

THE SPOKE 'n WORD

Volume 25, No 2

March 2005

INSIDE THIS ISSUE:

Renewals and all	2
Letter from the Prez	3
AIDS ride in NYS	4
Vacation Ride	4
Distance Cycling	5
2004 Points	6-7

Welcome New BODers!!!

And welcome to the following new members:

Ariene Alten
 Jim Black
 Allan P Drew
 Peter Geatrakas
 Jim Hughes
 Raymond Klein
 David McCarthy
 Steve McCormick
 Cameron Nicola
 Wesley Perry
 Chris Read
 Mike Reagan
 Lucas Simoni



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

Earth Day Cleanup..... John Baker
 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://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.

RIDE SCHEDULES AND MEMBERSHIP CARDS

The 2005 Onondaga Cycling Club Ride Schedule will be mailed to current (2005) members about March 7, 2005. Membership cards will be enclosed with the ride schedule in order to save on postage.

WILL YOU GET ONE?

The mailing label on this issue will tell you if your membership is current or not. An S2004, F2004, Y2004, or C2004 in the upper right corner of the mailing label indicates your 2004 dues were paid but **NOT** for year 2005 (**BAD**). Anything with a 2005 or greater indicates your dues are current (**GOOD**) and you are due a Ride Schedule.

PROBLEMS?

If you have paid year 2005 dues and the mailing label on this issue of the *Spoke-n Word* indicates 2004, or if your address is incorrect or your name is spelled wrong, etc., please contact **Bob Ruth**, membership chair at (315) 451-0685 or email at ruthrob@twcnv.rr.com.

THE RENEWAL FORM

If you need to renew, remember that the Renewal Form needs to be returned. This is important for two reasons:

1. The waiver at the bottom of the form (and the MINOR RELEASE on the back) needs to be signed and dated in order for us to provide insurance coverage for all our members. Anyone 18 or older must sign this waiver to renew membership. If you do not have under age children listed as family members, you can skip signing the back.
2. The president collects mail from the Post Office box. He sends checks to Treasurer and the forms to me. If you just send a check, it may wind up as a donation since I may not get the necessary information to update your records and you are counting on someone to remember to tell me that a membership has been received. Then, I will send you a form to complete anyway because we need the waiver to be signed and dated.

Copies of the Renewal Form can be found at <http://www.onondagacyclingclub.org>

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



Message from the new president

Seven years ago, my wife Kathe and I came to this country and, at the time, I never thought that seven years later I would be asked to become president of a cycling club. As a matter of fact, in 1998, I thought we would stay in the US for two or three years and then go back to Germany or somewhere else in Europe. However, as everybody knows, sometimes things develop differently than anticipated. One important reason for us to stay is the many new friends we found in Central New York and many of them in particular within the OCC.

I am not what I would call a "club guy", and even though I did a lot of riding in Germany, I never joined a cycling club there. When we came to the US, however, joining a club like the OCC had big advantages, e.g., getting to know good cycling routes within a year, to name only one. We only regret that we did not join the club right away when we came. As I mentioned earlier, we found many friends in the club and we both truly believe that the members of the OCC are great people to share the passion for cycling. In the fall of 2003, Bob Spear talked me into becoming the 2004 VP and the 2005 president. I accepted, because I consider it a good way to give back for all the fun we enjoyed with the club. Even though it might be a little early to preside the club after only two years on the BOD, I promise to try my very best and serve the club members as good as I can.

In 2004, the club was fortunate to find a president like Jim Price; I believe Jim did an extraordinary job. Some of the achievements and initiatives that started during Jim's presidency included:

- Financial Committee and a financial plan,

which ensures a sound investment of club funds and a reasonable distribution to different accounts

- Financial Audit Committee,
- By-Law Committee, to review and adapt our by-laws to current needs and practices
- Volunteer incentive program (proposed by Carolyn Steritt) to ensure adequate volunteer participation at club events
- Summer Vacation Camp for kids initiated by Mary Thomas-Madonna (unfortunately, there was a lack of participation; hopefully we can try it this year again with more luck)

This is probably a suitable opportunity to thank Jim in the name of the OCC and its BOD for his efforts and achievements.

At this time of the year, we - i.e., the board - are busy preparing for the new season. Bill and Gian are taking care of the ride schedule, Deb collects items to be posted in the newsletter, Marcello continues to improve our website, and Zeke is finalizing an order for club clothing before Claire takes this responsibility. Very soon Chuck will begin preparations for the Race Weekend, if he has not done so already. As in past years Jennifer is in charge of long distance cycling and arranges the club participation at the balloon fest. The new board represents individuals who are interested in different aspects of our sport, such as touring, recreational riding, racing, and time trials. Also I think we have a good mix of experienced board members and fresh blood. Please find a listing of the new BOD in this newsletter.

