

SPOKE Notes

Newsletter of the Cyclonauts Bicycling Club — Springfield, Massachusetts



Visit us on the web, www.cyclonauts.com for late additions and changes to the schedule. Also, for photos of rides, hikes, tours, etc. that your fellow club members have submitted to the website.

THE PRESIDENT'S CORNER



Thanks to all of our wonderful volunteer hike leaders, we have had a great hiking season as well as some snowshoeing and cross country skiing. Special thanks to Suzanne McAuley and Mary Ann Siron for coordinating the hiking season. After this last arctic

blast, I know that we all are looking forward to spring finally arriving and getting our bicycles out on the road. Thanks to all of you who have volunteered to lead rides, and our awesome ride coordinators, Janet Parslow and Ted Jeremicz, we have a

great schedule, with many different types of rides. The Thursday Rail Trail rides will be starting up in May this year. Please see the article by Jane Glushik below. While we are no longer publishing a mid-week Alternate Ride schedule due to a lack of a ride coordinator, anyone interested in leading a mid-week ride and looking for fellow riders is welcome to email our webmaster at spfldcyclonauts@gmail.com with the details and he will send out a note. See you on the road.

Betty Siwinski, President

ANNUAL BANQUET AND BUSINESS MEETING

Please do not forget to make your reservation for our annual Club banquet and business meeting at the Ludlow Country Club on Saturday, April 15, 2017. The social hour starts at 6 pm, followed by dinner at 7 pm. Please plan to attend, you do not want to miss this wonderful evening with good friends and great people. Tickets are \$30 per person. Your banquet reservation form was mailed along with the mid-winter Spokenotes or call Les Prentice at 413-783-6775 by April 8. Looking forward to seeing you there. — Betty Siwinski, President

At our banquet we will be electing officers for 2017. We currently have the following candidates nominated:

Betty Siwinski, President
 Ann Morin, Secretary
 Les Prentice, Treasurer
 Betty Siwinski, Trips Chairperson
 Mary Ann Siron, Wednesday Hike Chairperson
 James DeSellier, Saturday Hike Chairperson
 Suzanne McAuley, Spokenotes Editor
 At Large Members:
 Susan Strange, Mady Schorsch, Don Sullivan

Annual Cape Cod Trip

Sunday, June 4th to Friday, June 9rd at Hunters Green Motel in West Yarmouth, MA. Interested members should call (800) 775-5400 or email info@huntersgreenmotel.com soon because first floor rooms often book up early. Give the code RB0409 to get the discount rate of \$55 per room for two double beds or \$50 per night for one king. For more information call Ray Bourbeau at (413) 265-5047.

CLUB DUES



Did you remember to pay your club dues for 2017? If not, they are now past due. Please contact our treasurer, Les Prentice, at (413) 783-6775 to arrange payment.

The Rail Trail Riders will start the 2017 season with a ride from Westfield to Granby, Connecticut on May 11. This Cyclonauts sponsored cycling group specializes in biking rail trail rides, at a leisurely to moderate pace. Distances vary according to the particular trail length and conditions, but are generally between 20 and 35 miles. Rides are scheduled on Thursdays during the season. Starting times are in the morning starting at 10:30 at the beginning of the season and trending earlier as temperatures trend warmer. The group generally stops for a break/lunch during the ride, either at a picnic area or restaurant bordering the trail. Participants are encouraged to take a leadership role in planning and executing at least one ride during the season.

Locations for 2017 weekly rides will include but are not restricted to:

Norwottuck and Manhan trails, in Easthampton, Northampton, and Amherst, Massachusetts;
Columbia Rail Trail, Westfield, Massachusetts;
Southwick Rail Trail, Massachusetts;
Farmington Canal Heritage Trail and Farmington River Trails in Suffield, East Granby, Simsbury, Canton/Collinsville, Avon, Unionville, Farmington, Plainville, Bristol, Southington, Cheshire, Hamden, and New Haven, Connecticut;
Canalside in Turners Falls, Massachusetts;
Ashuwillticook in Western Massachusetts;
Blackstone Valley in Central Massachusetts;
The Charter Oak, Hop River, and Airline Trails in Connecticut;
East Bay Trail in Rhode Island;
Minuteman Trail in eastern Massachusetts;
Nashua River Trail in Massachusetts and New Hampshire.

