

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield, Massachusetts

THE PRESIDENT'S CORNER



Rain, Rain, Go Away!

Special thanks to all of our volunteer ride leaders, including those who had their rides rained out. Hopefully we can all use our rained out rides

on another sunnier day this summer.

As **SUMMER** approaches we have much to look forward to thanks to our many volunteer ride leaders and especially thanks to our hard working ride coordinators, Janet Parslow and Ted Jermicz. Please continue to support our club by volunteering to lead rides on open dates.

Our new more leisurely paced Wednesday Ride, **RAY'S BIKING GROUP** lead by Ray Bourbeau, kicked off this April and May with rides on the Columbia Rail Trail, the Easthampton and Northampton trails as well as the Norrowtuck trail. These rides include both rail trails as well as quiet back roads. Interested members should email Bernie Olender at bernietaxes@yahoo.com.

Our **RAIL TRAIL** rides kicked off on May 1 with a ride on the Farmington River Trail. Isabel Rzeszutek is now coordinating these rides. Interested members can email Izzy at isabelrez@msn.com.

A list of the rail trails that the group visits is available on our website.

Our **ANNUAL BANQUET** and **BUSINESS MEETING** was held Saturday evening, **APRIL 13** at Tony and Penny's. It was an opportunity to spend time with fellow cyclists and share an outstanding buffet. The minutes of the meeting are found below. Thank you Ann Morin. We would love to see more people attend, especially our older members, as this may be the only time that we have the opportunity to get together. If driving at night is a problem, please reach out to fellow members, many of whom would be happy to pick you up and bring you home.

A **very special thank you** to James and Cindy DeSellier who have generously offered to host our **ANNUAL SUMMER PICNIC** on Saturday, **AUGUST 10TH**. See the notice below for details. Looking forward to seeing everyone at the picnic this summer.

Betty Siwinski, President

Springfield Cyclonauts Annual Business Meeting

April 13, 2019

President Betty Siwinski called the meeting to order during the Annual Banquet held at Tony and Penny's Restaurant, Ludlow, MA, attended by 35 members.

1. Betty thanked James DeSellier and Mary Ann Siron for the great hiking season schedules, along with the hike leader volunteers. Also, thanks to Janet Parslow and Chuck Allsop for the riding season schedules, along with the ride leader volunteers. Thanks was also extended to Al LaFleche for creating and maintaining our Facebook page; thanks to Susan Strange for serving on the Nominating Committee; thanks to James and Cindy DeSellier for volunteering to host the summer picnic; and thanks to Ken Paquette who served as database manager and SpokeNotes editor. Going forward, Janet Parslow has volunteered to serve as database manager and Donna Katz has volunteered to serve as the SpokeNotes editor.

2. The club is still looking for an archivist.

3. Ken Paquette reported that we currently have 91 paid members (including family memberships), with about 28 who have not yet paid. Last year's membership numbered 131.

4. Treasurer Les Prentice reported the club expenses for the past year amounted to \$1,672.89. The current bank balance is \$1,678.85, with an additional deposit of \$635 to be made after the banquet.

5. Susan Strange presented the slate of officers for the coming year:

President – Betty Siwinski

Secretary – Ann Morin

Treasurer – Les Prentice

Trips Chair – Betty Siwinski

Hike Chairs – Mary Ann Siron (Wednesday hikes) and James DeSellier (Saturday hikes)

SpokeNotes Editor – Donna Katz

Web Master – Ray Siwinski

At Large Members – Mady Schorsch, Sue Strange, Diane Goguen and Mary Ann Siron

A motion was made to accept the slate of officers as presented. The motion passed with all in favor.

Submitted by:

Ann Morin, Secretary



ANNUAL SUMMER PICNIC

The summer picnic will be held on Saturday, **August 10, at 3:00 PM** (rain date Sunday) at the home of James and Cindy DeSellier, 39 Kurtz St., Chicopee, MA. As always, please bring lawn chairs, a dish to share, eating utensils and your favorite beverages. The club will provide hamburgers and hot dogs. Their pool will be available so bring your suits and towels.

Betty Siwinski, President



Welcome New Member

Donna Jackson-Kohlin





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.

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/>

The Webmaster's Corner

How to be prepared for the risk of a cardiac emergency on the road

Riding a bicycle, especially on roads shared with cars and trucks, involves a certain amount of risks which most riders understand and try to minimize with the way they ride. But one risk that can't be minimized, and in fact is greater with older riders, is the risk of a cardiac failure while riding. The inherent stress on a riders heart during strenuous exercise such as climbing a 12% grade, or keeping up with a 20 mph pace line, increases this risk. While most riders will never have a critical cardiac problem, in fact the very act of pushing ourselves to overcome these cycling obstacles helps to strengthen our hearts and prevent cardiac problems, it is possible that a rider may encounter a problem during a ride. Would you know what to do to help that rider and possibly save his or her life?

