the parking lot. We were out perhaps an hour and a half. The water in the bottles turned to slush. Not many miles were covered, and the ride would have been hardly worth of any mention if we had it in the summer. But this ride we remember differently, and we drove away with a feeling of accomplishment and fulfillment.

If you have a sacrificial road bike, one that you don't care if it gets some salt and weather abuse, and spend some money in a pair of cross-country tires and fenders, then you are all set. Dress in layers, with a wind-breaker, a ski-mask or a wool hat, and gloves. Do you feel a bit cold? Do a hill, it does wonders.

(Ride Leader... continued from page 1)

5. Call the riders together before they leave. Describe the route options, any points of interest or concern, and any errors on the maps. Remind riders to respect traffic lights and stop signs and to obey traffic laws.

Ask who is doing each route, so other riders can see who they may want to ride with. Remind everyone to sign in when they finish. Make sure anyone who is not returning to the starting point lets you know. Also let people know how long you will wait at the finish, and ask anyone who thinks they will return later than that to let you know.

6. Do not lead the ride from the front. You do not have to ride "sweep," behind the slowest rider, but try to stay with the main group on whatever route you ride.

7. At the finish, make sure everyone signs in or is otherwise accounted for.

8. Mail in the sign-in sheets in the envelope provided in the ride packet.

Advocacy Note

Chad Bradshaw

The B/PAC bike infrastructure committee is still looking for input about good routes for bike lanes or signs. If you have a favorite route that would fit the bill, please email or call me. In addition to the routes we've suggested in the University area, we are going to propose an off road path (i.e., glorified sidewalk) on the south side of E. Genesee St. We're still working on bike racks for downtown.

LAB news: One of the national League of American Bicyclist (LAB) rallies this year is in Saratoga Springs. It's being held Friday through Monday around the weekend of June 19th. It looks to be a great time with many road rides, mountain bike excursions, workshops, meals, entertainment, etc., scheduled. A number of OCCers are planning to attend for at least a day if not more. Weekend housing is at the Skidmore campus. Contact me for

Edward Luban Attorney at Law

General civil practice, with an emphasis on education and immigration law

317 Montgomery Street
Syracuse, New York 13202
(315) 472-1935

more info.

Those interested in actively participating in Bike to Work Week (3rd week in May) can obtain an employer packet from B/PAC member (and OCCer) Kuki Haines to give to employers that promotes employer

participation in the event. Biking to work that week will show our communities and their officials that bikes are a part of our local transportation infrastructure and need to be more well integrated into it. Please try to ride to work at least one day during that week. Encouraging fellow employees to do so as well would be especially helpful. Many would-be riders are a little overwhelmed by the idea, so support in the way of helping them check out their bike or riding with them may be enough to get them on the road. See you on the road.

The Big Wheel Sits In

Bob Spear

Man, that seemed like a long pull...what? It was only a half mile? My. I've been a lazy man during the off season... Fatter than Ullrich, perhaps, but still riding. Some not-nice friends pointed out, after seeing my column byline last month, that "you rarely take a pull!" Whine, whine..what about the pleasure of my company?

Riding a bike can be as challenging as any sport. After a winter of hoops which emphasizes upper body strength (especially in this era) and very little riding, it's time to get outside and play. Our early season rides are scheduled to appeal to your common sense. Get in the low-intensity miles, build for the season ahead. No matter what your goal is for 1999, now is the time to improve your cycling fitness. Our CNY weather may be a bit unpredictable so throw in some extra foul-weather gear and get those legs spinning. You can not be 'a lazy man.' These April rides will guarantee dividends in June

and July. Each new year OCC stresses the importance of obeying traffic laws on all of our group rides. And we tend to drift away from our good intentions as the season progresses. We're getting better but there is still room for improvement. Let's work hard at displaying good road manners by obeying traffic signals and by riding in single file when traffic is overtaking. The following little story caught my attention: The headline reads : "Cyclist kill senior" - "Woman dies instantly in Toronto collision" There is a picture of a bike lying in the road behind a police car. At the curb is a dark object that could be a body. The story details how two seniors, stepped from the curb at a controlled intersection with the green light.The 27 year old male cyclist allegedly hit them both and "Witnesses told police the cyclist was traveling at a high rate of speed.The scene was littered with broken sunglasses, ladies scarves and discarded medical supplies left behind by paramedics.."

Introductions: Each month we'll take a quick spin with a couple of BOD members. Of course the one whom I could write a book about is the current prez and I'm not defining "is." Suffice it to say that I have been an OCC member since 1990 (and got dropped and lost on my first club ride). I have been a BOD member since 1993, own three bicycles, ride to work ten months of the year and average around 5000 miles per year. The running joke in our household revolves around "Is there anything on TV that doesn't have a wheel or a ball involved." OCC's V-P, even though his formative years were spent in Trieste (of Giro d'Italia fame), didn't start riding a bicycle until he got to Penn State eight years ago. He started on a 40lb. Sears, progressed to a Raleigh, which he still uses as leader of the RAW rides, and has a Jamis with which he completed his first century this past year as well as setting a PR for annual mileage. Gian joined the club a couple of years ago when he moved to Syracuse to take a position in the SU physics department and enjoys theater and reading.

