

THE SPOKE 'n WORD

Volume 24, No 4

May 2004

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Welcome to the following new members:

Cathie Bass
Jeff Beyer
Joe Butler
Chris Clarkson
Patrick Cox
Sarah Cox
John Farnach
Michael Farnach
Patrick Farnach
Eric Godiers
John Nealey
Candace Ovid
Steven Rosen
Matthew Sampere
Leslie Schultze
Louise Schultz
Paul Shanahan
Ann Stummer
Jameson Stummer
Lauren Stummer
Tom Stummer
Colin Taylor
Daniel Wagner



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.

Syracuse Race Weekend

Please help support Syracuse Race Weekend by volunteering for one of the following. We need road guards, drivers for the road race and scorers for the street sprints as well as starters. The race times are:

Sat, May 29 Road Race, Song Mt Ski Area, Tully, NY, First race starts at 10:30 am

Sat, May 29 Street Sprints, Hanover Square, Syracuse, NY, 4-7 pm

Sun, May 30 Crit, Upper Onondaga Park, Syracuse, NY, 9:00 am to 4:00 pm

For any volunteers that want to race entrance fees are waived, and they sometimes feed you too. Keep in mind that you can only race, obviously, at the times when you are not scheduled to help.

Please e-mail me so that I can add you to the list.

y_cycle_analyze@yahoo.com

or call if you prefer but e-mail is probably best. 315 451-3372

Thank you in advance in arrears!

Dan Voutsinas

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

The Saturn logo consists of a stylized planet Saturn with a ring, rendered in black and white. To its right is the word "SATURN" in a bold, black, sans-serif font.

SATURN

The POMCO logo features the word "POMCO" in a large, black, serif font. A registered trademark symbol (®) is located at the top right of the letter "O".

POMCO®

Onondaga Cycling Club Presents: CRANKIN' KIDS CYCLING CAMP

Want to crank those bicycle pedals this summer? This is an opportunity to crank your cycling skills up a notch with members of the Onondaga Cycling Club. At this camp you will work with experienced cyclists who will cover many aspects of cycling: bike safety and maintenance, rules of the road, how to ride with a group, time trialing, racing skills, hill-climbing techniques, touring, nutrition/hydration, and much more. Cycling can be an individual sport; it can also be a team effort. Come find out what it is all about, and learn first-hand why Lance Armstrong and the US Postal Team have got such a great thing going on!

Who is this camp for? This camp is for any kid age 12-18 with a bike and a desire to ride it. It is a great opportunity for athletes looking for cross-training, cyclists who want to improve their bike-handling/racing skills, or anyone looking for a healthier lifestyle. All levels and abilities are welcome. It is limited to 20 cyclists.

Location: Marcellus Park, Marcellus, New York

Dates: July 5-9, 2004

Times: 10:00 A.M. – 3 P.M. each day

Equipment you'll need: Your bicycle, helmet required

What to wear: Comfortable riding attire: shorts, t-shirt or jersey, bike gloves if you've got them.

Cost: \$75.00 for members of OCC

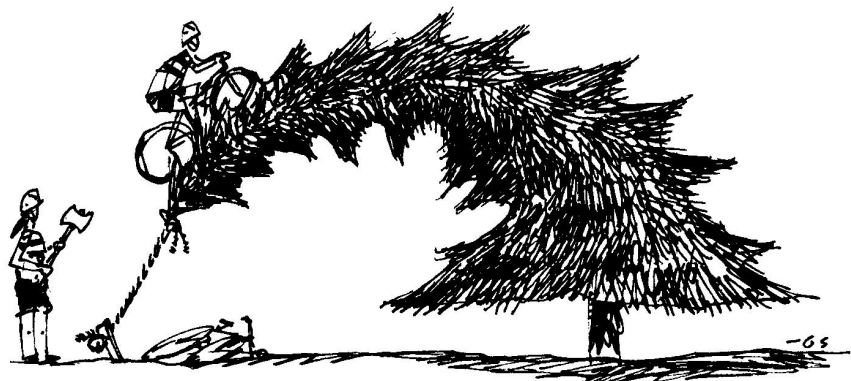
\$100.00 for non-members (includes family membership to OCC)