The second ride of the season, May 18, will be led by Bernie Olender on the Hudson Mohawk Trail in New York. Additional information will be sent out to everyone who is listed on the Rail Trail Riders email list (see below).

To sign up for weekly Rail Trail Riders email scheduling announcements, please forward your email address and telephone number to Jane Glushik at jglushik@hotmail.com.

WEBMASTER'S CORNER

Our club website is www.cyclonauts.com. Keep your website interesting. Send photos of club activities to Ray Siwinski at spfldcyclonauts@gmail.com. Ray should be notified if you are able to lead a ride on an open date, or if weather forces cancellation of a ride. Ken Paquette will continue to maintain the Club's membership database. You can contact Ken at kenpaq@charter.net with any changes in mailing address or email address.



MARK YOUR CALENDAR

The deadline for the Summer issue of the Spoke Notes is Sunday, May 21, 2017. All ride schedules, notices, and other entries to the newsletter must be submitted by that date to the editor:

Suzanne McAuley
49 Acker Circle
Chicopee, MA 01013
corgislivehere@gmail.com



WELCOME NEW MEMBERS

We welcome our newest members: Joseph Contanzo. We hope you will enjoy cycling and hiking with the Cyclonauts and that we will see you often. We encourage you to present your ideas, as we are always looking for ways to improve our organization.

Please help us keep our membership records up to date. If you move, change email address, etc, notify Ken Paquette at kenpaq@charter.net or 413-593-3091.

PLEASE READ CAREFULLY

Riders must correctly wear an approved helmet, have a bicycle in good mechanical condition and follow sound biking rules of safety. Be considerate of motorists. Remember, your conduct as an individual reflects on the entire club. **Bring snacks and fluids according to one's needs. Rain or wet roads cancels** (If the weather is clearing and the roads look like they are drying, we usually ride) If in doubt, phone the coordinator. **Rides leave promptly at the time listed in the bulletin. Please arrive a few minutes early to allow time to get ready to depart.** Once a ride has been published in the bulletin, it is the responsibility of that ride's coordinator to find an alternate leader if he/she is unable to lead the ride. Coordinators are also responsible for having non members sign the club "Waiver Release Form" . Forms may be downloaded from www.cyclonauts.com. It is suggested that the leader bring a cell phone, for use in case of any problems.

WEDNESDAY RIDES

Wednesday rides are leisurely. Riders meet at 8:00 AM for breakfast at the designated restaurant or parking area. Rides begin at 9:00 AM when the meeting place is a restaurant.

April 5: Open date – contact Webmaster if you can lead a ride on this date.

April 12: Open date – contact Webmaster if you can lead a ride on this date

April 19: Meet at 8:30 at 88 Loomis Drive, Chicopee (off Burnett Road). Ride to Joy's Restaurant, Ludlow (breakfast at half-way point). Slow ride with some hills and heavy traffic in the beginning. Approx. 20 miles. Leader: Regina Bensch-Coe, benschcoe@hotmail.com or 413-310-4214

April 26: Meet at Stir the Pot, in East Windsor, 25-30 miles. Leader: Joe Gilbertie, jjilbertie@gmail.com 860-268-2012

May 3: Meet at Mary Ann's house in Westfield, 280 Prospect St. Ext. at 9:00, will bike approximately 5-6 miles to breakfast at Cafe Santorini on Rt 10/202. Ride is a different route than my ride on April 8th and will be a bit longer, approx. 25 miles with a few hills, nothing horrible. Leader: Mary Ann Siron 413-568-3304 ottertales2@comcast.net

