

Annual Banquet

Russ Zackevich

Most of us would agree that last month's Annual OCC Banquet was one of the best in years. Ninety plus members and guests enjoyed the ambiance of the Glen Loch Inn. Dinner was as enjoyable as the selections were numerous. Notable were the great varieties of desserts. German Chocolate was my favorite.

It was great seeing so many old and new cycling friends. Seems there's never enough time to talk to everyone. Before dinner, thanks to a number of contributors, we were treated to slide and video shows of this past years OCC Criterium, Tour De Grasshopper, Cyclo-Cross Championships and a variety of other local bicycle race footage.

The evenings formal activities began with a talk by author and medical doctor, Dr. Dennis Crank on the topic of "Where have all the cyclists gone?". His talk addressed the typical view of cycling in American society - namely a child's activity or a something associated with super-human endurance. He stressed the need to bring cycling into the lives of more Americans, and the social and medical benefits of doing so.

Bill Johnson, in his last function as OCC President, presented Jim Konski with a life-time membership. Bill Kocher, as Time Trial Director, presented Time Awards to: Lindsey Williams, 1st Jr. Wm.; Jeremy Burton, 1st Open Men; Christy Saint, 1st Open Wm.; Paul Ashbbarry, 1st Mstr Men; Jeff Koontz, 2nd Mstr Men; Mary Handley, 1st Mstr Wm.; Tom Shatraw, 1st Vet. Men; John Woods, 2nd Vet. Men; Ginny Burton, 1st Vet. Wm.; Bill Kocher, 1st Senior Men; and Gail Ferat, 1st Senior Wm.; and Points Awards to: 1st, Peter Von Zwehl; 2nd, Paul Ashbbarry; 3rd, Paul Kocher; and 4th, Dave Ressequie. President Elect Bob Spear presented numerous mileage awards. Some of the top award winners were Pete Von Zwehl, Joan Youngworth, Ed Luban, Jim Ryan, John Ginzian, Mark Wheeler, Randy Kolb and Kevin Mathewson.

Top Mileage Award Winner Peter Von Zwehl received his award to a well-deserved standing ovation and applause for the audience. Throughout the year Pete has displayed his dedication to the sport, his always-friendly demeanor and strength despite serious set-backs.

After a short intermission, a general club meeting was conducted. Bill Johnson went through a number of club agenda items concluding with the naming of the 1999 Board of Directors and his farewell as out-going president. Our applause showed appreciation for all that Bill's done this past year. Thanks Bill! Following Bill, Chuck Dominick concluded the event with racing awards, raffle awards and action. Top raffle prize this year was a top-of-the-line mountain bike from Bicycle Alley. The evening concluded with farewells to friends and a second dash at the dessert table.

[Ed. - Congratulations and special thanks go to Lindsay Williams' Grandparents who won the top three prizes! The drawing wasn't fixed - they graciously bought a huge number of tickets!]

A Pull from the Prez

Bob Spear

I hesitated while typing a title for this column. There are just too many smart alecks about waiting to pounce! One member of the peleton suggested BS Rolls Downhill which, actually, is pretty accurate but my personal editor-at-home shook her head. This newsletter editor's deadline is, like, now, so.....

The calender may indicate that it is still winter. However, even the new OCC president can not forecast what the weather is as you're reading this. I do know that, as this is written, the thermometer is rising into the 50s, the days are brighter not to mention longer and the 1999 season is underway.

Last year ended on a festive note as 94 people gathered at the Glen Loch in Jamesville to eat, drink and talk cycling. Oh yeah, the annual meeting and election of the 1999 BOD also went down. Details elsewhere.....

(continued on page 3)

Renew Today

In this newsletter you will find a renewal form for 1999. Please fill it out and send it in as soon as possible to make sure your membership and newsletter subscription stay current.

MTB Director Needed

The club is looking for someone to take on the role of directing and improving OCC's presence in the world of mountain biking. If you're really into fat tires and would like to contribute, please call Prez Bob Spear at 474-3801.

