

The Almost 4th of July Century

Gianfranco Vidali

On Saturday, July 3rd, at 8:00 am, from the Chittenango Plaza on Rt. 5 1 mile west of Chittenango, the "Almost 4th of July Century" has its much awaited start. I have been always intrigued by such title for a long-distance ride, with its vagueness ("almost") and exaggeration (surely it will not take a century to complete) built in its title. Thus, I will christen this the "3rd of July long-distance ride".

The mostly flat/rolling ride will quickly leave behind fairly well-known roads of Madison County (Gee Road, Pine Ridge Road) to flank the south bank of the Old Erie Canal in Oneida County. Before reaching Rome, the ride turns northwest and plunges in the pine forest that Oswego Rd. bisects. Keeping the north-west bearing, the route will waltz around the woods of the township of Vienna and the eastern shores of Oneida Lake before heading south and crossing the Old Erie Canal.

Shorter options (about 40 and 60 mile long) are available. The ride is not supported; bring with you plenty of water, since we will be traveling through sparsely populated areas.

For more information, contact me at: gvidali@syr.edu or 445-2864.

OCC Highland Forest Family Picnic

Chad Bradshaw

REMINDER - The annual OCC Highland Forest Family Picnic is scheduled for Saturday July 24th from 11 to 4. We've again reserved the Torbert Shelter just above the main parking area. In the few years that we've had the picnic, it's become an event that many club members look forward to - Good food, good folks and good biking. Bring your own grill items and, if so inclined, a dish or desert to pass. Beverages, chips and other junk food will be provided. Our regular Saturday morning club ride will leave from the lower Highland Forest parking lot at the bottom of the hill. Riders are encouraged to come up the hill after the ride to join the fun - there should be a few extra hot dogs on hand. Also, since Highland Forest is a premiere mountain biking venue, you might want to bring a mountain bike. Riders will be leaving on small group mt. bike rides throughout the day. Extra mt. bikes should be on hand for road riders wishing to try some trail riding. You serious mountain bikers may want to pre-ride the race course for the following week's Highland Forest Classic. Parking is free since it's included in our shelter rental fee. If you have questions, call Chad at 446-0876. Hope to see you there!

Tug Hill Weekend

October 1-3, 1999

Road bike, mountain bike, hike...simply enjoy the fall foliage and all the north country has to offer. Experience country hospitality combined with delicious home style meals at the **Pioneer Lodge**. Maps provided. Reservations and deposit required. For more details call: **Joan Yungwirth and Jim Ryan (451-1616)**.

Editor Wanted

Tim Bingham, Current Editor

I'm looking for a volunteer to take on some of the duties of the OCC editor. Duties include accepting articles, advertisements, and ad payments, compiling them into a neat package, then sending them to me. I can still be the layout editor and will transport the finished copy to the printers. Volunteers should be familiar with email and working with text and graphics in electronic format. If you'd like to take a stab at the job, please drop me a note at binghamt@hscsy.edu.

Lindsay in Holland

[The following is an excerpt from a postcard sent to Lisa Nojaim by former OCC junior member Lindsay Williams. Those who know her will surely be interested to know she's racing well abroad. -Ed]

I am over here in Holland, doing some racing. I am staying at Henny Top's house while racing for the [Junior] National Team. The racing here is so crazy fast. I am learning to be super aggressive to just survive! At the first race I got yelled at a lot, and purposely almost shoved into the curb! We all did well in the crit on Sunday, as we all took turns attacking, and I gave the leadout in the end. Jessica and Courtney (teammates) got 6th and 7th. We were really psyched. I think we impressed these 'Dutchees'. Later...Lindsay.

Rescue Mission's Freedom Ride/Race

A new road race is coming to the Syracuse area! On September 18, the Rescue Mission Freedom Ride and Race will take place on a 25 mile loop through Phoenix. Check in future newsletter calendars for more information about this ride and race.



