

## FHA Bicycle Action Plan

### Bicyclist's Meeting with Transportation Officials Results in Bicycle Action Plan from Federal Highway Administration

Washington, D.C. — The Federal Highway Administration has issued an Action Plan to encourage the use of Federal TEA-21 funding for bicycling, and to increase the safety and use of cycling as a mode of transportation.

The Action Plan was sent to League of American Bicyclists' Executive Director Jody Newman by FHWA Administrator Kenneth R. Wykle, in response to a meeting held by the League last November with US Department of Transportation Secretary Rodney Slater, Congressman James L. Oberstar, and Administrator Wykle. The Plan details 12 steps that the FHWA has pledged to take, based on suggestions made by the League at the November meeting.

"We are delighted with the commitment to bicycling that Slater and Wykle have expressed," said Newman, "and look forward to a strong and meaningful implementation of the Action Plan. TEA-21 makes \$3 - 4 billion potentially available for cycling, and we would like to see every penny spent. Although FHWA and the US Department of Transportation cannot dictate to the states as to how to spend the funds, they can certainly bring a great deal of weight and influence to the process."

In the letter to Newman, Wykle wrote: "we are strong advocates of bicycling and walking as modes of transportation, and look forward to implementing almost all of your suggestions....We are committed to working with States and localities to encourage the use of Federal-aid funding for projects and programs to increase the use and safety of bicycling and walking."

Steps detailed in the Plan include a memorandum that will go out to all FHWA field offices from Wykle, reaffirming strong agency support and guidance language for bicycling projects and programs; a training course on bicycle facility planning and design; reviews of state transportation plans to make sure that bicycle and pedestrian goals are included; and dissemination of "best practices" for implementing bicycle projects and programs to all states and municipalities.

*(continued on page 4)*

## Tale of Two Cities

*Gianfranco Vidali*

The week of May 17-22 is the "bike to work" week, where we celebrate and encourage the use of bicycles as an alternative mode of transportation with respect to automobiles.

We are probably familiar, either because we experienced ourselves or because of promotion, of initiatives to make bicycles available for transportation in resort towns or in the downtown areas of heavily touristed cities. Here, however, I would like to relate my experience in seeing bicycles used for transportation not by tourists, but by actual folks going around their daily routine.

I have been a few times in Den Haag, or The Hague, in the Netherland. An interesting city as it is, it doesn't draw the crowds of tourists you might see in

## IS YOUR MEMBERSHIP CURRENT?

*Bob Ruth, Membership Director*

Membership renewals for 1999 were sent as part of the February newsletter. If you haven't yet sent in your renewal, remember that ride schedules can only be sent to current (1999) members. So if you are delinquent, please send dues (with form) at your earliest convenience.

## HAVE MY DUES BEEN CREDITED?

The mailing label on this issue will tell you if your membership is current or not. A S1998, F1998, Y1998, or C1998 in the upper right corner of the mailing label indicates 1998 dues were paid but NOT 1999 (BAD). A S1999, F1999, Y1999, or C1999, indicates your dues are current (GOOD) and you are all set till the next renewal in early 2000.

## RIDE SCHEDULES AND MEMBERSHIP CARDS

The Ride Schedules were mailed to current (1999) members on Wednesday, April 7, 1999. If all went well, you should have received it by now. Membership cards were enclosed with the ride schedule in order to save postage.

## PROBLEMS?

If you have paid 1999 dues and the mailing label on this issue of the Spoke-n Word indicates 1998, if you have not paid 1999 dues and have lost the renewal form, if you did not receive the Ride Schedule (and were supposed to), if your address is incorrect, if your name is spelled wrong on the membership card, etc., please contact Bob Ruth, membership chair at (315) 451-0685 or email at [ruthrob@twcnv.rr.com](mailto:ruthrob@twcnv.rr.com).