You'll receive: T-shirt, water bottle, riding notebook/fitness log

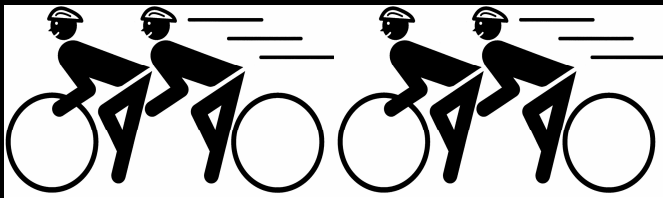
Contact or more information: Mary Thomas-Madonna 455-7119

mtthomas@mcs.cnyric.org

Instructors: All instructors are NYS certified teachers with several years cycling/racing experience: Sue Nicholson, Mary Thomas-Madonna, and Scott Wright with guest speakers also visiting and riding with us throughout the week.



-ADVENTURE CYCLING



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How to Read the Spoke n' Word Online

We are now offering this newsletter on the OCC Web site <http://www.onondagacyclingclub.org/occ/>. This is an evolutionary process, so bear with us. Currently there are two ways that you are notified that the online version is available. One is by checking the Web site itself for an announcement. The other is through the club listserv (you can sign up through the Web site) where an email will be sent when the newsletter is ready.

We are not notifying members through individual email, although this is being considered in the future.

If you are still receiving a paper copy and wish to discontinue you can send email to Bob Ruth at ruthrob@twcny.rr.com with your request. You do not need to provide your email address.

Questions, suggestions and nice comments can be sent to Deb Virgo at dvirgo@twcny.rr.com

Coming soon...

Volunteer Incentive Program (VIP)!!!

This year we're going to try something new. OCC thrives on the time and energy that we volunteer. We'd like to reward those of you who work so hard, and encourage the rest to try volunteering for our many events. Besides having fun, you now have the chance to earn points.

So here's how the VIP program works. Every time you volunteer for an event you get so many points (more for major events and less for the little ones). Ride leaders earn points. Race Weekend volunteers earn points. Earth Day cleaners earn points. As your points accrue you can cash them in or hang on to them until you have enough for something bigger.

(Remember green stamps? Same thing.) There will be three levels of prizes to save for. And the top prize is worth waiting for!

As the season gets going details of this new program will be provided. If you thought it might be fun to come out and marshal a race course (and it is!), sign up and start earning VIP points!

Audit Committee

An Audit Committee is forming to, well, perform an audit. We are looking for OCC members who are interested in participating. Want to help out? We're looking for members with financial or accounting experience. If you are interested please contact Jim Price.

FOR SALE

Cannondale Tandem (road), size 21" x 18", Shimano XT components, 21 speeds with bar-end shifters, cantilevers and Arai drag brake, rear rack. For more info and price, contact Bob at 458-4593.

Ride Leader Responsibilities

As the riding season begins, it's worth reviewing the duties of the ride leaders which are detailed in the Ride Schedule and summarized here. Note that some of these rules are new or modified.

1. **If you cannot lead a ride for which you are signed up, it is your responsibility to find a substitute. Please do not call the cartographer or the club president the night before the ride and ask them to find someone else. The club mailing list is an excellent place to find a substitute.**
2. Please inform the cartographer whether you intend to download the maps and ride packet from the web page or pick up them up from the cartographer. Please try to do this at least two weeks in advance of the ride
3. Familiarize yourself with the route. Note any road construction, problems with signage or directions, hazards, or points of confusion.
4. Arrive at the start at least 20 minutes early and be sure to start on time.
5. **If the leisure ride leader is absent, the regular ride leader is responsible that ride .**
6. The leisure ride leaders has a slightly different set of responsibilities: check that each rider has a full water bottle, that they are correctly set up on their bike (such as correctly inflated tires and working brakes), that they have a correctly fitted helmet, and you should ride sweep and make sure that no one is lost. The leisure rides start a few minutes after the main ride. As with the regular ride leader, the leisure ride leader is responsible for getting their own replacement if need be.
7. Rides are not cancelled. While the leader doesn't have to ride, they should carry out the rest of their responsibilities.
8. Make sure all riders sign in. Guests must sign the guest sign-up sheet, which includes a liability waiver.
9. Call all the riders together before they leave. Describe the route options, any points of interest or concern, and any errors on the maps. Remind riders to obey traffic laws. Ask who is riding each route, so other riders can see who they may want to ride with
10. Do not lead from the front. You do not have to ride "sweep" behind the slowest rider, but try to stay with the main group.
11. At the finish, make sure everyone signs in.
12. Mail the sign-in sheets promptly to Jim Price.