Obviously the first thing to do if this situation occurs is to call 911. And fortunately you can easily access a very informative video showing how to perform CPR, based on the latest guidelines, on the Cyclonauts.com website (the link is right up front on the "Notices" page). It's strongly recommended that every club member view this video annually so that you are familiar with the proper procedures. You don't have to be a medical doctor to do it, it's fairly easy. But you never want to be in the position of saying "I wish I knew what to do". And remember, this procedure will work on non-riders also.

Ray Siwinski



Bicycle Safety Rules

1. The ride leader is responsible to be sure that any non-club member signs the club's Release and **Waiver of Liability Agreement**, found on our website.
 2. Be sure each member of the group is wearing a **helmet**.
 3. Make the riders aware of these **rules** at the beginning of the ride.
- ☐ **Signal** all turns, slowing and stopping, and road hazards. Use hand signals only when it is safe to remove one hand from the handlebars. **Call out** turns and hazards, such as "pothole" or "runner up", etc.
 - ☐ **Ride single file** unless not obstructing traffic (never more than double file).
 - ☐ **Pass other riders** only on the left, and announce your intentions by calling "passing" or "on your left".
 - ☐ Call out the presence of overtaking or oncoming vehicles by calling out "**car back**" or "**car up**", respectively. When you hear this, get into single file and move to the right as quickly as you can safely do so. Slow down a bit to allow riders on your left to pull in-to single file.
 - ☐ Proceed through an **intersection** only when you have determined that it is safe to do so. It is each rider's individual responsibility to verify that the traffic conditions are safe. Do NOT simply follow the person in front of you.
 - ☐ **When stopping**, get completely off of the road. Do NOT stop short in front of another rider. Do NOT pull out in front of oncoming riders.
 - ☐ **When regrouping** allow room for all riders to be off of the road. Do NOT regroup before an intersection.
 - ☐ **Obey all traffic laws**. Cyclists have the same rights and responsibilities as motorists when using public roadways.
 - ☐ **Never leave anyone alone** on the route.
 - ☐ **Practice civility** on the road. Motorists notice courtesy, and it helps make the roads safer for all cyclists.

For more information, please read the excellent material provided by The League of American Bicyclist

https://migrationlb.smartetailing.net/merchant/2280/files/group_ride_student.pdf



Century & Tour Rides located in New England compiled by Ken P.

A more complete list can be found at:

<http://www.granfondoguide.com/Events/BikeToursCalendar/North%20America/All/All/All>

Difficulty:

- A) EASY, Beginners/family, up to 20 miles flat terrain
- B) EASY-MODERATE, Leisure cyclists up to 40 miles rolling terrain.
- C) MODERATE, Proficient cyclists up to 60 miles, some climbing.
- D) CHALLENGING, Seasoned cyclists, up to 100 miles, OR moderate sustained climbing.
- E) DIFFICULT-EXPERT, Over 100 miles OR longer sustained climbs.

Date	Event	Location	Routes	Diff	Type
MASSACHUSETTS					
Jun 08	B2VT	Bedford	132 miles	F	CENT
Aug 03 - 04	Cycle Massachusetts - Statewide Bike Tour	Greenfield	2,4,5,7 days	C	TOUR
Aug 09 -11	Pan-Mass Challenge	Needham	25,50,80,153,163,190 miles	D	CENT
Aug 10	Farm Ride	Amherst	day1 (25, 62,100-mile) day2 (TBA)	B	TOUR
Aug 31	The Pain in the Mass Tour	Bolton	106 - day1, 182 - day2, 60 - 1day	B	TOUR
	Bike to the Beach New England	Boston	50, 100 miles	C	CENT
CONNECTICUT					
Aug 04	Tour of the Litchfield Hills	Torrington	12, 30, 50, 75, and 100 mi	E	CENT
NEW HAMPSHIRE					
Jul 27	Mt. Washington Century+	Albany	44, 88, 109 miles	D	CENT
Sep 20-22	Seacoast Century	Hampton Bch	25, 50, 65, 100 miles	C	CENT
MAINE					
Jun 09	Kennebunks Tour de Cur	Wells	5K, 25K, 50K, 100K, 100M	C	CENT
Sep 07	Maine Lighthouse Ride	South Portland	40, 62, 100 miles	C	FESTIVAL
Sept 7-14	BikeMaine	Kittery	55 miles per day	C	TOUR
Sept 28-29	The Dempsey Challenge	Lewiston	10, 25, 50, 65,100 miles	C	CENT