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
Criterium Director: Chuck Dominick

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@hscsyr.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

October Issue, arriving in late September - Friday, Sep 3
 August Issue, arriving in late July - Friday, July 9
 September Issue, arriving in late May - Friday, August 6

OCC on the Internet

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

Advocacy Note

Chad Bradshaw

As many club members know, efforts to increase bike safety by improving our local transportation infrastructure have not made much headway despite millions of federal dollars available for such projects. The creation of the Bicycle Pedestrian Advisory Committee (BPAC) for the Syracuse Metropolitan Transportation Council (SMTC), although formed years later than BPACs for other cities, heralded a new potential for bike-friendly highway changes. Unfortunately, the BPAC has recently been "put on hold" indefinitely until administrative difficulties within the SMTC can be addressed. Sometimes it does seem that the more things change the more they stay the same. BPAC members are still hoping, however, that the SMTC will endorse our previously proposed bike lane project on the S.U. hill described in an earlier newsletter. There have also been positive developments regarding the Dewitt to Camillus Erie Canal pathway proposal involving private funds that may become available to finance the project. Stay tuned.

Time Trial Trivia

Bill Kocher

After the first six weeks the time trials are moving along at a safe and smooth pace. We are once again accident free and only one rider has gotten his front tire stuck in the railroad tracks while warming up. So far two riders have had life time P.R.s and they are Jason Dellilo with a 23:32 and Rob Coapman with a 23:28. The two fastest times for men so far are a 23:11 for Paul Ashbarry and a 22:49 for Mike Hopper. For women, the fastest time is a 24:52 for Christy Saint. You don't have to be a speed merchant to enjoy a time trial so come on out and give it a try.

Roads Are Wonderful

Bob Spear, OCC President

The banner this month is just one of the many ways the RAW acronym can be created. You may have heard of some of the more printable others: Roads and Wine; Riding, Ain't Working, etc. But this time of year when the call of the open road rises to a scream, more and more clubbies are out and about. The Memorial Day weekend just past registered over one hundred riders taking part on the club jaunts. This must be a non-century weekend record. The pastures were green, new mown hay is already being cut and the newly planted corn fields are showing their stalks. Is there anything better than rolling along in a group of bicyclists on a warm, sunny day? The Six Lakes Sojourn set the tone for two days of "beautiful and challenging. Saturday's long ride was perfect in terms of weather and hilly adventures." Kate also had a word for the final miles on Sunday after hanging in for the long-riders tribute to the ongoing Giro [100 miles, including one mile up]. But remember there are always shorter and easier options to our rides. The

majority 'read' the lengthy version of Volume one in the Ridges of Madison Co. trilogy on Sunday. Twenty or so stayed together either joking or sprinting down to Oriskany Falls before taking an extended rest stop and heading home over the hot hills.

Speaking of the Giro d'Italia, did you hear that our very own Jim Virgo placed fourth in the fantasy Giro contest. An international fourth place over contestants from around the world. Entrants picked a team which they thought would score the highest points total during the pro-pedalers race from Syracuse to Milano. He hasn't cashed in all his lira yet, either! Our Veep represented OCC with his personal attention to a few stages and his story appears elsewhere.

July is here already and the Firecracker 100, a.k.a. the Almost Fourth of July Century, materializes on the calendar for the fourteenth year. This ride traditionally offers a flat to gently rolling hundred miles of riding. A wonderful way to while away a Saturday, perfect for your first century or your fastest. Looming in July is OCC's toughest ride, the Cross-County Challenge, perhaps even more difficult in July than it's usual June date. But I reiterate, there are always easier options; e.g., a ten-miler that day. Volume two of the Ridges series and a visit to the Fly-By-Night Cookie Company are also on the docket. Then, there is the OCC picnic and the Tour de petite France and, and..... Oh, the roads are welcoming us. See your ride schedule for details and phone numbers for more information.

Think of the adventurer who just passed through CNY on his big wheel, "He had nothing but a little, tiny satchel attached to the back of the bike..." and was traveling to Missouri. "Inspiring!" However, remember: on the sea, in the air, and certainly on the road, the law of gross tonnage applies. Be careful and ride courteously.

Highlights of the June Board of Directors Meeting

A hot night found us on the back porch of Bob Spear's house on June 7th.

We had Glenn Ivers from the American Lung Association as a guest. He was looking for volunteers for the Tour de 'Cuse on June 20. We had to decline since that is the same day as the Empire Senior Games. He also was looking for ideas for a fundraising ride for a local research project at SUNY Health Science Center. We talked about different options of ride length (4 days vs. an overnight) and route. We also talked about the best time of year for a ride. We offered to help out with the route selection, wherever the ride is. We also offered our sponsorship of his event.

Chuck Dominick and Tim Bingham gave us a summary of the Crit. We appreciated the hard work that they put into it. And Chuck was full of ideas on how to improve it next year.

