

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield Massachusetts

THE PRESIDENT'S CORNER



Covid, Covid
go away and don't
come back another
day !!!

First of all, I would like to *thank* all of you who volunteered to lead a hike this past November and December. I also want to express my sincere disappointment that we had to cancel hikes in January and February. As we announced from the start, the Board reserved the right to modify the rules or shut down group hikes with no prior notice if problems should arise, which they did. I think that one really has to try to hike or snowshoe wearing a mask in freezing weather to understand how truly impossible it is. We were all happy to be able to restart our hikes with two in March in Connecticut which does not require masks at all times like Massachusetts. A big *thank you* to Don Maynard and Kerry Goguen for volunteering to lead these hikes.

I would also like to *thank* those who have volunteered to lead bike rides during our limited April and May season.

These rides will be limited to Connecticut until the Massachusetts Governor sees fit to remove the requirement to wear a mask at all times while outside your home or car. Club members are encouraged to contact the Governor's office to make this change for outdoor activities like hiking and bicycling. For now, these rides will also follow the same guidelines that we used last September and October for group cycling. We are all looking forward to getting back to "normal" group riding. I am hopeful that we will have a full schedule by summer. This depends greatly on how quickly people can get vaccinated so that we can reach herd immunity. Besides being able to ride together pre-covid, if and only if we reach herd immunity could we actually have a picnic in late August. So get vaccinated! If you are having difficulty getting an appointment in Massachusetts, as many people are, try going to [macovidvaxhelp.com](https://www.macovidvaxhelp.com). It is a group of volunteers that help people get an appointment. Hope to see everyone out cycling.

- Betty Siwinski

EDITOR'S REST STOP



Hi everyone,

Just a reminder, if you wish to contribute, please don't hesitate to send in any information you think will be helpful or interesting to the other club members, letters to the Editor, or feedback to me directly at regarding how SpokeNotes can be more interesting or accessible to members. Send correspondence to donna.katz56@gmail.com.

LETTERS TO THE EDITOR:

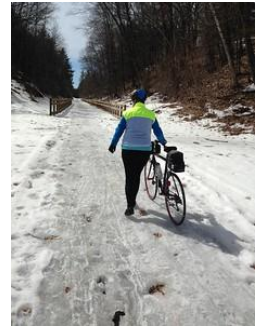
This is a place for club members to share their ideas and opinions with respect to all aspects of cycling and our club. Please limit letters to less than 200 words.

LETTER FROM THE EDITOR:

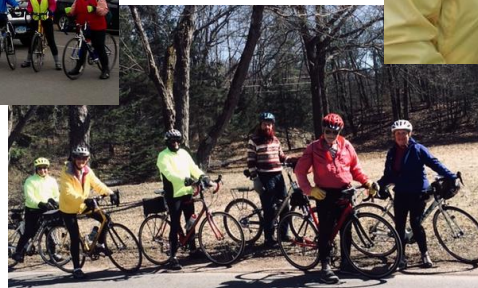
I imagine many of you are probably combating "coronavirus fatigue". I know I am itching to move about the community more freely. You may be tired of reading the multitude of articles and opinions - many conflicting - about coronavirus and the risk factors of infectious transmission. With that in mind I offer this article – [“Why you’re unlikely to get the coronavirus from runners or cyclists”](#) - that blends physics with biology by analyzing the factors that contribute to the transmissibility and likelihood of contracting Covid-19 while participating in outdoor sports such as cycling with a group of people. It compares information from engineers studying particle transmission in the air with expertise from epidemiologists and virologists on how and what factors are required for live viruses to survive transmission and to be infectious. In the end, it validates that one's tolerance for risk is determined by each individual based on a myriad of personal factors. Even people within the same household can differ on the amount of risk they are willing to incur to keep themselves safe. Throughout this pandemic the club's executive board has met several times remotely. We've used the state regulations as the backbone of our guidelines for operations during the pandemic - to ride/hike or not to ride/hike, to require wearing masks within 6 feet of proximity or more, how many people to gather on a bike ride or hike, etc. Furthermore, we have used our collective knowledge regarding what the scientific community and organizations have advised, with the sole purpose of keeping our members safe. Speaking for myself only, although I feel others on the board feel similarly, I am looking forward to riding and hiking with my Cyclonaut friends that I haven't seen in over a year!!

Warm regards, Donna

ARE MERMAIDS REAL??! Perhaps an answer to the age old ????. This article about Marge Bloom – a past Cyclonaut member - offers some insight. Intrigued!! Follow the link to an article from the Mashapee Enterprise Newspaper highlighting the [Mashapee Mermaids](#) of which Marge is a member.



Remember when?



What do each of these pics have in common?

THE WEBMASTER'S CORNER

I hope everyone is well as we start another bicycle season, that you have been, or will soon be, vaccinated, and that your bikes are tuned up and ready to go. Again, as we did last cycling and hiking seasons, we are limiting rides to one per week and they are subject to special Covid-19 regulations which are meant to keep us all healthy and Covid free. The rules are posted on the "Special Covid-19 Regulations" page of the website and are required reading for those that want to participate in rides. Since Massachusetts has enacted a very stringent "mask all the time" rule which would be difficult, if not impossible, to maintain while bicycling, the club will confine rides to Connecticut until the Massachusetts rules are relaxed. As long as the special regulations are followed, we do not consider this "work around" as being a risk.

The club will also follow the schedule and sign-up procedures we used during the hiking season. Ride participation will be limited to the first 15 members that respond to each weekly ride announcement and agree to follow the special regulations. Therefore, the rides will not be posted on the website as usual. While any club rides are welcome, especially during these difficult times, I know that we will all welcome the time when we can get back to normal and just ride.

Ray Siwinski