In my opinion, this club offers quite a variety of cycling activities, including regular club rides on weekends and Wednesday night, time trials, centuries and long distance riding. In addition, social events such as the banquet,

(Continued on page 4)

(Continued from page 3)

the picnic, and spontaneous Wednesday night get-togethers are much appreciated by our membership. Highlights of the year are the race weekend and the cyclocross race. We are very thankful to have a sponsor in Saturn of Syracuse, whose generous contribution is of utmost importance for these major events. Of course, all this is only possible with the help of our members who step up and volunteer. Volunteerism is the basis of our club: ride leaders, organizing committees, road marshalling, driving pace cars and wheel vans at races, help out at time trials. I am asking you to participate as volunteer in club events. We need it and by the way, it is fun too. I am also encouraging each member to make suggestions for improvements.

Again, I believe this is a great club with great people and I am looking forward to working with all of you. I hope another successful season is lying ahead of us. Personally, I wish each of you a cycling season full of fun, without accidents, injuries, or saddle soreness.

Very soon, I hope to see you all on the road,
Jochen

PS: For those of you who do not know me, I am the one with the stainless steel bike (which looks like titanium but is not), who thinks he can ride with the fast guys (but cannot), and who has this rough German accent. On top of all, I am absolutely crazy about riding my bike. One thing I share with many others in this club.

OCC Summer Vacation Ride on August 7-13, 2005

Mark your calendars! Lots of history and beautiful scenery!

Two sites: Frederick County, MD (3 nights...August 7-9) www.fredericktourism.org and Lancaster County, PA

(3 nights...August 10-12) www.padutchcountry.com

Order your own tourist packets, Frederick County map (contact Chamber of Commerce) and Lancaster County map (free). They will be extremely helpful.

Game plan: Drive (optional: carpool) to MD, "bunk and ride/tour" from Mount St. Mary's College/University campus dormitory in Emmitsburg, MD; then mid-week drive to PA and "bunk and ride/tour" from the Quality Inn & Suites in Lancaster, PA. Yes...good news! The dorms are air-conditioned!

Daily routes: We will be using the local bike clubs' cue sheets!

Let me know if you are interested: Joan Yungwirth (315) 451-1616 or jmyung@twcny.rr.com

The Empire State AIDS Ride is Looking for Riders!

August 14th through the 20th - 7 days - 560 miles

...from the edge of Niagara Falls, through the orchards along Lake Ontario, past the vineyards of Finger Lakes to the rolling foothills of the Catskills. You'll meet new friends, camp in our spacious tents beneath a canopy of stars, wake up to hearty breakfasts of quiche, breakfast meats, fresh fruits and steaming coffee, and end your day with some of our great caterer's specialties: cedar-planked salmon, grilled lamb chops and chicken with poached pears. Along the route dedicated volunteers will be there to cheer you on and keep you supplied with snacks, energy drinks, high protein lunches, and full bike and medical support. You'll end your trip with one last challenging climb, followed by an exhilarating ride through Manhattan to Robert Wagner Park, overlooking the Statue of Liberty and New York City's Harbor.

WE'RE LOOKING FOR 81 MORE PEOPLE WITH BIG HEARTS AND STRONG LEGS

CHECK OUT THE WEBSITE

www.empirestateaidsride.org or call M.E. Doody (ie. team captain) at (315)475-2430 for more information

WHAT IS A BREVET?

A Brevet is a long distance cycling event in which participants must complete a predetermined distance within a set time limit. These events are not competitions. Professional racers are disqualified from participation.

Cyclists participating in the events are termed randonneurs. The naming reflects the French origin of the events. Indeed the largest brevet is Paris-Brest-Paris, held every four years, in which cyclists must complete 1200 km in 90 hours. To qualify for the "ultra" events, riders must successfully complete a full brevet series of 200km, 300km, 400km, and 600km between April 1 and July 1 of a single year.

Brevets are held nationwide and internationally. A series does not need to be completed within the same region; however the rides must be completed in distance order to qualify for 1200 km events such as PBP, Boston-Montreal-Boston, the Gold Rush Randonnée (CA), the Last Chance Randonnée (CO), and the Cascade 1200 (WA).

More information is available online at the Randonneurs USA web site: www.rusa.org.



WHY RIDE CNY/WNY?