Bob Ruth reported our membership at 321 members. This is down from last year. There are 199 names from last year who did not renew this year.

Bill Kocher is looking for volunteers for the Empire Senior Games. Saturday, June 19 is the time trials, and the road race is on Sunday, June 20. All races are in the morning.

The course for the 4th of July Century has been laid out by Gianfranco Vidali. Bring your own watermelon (BYOW).

Tim Bingham brought up the idea of having an OCC car sticker (like the USCF and Tug Hill Assoc do). He and Ed Keplinger will look into it. [*Actually, I just suggested that OCC give something interesting to renewing members each year, and Ed came up with the good sticker idea. Tim*]

The jersey committee will start working on a design for next year. See Ed Keplinger with ideas.

Ted Fitzmaurice is a young rider with a disability who has joined the club this year. He will be accompanied by a riding companion. The board voted to extend a guest membership to this companion. Mary Handley has worked to find support for Ted, and, along with the board and all members, will continue to assist him in being included in all club events.

Chad Bradshaw announced that the BPAC is on hold due to some "bureaucratic reorganization".

Our next meeting will be on Monday, July 12th at 7 PM. Respectfully submitted, Deb Virgo

Antipasti and Giro

Gianfranco Vidali

It is known that bicycling, and bicycle racing, are much more popular in Europe, and in Italy above all, than they are here. Although the Giro d'Italia doesn't draw the attention it did thirty or forty years ago, when it was a sport so popular as to eclipse soccer, it still has plenty of fans today.

Eating well is another national (Italian) past-time that requires a good knowledge of wines and of out-of-the-way trattorie where culinary gems are constantly discovered. Naively, if you read the local (US) bicycling magazines, you would think that good culinary expertise and bicycling don't go together; in fact, this is not true. On weekends, on the roads of Italy you can encounter plenty of riders, training on their own or participating in rides and races. In the Spring and Summer, you can choose, every weekend, a supported century ride to compete in from a roster of road races with a field anywhere from 1,000 to 10,000 and more participants.

I was in Italy at the very end of May and first days of June. On May 30th, the Giro d'Italia went from Racconigi, near Turin, north-west of Italy, to Oropa, in the pre-Alps. That stage of the Giro was going to touch the outer parts of Ivrea, the town where I was staying, my parents' house being a mere 6 miles or so from where the Giro was going to go through. Being a Sunday, my parents, my brother's family and myself decided to go to eat in a small trattoria on the slopes of La Serra, a mountain formed with the debris pushed a glacier. On La Serra the Giro was going to have its first GPM, Gran Premio della Montagna (climbing award).

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**

There is a strong tradition in Piemonte (Piedmont, the region where Ivrea is) to start a main meal with antipasti, i.e., appetizers. Indeed, antipasti can constitute the main reason of going out to eat. We started our meal just before 12:30 pm with a series of antipasti of cold cuts, a pastry filled with eggs and vegetables (quiche), fonduta (a melted cheese of strong taste) poured on a small pastry shell, very thin slices of veal with a special white sauce on it, and others that presently I cannot remember, or perhaps I will never remember, as these dishes were alternated with generous helpings of a local wine. The first main course consisted of "ravioli" (a king of pasta dish) with a white sauce spiced with sage and other herbs. Time was passing fast, it was 2:00 pm then, and we wanted to see the Giro, scheduled to start the climb of La Serra just before 4pm. We decided to skip the second main dish, not without, however, a sampling of a juicy pork-chop with small roasted potatoes. They were so artfully cooked that they melted in our mouths.

Three o'clock was fast approaching, so we decided to move to the dessert and the obligatory espresso. Then we raced to the head of the climb of La Serra. Roads being closed, we walked briskly for a mile and a half up on the road where the Giro was scheduled to go by. The road was not very steep, perhaps 5% of slope at that point. We saw the riders coming fast, just behind the curve downhill from us. They, a 130 or so, passed by us in a compact group, with no leaders or stragglers. Just the time to take four or five pictures and the whole group was gone. Since this stage had the finish line in Oropa, a sanctuary at the end of a long and steep climb, we decided to run home and watch the final moments of the stage on TV. As you probably know, Pantani lost 20 - 30 seconds for a jumped chain at a very critical moment, just at the beginning of the final climb. And then, when he managed to get at the back of the group with the help of his Mercatone Uno team-mates, he sprinted ahead (and uphill), as he had a motor-bike, leaving everybody behind. On the screen they looked like cut-outs while Pantani passed by them effortlessly. What a day!