Letters to the Editor

Future editions of this newsletter will contain a Letters to the Editor section. It will, that is, if some people send some in. Want your opinion to be heard? Send it in!



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: 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
 Century Director: Steve Ransford
 Merchandise Director: Ed Keplinger
 Director: Russ Zackevich
 Special Events: Bill Johnson

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

April Issue, arriving in late March - Friday, March 5
 May Issue, arriving in late April - Friday, April 9
 June Issue, arriving in late May - Friday, May 7

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

Rough Road Ahead?

Tim Bingham

The Federal Highway Agency is moving to add rumble strips to many roads and highways in America. Locally, so far these strips appear only on freeways where cycling is not allowed. It's apparently possible that rumble strips may be coming to more roads and while they do save lives, they make cycling on the shoulder uncomfortable, if not dangerous. Readers are urged to go to the FHWA website at <http://www.ohs.fhwa.dot.gov/rumblestrips/index.html> and contribute to the discussion on how this safety feature can be made friendly to cycling. There is a page devoted to cycling issues at <http://www.ohs.fhwa.dot.gov/rumblestrips/issues/bikeissues.html>.

Advocacy Note

Chad Bradshaw

The citizen's Bicycle and Pedestrian Advisory Committee (BPAC) for the Syracuse Metropolitan Transportation Council has completed the preliminary planning stages for the Erie Canalway Trail connecting the Dewitt and Camillus ends of the existing pathway through Syracuse. Onondaga County has agreed to sponsor the project so that federal TEA-21 funds can be applied for to pay for building it. If and when the canalway trail is completed, it will add another avenue for bicyclists to travel within the county. In other BPAC news, we have (finally) established a Bicycle Infrastructure Improvement Subcommittee to directly address bicycle-related issues. We have presented a pilot project to the SMTC for striping bike lanes on Colvin St. and Comstock Ave. up in the SU area since there is heavy student bicycle traffic on those roads. We are also asking for bikeway road signs along Euclid Ave, which also goes to SU. As you ride around the county, please keep your eyes (and minds) open for possible bicycle corridors in which to create new bike lanes. The ideal road is wide and has no on-street parking. If you have any ideas regarding good bike routes, please let me know so that they can be considered for striping and signs.

This May will once again see national bike to work week. This year, we hope to get Syracuse involved. The club (OCC) will be promoting this event as will the BPAC. Club members are encouraged to talk with their employers about promoting riding to work that week. Ideally employers should provide employees with a place to park their bike, a shower and/or changing area, and so forth. Club media directors Mary Ellen and Russ Z will be getting material from *Bicycling Magazine* and League of American Bicyclists (LAB) to facilitate club promotion of the event. If you are interested in helping promote the event or want information with which to approach your employers, contact Russ or Mary Ellen or, if you'd like to hook up with BPAC event planners, contact me. See you on the road (and trail)!

June 6th a Busy Day

Two Syracuse cycling events will again be taking place on the same day, June 6. Both the OCC Syracuse Criterium and the American Diabetes Association Tour will be running that day. Look in future newsletters for more information about both events.

Advertise in The Spoke n Word

Businesses and individuals are encouraged to advertise in this newsletter. The monthly Spoke n Word goes out to the almost 500 OCC members and offers competitive advertising rates listed on the last page. These fees are for commercial- and business-related ads. Not-for-profit and charitable events, especially those related to cycling, may receive advertising space at no charge. Final decision about the size, format, and content of no-charge ads remains that of OCC and the newsletter editor. Send camera-ready ads with applicable payment to the OCC box office or contact the editor for other methods of delivery.

(A Pull... continued from page 1)

You will be pleased to note that the board remains intact from the previous, successful year with just a little shuffling of positions. Also, there are two new cyclists "onboard." See the revamped masthead in this issue.....

Right now, the big item on the agenda is wrapping up our new riding schedule with the new schedulemeister. A new, expanded ride schedule goes to press on March 15. We are planning to increase the number of family/novice rides by 25% and have designated some Saturday cycling as "NoDrop Day." A guarantee that you will not ride alone! If you have a ride you would like to share with the club now is the time to put it in the schedule. Bob, Jr., also still needs ride leaders. Help him out by letting him know which rides you want.

