

THE SPOKE 'n WORD

Volume 24, No 7

August 2004

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Welcome to the following new members:

Arlene Balestra-Mako
Kim Blake
Carlos Cueva
Bill Deyle
Stephanie Frost
Ryan Karr
Andy Longacre
J P Myers
Joe Salibria



How to Read the Spoke n' Word Online

This newsletter is also on the club Web site <http://www.onondagacyclingclub.org/>. A note is sent to the club listserv (you can 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

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 or mailed to Deb Virgo. Contact me at 446-0266 with questions.

**Bill Johnson Memorial Century
September 18th, 2004**

This fall's century will be held at Beaver Lake once again. The theme for this century is around Onondaga County and that's the name of the map on our website. The century will start at 8:30 am and the metric will be at 9:30 am. Both rides will be sagged and have water stops.

Registration fee is the same as last season at \$20.00 which includes an OCC hat for the first fifty registrants and a picnic meal after the ride for everyone.

Please send a check made out to Onondaga Cycling Club and addressed to our PO Box 6307-Teal Station, Syracuse, NY, 13217-6307. Please include all the names of participants so I can establish the list for the hats.

Don't forget to bring two dollars for parking at Beaver Lake.

Submitted by Jack Lancette

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

 **SATURN**

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New Sign-In Sheets!

We will be rolling out a new sign in sheet for rides as an experiment at tapping into the wisdom of the crowd. Hopefully, the changes will be self-explanatory, but briefly: places have been added after the "mileage completed" field to rate the hilliness and overall quality of the ride. Anyone that feels moved to do so can write in a rating for one or both categories, from 1-5 (5 = hilly for the one and excellent for the other). I am curious to see how the general consensus of perceived hilliness matches the ratings we currently use. The current ratings are based on feet per mile of climbing, which is objective, but doesn't always tell the whole story.

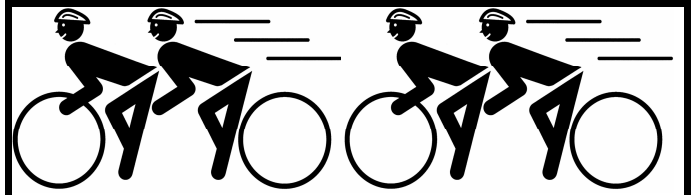
The overall rating is just a way of finding out which rides are most popular, and can be based on lack of traffic, nice roads, scenery, etc. For example, the Tour de Little France, which featured a velvet painting of the popular 80's pro wrestler The Ultimate Warrior hung from a barn along the route, would be given a high rating based on scenery alone. I suppose other people might have other criteria for what makes a good ride, but I think we can all agree on that one. The new sign-in sheets should be appearing online soon, and slowly making their way to rides.

Finally, a space has been added for the leisure ride leader's name. This can be cheerfully ignored on weekend rides.

Submitted by Bill Stiteler

Classifieds:

ADK camp for weekly or weekend rental. Inlet area, close to numerous off road/onroad riding opportunities. See details at <http://home.twcnny.rr.com/adkcamp/>



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Chad Kagy

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Mid-Season Mileage Results

Following is the list of mileage totals for all OCC members who have ridden 2 or more rides. Rides up to July 4th with a couple of missing dates are included. Thanks to Jim Price for compiling this list.

	NAME	Miles	No. Rides
1	woicke, jochen	1156	27
2	matthews, dick	1002	30
3	taylor, doug	984	22
4	elphick, brian	979	21
5	vidali, gian	878	22
6	voutsinas, dan	868	19
7	yungwirth, joan	830	21
8	ronnow, zeke	826	17
9	mautz, joe	802	19
10	ryan, jimmy	797	20
11	woicke, kathe	748	24
12	topp, mark	724	14
13	luban, eddie	723	18
14	prattico, marcello	705	17
15	van wie, dave	685	16
16	reid, pat	673	22
17	madonna, mary	639	16
18	stewart, kate	637	17
19	swinburne, paul	636	14
20	wheeler, mark	608	15

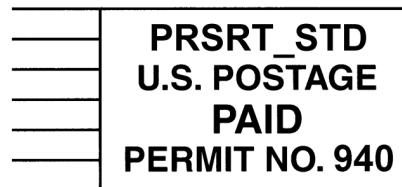
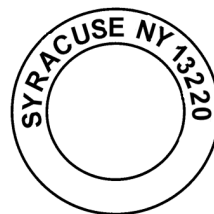
	NAME	Miles	No. Rides
21	cecere, pauline	578	14
22	wheeler, kelly	572	18
23	hadley, andy	571	18
24	goffe, bill	570	12
25	swizdor, bob	532	12
26	komanecy, paul	531	12
27	mansfield, mike	488	16
28	walker, jeff	482	11
29	madonna, david	480	12
30	ruth, bob	477	14
31	martello, jaqueline	472	15
32	diekema, anne	437	10
33	wennberg, erik	437	10
34	ferat, gail	432	13
35	swizdor, mj	421	9
36	oneil, rich	412	10
37	beckman, ron	406	10
38	stiteler, bill	393	9
39	wagner, gloria	384	13
40	kolb, randy	380	10
41	lyon, mike	378	8
42	sampere, sam	364	8
43	reichl, claire	357	11
44	laprate, ron	356	11
45	barber, jenn	341	8
46	faso, david	339	8
47	falso, ray	335	8
48	sterritt, carolyn	331	12
49	blume, dick	328	9
50	palmer, jeff	324	9
51	swanborn, mel	324	9
52	stelzner, dennis	319	6
53	mills, don	318	9
54	ransford, steve	312	6
55	cardinale, jim	311	8
56	tarolli, gary	294	7
57	platten, thomas	294	9
58	howey, matt	286	8
59	petro, dean	285	8
60	sayers, katina	282	6
61	perreault, gaetane	280	7
62	roemer, mark	278	7
63	butler, joe	278	9
64	mathewson, kevin	275	8
65	mautz, barbara	265	8
66	baker, john	263	8
67	price, jim	263	8
68	low, greg	258	7
69	panagakis, john	258	8
70	merrick, bill	256	8