A couple of days later our plan was to eat on a hill overlooking Turin and then go home and watch the Giro ending up on the Alp of Pampeago. The antipasto consisted of mozzarella from buffalo milk in a pumpkin flower, lightly cooked in olive oil. The first main dish...

Oh well, I am running out of space. To be continued...

Gear-To-Go Tandems

Tandem and Recumbent Bicycles

www.gtgtandems.com



New York State's
Largest Tandem & Recumbent Shop
OCC Members get 10% discount on accessories
Test Rides by Appointment 607-732-4859
rich@gtgtandems.com Elmira, NY

Ride For the Roses Weekend

Lisa Nojaim

"Attention passengers, we have just been informed of a storm cell to our north, and that take-off will be delayed one hour. We are sorry for this inconvenience. Thank you for flying American Airlines." I half-listened to the apologetic pilot while the sky turned black over O'Hare International Airport. The sound of communal groans rose from the cabin. "It's not so bad", I thought, anticipating the poached salmon steak and Chardonnay that awaited my taste buds once in flight. Waiting an hour on a runway behind 12 other jets wasn't at all affecting what was probably one of the best cycling vacations I've ever had. After raising \$2500 for the Lance Armstrong Foundation, I was flown for a second consecutive year to Austin, Texas to take part in the Ride for the Roses weekend.

There are actually two versions of the weekend; one consists of the 56K Pro/Am Criterium under the city lights, and the 100 mile Ride or the Roses through Austin Hill Country. The other version is exclusively for Peloton Project members -those who have done some serious fundraising for the Foundation, and is crammed with fun activities all weekend long.

There were 100 of us Peloton members, 52 of whom returned for a second year. They came from California, Idaho, North Carolina, Canada and even Alaska. Some came in memory of loved ones who battled with cancer, others were cancer survivors, and still others just wanted to take part in all the fun. Thursday kicked off the weekend with the Live to Ride Gala. I was unable to attend this dinner, but I hear ESPN's Chris Fowler made a very moving speech about Lance, and one of Miguel Indurain's yellow Tour jerseys sold for \$6,000 at the silent auction!

On Friday, I was warmly greeted by Foundation volunteers at the brand new Bergstrom International Airport, and shuttled off to the beautiful Onmi Hotel just as thunderclouds released torrents of rain. I decided right then that being a spectator was as close to the crit action as I was going to get.

After dropping off my luggage, I headed over to the Austin Bike Expo where I joined up with some old friends from the previous year. We were all led to the next floor where we registered and picked up some killer free shwag, including

Race Results

Black Fly Challenge MTB Race

Masters 30-39: 4 Joe Pechacek

Whitney Point Road Race and ESG Qualifiers

Women ESG: 2 Christy Saint 3 Gaetane Perreault 4 Laura Miller; Men 4/5: 9 Greg Low 12 John Saint 14 Andy Dikema

Hans Huddle Road Race

Overall: 4 Tim Bingham (1st 20-29), 7 Eddie Luban (2nd 40-49), 8 Chuck Dominick (1st 50-59), 13 Bob Swizdor 15 Mike Religa 16? Bill Stiteler 17 Kevin Matthewson 26 Doug Taylor 35 Kate Stewart (2nd F, 2nd 30-39) 36 Gian Vidali (his first race!) 37 Mary

Handley (3rd F, 1st 40-49)

NYS Time Trial Championship

Cat 4,5: 1 Robert Coapman

NYS MTB Series Race #2

Expert Master 30-39: 7 Joe Pechacek 17? Dave Faso 19? Dan Ogut

Tug Hill Challenge

Expert Vet: 1 Joe Pechacek

Syracuse Criterium

Cat 5: 5 Bob Buttner 10 Rob Coapman; Master Men 45+: 7 Ed Luban; Master Women 35+: 1 Laura Miller 3 Kate Stewart 4 Mary Handley; Women Cat 4: 5 Christy Saint

a Live to Ride jersey, a Nike storm jacket, a t-shirt, water bottles, cowbells, and tubes of chamois cream.

Yee-Ha! Texans sure know how to throw a party! And what a party we had during the BMC Software 56K Crit. The Foundation gave a VIP party on the rooftop of Maggie Maes, a famous 6th Street pub overlooking the Start/Finish line of the race. As we savored the extra-spicy Mexican barbecue and enjoyed the free bar, the races got underway.