May 10: Breakfast at McDonalds, Rt. 75 Agawam at 8:00. Ride at 9:00 through Suffield with a rest stop at the Air Museum. 28 miles. Leader: Elsa Rosenak 413 786-8773 RosenakLibby@aol.com

May 17: Breakfast at Kristina's Kafe, 9 N. Main St., Belchertown. Park behind the Belchertown Town Hall, 1 Main St. Belchertown. Ride through the Quabbin, Ware, Palmer and back through Belchertown. About 25 miles. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com.

May 24: 25-30 miles " around the river". Meet at Wal-Mart (south side of building) Rt. 5, East Windsor Ct. Leave at 10:00 am. Lunch at " Bart's " in Windsor Ct. Any weather issues - call 860-559-2515. Leader: Bill Grigaitis

May 31: Meet for breakfast at the Early Mug, E State St, Granby, MA. Ride from Dufresne Park Parking lot off Kendall St. at 9 AM. About 25 miles. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com

SATURDAY "TRADITIONAL" RIDE SCHEDULE

Traditional breakfast rides begin at 9:00 AM during April and May. The rides are 20 - 30 miles at a leisurely pace with a breakfast stop during the ride.

April 1: SSF Ride (shorter, slower, flatter). Perfect first ride of the season approximately 20 miles. Meet at the Goguen's, 98 Parker St., East Longmeadow. Breakfast at Hometown Kitchen. Leaders: Kerry and Diane Goguen (413) 525-4029 (home)

April 8: Meet at 280 Prospect St Ext. Westfield, Ma. for a 20-25 mile flattish ride, may be a few mild hills. Breakfast at Cafe Santorini Rt. 10/202 in Westfield. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

April 15: Meet at the Warren Wright Rd, Norwottuck Rail Trail Parking Lot, Belchertown, MA. Mostly flat 25 mile ride with breakfast at the Esselon Cafe, Hadley. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com

April 22: No Hill Pig Ride Meet at Goguen's, 98 Parker St, East Longmeadow. Easy ride with Breakfast at Hometown Kitchen, Somers, CT. Leader: Kerry and Diane Goguen (413) 525-4029

April 29: Meet at Granby Jr/Sr High School. East State St. Granby, MA. Breakfast at the Trading Post 25 mile ride. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com

May 6: Meet at the Somers Park & Rec Maintenance area, 96 Field Rd, Somers, CT. Six miles of country roads for breakfast at the Chuck Wagon Restaurant. Total trip will be 21 miles with 620 ft of elevation. Leader; Lani Giguere laniguere@comcast.net or (413) 244-0781.

May 13: Meet at the Iron Horse Park and Ride Lot, Simsbury, Ct. Restaurant TBD. Leaders: Kerry and Diane Goguen (413) 525-4029 (home)

May 20: Meet at Stop and Shop 1282 Springfield St. Feeding hills. Ride to M&M's in Suffield for breakfast. A couple small hills along the way. 28-30 miles. Leader: Joe Whalen 413-374-1797 or wailinjoel@msn.com

May 27: Meet at Stanley Park (first entrance, parking lot by Rose Garden). Ride to Toni Ann's in Granby for breakfast. 30 miles. Leader: Elsa Rosenak 413-786-8773 or ROSENAKLIBBY@aol.com

SATURDAY ALTERNATE RIDE SCHEDULE

The “Alternate” breakfast rides begin at 9:00 AM during April and May. Rides are 35 - 45 miles at a moderate pace with a breakfast stop during the ride.

April 1 - The first ride of the season will be approximately 35 miles, mostly in the flats of the Connecticut Valley, with some moderate hills & rollers. Breakfast stop about mid ride. Meet at 79 Stony Hill Road in Hampden, MA at 9 AM. Contact: Brian O'Connor at 412-896-6517 or mrmacbri@charter.net with concerns.