Believe it or not but it is less than three weeks to the club's first official ride of the year. Come out and join us this year, if not in the early season, than later on. Sooner is better, check with Gian or me about the preseason RAW rides. I think you'll enjoy the road even more this year with OCC at your side.

See 'ya on the road.

The Gauls Ride

Gian Vidali

Four riders met on a Saturday morning of a balmy January overcast day in the parking lot of Peter's on Nottingham's Road, DeWitt. Bob Sr. came on a vintage Raleigh bike, with fins, carter (chain-guard for the uninitiated), and a well-worn leather saddle; 45 lb of metal to make the envy of any Californian retro buff. The others featured an assortment of bikes from an old racing steed (Bottechia) to a new looking cyclo-cross bike and to a designated winter rat with new cross tires.

Wind was blowing steadily from the south; it was

then to proceed east on Woodchuck Hill Rd. Few of us realized the foolishness of that decision; although a staple of marvelous summer rides, among a canopy of trees and a twisting path with an ever changing palette of colors at every turn, Woodchuck Hill Rd. becomes unforgiving in winter, when the hibernating rider feels the full force of his or hers lack of strength.

Bob Sr. turned around at the junction of Woodchuck and Rt. 92. The others proceeded to Manlius. This town quaint and charming, when the weather is nice, has gotten its name after the Latin first name Manlius. I don't know if cartographers had in mind a particular Manlius; but thinking of the swans, geese and ducks that grace the famous pond in Manlius, I thought that surely what they had in mind was Manlius Capitolinus.

This Manlius lived in a rocky period for Rome, when the city had defeated the Etruscans to the north, where Tuscany is, and was trying to make the transition from a small regional power to, as we say today, a superpower. Led by Brenno, the Gauls, as the story goes (but who is telling?), a barbaric and gross bunch of people from which modern France, with its fine cuisine and delicate idiom, inherited nothing, moved from northern Italy, where they were stationed, down to Rome. As the Gauls entered the inner part of Rome, where the temples

and the Senate were, the sacred geese that were kept in a temple gave the alarm. Manlius heard them and at the head of his troops repelled the assault. Eventually, the Gauls sacked Rome. Brenno asked for pounds and pounds of gold in exchange for leaving the city. The Senators, seeing that Brenno was tipping the scale where the gold was weighed, protested. To which he put his sword on the scale and said "Vae victis" (Pity the defeated!). Camillus (another upstate New York town!), who was standing by, replied: "Non auro, sed ferro, recuperanda patria est !" (With the sword, not with gold, one wins back the Motherland!) and with his army eventually drove off Brenno's.

As Brenno, we left civilization and proceeded slowly and up on North St. and then we linked up with Salt Spring Road.

From the fourth century BC to now many things have changed, and few would have guessed that the sons of the retreating Gauls would stage the most important bicycling event of the year, second to none.

20 miles in mild weather. Rome, the geese, and the Gauls. Not bad for January.

MOAB ON \$15 A DAY? ... NO SWEAT!

Kevin Krayna

It has been several months now since we made the six hour trek to Moab from Denver, Colorado. I suppose that for anyone at all interested in cycling, specifically mountain biking, it was something of a pilgrimage. In many ways it was everything I could have imagined, and more. We left early on a Friday morning, beating the weekend traffic out of the city, and had a late lunch-early dinner in another haven for mountain biking - Fruita, Colorado. This is definitely a low-key area, though running a close second behind Moab for the area's avid mountain bikers. We got off at the third exit into Utah on I-70, exit 202, about 30 miles across the border from Colorado. Shortly after getting on Route 128 you drive on a bridge over the Colorado River, and follow it for the next thirty miles before entering Moab. This stretch must not be overlooked. It is a mixture of towering buttes, sandstone towers,

and the ever present Colorado on the right hand side of the road. There are numerous places to camp along this stretch of the river, most of it for free (can you see that happening in NY?), with some official sites at \$5 a night (bathrooms, no showers).