Central and Western New York have wonderful rolling terrain that is similar to the terrain encountered in PBP. Routes wend around the famous Finger Lakes, through the Ithaca area known for its spectacular gorges, south-east into the Catskill Mountain region and north into the Tug Hill plateau. The landscape is a mixture of farms, forests, and picturesque towns. There are many historical markers along the routes to add interest to the rides. The roadways are well maintained and most roadways have a wide clean shoulder.

RULES OVERVIEW

This is an overview of the rules and regulations for brevets. Refer to the RUSA web site for a complete listing of the rider rules: www.rusa.org.

1. Participants are considered on a private excursion and are responsible for themselves and for any accidents in which they are involved. Riders are required to have medical insurance and sign a release.

2. Participants must obey all applicable laws and rules of the road, and conduct themselves in a reasonable manner as representatives of the Onondaga Cycling Club and of RUSA. **HELMETS ARE MANDATORY.**

3. Every effort has been made to have complete and correct routes; however the organizer is not responsible for participants becoming lost or being stranded by fatigue. **BE PREPARED.**

4. Riders **MUST** complete the route in the allotted time. Participants are responsible for their own needs (i.e. no sag), but may receive personal or mechanical aid at contrôle points. Riders leaving the course are required to return to their departure point.

5. Participants must present the issued card at each contrôle point to receive the official certification. Loss of the card or any irregularities is cause for disqualification. Each member of a tandem will have a contrôle card issued.

6. Any human muscle powered cycle is allowed.

7. Each cycle must have a securely mounted primary lighting system consisting of a white front light and a red or amber steady rear light. This requirement is waived for the 200 km. Back-up lighting must be carried. Either two spare bulbs and batteries, or a fully redundant system are acceptable. Riding without lights at night or in low visibility are grounds for disqualification. A reflective safety vest and ankle straps will be worn at all times lights are operational.

8. Brevets will take place regardless of weather. **BE PREPARED.**

Jennifer Barber
info@distancerider.net

(315) 254-5164



CNY/WNY BREVET ENTRY FORM

(please print clearly)

NAME _____

ADDRESS _____

CITY _____ ST__ ZIP_____

PHONE _____

EMAIL _____

CLUB _____

RUSA # _____

If you have applied for RUSA membership, enter APPLIED

EVENT FEES

ACP-Sanctioned Events

200km 21 May \$15 _____

300km 4 Jun \$15 _____

200km 11 Jun \$15 _____

400km 25 Jun \$20 _____

Ferry Ticket Needed

600km 8 Jul \$80 _____

Incl. 1/2 way hotel

300km 6 Aug \$15 _____

RUSA-Sanctioned Events

200km 16 Jul \$0 _____

TOTAL _____

Checks payable to Jennifer Barber

Send to: Jennifer Barber 5137 Glass Factory Rd
Munnsville, NY 13409

EMERGENCY PHONE _____

CONTACT _____

RUSA Membership is not required, but is encouraged.
Please apply at www.rusa.org or at the event.

98722 miles!

That's how many miles the club logged in 2004! If you had showed up for a couple more rides we could have topped 100,000! The mileage and points for all riders who rode three or more rides is listed in the table below. Points are the number of rides that you attended. As you can see, Jochen will be leading OCC in more ways than one!

	Miles	Points
woicke, jochen	3357	70
stewart, kate	2272	55
yungwirth, joan	2253	55
mautz, joe	2499	53
vidali, gian	2324	53
matthews, dick	1909	53
ryan, jim	2086	47
luban, eddie	1885	45
hadley, andy	1445	45
woicke, kathe	1373	44
taylor, doug	1932	43
ronnow, zeke	1862	39
reid, pat	1233	39
swinburne, paul	1901	38
elphick, brian	1859	38
goffe, bill	1730	37
vanwie, dave	1516	37
wheeler, kelly	1134	36
wheeler, mark	1525	35
prattico, marcello	1433	33
ruth, bob	1194	33
madonna, mary	1341	32
mansfield, mike	1013	30
martello, jacqueline	855	29
swizdor, bob	1208	27
wennberg, erik	1145	27
komanecy, paul	1155	26
spear, bob	1121	26
sterritt, carolyn	669	26
voutsinas, dan	1098	24
lyon, mike	1024	24
madonna, david	957	24
cecere, pauline	886	23
doctor, verne	739	23
laprate, ron	736	23
beckman, ron	904	22
kolb, randy	828	22
price, jim	675	20
reichl, claire	600	20
topp, mark	1102	19
faso, david	871	19
diekema, anne	838	19
swizdor, mj	810	19
veenstra, rich	891	18