**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  
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**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@hscsy.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**

August Issue, arriving in late July - Friday, July 9  
 June Issue, arriving in late May - Friday, May 7  
 July Issue, arriving in late June - Friday, June 4

**OCC on the Internet**

Our home page is [www.hscsy.edu/binghamt/occ/](http://www.hscsy.edu/binghamt/occ/). The OCC email discussion list address is [occ@list.hscsy.edu](mailto:occ@list.hscsy.edu). To subscribe to the list, send email to [majordomo@list.hscsy.edu](mailto:majordomo@list.hscsy.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: \_\_\_\_\_  
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 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

# OPEN ROAD SPORTS

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Amsterdam. Much of the downtown area is closed off to traffic. People are seen to walk and bicycle to shop, work and go to school. Automobile traffic on the roads ringing the core of the city is fast and heavy at times, but it co-exists with bicycle traffic with the help of bicycle/pedestrian lanes and designated traffic lights. That bicycling is foremost an utilitarian affair is underscored by the overwhelming presence of three-speed bikes, all of the same color (black). Bike racks are provided outside many stores or buildings.

A couple of years ago I went to Forli', a small town in the south eastern part of the Padana Plane, in the norther part of Italy, not far from Bologna and Cesenatico, the latter being the birthpalce of Marco Pantani. The bicycle was the main tool of (individual) transportation in the pre-industrialized Italy between the Wars and up to the first years after World War II. At one time, bicycle racing was the most followed sport in Italy, even more than soccer (and this is the country with teams such as Milan, Inter and Juventus). Then rapid industrialization and conversion to transportation by automobiles produced the traffic paralyzes we all know of.

In Forli', they decided to close the historic section of town to automobile traffic. Contrary to what happened in other cities where such experiments were tried, here it worked. In a summer workday, I was amazed by the amount of bicycle traffic I was seeing. For a pedestrian it was actually almost dangerous, since one doesn't hear them coming. Bike racks and especially designated lanes were in scarce supply, but people found ways to manage. It wasn't uncommon to see a bicycle left unlocked outside a store with packages still in the front basket, or watch bicycles outnumber cars on the roads open to traffic around the downtown area.

Probably what I am saying has little relevance to what happens in an average city over here; nonetheless, it was refreshing to see that there are other ways to cope with everyday transportation needs.

## Thursday Night MTB Rides

Thursday, May 6 marks the start of the Thursday evening MTB rides. They will run through September. Rides on the first two Thursdays of each month meet at Skytop in the SU south campus area. The second two Thursdays of each month will be at Split Rock, meeting at Shove Park on Whedon Rd. All riders are welcome, and women and young riders are especially encouraged to come out. There will be multiple ride leaders for different ability groups. For more information, contact Scott Wright at 698-9502.

(Action Plan...from pg 1)  
Congressman Oberstar, ranking member of the House Transportation Committee and a leading advocate for cycling on Capitol Hill, has committed to holding follow-up meetings for the League in his office with the Department of Transportation and the FHWA to check on the progress that is being made.

Under the plan, all steps are to be completed by December 15, 1999.

“Our goal is to make America more bicycle-friendly,” said Earl Jones, President of the League of American Bicyclists, “and we will continue to work on the federal and local levels to increase the use and safety of bicycling for both recreation and transportation.”

For more information, contact the League of American Bicyclists 202-822-1333 [bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org)

## USCF Officials Needed

*Ed Luban*

Bike races can't run without officials, and there is a shortage of United States Cycling Federation officials in our region. Many club members go to races to watch their spouses, partners, or friends compete, or to volunteer. If you go to races anyway, why not consider becoming an official? You only have to work one race a year (like the Syracuse Criterium or our cyclocross race) to maintain your license, you get reimbursement for travel and meals, and you'll be helping the sport develop races in our area. Even if you have a racing license, consider becoming an official and helping out once or twice a season.

The USCF has offered hold an official's seminar in our area. Please contact Eddie Luban (449-1722 or [eluba@dreamscape.com](mailto:eluba@dreamscape.com)) if you are interested or want more information.

