

THE SPOKE 'n WORD

Volume 24, No 10

December 2004

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Welcome to the following new members:

Jim Black
John Austin
Pete Geatrakas
Jim Hughes
Ray Klein
Chris Read



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.

You are cordially invited to the OCC Annual Banquet

When: 22 January 2005 at 6:00pm

**Where: Traditions at the Links
5900 N. Burdick St, East Syracuse**

**They promised to turn the heat on in the
bathrooms so we're returning to the Links
this year. The food will be as good as last
year, as will the company.**

**RSVP with Payment of \$25 per person
(\$24.99 for Bobbie Spear) by January 8,
2005.**

**Please make checks payable to:
Onondaga Cycling Club, Inc.
P.O. Box 6307, Teall Station
Syracuse, New York 13217**

Time to Renew?!

While you're sending in your check for the banquet, why not include your renewal form!

...this year we're shifting renewals to the beginning of the year. This will allow us to get the schedules out a few months earlier and make Bob Ruth's life simpler. Your renewal form is included in this newsletter.

For those of you who get a paper copy, your status will still be in the upper right corner of the mailing label (2004 now, 2005 after renewal). E-readers can email Bob Ruth to check on their status.



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



SATURN

ONONDAGA CYCLING CLUB, INC. 2005 MEMBERSHIP RENEWAL FORM

Make checks payable to: Onondaga Cycling Club, Inc.

Single \$20.00* Family \$30.00** Youth \$5.00 Contributing \$10.00
 * includes \$1.52 NYS Sales Tax ** includes \$2.29 NYS Sales Tax

NAME: _____ NICKNAME: _____ BIRTHDAY: ___/___/___
 ADDRESS: _____ APT _____ HOME PHONE: (____)_____
 CITY: _____ STATE: _____ ZIP CODE: _____-_____
 OCCUPATION: _____ BUS PHONE (OPT): (____)_____
 e-mail Address (optional) _____

I WANT TO READ MY SPOKE-N WORD VIA THE OCC WEB SITE. DO NOT SEND ME A PAPER COPY.

AFFILIATED MEMBERSHIP: LAB AYH USA Cycling - License # _____
 IMBA Other(s) _____

OTHER FAMILY MEMBERS	AND THEIR AFFILIATIONS:	LAB	AYH	USAC/License#		
NAME: _____	NKNAME: _____	BDAY: ___/___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
NAME: _____	NKNAME: _____	BDAY: ___/___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
NAME: _____	NKNAME: _____	BDAY: ___/___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
NAME: _____	NKNAME: _____	BDAY: ___/___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement"):

In consideration for being permitted to be a member of Onondaga Cycling Club, Inc. ("Club") and to participate in any way in any Onondaga Cycling Club, Inc. sponsored Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, its administrators, directors, ride leaders, volunteers, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and leasers of premises on which the Activity take place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant #1 Signature: _____ Printed Name: _____ DATE : _____
 Participant #2 Signature: _____ Printed Name: _____ DATE : _____
 Participant #3 Signature: _____ Printed Name: _____ DATE : _____
 Participant #4 Signature: _____ Printed Name: _____ DATE : _____

D	C	S

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Date: _____

Can you help in any of the following ways?

- | | | | | |
|--|--------------------------------------|---|--|--|
| Administration: | <input type="checkbox"/> Publicity | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Mailings | <input type="checkbox"/> Membership |
| | <input type="checkbox"/> Advocacy | <input type="checkbox"/> Ride Schedule | <input type="checkbox"/> Youth rides | <input type="checkbox"/> Club Meetings |
| Touring: | <input type="checkbox"/> Ride leader | <input type="checkbox"/> Sag Wagon | <input type="checkbox"/> Bar-B-Que | <input type="checkbox"/> Organize tour |
| Racing: | <input type="checkbox"/> Time trials | <input type="checkbox"/> Weekend Races | <input type="checkbox"/> Youth transportation | <input type="checkbox"/> Coaching |
| Off Road: | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Recreational Tours | <input type="checkbox"/> Competitive / Race Team | |
| <input type="checkbox"/> New Event(s) - Please describe. | | | | |

ADDITIONAL COMMENTS OR SUGGESTIONS

Send COMPLETED Renewal Form with payment to:

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

Club Clothing

OCC Apparel is for sale Contact Zeke Ronnow at 445-1221 or zronnow@yahoo.com for more information.

We're getting ready to place a new order in the next month. Contact Zeke with your wish list.



-ADVENTURE CYCLING

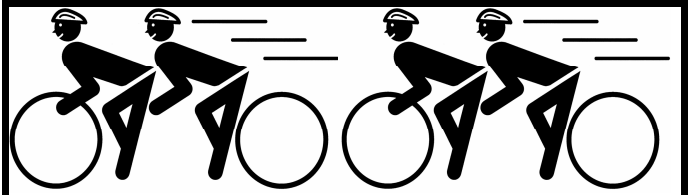
Improve your cycling performance...

Use fuels developed by cyclists for cyclists...

Endurance Fuels – Hammer Gel, Sustained Energy, Perpetuem. Also, Electrolytes, Whey & Soy protein. Discounts to OCC members.

Nutrition For Athletes

Richard A. O'Neil, OCC Member
446-7297



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With this coupon. Prior sales and layaways excluded. Must be presented at time of purchase. Not to be combined with other offers. Offer expires 8-31-04

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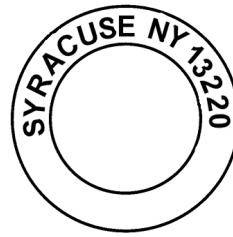


Chad Kagy

Customer Satisfaction Is Our Highest Priority

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

MEMBERSHIP
RENEWAL



ADDRESS SERVICE REQUESTED



Get this bumper sticker by emailing nextedgesports@yahoo.com. Bumper sticker is \$3 and proceeds benefit the Lance Armstrong Foundation.

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 Ryan: jryan005@twcnny.rr.com or (315) 451-1616

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@twcnny.rr.com

Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday Dec 5th at 6 PM** at **Marcello Pratico'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.