April 8 – 35-45 miles through Ludlow, Granby, Belchertown, Amherst with breakfast at Earlee Mug about 11 miles into the ride. Start: Van Pool parking lot, 18 Cottage Ave, Wilbraham. Contact: Brian Machia for a head count at socbm@charter.net.

April 15 – Meet behind Whole Foods on Route 9, Russell Street, at 9 AM for a relatively easy 35 mile ride with no left turns. Breakfast stop at Bridgeside Café in Sunderland. Contact: Al Lafleche 413-306-1270 or ajlafleche@comcast.net

April 22 – Meet at the Munk's, 18 Evergreen Drive (off Porter), East Longmeadow. 35 miles though East Longmeadow, Somers and Enfield. A few climbs, but they will be short. Breakfast will be at Ried's Corner in Hampden, 5 miles into the ride. Contact: Peter Monk 413-525-8534 or petermunk7@gmail.com

April 29 - My two favorite Places Tour Cushman's Market/The Book Mill” Meet at the Hadley Elementary School RT 47. 40 miles with breakfast at Cushman's Market early in the ride. Suzanne McAuley [413-530-4686](tel:413-530-4686) corgislivehere@gmail.com

May 6 - This will be a 35 to 40 mile ride with varied terrain. Nothing horrible. There will be a breakfast stop about mid ride. Meet at 79 Stony Hill Road in Hampden, Massachusetts at 9:00 A.M. Contact Brian O'Connor at [413-896-6517](tel:413-896-6517) or mrmacbri@charter.net with concerns.

May 13 - meet at Soup's On in Westfield, Ma. 16 Union St., park at the restaurant, then after eating , park at Municipal Lot across the street. Approx 35 miles to W. Hartland, Ct. Granville, Ma. and back via Southwick, Ma. Hilly but ice cream at the Granville Scoop makes it worthwhile!!!!!! Mary Ann Siron ottertales2@comcast.net or [413-568-3304](tel:413-568-3304).

May 20 – Meet at Siwinski's, 36 Dana Hill, Belchertown. Breakfast at Cushman's Market in North Amherst. Shutesbury loop – 30 hilly miles, short, but sweet. Contact: Ray Siwinski 860-478-8308 or rsiwinski@gmail.com

May 27 – “Country Ride Northampton to Williamsburg” Meet at the CVS corner of Routes 9 and 202 Belchertown. 40 miles with a quick breakfast snack at the Williamsburg General Store. Suzanne McAuley [413-530-4686](tel:413-530-4686) corgislivehere@gmail.com

SUNDAY RIDES

April 2: Easy early spring ride. Meet at 10 AM at the trailhead parking lot at Shaker Farms Country Club, Shaker Rd, Westfield. We'll ride the trail into Simsbury CT for a stop at Peaberry's Café for breakfast or lunch. 35 flat miles. Contact Al LaFleche 413-306-1270 or ajlafleche@comcast.net.

April 9: Meet 10 AM at Mt. Sugarloaf parking lot, off Rt. 116 in S. Deerfield. Ride north up one side of river and back down the other side. Rest stop at Montague Bookmill. Rolling hills, 22 miles. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com

April 16: Meet at 10 AM at Zuber's on Rt 10/202 in Westfield. Ride approx 20-25 miles with few hills. Parking is plentiful at Zuber's, and we can eat ice cream after ride. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

April 23: Meet at 10 AM in front of Bertucci's, Longmeadow Shops parking lot, Bliss Rd. Longmeadow, MA. for a 27 mile ride through Stebbins wildlife refuge and through Enfield. Bring snack for rest stop. Tom Copp

April 30: Early Spring Ride. Meet at 10 AM in parking lot of Highland Park Market, 68 Bridge St., Suffield, CT. 25 to 30 miles through Windsor Locks, Windsor, and Windsor Historic District. Bring lunch and drinks. Leader: Sue Strange (860) 763-3046

May 7: Ride at 10 AM from 167 Piper Road, West Springfield, to the Bear Hole Reservation then through the woods to Ashley Reservoir for a couple laps on the Elks Turkey Trot course before returning the starting point. An off road capable bike is a must. Bring snacks as desired. About 20 miles. Contact Al LaFleche 413-306-1270 or ajlafleche@comcast.net.