The last, and most important item, concerns Bill Johnson, a long-time OCC member and last year's president. He has had a recurrence of his illness but has hopefully returned home as you're reading this. I know how much he enjoys visitors and conversation so give him a call or stop by his house on Goodrich Ave. in the university section.

1998 Rider Participation

Pos.	Name	# of rides	mileage	ranking
1	P. vonZwehl	59	2247	3
2	J. Yungwirth	57	2506	1
3	E. Luban	48	2229	4
4	J. Ryan	47	2359	2
5	D. Mathews	46	1509	13
6	M. Religa	44	2062	5
7	G. Vidali	40	1604	11
8	B. Spear	38	1695	9
9	M. Wheeler	38	1748	8
10	J. Mautz	37	1813	7
11	K. Salisbury	35	1307	19
12	R. Kolb	35	1882	6
13	B. Swizdor	34	1507	14
14	K. Mathewson	34	1545	12
15	K. Stewart	33	1337	18
16	A. Hadley	33	1220	21
17	Z. Ronnow	33	1498	15
18	G. Ferat	32	977	32
19	E. Wennberg	32	1391	17
20	T. Shatraw	30	1468	16
21	B. Ruth	29	1085	24
22	T. Kossa	29	1009	31
23	MJ Urschal	29	1152	22
24	B. Elphick	28	1613	10
25	B. Kelly	28	1092	23
26	R. Beckman	27	1080	25
27	B. Feak	26	936	33
28	J. Saint	26	1038	30
29	C. Saint	26	1064	27
30	J. Feak	25	903	34
31	A. Sunderwirth	25	859	36
32	J. Carr	23	1273	20
33	E. Keplinger	22	1051	28
34	B. Kocher	21	1077	26
35	B. Mautz	21	1049	29
36	C. Bradshaw	21	901	35
37	B. Merrick	21	679	41
38	J. Bowen	20	573	48
39	ME Johnson	20	722	39
40	K. Malmgren	20	552	49
41	J. Baker	20	682	40
42	J. Lancette	20	594	46
43	J. Rizzo	19	783	38
44	A. Lancaster	18	530	50
45	P. Kocher	18	848	37
46	J. Price	17	648	43
47	R. Zackewycz	17	586	47
50+	K. Zoanetti	14	607	45
50+	ME Doody	14	501	52
50+	D. Blume	13	526	51
50+	P. Swinburne	11	615	44
50+	A. McNaughton	10	657	42

cutoff at 500 miles or top 50

Highlights from the Monthly BOD Meeting Minutes

This month we gathered at Bob Spear's on March 7th.

Ride Schedule and Rides: Bob Swizdor passed the schedule around for board members to sign up as ride leaders. He will contact members who had emailed him with interest in being a ride leader. We talked about the role of the ride leader. One issue is that we should be emphasising (and following!) the rules of the road - especially stopping at traffic lights and stop signs. Also, ride leaders should encourage riders to ride in groups and to welcome new comers.

Cartographer: Ed Luban will send the Syracuse Chamber of Commerce some ride maps. And Tim Bingham will scan them, along with some of the novice rides and put them on our Web page.

Membership: Erik Wennberg will get copies made of the 1999 membership form and bring them to the next board meeting. We will distribute them to local bike shops.

Centuries: Gianfranco Vidali plans a Chittenango start for the July 3rd century. And Steve Ransford will book Carpenters Brook for the fall century.

Off-road: Scott Wright will be our Off-Road Coordinator. Besides leading rides, he is interested in involving youth in off-road riding.

Advocacy: The BPAC is interested in getting ideas for roads that could be modified to contain bike lanes. Let Chad Bradshaw know your suggestions. We are also looking to get involved in the Bike-to-Work Week.

Activities: In April we are invited to an open house at Dick & Shirley VanValkenburgh's son's new brewery. And Mary Ellen Johnson is planning an OCC meeting in May. It will be open to the public, and we'll talk about the different club activities.

Senior Games: We have the Camillus Fire Department as a venue for the time trials. We can do the road race there, but are also considering Jamesville.

The next meeting will be on Sunday, April 4 at 7:00 PM.