"Excuse me, is this seat taken?" It was Ron Keifel, former racer for the Seven Eleven, Coors Light and Motorola teams, and he wanted to sit at my table. I was glad to be able to chat with him again, as he was my next-door neighbor when I lived in Boulder a few years ago. Soon, we were joined by Davis Phinney's dad, Damon. He is a fascinating man with a wonderful sense of humor and a gift for storytelling. I was sad to hear that he was recently diagnosed with an aggressive form of prostate cancer, which returned after several years. What I didn't know was that this 72 year old man could still crest a hill with the best of them!! This I witnessed in awe the next day. You can read his story at www.laf.org, under Cyclists Combating Cancer.

Finally, the sun came out just in time for the beginner races, but the streets couldn't dry up fast enough to prevent the endless string of crashes that plagued the amateur racers. The Cat 5 race had to be neutralized after several racers skidded into the downhill barrier going 35 mph!

The highlight of my evening was meeting Dr. Eric Heiden, 5-time gold medal speed skater at the 1980 Olympics in Lake Placid. He is now a respected orthopedic surgeon,

and a clinical professor at U.C. Davis in Sacramento. Our conversations throughout the weekend left me totally inspired to work even harder than ever in my own field of study. I should also mention that seeing those massive thighs up close and personal is highly recommended!

When Greg LeMond and Big Mig walked in, everyone dropped their drinks, grabbed their cameras and gathered around like a flock of sheep. I being one of those sheep, found a few choice photo ops—the kinds that don't come around all too often. Indurain was so quiet, almost shy, and still hasn't progressed too much with his English. LeMond was loud, boisterous and openly reminiscent of his Tour victories. He was ready to party, which he did the entire weekend!

As the evening wore on, the crowds filled the street to watch the Pro race. It was furiously fast with speeds upwards of 43 mph. Lance and three others broke away with over 10 laps to go, but was unable to overtake Eddy Gragus of Team IKON at the line. Although disappointed, the crowd cheered on their hero, as he took the podium to thank everyone for coming.

The Peloton set out the next morning in overcast 95 degree skies to meet up with the pros in Zilker Park for an easy 3 hour ride through the giant rollers of Austin. The Kids race was being held there, and two lucky kids got to be the stokers on the back of tandems ridden by Lance Armstrong and Miguel Indurain. The top children's fundraiser for the Foundation was a little girl named Kelly Davidson, who managed to raise \$13,000 for Lance. She is a cancer survivor herself. Sadly, her cancer, neuroblastoma, has re-attacked her little body, and has stolen a lot of her energy. If anybody deserves to get a spot on the Rosie O'Donnell Show, it's her! You can also read her story at the web site mentioned earlier.

So there I was, jogging on my pedals up these huge rollers with a group of 25 guys, including some of the greatest athletes of our time. I just can't describe what this feels like, except to say that after about an hour, it was like riding with fellow OCC comrades. We rode side-by-side, talking about where we were from, talking about the cost of putting in new flooring, talking about doping regulations, yadda, yadda, yadda, and once in a while I'd exchange a glance with another Peloton Project member and we'd both be thinking, "Holy Crap!" But it wasn't like that. There were no gods in this pack, just a bunch of cyclists who were enjoying a now brightly sunlit day with new found friends.

Now that most of the wanderlust was wearing off our group, it was much easier to enjoy a casual evening out at Lance and Kristen's shack for a Tex-Mex fiesta. For those of you who still don't know, Kristen is 6 months pregnant. If you saw her slender build, you'd never know! She is the sweetest host, and loves to talk about children. But the person who loves kids more is Lance, and he has tons of family photos of his nieces and nephews all over his home. And what a home! His back yard is literally Lake Austin. The 75 guests could fit inside his den! After dinner Lance was presented with the VeloNews Rider of the Year award, then we all treated to some great music by Bruce Henderson—one of Lance's favorite musicians. It was a really fun night.

The wake up call came at 5:00am! No way. I thought I would feel like toast at such an early hour, but seeing everybody else dragging themselves, bed-head and all into the waiting vans was hilarious, so it wasn't so bad. We arrived at Motorola North just in time to shove a dry bagel in our mouths, and find our bikes, which had all been squeezed into a U-Haul trailer. I was a little concerned because my bike was one of the first to go in. Since there was no time to really check everything, I had to hope it was in working order.