Balloon Fest...

Trialsin Stunt Bike Demonstration at Balloon Fest Sponsored by Onondaga Cycling Club



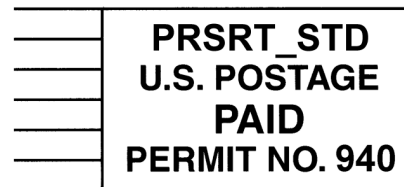
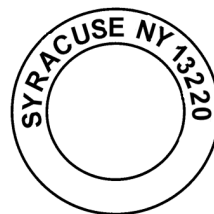
The Onondaga Cycling Club is sponsoring the appearance of the Trialsin Stunt Bike Team in conjunction with Saturn of Syracuse at the Balloon Festival held at Jamesville Beach County Park. The stunt riders will be performing on Friday June 11 at Onondaga Lake Park to promote the Festival and the new skate park. Shows are tentatively scheduled for 3pm, 5pm and 7pm at the skate park. On June 12 and 13 the stunt team will perform at 11am, 2pm, 5pm and 7pm on Saturday at the Jamesville site.

OCC and Saturn will have a display area near the performances. OCC is looking for volunteers to assist at our information table. We would like 2-3 volunteers for each 3 hour time slot (9am-12pm, 12pm - 3pm, 3pm - 6pm, & Saturday 6pm - 9pm). Volunteers will receive free parking permits for the event and points in the new OCC Volunteer Incentive Program (OCC VIP). We will have a variety of information at the table including safety information, local road information, club membership applications, etc. Bring your family and let the community know how great cycling is!

We also need club members to come out to Onondaga Lake Park on Friday evening around 4:30 to 5:30 to promote the event. The Parks Department is working to have one of the TV news stations present for a live clip on the local 5:00 news. OCC will be included in this. Bring your families and bikes to enjoy and evening of stunts and a ride around the park. We will hold a pot luck dinner social at this time.

Look for information about the stunt team in the newspapers and around town. Tell your friends. Information about the team can be found at kevinbrody.com. If you have any questions or would like to volunteer contact Jenn Barber at jenn@swats.net or 475-8956.

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



RETURN SERVICE REQUESTED

Club Clothing

The following OCC Apparel is for sale:

- Mens Club Jersey \$52 (M, L, 2XL)
- Mens Race Jersey \$52 (S, M, L, XL)
- Womens Jersey \$52 (S, L, XL)
- Women Sleeveless Jersey \$52 (Large Only)
- Mens Long Sleeve Jersey \$67 (M, 3XL)
- Men Skinsuit \$95 (Large Only)
- Womens Short \$37 (Large Only)
- Mens Jacket \$65 (Large Only)
- Armwarmers \$22 (S, XL)
- Socks \$6 (All Sizes, Both Colors)

Vintage Clothing

- Pre-95 Jacket \$20 (M)
- Pre-94 Short \$10 (XS, XL)
- 94-97 Long Sleeve Jersey \$25 (XXL)
- 94-97 Jersey \$20 (S)

Contact Zeke Ronnow at 445-1221 or zronnow@yahoo.com for more information. Size and selection on some items is limited. All apparel is sold on a first come, first serve basis.

Next BOD Meeting

The next Board of Directors meeting will be held on **Sunday May 2nd at 6 PM at Jenn Barber and Bill Stiteler'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.