

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, along with our photo gallery.
Please Note: The content of this newsletter and the club website are intended for the use of Cyclonaut Club members only.

THE PRESIDENT'S CORNER

Thanks to all of you who volunteered to lead rides, and to mother nature for the great weather, we have had a wonderful fall cycling season. We had six different rides listed each week during our cycling season, two rides on Saturday and Wednesday, a Sunday ride and rail trail rides on Thursdays. Check out the great pictures on our website.

We are changing insurance companies as our current one does not provide liability insurance for hiking, snowshoeing and cross country skiing. We will be insured as a multi sport club, and we will now have liability insurance for all of these activities. All hike leaders

must have non club members sign the same waiver that we use for club rides. This waiver was created by the League of American Bicyclists of which we are members and can be downloaded from our website.

Thanks to those who have volunteered to lead hikes this fall and winter and to Mary Ann Siron and Suzanne McAuley for coordinating the hike schedules. I am looking forward to getting out into the woods for many great hikes. See you on the trails.

Betty Siwinski

BANQUET NOTICE

The celebration of 50 years of Cyclonauts will continue at our Annual Club Banquet. We are giving everyone plenty of notice to "save the date," Saturday, March 26,

2016. The banquet will be held at the Ludlow Country Club. Additional information and reservation forms will be sent out with the late winter newsletter in January.

WEBMASTER'S CORNER

By now you should be familiar with the revised website and the new mobile website. If you have a smartphone or other web accessible device, you can now carry around "up to date" ride and hike schedules, as well as the latest edition of the SpokeNotes and photo gallery, in your pocket. And you can get to the website with one click (or touch) if you add a Cyclonauts.com icon to your phone's screen. Ray will be glad to show you how

Please remember to consult the website for the latest schedule changes and additions as printed schedules

such as those in the SpokeNotes cannot be updated during the season. As always, Ray should be notified at spfldcyclonauts@gmail.com if you are able to lead a ride on an open date, or if weather forces cancellation of a ride. Ray will send last minute changes by e-mail.

Ken Paquette will continue to maintain the Club's membership database. Please help us keep this list up to date by notifying Ken at kenpaq@charter.net if you move, change email address etc.

RAIL TRAIL NEWS

The Farmington Valley Canal trail continues to grow, thanks to the support of towns along the old railroad right-of-way. Five years ago the North end of the trail was in Granby, CT. Today the trail extends another 8 1/2 miles to Silver St in Westfield.

The Norwottuck Trail re-opened over the summer from Northampton to Belchertown after two years of work to repave and widen the trail.

Work is underway on the trail from Northampton to Leeds and Look Park. There will be re-paving, drainage system repairs, and rehab of the 150 year old Beaver Brook bridge, which will become part of the trail. The trail will be extended 1/2 mile west.

Hardwick has received a grant for Mass Central Trail rail bed work and construction of a loop trail through conservation land in Wheelwright.

MARK YOUR CALENDAR



The deadline for the Winter Supplement of the Spoke Notes is Wednesday, Jan 20, 2016. All hike schedules, notices and other entries to the newsletter must be submitted by that date to:

Peter Munk
18 Evergreen Drive
East Longmeadow, MA 01028

or petermunk7@gmail.com

WEDNESDAY HIKES

Breakfast is at 8:00 AM at the restaurant listed (except Nov 7). Hikes begin at 9:00 AM.

Wear clothing in layers suitable for the weather. Bring water and food.

Trails may be icy — wear appropriate footwear. If at least 4 inches of snow

is on the ground, hike will be replaced by cross-country skiing or snow

shoeing. Rain cancels. If in doubt about conditions, contact the leader.

THIS SCHEDULE IS SUBJECT TO CHANGE — CHECK WEBSITE FOR UPDATES

Nov 4 — Hike Mt. Monadnock, up Pumpelly Tr. & down Dublin Tr. (will need to spot cars) Breakfast at Audrey's (Rt 101, Dublin N.H.) Meet at Stop and Shop on Rt. 5, Northampton @ 6:30 am. Bring warm clothes, poles, microspikes, liquids, snacks. Moderate difficulty. Mary Ann Siron 413 568 3304 - ottertales2@comcast.net PLEASE NO DOGS

Nov 11 — Hike Horse Cave and the Notch (Rt. 116) Breakfast at Atkins Farm at 8 am, For Hike at 9 am meet at the Notch Visitor's Center. Betty Siwinski 413 427 6095 - bettrad@msn.com DOG FRIENDLY

Nov 18 — Hike Whittaker Woods, Somers Ct. (new trail). Breakfast at Kathy's Plaza Restaurant, Rt 83, Somers, Ct. Bring snacks & fluids. Moderate difficulty. Don Maynard, 413 525 3464 - djmaynard07@charter.net DOG FRIENDLY

Nov 25 — Hike Monument Mt., Great Barrington. Breakfast at Friendly's, Rt 10/202 by Exit 3 Mass Pike. Moderate, microspikes & poles may prove useful. Mary Ann Siron 413 568 3304 - ottertales2@comcast.net DOG FRIENDLY