At 7:00 am, Michael Ward of the Wallflowers, a Cat 3 racer himself, climbed on top of the grandstand and played a Hendrix-like rendition of the Star Spangled Banner to nearly 6,000 participants! It was quite awesome to hear the cheers when he finished, and to know that everybody here was about to take part in what is now known as the most difficult century in the U.S. Last year I was stupid enough to start in the very front row of the Ride, and witnessed all the carnage, as thousands of die-hard fans tried to fight their way to the front to get a glimpse of their favorite celebrity. This year, I let all the faster riders go first, then I started just before the 50 milers' start. Someone else had the same idea, as I ended up riding with a guy who never rode a bike in his life. He borrowed a bike and a jersey so he could do the 50-mile ride. It was pathetic to watch him tighten up and ride right off the road whenever a group would pass us. I decided to stay with him and help him get used to being in a pack. Besides, he needed someone to fix his constantly dropping chain.

After about 10 miles, he started to have a little more fun, and sprinted up the hills. I couldn't believe how fit he was for someone who just started riding a bike. After 18 miles we got to a long, steep hill where I challenged him to a race of our own to the top. He took the challenge, and off we went, passing dozens of pained stragglers along the way. As I was about to shift into my 39 X 21, I felt the gears grind hard at the rear wheel, and suddenly I was tipping over. My derailleur hanger must have bent into my wheel, and when I shifted, I torqued so hard, the derailleur wrapped around my spokes. My race was over, and the temperature was approaching 100. Luckily a nice lady came out of her house and offered to drive me to the first pit stop, where I waited for a shuttle back to Motorola. I was disappointed, but looking forward to some Fat Tire beer at the finish.

Later that night at the hotel, Elizabeth Kreutzer, the promotions director for the Foundation, came in with the guy with the borrowed bike. He just wanted to thank me for helping him out on the road. It was sweet of him to search for me after the ride. He said he finished without any problems and that he was going to buy a bike once he got back to Ohio. That is when Elizabeth introduced Brian McBride as the country's top scorer in Major League Soccer. He started in the World Cup game against Iran. Remember? He was taking some time off because he broke his face when a soccer ball hit him during a game last month. He has a plate running from his eye socket to his chin. Since I am not the most soccer-literate person, I let the conversation end there.

The last day is always sad, and I decided this year to get the earliest flight out so I wouldn't have to watch everyone

else leave. I had breakfast with my closest friends of the weekend, and couldn't help but wonder where they all would be by this time next year. Both Rick and John were battling testicular cancer. I only hoped to be able to meet up with them again in the Austin Omni.

As the plane finally began to taxi, the attendants fastened their seatbelts, and my thoughts wandered into the realm of lunchtime delicacies. Reflecting on my journey had worked up quite an appetite, and that salmon was really starting to sound good. "It's overcast in Syracuse, with temperatures into the 90s, and humidity of 70%", said the pilot. Time to go back home. But that's okay. Just 363 more days until the next Ride for the Roses.

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is Monday, July 12 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Bob at 474-3801 for more information.

July

- 3@8 Almost 4th of July Century
Chitt 62-101 F/R 445-2864
- 4@9 Rebel Range Ride
Par 20-40 R-H 298-5378. Includes NOVICE ride 474-3801.
- 7@6 Pedal Palermo
CenSq 25-40 gR 454-0852
- 9@10 Jim's Choice: Tug Hill
Pul 30 H 607-753-8892
- 10@9 Pleasant Valley Leisure Lope
Mar 9-22 F or SH 487-7373. Includes NOVICE ride 422-6918.
- 10 Fulton County Crit
Gloversville 800.676.3858
- 11 Fulton County RR
Johnstown 800.676.3858
- 11@9 Cross-County Challenge
Caz 10-70 VH 437-9280
- 14@6 Lafayette-Apulia
SyrE 29-41 sH 448-0268
- 16@10 Jim's Choice: Georgetown.
Caz 33 H 607-753-8892
- 17@9 Fly-by-Night Cookie Company Call
BeLk 30-50 gR 422-6918
- 17-23 Lighthouse Tour
Nova Scotia 207-743-9018 www.megalink.net/~moosa
- 18@9 The Skyline Drive.
Cana 40-68 gR or sH 449-1722
- 21@6 Oracle at Delphi I
Man 14-33 F or R-H 682-7202
- 21-25 Empire State Games
- 23@10 Jim's Choice: Coldbrook
Preb 37 H 607-753-8892
- 24@10 OCC Picnics at Highland Forest
High 10-40 gR 446-0876. Road and off -road rides for novices, racers, families and Geezers but mostly for the picnicking! Bring your specialty to share. Also, an optional ride for novices, families.
- 25@9 Tour de petite France
Brew 30-100 F/R 474-3801
- 25-31 Moosa Tour
ME 207-743-9018, www.megalink.net/~moosa