Respectfully submitted, Deb Virgo

Sunday Ski at Highland

Mark Wheeler

I was a bit dubious about the amount of snow that might be available @ highland today, but decided to join Joan, Jimmy, Zeke, and Eric for a late AM ski. According to the woman @ the rental desk (new this year) they only had 2" prior to the storm yesterday. Spying the Atomic ARC's that Zeke had packed along, I thought I might be in for a long afternoon w/my backcountry waxless trucks. Only Eric and I had waxless skis, so I figured I'd hang w/him. Starting w/the climb up the East trail, I could hear Zeke slipping behind me and thought that maybe I had made the right choice. We were in 12-14" of loose powder. Even if your waxed right, the grip is tenuous @ best when your breaking trail (or nearly so). The only set of tracks on our trail took us down the long hill instead of the Vista short cut. It's been a while since any of us had been down this way and it was a nice change of pace, at least until we got to Gary's step. That's the 25% section just before the lean-to. Side stepping was the preferred method to climb this 20 yd. wall. The sun started to break thru as we unwittingly made progress on the only skier who was breaking our trail. She was most grateful as we overtook her. I can't remember the last time I couldn't see my tips and was happy I finally bought some gaiters. I thought Zeke might start cursing as we herringboned our way up the long traverse prior to coming out to the power lines. Breaking out onto the power line, It almost felt easy as we climbed in a snowmobile track.

Once we got to the fork for Paul's hill or the short cut to Arab Jctn., some of us wondered outloud if we would burn out before we got to ski. Eric required some peer pressure to join us going down the hill,

and Jimmy, bringing up the rear, quietly took the high road as we swooshed down one of our longest glides of the day. All the powder made the normally hair-raising run into a manageable descent. However, all the trail-breaking was beginning to take its toll. Jimmy was waiting for us @ Arab Jctn, where we found decent track. "OK", Joanie implored, "let's go". And off she went. After getting 25 yds. out, we finally all got back in line. Zeke, who reported arm burnout earlier, was soon in hot pursuit, w/Eric on his ski tails. At the lean-to, we opted for the shorter trail, and had a beautiful run down the long hill. By now, it was brilliant blue sky and pine trees were laden with deep, sparkling powder backlit by the sun. Jimmy and I settled into a steady rhythm bringing up the back. We were able to catch Eric only because he got stuck behind a slower skier half way back to the power line. Returning to the Ranger station, hot chocolate was called for in the Community house. As Zeke commented "the season's just not compete unless you ski Highland". I couldn't agree more.

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is Sunday, April 4 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Bob at 474-3801 for more information.

April

4@12:00 Jack's Reef Ride. Ride Leader Needed
6 Tuesday Training Ride. Jamesville. Bingham 478-7750
11@12:00 Brewerton Breakout. Diamond 422-2988
13 Tuesday Training Ride. Minoa. Bingham 478-7750
15 5:30-8 OCC Spring April Social
17@11:00 Spring Along the Mucklands. Luban 449-1722
18@11:00 Cross Lake Tour. Ride Leader Needed
18 Check Your Legs RR. New Lisbon, NY. 607.748.3641
20 Tuesday Training Ride. Nedrow. Bingham 478-7750
25 Binghamton Circuit Race. Kirkwood, NY. 607.748.3641
25 GVCC Spring Road Race, Perinton, NY 716-359-0124

May

2 Hollenbeck's Spring Training RR, Virgil, NY 607-758-3481
16 Bristol Mtn RR, Bristol, NY 716-346-9533
23 Olean Criterium (Stage Race Cancelled)

June

5 NYS TT Championships, Virgil, NY 607-277-4963
6 Syracuse Criterium, Syracuse, NY 315-478-7750
6 Tour de Cure '99 Verona Beach State Park 315-438-8687
www.diabetes.org.
12-13 The Rideau Cycle Tours, Ottawa to Kingston. 448-0268.
25-27 ALA Wine Country Bike Tour, NY 716-442-4260

July

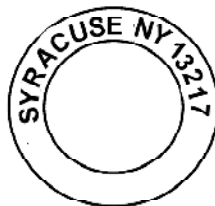
17-23 Lighthouse Tour, Nova Scotia 207-743-9018
www.megalink.net/~moosa
25-31 Moosa Tour, ME 207-743-9018, www.megalink.net/~moosa

August

1-6 Moose Tour, ME 207-743-5993 www.moosetour.com

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

RETURN SERVICE REQUESTED



Classified Ads

For Sale: Zoom Brahma MTB Handlebar: Aluminum, Black, 540mm width, new in box, \$20; Silca Frame pump: Presta, 49cm compressed, red, new, \$10; Large Touring frame: 27in 531 tubing, new, never ridden \$250 (components available); Various wheel sets. Call George @ 472-2085

For Sale: Rear mount 2 bike carrier: Good condition. \$20 Call Phyllis @ 673-1891

For sale: 1998 K2/Proflex, dual suspension with smart shock, full XT group, size small (~15-16"), great condition; asking \$1400 or best offer. Call Pam at 437-2246.

For Sale: Cannondale Tandem 21 x 19 frame, 700 c wheels, Sun Tour components, rear drum brake, showroom condition, best offer, Call Rick @ 446-5729.

Advertisement Rates

Classified Ads: OCC Members can submit classified ads free of charge. Non-members can submit classified ads for \$5 for the 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 ads follow:
Full Page.....\$68
Half Page.....\$36
Quarter Page.....\$19
Business Card.....\$10
Calendar Entry (25 words).....\$2

Discounts are available for larger ads and multiple issue ads. Please contact the editor for more information.