We (my cycling/skiing buddy Mark, and my son Jeremy) set up the tent at one of the econo

sites, changed into our cycling clothes, and set off towards on of those towering spires off in the distance. We had to ride on the paved main road for about five miles before turning off onto a soft (sandy) dirt road heading towards Fisher Tower, about a 400 foot monolith. We never did make it all the way, turning around and heading back to camp. The evening and nights were incredible, with the sound of the serene Colorado River 50 feet away, and the stars just blazing overhead, highlighting this unique landscape.

We were awoken early by a warm, soon-to-be-blazing sun, passed on the oatmeal I bought for breakfast, and drove the rest of the way into Moab. The drive into town was worth the trip all by itself. The walls of the canyon become narrower and higher, rising to about 500 feet just before the intersection with Rt. 191, at the outskirts of town. The canyon essentially stops there, with the town and surrounding hillsides taking its place. We drove by the famed Poison Spider bicycle shop, and decided to eat at some brand new yuppie-style bagel shop. At least the coffee was good. My instincts were to find the local diner and have pancakes and greasy bacon (old truck driving habits are hard to break!) After breakfast we headed back to the now-open Poison Spider, asked for directions, and bought a map. It was suggested that we try a ride that starts about fifteen miles north of town, past the en-

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

trance into Arches National Park. Moab is at about 3900' elevation, with the start of the ride we did at 4500', not a big difference. The temperature was already well over 70 approaching eighty, and it wasn't even the warmest part of the day! The average temp in April is 70, with the average high in May at 82. This area averages just a scant .57 inches of precip in May. Needless to say, it is dry. That, once you experience it, is a gross understatement.

The parking area for this ride was just a couple of hundred yards off of the main road, with maybe fifteen cars already there and mtn. Bikers in various degrees of preparation for their ride. This loop is called the Monitor and the Merrimack, as the trail passes between two huge buttes of the same name. It is 16.5 miles long, with 1000' of elevation gain and 1000' of descent. As all rides in the area this one is rated for difficulty. The stated rating was "physically moderate to difficult/technically moderate". It was not long before we experienced one of many dismounts because of ankle deep sand. Fortunately, this usually lasts for just twenty feet or so, and you're back on single track soon-to-be slickrock. What the heck is sliprock? Simply put, it is a very abrasive sandstone, formed into all kinds of delicate designs. I'm not sure any of it is flat, everything seems to be at an angle. Which is the exciting part of being out there. It is a balancing act on all sorts of rock formations. To what degree of angle you're able to handle it is entirely up to your ability and guts (or lack of in my case!). Between the heat (some say "but it's a dry heat". Yeah, I know. But why is my tongue dragging on the ground into another cactus?), the elevation change, and the constant need for liquids, riding is a real challenge. But the excitement of being "where it's at", the incredible landscape, and the ever-changing trail makes it all worthwhile.

This 16.5 mile ride took more than two hours! Once back to my truck we feasted on goodies stored in the cooler we brought. Mark and I decided to ride the road back into town while my son drove. Mark said it would be all downhill. Maybe for Mark it felt like that, but not for me. He waited for me on several occasions, while practicing his one-legged cycling to improve his technique (he needs one leg, sorry, I need two). We ate again once back at the Poison Spider under a pavilion they have adjoining their parking lot.

Then it was onto the big league, the actual Moab Slickrock Bike Trail, less than three miles out of town. This trail was established back in 1969 for motorcycle riding and is open to both motorcycles and mountain bikes. We fortunately did not see any motorcycles, as it appears the onslaught of lycra-clad cyclists has been too much for the Evel Kneivel-types. Here is the incredible part: the actual trail is just 9.6 miles long, but expect to take anywhere from 2 hours on up to 5 for some. That is not a misprint. 9.6 miles in 5 hours! We started with the 1.7 mile practice loop, and that took about an hour! Yes, there are places that if you're not paying attention...you could die. Drop-offs of hundreds of feet are not uncommon. The only way you know where to go is by a yellow dotted line periodically plastered on the rock. And that is all there is. No single track here. Just a slight hint of a black line from all the previous tires that have passed this

way before. It is an experience. If you at all enjoy mountain bike riding, this is a must.