May 14: Meet at 10 AM at the Drake Hill Mall parking lot 712 Hopmeadow St, Simsbury, CT. Ride the scenic Farmington Canal and the Farmington River Rail Trails. About 30 miles, mostly but not completely on rail trails, with lunch at the Lasalle Market and Deli in Collinsville. Leader: Betty Siwinski (413) 427-6095

May 21: Meet at 10 AM at Suffield Village, Rt 75, Suffield. Ride to Bart's in Windsor for lunch. Buy or bring your own for lunch to eat at picnic tables overlooking the Farmington River. About 28 miles. Leader: Elsa Rosenak 413-786-8773 or ROSENAKLIBBY@aol.com

May 28: Ride at 10:00 AM from Liz Sturgen's house, 11 Elliott Street, Easthampton, MA. 53 mile loop through Whately, Deerfield, Hatfield. Bring lunch to eat at Old Deerfield picnic area. Possible ice cream stop. Leader: Liz Sturgen (413) 374-3456 or LSturgen@aol.com.

Upcoming RIDES



The American Diabetes Association will sponsor several fund-raising rides this Spring to support their education, research, and advocacy programs. Diabetes affects 20 million Americans and there is no cure. On Sunday, May 21, the North Shore Tour de Cure will be held at Topsfield, Mass, with rides to Gloucester and Ipswich. There will be 30, 60, and 100 mile rides. On July 15-16, there will be a two day 150 mile ride from Woburn, Mass to Biddeford, Maine. Register at www.diabetes.org/tour or contact the ADA at 1-888-DIABETES.



The New York Parks & Trails advocacy group will sponsor a cycling/camping ride this summer: They will ride the full length of the Erie Canal on July 9-16. This is a 400 mile ride, with 2/3 of the mileage along the canal trail.



On Sunday, June 11, the 17th annual Katelynn's Ride will be held at Hampshire College in Amherst. The ride is named for Katelynn Battista of West Springfield, who died of cancer at the age of 11. She was a patient at the Baystate Medical Cancer center and the Dana Farber cancer institute in Boston. Fund-raising will benefit these two organizations. Last year \$120,000 was raised. There will be 25, 50 and 100 mile rides through the Amherst-Hadley-Leverett area. Registration is available at www.kride.org. There is a \$100 fundraising minimum, plus a registration fee.

NYC BIKE TOUR

On Sunday, May 7, Bike New York sponsors the annual Five Borough Ride through New York City. The ride is 40 miles passing through Staten Island, Brooklyn, Manhattan, Queens, and the Bronx. Proceeds benefit bike education programs. More info at www.bike.nyc/events.



On Friday, June 23, the 30th annual Trans New Hampshire ride will begin. This is a three day ride from the Canadian border down to Portsmouth via Lincoln and Concord.. Also available is a one day ride. The ride benefits the Muscular Dystrophy Association. Fund raising minimum is \$1000 for the three day ride and \$250 for the one day ride. The registration fee counts towards the fundraising goal. More info is available at www.transnhbikeride.org

SPOKE Notes, the newsletter of the Cyclonauts Bicycling Club of Springfield, MA is published four times a year-Spring Issue (April-May) Summer (June-July-August), Fall (September-October) and Winter (November-December-January-February-March). It is distributed free to members. Dues are \$10.00 per year for an individual membership, \$15.00 per year for a family membership. To become a member, complete the membership application at www.cyclonauts.com or contact the Treasurer for an application form:

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SPOKE Notes
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