

# THE SPOKE 'n WORD

Volume 24, No 9

October 2004

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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.



### Call for Nominations!

Looking for something to do the first Sunday evening of the month? Consider serving on the OCC Board of Directors. A number of positions will be open and we're looking for new ideas. Contact Jim Price, Bob Spear, Zeke Ronnow or Deb Virgo with your suggestions.

### Welcome to the following new members:

John Austin  
Jamie Bird  
Walt Bird  
Mark Gummer  
Margaret Hartmann  
John Hook  
Chip Lockwood  
Erin Paul  
Tim Reilly  
David Rezak



### 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](mailto:dvirgo@twcny.rr.com) or mailed to Deb Virgo. Contact me at 446-0266 with questions.

## Bill Johnson Memorial Century

The first annual Bill Johnson Memorial Century was held on a chilly day following a day of rain showers at Beaver Lake Nature Center. The weather forecast was for improving conditions but it wasn't obvious first thing in the morning. It did eventually clear up, but later in the afternoon the wind picked up and more effort was required to complete the second half. Attendance was surprisingly low, thirty seven century riders and five metric. In years past seventy five on the century and ten or so on the metric has been the norm.

The first half of the century was extremely challenging as Slate Hill in Marcellus and Oak Hill in Otisco were back to back. Smaller climbs like Bennetts Corner Rd. and the elevation gain to Marcellus from Gorge Rd. added to the difficulty.

I rode sweep on the century and wasn't able to see the groups that were out front but I did get reports from John Baker on their progress as John was sagging ahead of me. The groups up front were the ones we usually see at the front...people who have

honed their skills of riding in a pace line, and are strong enough to be able to grind out a century in five or six hours.

Sagging the back half of the century I was more involved with cyclists who closely resemble my riding style. I'm not very fast but I'm able to travel long distances and put many hours on the bike. Not that I wouldn't like to knock out a century in five hours, but I'm not willing to put in the extra time and training to accomplish this. I was impressed by the attitude and determination of these cyclists that were bringing up the rear. Covering long distances alone with no other cyclist in sight and knowing you're possibly the last person on the road adds to the challenge. As you all know, your mindset is just as important as your physical condition.

Kudos to all who participated and completed this century. This was quite an accomplishment whether you were in the front groups who thrive on the camaraderie of fast riding, in between or towards the rear whose perseverance gets the job done.

*(Continued on page 3)*

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

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 **SATURN**

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(Continued from page 2)

My thanks to the many people that contributed to this event :

- Painting: Brian Elphick and John Baker
- Sagging: Bob Feak, John Baker
- Water stops: Gail Ferat at Delphi Falls and Gail Swinburne at Mud Mill Rd. & Lakeshore Rd.
- Cook out: Chris Lancette who planned, shopped and cooked with the help of Deb Leal.

Submitted by Jack Lancette

### Cyclocross Race...Call for Volunteers...

### Syracuse Cross Grand Prix

Saturday, October 23rd  
first race at 11 am

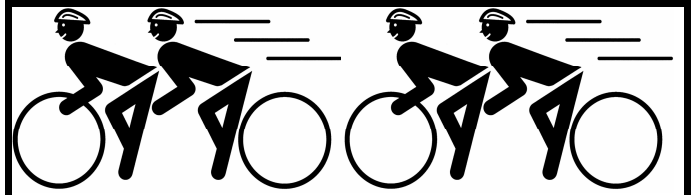
Come watch a fun event at a new venue! Volunteers are needed. It will be held in conjunction with the Syracuse Ski Club's annual ski sale at Labroador Mountain.

Contact Chuck Dominick or Jeremy Burton and let them know how you can help.

### Club Clothing

OCC Apparel is for sale Contact Zeke Ronnow at 445-1221 or [zronnow@yahoo.com](mailto:zronnow@yahoo.com) for more information.

*We're getting ready to place a new order in the next month. Contact Zeke with your wish list.*



## Gear-To-Go Tandems

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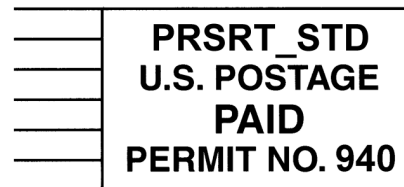
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Chad Kagy

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Contac Jim Ryant: [jryan005@twcny.rr.com](mailto:jryan005@twcny.rr.com) or (315) 451-1616

**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](mailto:ruthrob@twcny.rr.com)

**Next BOD Meeting**

The next Board of Directors meeting will be held on **Sunday Oct 3rd at 6 PM** at **Mary Thomas-Madonna'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.