

## SPOKE

## Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield, Massachusetts

## THE PRESIDENT'S CORNER



I want to extend **thanks** to our **hardworking ride coordinators**, Janet Parslow and Ted Jeremicz, and to **all of our volunteers** who have led many wonderful rides this year. Commendations to our new Wednesday group, **Ray's Bike Group**. On September 18th, 10 riders (only one under 72) rode 33 miles with 1800 feet of climbing led by 3 octogenarian riders. **Thanks** Bernie Olender for organizing this group and to Ray Bourbeau for leading. **Thanks** as well to Isabel Rzeszutek for coordinating the **Wednesday Rail Trail group**, ensuring a very enjoyable season.

It is always sad to see the end of bicycling season, but as the leaves turn color, we can look forward to getting out into the woods for some great hikes. **Thank you, hike coordinators**, Mary Ann Siron and James DeSellier. For those members who have not hiked with the club before, I hope that you will check out the hike schedules. It is a great way to enjoy the outdoors when it's too cold to cycle.

Many of our members have had some exciting adventures this summer. I would like to encourage our members to share their adventures with the club by writing and submitting articles, with or without pictures, to the SpokeNotes. In addition, we will be initiating a "Letters to the Editor" section. We would like club members to be able to share their ideas and opinions with respect to all aspects of cycling and our club. (no politics PLEASE!)

Wishing you all a wonderful Holiday Season.

Betty Siwinski



## Notes from the Editor

### *We Need Your Input*

Greetings fellow Cyclonauts! We are beginning a Notes from the Editor section to SpokeNotes. It will include club notices, and *hopefully* helpful hints regarding cycling and hiking. And, there will be a return of Letters to the Editor.

For the **Notes** section, I'd like to collaborate with fellow members to post interesting articles, websites, or other content regarding cycling and hiking. I encourage members to submit to me cycling and hiking tips, trips or routes you think others would enjoy that are outside the club's sponsored activities.

We envision **Letters to the Editor** as 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. If the letter needs to be changed in any way due to formatting and space availability, I will first clear the changes with the writer to be sure their intended message is correct before publishing. When subject matter or content seems questionable, it's the editor's prerogative to decide whether to include the letter.

I look forward to your input.

For the spring 2020 SpokeNotes, email all submissions to [donna.katz56@gmail.com](mailto:donna.katz56@gmail.com) by March 1, 2020.

### *The Pros and Cons of using trekking poles.*

Check out these articles:

<https://coolofthewild.com/benefits-of-trekking-poles>

<https://monkeysandmountains.com/hiking-poles-benefits/>

<https://hikingguy.com/how-to-hike/do-i-need-trekking-poles/>

### *Off-Season activities to maintain those biking legs*

Check out these ideas:

<https://www.bicycling.com/training/a20035474/a-time-to-build-strength-exercises-for-cyclists-in-the-off-season/>

<https://blog.mapmyrun.com/3-off-bike-exercises-cyclists/>

## *The Webmaster's Corner*

The cyclonauts.com website includes, under the "Notices" section, a link to instructions on **how to handle sudden cardiac arrest**. Fortunately, we have not experienced a cardiac event on a club activity. But it's worth five minutes of your time to learn what to do if it ever does happen. It might be the difference between life and death. In the event of a sudden cardiac arrest, doing something is better than doing nothing. To learn what to do in 5 short minutes, watch this video <http://ahsc.arizona.edu/node/730>.