Who's e-reading the Spoke 'n Word?

- As of this month there are 280 families receiving this OCC newsletter.
- Of those 211 are still receiving a paper copy in the mail. 69 of us have elected to only read the Web-based version.
- Thanks to all of you who are helping to save us time, paper and money!

	NAME	Miles	No. Rides		NAME	Miles	No. Rides
71	lancette, jack	252	8	121	luban, adam	103	3
72	feak, bob	249	7	122	fischer, joe	102	3
73	bradshaw, chad	248	7	123	fischer, lillian	102	3
74	doctor, verne	243	8	124	colegrove, dave	100	3
75	vonzwehl, pete	243	8	125	macnaughton, andy	99	2
76	grossman, steve	236	6	126	kelly, brian	99	3
77	schepis, eric	230	5	127	ohlsen, janet	99	3
78	virgo, deb	228	8	128	beaudin, bill	98	3
79	bingham, tim	216	6	129	beaumont, debbie	96	3
80	dominick, chuck	215	6	130	walburger, adam	96	3
81	palmer, sandy	215	7	131	buck, amy	94	3
82	burton, jeremy	195	5	132	longacre, andy	93	3
83	bernstein, scott	192	4	133	zipprich, mike	92	3
84	przepiora, john	190	6	134	corcoran, jim	91	2
85	price, cheryl	188	6	135	newton, jason	91	3
86	spear, bob	187	5	136	doody, m e	89	3
87	zoanetti, ken	180	6	137	murphy, mike	87	5
88	neumann, dave	176	5	138	duflo, julie	86	2
89	beyer, jeff	175	5	139	low, robyn	86	3
90	arjomand, keyhan	174	4	140	epp, edward	83	3
91	hotaling, tom	174	5	141	ashbarry, paul	81	2
92	schmidt, michelle	170	4	142	sonne, anne	81	3
93	zoanetti, mike	169	5	143	gregory, ann	80	3
94	moricone, nazi	154	7	144	hughes, don	77	2
95	goodwin, bill	153	5	145	rogers, walter	77	2
96	kocher, paul	153	5	146	dietz, cynthia	76	2
97	prill, larry	150	5	147	rodgers, rick	76	2
98	hotaling, peg	147	4	148	pittenger, jim	73	2
99	peters, mark	147	4	149	fenwick, paul	71	2
100	petrie, rich	147	5	150	zipprich, caryl	71	2
101	shanahan, paul	141	4	151	adams, ray	70	2
102	stummer, andrew	141	4	152	mallon, paul	70	2
103	ehrensberger, mark	140	3	153	ashbarry, norm	68	2
104	virgo, jim	140	5	154	cox, pat	68	2
105	duflo, paul	134	3	155	derx, jeff	68	2
106	mcfarland, jeff	132	3	156	zackevich, russ	67	2
107	dombkowski, eric	131	3	157	archanbault, mark	66	2
108	burton, lauren	129	4	158	chapin, greg	66	2
109	schmidt, kurt	125	3	159	fisk, robert	63	2
110	miller, john	121	3	160	stuhlman, john	63	2
111	colbert, david	117	3	161	zipprich, derek	63	2
112	payne, jennifer	117	5	162	ovid, candace	58	2
113	hahn, brian	116	3	163	stummer, ann	58	3
114	micek, wolf	116	3	164	feulner, jason	56	2
115	robson, dale	115	3	165	delillo, michelle	53	2
116	hellwig, trey	107	3	166	day, geoffrey	47	2
117	zackevich, me	107	3	167	leal, deb	47	3
118	savage, bill	106	3	168	lancette, chris	31	2
119	severance, scott	105	4	169	wagner, dan	26	2
120	nicholson, william	104	3				

ONONDAGA CYCLING CLUB, INC.
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Club Clothing

The following OCC Apparel is for sale:

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- 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)

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.

Don't see your size? We're getting ready to place a new order. Contact Zeke with your wish list.

Next BOD Meeting

The next Board of Directors meeting will be held on **Thursday Sept 9th at 6 PM** at **Bob Spear's** house. Any member is welcome to attend. Call or email Jim Price for information.

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.