## Time Trial Trivia

*William Kocher*

On Tuesday May 4 at 6:00 PM, we will begin our tenth season of OCC Time Trials on Caughdenoy Rd in Clay, NY. Once again, Mr. John Jerome of Jerome Fire Equipment is allowing us to use his parking lot for our vehicles. The course will be swept and marker prior to our first night and I will need the minimum of one volunteer per night and a maximum of of three volunteers to run a safe and enjoyable event. The Time Trial will run for twenty Tuesday nights and prizes are awarded

## Edward Luban Attorney at Law

General civil practice, with an emphasis on education and immigration law

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Syracuse, New York 13202  
(315) 472-1935

for the following categories: Junior Women and Men (-18yrs) Open Women and Men (19-30) Master Women and Men (31-40) Veteran Women and Men (41-54) Senior Women and Men (55+). To be eligible for a prize, you have to be a club member and volunteer to help out at least one night at the Time Trials.

The past two years we have been accident free and we are going to work hard to make it three years in a row. Although, I have to admit several people have bent front rims and embarrassed themselves while trying to cross the railroad tracks that are located between the parking lot and the start line. Throughout the winter I have been in contact with numerous club members and this year all the ice fishermen and turkey hunters are going to have a real hard time keeping up with the ice skaters and skiers.

## Advocacy Note

*Chad Bradshaw*

We've been told that much of the federal TEA-21 bicycle/pedestrian enhancement funds (millions of dollars) will not be available for bike/ped purposes but will instead be diverted to fund other highway projects. Club members are encouraged to write or call their legislators to suggest returning that funding for its intended use. I have a form letter created by a League of American Bicyclists (LAB) staffer that can be used for that purpose. E-mail me at "bradshac@vax.cs.hcsyr.edu" if you'd like a copy.

Bike to work week plans are continuing to progress at the B/PAC. The county health department is also going to be promoting it. Last month I mentioned that club member Kuki Haines has info for sharing with employers and potential ride-to-work riders but I neglected to mention how to contact her. She can be reached at 637-6608 or "Eric@atsny.com"

BTW - For those not on the club email list server, we were forwarded an interesting piece about legally dealing with dangerous dogs. If you can get access to the list, you might want to check it out.

## Empire State Senior Games

*Ed Luban*

The Senior Games will again be held in Syracuse this year. The cycling events are scheduled for June 19 and 20. There will be 5K and 10K time trials and a 20K road race. The Games are open to cyclists who are 50 and over, and awards are given in 5-yr. age groups for men and women. There is an incredible range of abilities in these fields, from novice riders

all the way up to serious racers, so anyone who's old enough should consider participating. Application forms are available from Bob Spear and Bill Kocher. I also have some forms that I will put in the packets for the upcoming club rides. If you are not competing, we need lots of help to stage the events. Contact Bill Kocher at 487-7373 to volunteer.

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and courage in the last year of his life made an indelible impression on me. His wife and family gave selflessly so that he could die at home among those who loved him and were loved by him. I made the commitment to enter this event because of him. Not long after his death, I had read an advertisement about the ALA's Big Ride in Bicycle Magazine. It had only been the

## Lance Armstrong Autographed Ride for Roses Posters

*Lisa Nojaim*

The Lance Armstrong Foundation has donated three 1998 Ride for the Roses posters, autographed by Lance himself, to be raffled off on Sat., May 15. These beautifully illustrated 20 x 32 posters were specially made for the cancer organization's annual fundraiser in Austin, TX. Each poster is authentically signed, and would make a great gift or framed addition to the cycling enthusiast's home.

Raffle tickets are \$1 each or 7 for \$5, and are available at The Bikery in Baldwinsville and Bicycle Alley in Nottingham Plaza, Syracuse. Winners will be notified by phone. All money raised will be donated to the Foundation by Peloton Project member, Lisa Nojaim. For more info on the raffle, or how you can help Lisa in her fundraising efforts, call 446-1052.

## AIDS WORK Ride For Life

On September 25, 1999, 250 people will cycle around Cayuga Lake to raise funds and awareness for the local fight against AIDS. The AIDS WORK Ride For Life is a one-day, non-competitive ride with 50 and 100 mile options that start in beautiful Ithaca, New York, and travel through three counties in the heart of the Finger Lakes region. Funds raised benefit vital prevention services for people at risk for HIV in Tompkins County, NY. Be a part of the AIDS WORK Ride For Life and help us move closer to a world without AIDS. For more information, including registration materials, contact Bethany Godsoe at AIDS WORK by phone at (607-272-4098, by email at [bgodsoe@lakenet.org](mailto:bgodsoe@lakenet.org), on the web at [www.aidswork.org](http://www.aidswork.org).

