

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield, Massachusetts

THE PRESIDENT'S CORNER



After a rainy spring, we have been rewarded with a wonderful summer for cycling. A big thank you to all of you who have lead rides this summer. A very **special thank you to**

James and Cindy DeSellier for hosting our **annual summer picnic**. I was happy to see the picnic so well attended this year and the weather certainly cooperated. It was a beautiful evening with many of our longtime members attending. We all enjoyed the great food, especially the desserts which some of us cycled off the next day on the club bike ride up Mt. Greylock.

Kris Jackson has volunteered to head up our **Banquet Committee** this year. Thank you Kris. We are still looking for volunteers for this committee. Our club's **e-bike policy** was discussed at the picnic. Please read the article on e-bikes in this issue.

Liz Sturgeon is getting ready to put in a new round of **Cyclonauts jersey** orders from Vomax. Vomax has upgraded their product line, offering jerseys that are about 1" longer, with improved fit, a full length zipper and hem gripper instead of an elastic hem. In addition to the cur-

rent short sleeved jersey, we can now offer a long sleeved version as well as a short sleeved "Tech Tee" with no zipper and a non-gripping hem, for those who prefer a wicking T-shirt, rather than the look and fit of a bicycle jersey. All of these have our club design created by Mariann Paquette. Please see our website's new Cyclonauts Gear page for pictures, prices and a size chart. Thank you Liz for coordinating this with Vomax.

As the weather cools, we anticipate a great autumn cycling season. **Thank you Chuck Allsop and Janet Parslow** for coordinating our ride schedules. Most importantly, thanks to all of our volunteer ride leaders. Without all of you, we would cease to be a cycling club. If you have not done so, please consider leading a ride. We had five open dates on our Alternate Saturday schedule this summer, and we have open dates in every category this fall. Also the more leaders we have, the more varied rides we can offer. If you are able to lead a ride on one of these open dates, please contact the webmaster at spfldcyclo-nauts@gmail.com. See you on the road.

Betty Siwinski, President



President's Highlights of Events and Tours

September 1: "Don Sullivan Memorial Bash Bish Fall Ride"

Different starting location and different lunch stop from last year. Meet at 9:30 at the Barrington Plaza, 334 Stockbridge Rd, Great Barrington, MA. 50 hilly miles through Great Barrington, Egremont, Housatonic, and Stockbridge. A shorter option is available, but will still include two significant climbs, Mt. Washington Rd. and Rt. 23 past Catamount. Bring or buy lunch at the Depot Deli. Leaders: Ray and Betty Siwinski (860) 478-8308 or (413) 427-6095.

September 8: Granby2Granby2Granby Traditional Century Ride aka G2G2G"

Meet at 6:30 AM (ride starts at 7am sharp) from Stop & Shop, 120 Salmon Brook St. (Rte 202) in Granby, CT. Not a fast ride - 10-12 mph average. Break at Tandem Bagel (mile 27) Lunch at Village Store in Wilbraham Ma (mile 61, Metric Century if you can arrange a pick up.) Leaders: Kerry and Diane Goguen - Home: (413) 525-4029 Diane's cell (413) 244-4110

September 8: Connecticut Valley Century, COVAC hosted by the Rotary Club of Amherst to promote cycling in the Connecticut Valley and to raise funds for the Good Works Fund. 100, 75, 50 and 25 mile routes. Register online prior to August

30, 2019 for early-bird price of \$40 (T-shirts to all early birds). Onsite registration \$50. Your registration fee includes: supported S.A.G. stops and snacks, a post-ride Baked Potato with all the fixings, and a beverage. Beer provided by Lefty's Brewing Company and Spirit Haus of Amherst. The event will be held Rain or Shine.

Sunday, September 15th to September 19: Ray Bourbeau's annual Autumn Cape Cod Bicycle Trip

The group will be staying at Hunter's Green in West Yarmouth, There still may be some space available at the group rate as some members have had to cancel. Contact Ray at (413) 265-5047.

September 21: #LIVELIKESCOTT: Run, Ride, & Rally!

Join the adventure portion of the inaugural #LIVELIKESCOTT: Weekend of Creativity and Fun, in memory of Scott Godon-Decoteau. The Run, Ride, & Rally event on Saturday will be hosted at the Westfield River Brewing Company. The party starts at 11:00am and lasts all day long! There are 2 ride options, go to the website to pick the ride that's best for you. <https://runsignup.com/Race/MA/Southwick/LiveLikeSCOTT>

President's Highlights of Events and Tours (cont.)

September 21 and 22: Seacoast Century

Hampton Beach, NH Hosted by the Granite State Wheelers. 100, 62, 50, and 25 mile routes. Register by July 30, \$55, by September 2, \$65. Saturday and/or Sunday options. For more details, go to <https://www.bikereg.com/41765>

September 29: Will Bike for Food

Presented by the Food Bank of Western Massachusetts. 100, 50 and 25 mile options. Post ride BBQ, music, beer from Berkshire Brewing Company and much more. Register by September 27, \$35. Hatfield Lions Club Pavilion, Billings Way, Hatfield MA. For more information go to <https://www.foodbankwma.org/events/wb4f/>

Sunday October 20: Canoe Trip on Quinebaug (not Quaboag) River. Meet at 9:00 AM at the Quinebaug River Canoe Trail, Rt. 20 Brimfield. Bring lunch and water. For Details Contact Don Maynard (423) 525-3464.

Welcome New Members

**Billy Methot
Howard Eldridge
William Benjamin**



Top 5 Post-Ride Stretches for Cyclists

<https://trainright.com/stretches-for-cyclists-post-ride/>



E-Bike Use on Club Rides

Over the past several years a revolution in bicycling has taken place with the introduction of e (for electric)-bikes. Technical advances in electronics, motors and batteries have created a growing market for power assisted road and mountain bikes which allows riders to go faster, further and stronger than they could under their own power. E-bikes are available in several different versions, from so-called “pedal assist” bikes where the rider must pedal in order for the electric motor to operate and provide power, to “throttle controlled” bikes which do not require pedaling but only turning a throttle similar to a motor scooter. Each version has different maximum speed capabilities as well as battery life, etc.

Some riders are embracing this new technology. But the very nature of what makes e-bikes compelling, presents challenges for bicycle clubs such as ours. The Cyclonauts Bicycle Club, along with many, if not most, bicycle clubs and associations, now face the question of whether to allow e-bikes on club rides alongside traditional bikes. While not wanting to preclude members who want to participate in bicycling activities but need the power assist of an e-bike, clubs must determine where to draw the line between traditional and motor assisted bikes - whether electric or gas. And the Club needs to be clear to members what is permitted and what isn't. To help make that decision the Club has consulted with other bike clubs, bicycle associations and our insurance carrier. The latter has simplified our decision by only allowing “pedal assist” e-bikes with a maximum speed of 28 mph under their liability insurance coverage.

So until further notice the current position of the Cyclonauts Bicycle Club Executive Board is that only “pedal assist” e-bikes are permitted on Club rides. And as a courtesy to traditional riders, e-bike riders are requested to only ride at the rear of the group.

Member input on the e-bike issue is welcome. Please direct comments to spfldcyclonauts@gmail.com.

The Webmaster's Corner

For members convenience the Cyclonauts.com website now includes a Cyclonauts Gear Page (<http://www.cyclonauts.com/cyclonauts-gear.html>) which describes, with pictures, the various club cycling jerseys and "T's" available for sale. Prices, size charts and ordering information is also provided. These jersey's make a great gift so send a link to the "Gear" page to your kids when they ask what you want for Christmas.

Ray Siwinski