- 28@6 Tuscarora Lake Loop
Caz 20-33 gR 655-5892
- 30@10 Jim's Choice: Cheese Factory
G.Lk 33 H 607-753-8892
- 31@9 Chittenango Creek Ride
Fay 12-35 F/R 445-1221. Includes NOVICE ride 478-7750.

August

- 1@9 Railroad Ride.
Preb 45-90 sH 607-753-8892
- 4@6 Van Buren Medley
VanBur 20-35 R-H 454-0852
- 6@10 Jim's Choice: Lakes
Mar 30 H 607-753-8892
- 7@9 Westward, ho!
#6981 Kingdom Rd 10-50 gR 689-3502. From Memphis says the 'bent guy and as a double bonus, an invitation to swim and "barbecue".
- 8@9 The B & B Double Metric. Tour of the Salmon River Watershed.
Par 30-125 R-H 474-3801
- 11@6 Skaneateles Supper (nee' B'fast) Ride
OLP 20-35 gR 451-1616
- 13@10 John's Choice: North by northwest
Phx 33 gR 699-8892
- 14@9 of Silk and Swamps
Phx 15-40 F/R 699-4916. Includes a NOVICE ride 446-2380
- 15@9 Camden-Boonville
Camden 40-72 R-H 298-5378
- 16-22 OCC Adirondack Attack
607-753-8892. The traditional vacation ride returns to the Adirondacks this year.
- 18@6 Jordan Jaunt
Cam 9-39 F/R 451-1616
- 21@9 Limeledge-Otisco Loop
CarBrk 20-33 sH 252-2127
- 22@9 Ridges of Madison County, Vol. 3
Chitt 37-68 sH 449-1722
- 25@6 Little Canada Cruise
Brew 20-35 gR 298-5378
- 26@10 Jim's Choice: Nottingham
SyrE 38 H 607-753-8892
- 28@9 Otisco Valley View
Mar 19-50 R-H 476-4637. Includes NOVICE ride 487-2703.
- 29@9 On the Trail of the Loomis Gang
Morris 40-69 R-H 495-2911

September

- 1@5:30 5 Bays, the other Way
Cic 20-35 F or sH 458-4593
- 2@10 Jim's Choice: Sixty River
OLP 40 R 607-753-8892
- 4@9 The Triple Threat Throwdown Part I
Fay 32-64 gR 437-9280
- 5@9 The Triple Threat Throwdown Part II
Fay 30-62 sH 437-9280
- 6@9 The Triple Threat Throwdown Part III
Fay 33-65 F 437-9280
- 8@5:30 Sit-down @ Sam's
Brew 20-35 gR 454-0852
- 9@10 Jim's Choice: Grist Mill
Par 35 R 607-753-8892
- 11@10 Oneida Lake Excursion
Cic 12-65 F 458-4593. Includes NOVICE ride 445-2864.

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



_____	BULK RATE U.S. POSTAGE PAID PERMIT NO. 940

RETURN SERVICE REQUESTED

Classified Ads

For Sale: 11 tooth cog Shimano 9spd \$10
Giro Incline MTB helmet hardly used,
excellent cond Medium \$10 Call 255-
9113

For Sale: Zoom Brahma Mountain
Handlebar: Aluminum, Black, 540mm
width \$20 (new, in box); Silca Frame
Pump, Presta, 49cm compressed, red
color, new, \$10; Large touring frame,
27inch, 531 tubing frame, new, never rid-
den, \$250 (components available); Wheel
sets, various, call... George @ 472-2085

OCC Happy Hours

Ever wondered what your fellow club members look like without sunglasses and a helmet? Ever wondered if they talk about subjects other than cycling? Here's your chance to find out. Come to the Blue Tusk in Armory Square around 5:30 on July 9, and MacGregors on Water St on July 23. Grab your favorite potation and have some off-the-bike fun with other OCCers.

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.