## ALA Big Ride Across America

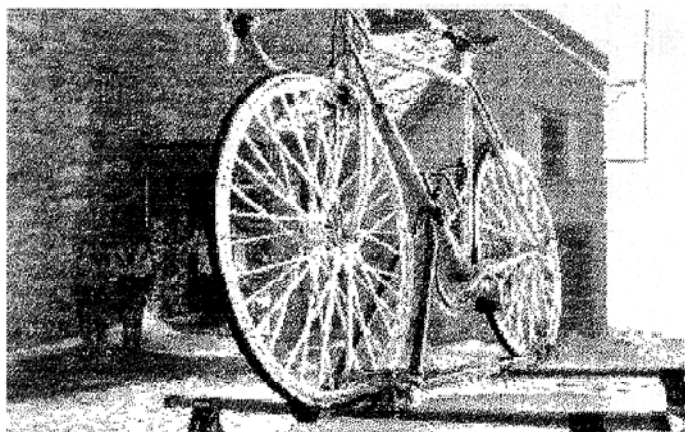
*Nancy Porter*

In 1997, my uncle died of lung cancer. His strength

summer before that I had become somewhat of a cycling "enthusiast" putting up to 200 miles a week on my bike. Before that, I hadn't touched a bicycle since I was about 12. It seemed like an incredibly synchronistic moment and I grabbed it. I sent away for the info and mailed my registration fee in not long after receiving it.

I joined a health club and hired a trainer to get me in shape. For almost a year I exercised 2 hours a day, 4 days a week. Through it all my friends and family have encouraged

## Snow and Bikes do go together...



## Meet the Ski Hawk Club

*Friday Happy Hours 6pm until ?*

*April 30<sup>th</sup> Craftman House Fayetteville*

*May 7<sup>th</sup> Empire Brewing Armory Square*

*or*

*May 20<sup>th</sup> Summer Shenanigans at Rosie O'Grady's*

*7- until ? Come meet the Ski Hawks and find out about upcoming trips like the wine trip in May*

*Call Cindy Sowan for info. 457-0498 or*

*Bob Swizdor 252-2127*

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and supported me. I have consistently been surprised and delighted by their help and ideas.

In 1998, a good friend and HSC co-worker of mine also died of lung cancer and the Big Ride became less of a physical challenge and more of a spiritual quest.

I plan on keeping a diary of the adventure and keeping my contributors informed as best I can along the way by newsletter. All who contribute will have their name placed on my jersey. I'll also have a jersey with the names of people like my uncle and friend who suffered from lung disease or are suffering now. This wouldn't just be my adventure. I'm hoping to share it with everyone who helped me get there. For contributions, I can send forms to anyone who calls me at home: 315-696-5173 or they can email me requesting them: nporter@dreamscape.com. I can also be reached by mail: Nancy Porter, PO Box 356, Tully, NY 13159

## **Walk-, Bike- or Skate-To-Work, May 17-21**

*Kuki Haines*

The Onondaga Cycling Club gave its official support for the Walk-, Bike-, or Skate-To-Work Week, May 17-21, 1999. The first annual event is also promoted by the Bicycle/Pedestrian Advisory Committee (BPAC), Onondaga County Traffic Safety Committee, Centro and the Greater Syracuse Chamber of Commerce.

Seeing is believing! Increased ridership translates to better and more support for bicycling infrastructure (e.g., bike lanes, parking, etc.). PLUS, get in shape while going to work! Leave the car at work. Let's show that bicycling commuting is fun and keeps you sharp!

Encourage your employers to provide secure, lit bicycle parking and showers. Give them the Walk-, Bike-, or Skate-To-Work Week employer's kit – just email me at [eric@atsny.com](mailto:eric@atsny.com) or call me in the evenings, 637.6608.

But, wait – why wait?! Start bicycle commuting May 1st or even earlier!