By this time of the day it was scorching hot. We were drained by the time we got back to Poison Spider (again!). This time it was to take a shower, for about \$1 apiece in the two coin operated units adjoining the shop. Once "freshened up" we went over to the Moab Diner, where we feasted on Kokopelli Chicken (another must), and polished off dinner with ice cream (the advantages of burning calories!). Following dinner we drove just a few miles back into the canyon we passed through in the morning. We parked at a trailhead and hiked a few miles to where the trail dead-ends at an arch. What a way to finish off a long, long day. We spent that night back at the tent, drove back into town the next morning, again forgoing the packaged oatmeal I brought. Back to the diner we went, this time for pancakes, which were delicious (I knew they would be). Our plan of action for that day was to be different. We had Jeremy drop us off at the entrance to Arches National Park, right on the outskirts of the town itself. The road into Arches passes incredible sandstone formations as it winds it's way further and further into the park. If one were to ride all the way to where the road dead-ends it would be nearly thirty miles! Oh, how I wished for my road bike. The road is extremely hilly. Once again, the sun was already blazing. (This is December, and I still have a tan line from that trip on my arm!) Once again, Mark was ahead of me, waiting. Yes it is possible to "do" Moab on \$15 a day. It is a worthwhile experience, both for the mountain biker and roadie. Above all else, drink, drink, and drink again. Because remember, in Moab, you don't sweat.

Onondaga Cycling Club Financial Report 1998

Erik Wennberg, Treasurer

Balance at the end of 1997 \$3,101.13

1998 Expenses	\$389.89	NYS Sales Tax
	\$54.55	General Supplies
	\$2,034.88	Newsletter Printing
	\$1,363.97	Postage
	\$463.45	Other Printing
	\$756.00	Insurance
	\$165.00	Organizational Dues
	\$847.69	September Century
	\$3,369.77	Awards Banquet
	\$4,242.00	Jerseys
	\$6,218.71	Criterion
	\$228.93	Bank Fees
	\$260.00	Returned Checks*
	\$337.62	Cyclocross
	\$92.02	Picnic
	\$20,824.48	

(continued on next page)

1998 Income	\$6,295.59	Membership	
	\$473.58	Membership Tax	
	\$552.00	Newsletter Ads	
	\$935.00	September Century	
	\$2,275.00	Banquet	
	\$425.00	Banquet Auction	
	\$3,565.00	Jerseys	
	\$8,025.33	Criterion	
	\$976.00	Cyclocross	
	\$20.00	Donations	
	\$91.00	Raffle	
	\$23,633.50		
Net	\$2,809.02		
Cash in Bank 12/31/98			\$5,910.15
Separate Accounts			\$2,332.78
Race Team (includes Criterion)			
	\$1,039.94	Cyclocross Race	
	\$239.13	September Century	
	\$73.09	NYS Sales Tax	
	\$3,684.94		
Net Club Operating Balance			\$2,225.21

(These are the dollars that were counted as Income under other categories until the checks came back. They are not fees that OCC paid)

Highlights from the Monthly Board of Directors Meeting Minutes

We gathered at Bob Spear's house on February 7, 1999. (And the post-meeting pie looked very tempting!)

Old Business:

The banquet: We had 94 people attend. We still need to collect some money for auction items.

Cyclocross: Lisa Nojaim has talked to Lemoyne about their being the venue for 1999. They are interested.

Senior Games: Jamesville Beach will be undergoing renovation and may not be a suitable site. Bill Kocher will visit the Camillus Fire Department to see if they would host the events.

Ride Schedule: Bob Swizdor is looking for persons who are interested in doing illustrations for the ride schedule cover. Anyone interested should contact Bob. Also, Jim Price's weekday rides will be included in the schedule this year.

We plan to increase the frequency of the novice/family rides. They will still start with the regular weekend rides.