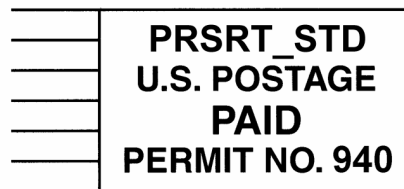
	Miles	Points
stelzner, dennis	824	18
oneil, rich	711	18
merrick, bill	653	18
cardinale, jim	622	18
murphy, mike	356	17
arjomand, keyhan	729	16
roemer, mark	699	16
tarolli, gary	665	16
stittler, bill	638	16
burton, jeremy	600	16
palmer, jeff	593	16
platten, tom	578	16
vonzwehl, pete	493	16
perrault, gaetane	684	15
dominick, chuck	627	15
walker, jeff	615	14
mautz, barbara	504	14
panagakis, john	478	14
ferat, gail	463	14
bradshaw, chad	451	14
wagner, gloria	387	14
feak, bob	496	13
petro, dean	464	13
mills, don	462	13
palmer, sandy	407	13
butler, joe	400	13
longacre, andy	390	13
grossman, steve	571	12
falso, ray	470	12
blume, dick	399	12
kocher, paul	374	12
zoanetti, ken	365	12
virgo, deb	324	12
bernstein, scott	420	11
goodwin, bill	406	11
swanborn, mel	381	11
lancette, jack	298	11
petrie, rich	238	11
leal, deb	159	11
sayers, katina	463	10
nicholson, william	420	10
barber, jenn	404	10
low, greg	396	10
howey, matt	368	10
stummer, andrew	365	10

2004 Mileage (cont'd)

	Miles	Points
prill, larry	282	10
ransford, steve	515	9
mathewson, kevin	315	9
buck, amy	306	9
zoanetti, mike	290	9
baker, john	289	9
hahn, brian	303	8
hotaling, tom	300	8
kelly, brian	292	8
ohlsen, janet	288	8
przepiora, john	270	8
luban, adam	257	8
shanahan, paul	252	8
price, cheryl	250	8
moricone, nazi	178	8
sampere, sam	391	7
duflo, paul	335	7
hotaling, peg	272	7
bingham, tim	254	7
colegrove, dave	240	7
fischer, joe	224	7
fischer, lillian	222	7
newton, jason	221	7
burton, lauren	214	7
virgo, jim	202	7
payne, jennifer	169	7
thomas, richard	290	6
schepis, eric	277	6
walburger, adam	234	6
doody, me	196	6
robson, dale	194	6
stummer, ann	106	6
flanders, eric	256	5
corcoran, jim	227	5
neumann, dave	176	5
beyer, jeff	175	5
savage, bill	154	5
tetrault, kurt	147	5
bass, cathie	139	5
oster, sarah	127	5
comfort, larry	116	5
hughes, jim	241	4
bader, becky	236	4
duflo, julie	228	4
macnaughton, andy	205	4

	Miles	Points
ehrensberger, mark	179	4
schmidt, kurt	170	4
colbert, david	165	4
milller, laura	152	4
beaudin, bill	146	4
ashbarry, paul	141	4
woodford, ray	137	4
beaumont, debbie	126	4
meyer, sabine	126	4
ronnow, joseph	124	4
low, robyn	116	4
epp, edward	111	4
severance, scott	105	4
hartmann, margaret	96	4
schmutz, mary	95	4
oczkowski, elizabeth	86	4
lancette, chris	52	4
carr, skip	194	3
atwood, sue	183	3
delillo, jason	174	3
yonemura, ken	145	3
mcfarland, jeff	132	3
domkowski, eric	131	3
bonk, noel	130	3
schmidt, michelle	127	3
rodgers, rick	123	3
myers, j p	122	3
millen, john	121	3
nicola, peter	120	3
rizzo, joe	119	3
micek, wolf	116	3
fisk, robert	112	3
frumkin, michael	109	3
rogers, walter	109	3
hellwig, troy	106	3
adams, ray	104	3
zachevich, russ	103	3
mollon, paul	101	3
zachevich, me	97	3
ashbarry, norm	96	3
zipprich, mike	93	3
chapin, greg	89	3
lockwood, chip	89	3
archambault, mark	87	3
montoya, carlos	84	3
mccarthy, david	82	3
sonne, anne	81	3
gregory, ann	79	3
feulner, jason	77	3
ovid, candace	70	3
wagner, dan	37	3

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



RETURN SERVICE REQUESTED

Next BOD Meeting

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

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

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.

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

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.