One more: please let us know any hazardous roads and/or your comments. Again, email or call me. Your observations and comments would be a tremendous help! No names needed nor would they be included in our database (unless of course you want it).

So spread the Spoke'n Word! See you out there! Bring a friend too!

## **Untitled**

*Bob Spear, OCC President*

Still working on a column byline...."sitting in", I understand, is called a wheelsucker by some....but did you know that even the rider at the front of a pace line expends less energy when (s)he has a rider on his wheel. Something about soft slipstreams and aerodynamics.

By now, if you have renewed your membership, you have received your 1999 Ride Schedule booklet with the bright red

cover. One hundred and eight rides in Onondaga and the surrounding eleven counties are listed for your consideration. The least physical are family-oriented "easy" rides of several miles, averaging less than 10 mph. All of the other rides have options based on physical fitness. There are always shorter, easier options even on the most strenuous adventures and usually there are groups doing both the moderate and the long rides. Maps are provided. Don't forget the weekday lunch rides and the Wednesday night supper rides. All you need is a bike, helmet and the appetite. Note: If you're planning on riding the Wayne County tour from Weedsport on May 16, we leave from the park-n-ride lot on Rt. NY34 at Exit 40 of I-90. Riding is the club's raison d'etre, and for most members the most tangible aspect of membership. That week of May also marks Bike-to-Work. Try it, you might like it.

Last year 257 riders rode in at least one of the scheduled 102 events. However, only two people rode in more than half of the rides and no one rode half of the possible 5200 miles. There is a "hard-core" of sixty who accumulated more than 500 miles on ten or more rides. The highest turnout was 61 on a Wednesday night ride and there were a few days when only the ride leader showed up. But we do ride, weather or not, so I repeat — "Try it, you might like it."

More Intros - Our club secretary, scribing for the second year, is Deb Virgo. She has been a member for eight years and a member of the BOD for three. She quickly advanced from her used Fuji, purchased to ride with a group from work, to a Cannondale when she started joining the club jaunts. All sorts of outdoor activities occupy her time when she is not working. Or studying - She is making a very interesting career change, from electrical engineering to social work.

Erik Wennburg, the OCC treasurer, also joined the club eight years ago when all he did was race. He even has the complete VeloNews from the past decade! A Connecticut yankee from the Nutmeg Wheelmen, he began racing with the U. of Rochester team and rode as a Cat. III in his, as he so amusingly puts it, his "younger days." He can still be seen, when he's not banking, on his old Trek (from high school and Vermont Tour days) before he brings out the pretty Tommaso. This is his fourth year on the BOD.

Keep that ride schedule handy! and we'll see you on the road.

## **Highlights of the April Board of Directors Meeting**

We met on Tuesday, April 6 at Bob Spear's house. Bob himself was late so Gianfranco conducted the meeting.

Empire Senior Games: They will be held on June 19-20. The Camillus Fire Department will be the venue for all events. This will take a lot of work by Bill Kocher and lots of volunteers will help make this a success.

Fall Century: LAB requested that we pledge \$1 per rider to them. Steve Ransford made a motion that we take \$1 from the entry fee of each rider to donate to LAB. That motion was passed unanimously.

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OCC membership applications have been distributed to most of the local bike shops (thanks, ED Luban and others!). We'll get to the few remaining ones this month.

We had Kuki Haines as a guest speaker to talk about Bike (and Walk and Skate)-to-Work Week. Kits will be available for us to distribute to employers about supporting bike commuting. Look for details elsewhere in this newsletter.

Time Trials: Bill Kocher has some new ideas about adding new categories for prizes, including a tandem prize and a "family" prize. See his article for details.

After, we ate brownies supplied by Bob Ruth's wife in honor of his birthday and stamped, labeled and stapled the ride schedules. They are in the mail (if you've renewed your dues!).

The next BOD meeting will be held on Monday, May 3rd at 7PM.

Respectfully submitted, Deb Virgo

## Race Results

### Well's Avenue Criterium

Cat 1/2/3 - Jude Burke 15th of 60

## Upcoming Events

### Items in italics are not confirmed.

The next BOD meeting is Monday, May 3 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Bob at 474-3801 for more information.