Ride Leaders: A motion was passed that requires that a person volunteer as a ride leader in order to be eligible for an award.

On a related note, we have lost Jack Lancette and Joan Youngwirth as our regular Wednesday night ride leaders. So we will be looking for new leaders.

The September Century will be on Sunday the 12th of September.

The Almost 4th of July Century will be on Saturday

the 3rd.

Advocacy: Chad Bradshaw let up know about the Erie Canal Trail that will run from Dewitt to Camillus through the City and along Onondaga Lake. He has formed a Bicycling Infrastructure Improvement subcommittee. They are working on putting in bike lanes and signs in the University area. They are also looking for ideas for new roads to work on. Also, questions were raised about talk of putting rumble strips on local roads. Chad will look into this. The club will get involved in promoting Bike-to-Work Week (in May).

New Business:

Ed Keplinger brought up the idea of a "same venue" ride on the weekend that would meet the same place all season. This could be a "pick-up" ride that meets close to the city at a later starting time than the regular weekend rides.

Ed Keplinger will be in charge of clothing for OCC. He will set up a committee to assist him. If you have ideas and interest, Contact Ed.

We are looking for someone in the club who has interest in organizing off-road events. Interested people should contact Deb Virgo.

We will talk to other clubs such as CNYDirt, The Syracuse Chargers, the Ski Hawks and the Syracuse Track Club about cross-advertising in each others newsletters. These are sports that many (road) riders participate in and we could support each other.

The next meeting will be on Sunday, March 7 at 7PM.
Respectfully submitted,
Deb Virgo

Ride Leaders Needed

Currently, there is a shortage of ride leaders for the many weekend rides OCC organizes throughout the season. Those people who like to receive awards for mileage and participation points accumulated on these rides should take note: **Just like with the time trials, in order to receive an award for the weekend club rides in 1999, you must volunteer to be a ride leader on at least one of the rides.** Please call Bob Spear at 474-3801 to sign up to lead a ride.

Do You Play Volleyball?

A Senior Women's Volleyball team is looking for more women (age 50+) who are interested in playing competitive volleyball. Goals include winning a fourth gold medal in the New York State Senior Games in as many years and representing New York State at the National Games in Orlando in October. Please contact Sue 637-3283, Diane 492-0431, or Tessa 472-5353 if interested.

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



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**MEMBERSHIP
RENEWAL**

Upcoming Events

Items in italics are not confirmed.
 The next BOD meeting is Sunday, March 7 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Bob at 474-3801 for more information.

March
 20 or 21@12:00 Gee, It's New Boston already? Green Lakes. Spear 474-3801
 27 or 28@12:00 Buille Diner Dash. Onon Lake Park. Swizdor 252-2127

April
 4@12:00 Jack's Reef Ride. Ride Leader Needed

6 Tuesday Training Rides Begin. Bingham 478-7750

11@12:00 Brewerton Breakout. Diamond 422-2988

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

25 Binghamton Circuit Race. Kirkwood, NY. 607.748.3641

Classified Ads

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: Almost new. TREK 520 Touring Bike. 23" Forest Green Frame, Shimano Deore LX w/ Bar End Shifters. \$500 Phone 687-6350

For Sale: Specialized Stumpjumper, rigid 21" Deore pink/green/white, good/dependable \$200; GT Karakorum rigid 19", Shimano, nice condition, black, \$200; Centurion, Iron Man, 56cm, Shimano 105 - like new \$200; Raleigh Sprite 27, women's frame, oldie but goodie \$25; Parts: 2 Conti Giro tubie tires \$20ea; Ultegra frnt deralr \$15; Tioga headset 11/8in \$15; Shimano bottom bracket UN52 sealed 73mm \$15; Mavic GP4 tubulr rim \$25; Deore XT frnt deralr \$20; Shimano XTX RC frnt deralr \$10; Manitou cold weather kit elastomer set \$10; Avocet wheel alignment tool \$15; asst. road rims \$15ea. Call Norm at 638-9125

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.