### May

01 Mythical Minoa VanValkenburgh 687-3355. Plus, optional ride for novices, families. Baker 638-4788

02 Connect-the-Corners Shatraw 699-4923

04 OCC Time Trials Start. Kocher 487-7373

05 The River Ride Yungwirth 451-1616

06 Jim's Choice Price 607-753-8892

06 Thursday Evening Off-Road Rides Begin. Wright 698-9502

02 Hollenbeck's Spring RR, Virgil, NY 607-758-3481

08 Captain & Toneille's Muskrat Love Feak 458-4593 Plus, optional ride for novices, families. Buttner 487-2703

09 Panther Lake Tour Wheeler 476-4637

12 JR's Famous Hilly Ride Ryan 451-1616

14 The Mucklands Price 607-753-8892

15 Buns & Breakfast @ the Beach. Hadley 689-9651. Plus, an optional ride for novices, families. Wennberg 457-8668

16 Weedsport Wamble. Swizdor 252-2127

16 Bristol Mtn RR, Bristol, NY 716-346-9533

16 Great Vermont Century Ride. 802-228-2722  
cyco@ludl.tds.net.

19 DeRuyter Reservoir Ride Lancette 454-0852

21 Airport-Jack's Reef Price 603-753-8892

22 Gulf Rd, Chittenango Falls & More. Luban 449-1722

23 The Tex-Mex Tour Feak 458-4593

23 Olean Criterium. 716.372.5950

26 Peter Scott Swamp Ride Ruth 451-0685

27-31 Memorial Day Dash to Montreal. Charles River Wheelmen tour. (617) 734-0720 chansen@jhancock.com  
28 River Road Price 607-753-8892

29 Six Lakes Sojourn. Palmer 655-2450

30 Ridges of Madison County I. Luban 449-1722 Plus, optional flat ride for novices, families. Same 495-2911

### June

5 NYS TT Championships, Virgil, NY 607-277-4963

6 Syracuse Criterium, Syracuse, NY 315-478-7750

6 Tour de Cure '99 Verona Beach State Park 315-438-8687  
www.diabetes.org.

12-13 The Rideau Cycle Tours, Ottawa to Kingston. 448-0268.

13 ESG Central Qualifiers and *Whitney Point RR*.

18-21 Springs, Spokes, & Saddles, Saratoga Springs, New York, 202-822-1333 bikeleague@bikeleague.org

19 *Hans Huddle RR. Geneseo, NY*

25-27 ALA Wine Country Bike Tour, NY 716-442-4260

27 New Lisbon RR. 607.263.5258

### July

10 Fulton County Crit. Gloversville 800.676.3858

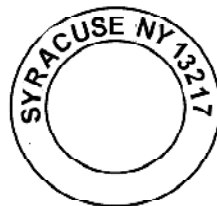
11 Fulton County RR. Johnstown 800.676.3858

17-23 Lighthouse Tour, Nova Scotia 207-743-9018  
www.megalink.net/~moosa

21-25 Empire State Games.

25-31 Moosa Tour, ME 207-743-9018, www.megalink.net/~moosa

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**For Sale:** Rear mount 2 bike carrier: Good condition. \$20 Call Phyllis @ 673-1891

**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:** Cannondale Tandem 21 x 19 frame, 700 c wheels, Sun Tour components, rear drum brake, showroom condition, best offer, Call Rick @ 446-5729.

**For Sale:** 98 Trek 2300 Carbon Racer, 58cm frame, Ultegra components, ridden 1000 miles, excellent condition, was asking \$1000 but first \$800 gets it. Please email to dwn2erth@borg.com or call Doug Kibby at 315-497-3040.

**For Sale:** Barely used (only 40 miles) women's size 8 Performance Kwake cycling shoes. Use with SPD-style pedals. \$15. Sandy Palmer: 655-7146 (work) or 655-2450 (home).

**For Sale:** 11 tooth Shimano cog 9spd brand new, never used \$10; Med Giro Incline MTB helmet, excellent cond \$10; 1999 set of Shimano 105 hubs 32 hole ~700 miles, excellent cond \$40. Call 255-9113.

**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.

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