Dec 2 — Hike Fitzgerald Lake Conservation Area (entrance at end of Cook Ave—Moose Lodge Entrance). Breakfast at Blue Bonnet Diner, 324 King St. Northampton, Ma. Approx 2 1/2 hours, moderate, possible xc / snowshoe or microspikes. Al Shane, 413 548 9435

Dec 9 — Hike "Temenos" Shutesbury, Mass. Breakfast at Leverett Village Co-op, 180 Rattlesnake Gutter, Leverett, Mass. Moderate. Evi Schactl 978 544 2121 DOG FRIENDLY

Dec 16 — XC Ski or Hike Conant Brook Dam, Monson, Ma. Breakfast at Day/Night Diner, Rt. 20, Palmer Moderate. Don Maynard 413 525 3464 djmaynard07@charter.net DOG FRIENDLY

Dec 23 — Hike Mt Tom. Breakfast at Susan's Cafe (across from Highland Hardware, Rt. 5, Holyoke) For hike, meet at Bray Lake parking lot off Rt 5. Moderate. Mady Schorsch 413 253 3032 - mrshorsch@verizon.net DOG FRIENDLY

Dec 30 — Hike Dufresne Park. Breakfast at Earlee Mug, Rt 202, Granby, Mass. Easy to moderate. Ann Morin 413 592 4123 morinann@hotmail.com DOG FRIENDLY

Jan 6 — Hike Quabbin. Breakfast at Almeida's Country Cafe, 146 State St, Belchertown. For hike, meet at Visitor's Center, Rt 9, Belchertown. Moderate, 2 - 2.5 hours, spikes or snowshoes depending on conditions. Nancy Greco 413 323 5727 SORRY, NO DOGGIES

Jan 13 — Hike Rice Nature Preserve, Highmoor Street, Wilbraham, Mass. Breakfast at the Village Store, Main Street, Wilbraham. Chuck Allsop 413 782 6328 - hi2sam@verizon.net DOG FRIENDLY

Jan 20 — Hike Craig Mt. in Northfield, Mass. Breakfast at Shady Glen, Turners Falls, Mass. Mike Cronin 413 566 3114 mike92341@gmail.com DOG FRIENDLY

Jan 27 — Ed & Claire Gingras will lead the hike. See our website for details.

SATURDAY HIKE SCHEDULE

Breakfast is at 8:00 AM at the restaurant listed. Hikes begin at 9:00 AM.
Wear clothing in layers suitable for the weather. Bring water and food.
Trails may be icy — wear appropriate footwear. If at least 4 inches of snow
is on the ground, hike will be replaced by cross-country skiing or snow
shoeing. Rain cancels. If in doubt about conditions, contact the leader.
THIS SCHEDULE IS SUBJECT TO CHANGE — CHECK WEBSITE FOR UPDATES

Nov 7 -- Hike Mt Tekoa, Westfield. Breakfast 8:00 at Friendly's, 21 Southampton Rd. Westfield. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Dog friendly, but hike might be difficult for dogs, use your own discretion. James Desellier Jed7516@charter.net 413-297-3880

Nov 14 -- Hike North from 202. Breakfast 8:00 at Friendly's RT 5, Holyoke. Leave at 9:00 to meet at trailhead. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Dog friendly. Don Maynard 413-525-3464

Nov 15 -- Special Sunday Hike: Hike Bear MT, Salisbury, CT. Meet 8:00 Ocean State Job Lot, RT159 Windsor Locks, CT to car pool to trailhead. Approximately 1 1/2 hr drive time to northwestern, CT. This is a moderate hike, 5 to 6 miles. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Dog friendly. Kerry Goguen Dyna309@charter.net 413-525-4029

Nov 21 -- Hike Monson Keep Nature Trail and Flynt Park. Breakfast 8:00 at Beth's Family Diner, 107 Main St, Rt 32, Monson. Leave at 9:00 to drive to the Keep Homestead Museum a couple of miles away. Dog friendly. 2 to 3 miles long. There will a tour of the inside of the Keep Museum after the hike which contains an extensive antique button collection and historical furnishings. Doug Young kodi1young@gmail.com 413-267-5883.

Nov 28 -- Hike Nobleview, Russell MA. Breakfast 8:00 at Good Table Family Restaurant 12 School St, Westfield. This is an AMC facility. An entrance fee of \$4 to \$5 per person. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Dog friendly. Mary Ann Siron. ottertales2@comcast.net 413-568-3304

Dec 5 -- Hike Seven Sisters. This is a through hike over the Seven Sisters. Breakfast 8:00 Tailgate Picnic 7 College St, South Hadley Ma 01075. Cars will be spotted, with half at Skinner State Park, then car pool to the Notch to begin hike, hiking back to the cars at the State Park. Wear appropriate footwear and clothing for weather conditions. Moderate to difficult hike. 3 hours over varied terrain. Snacks and water recommended. Dog friendly, but hike might be difficult for dogs, use your own discretion. Jed7516@charter.net 413-297-3880

Dec 12 -- Hike Peaked Mountain, Monson MA. Breakfast 8:00 at Beth's Family Diner, 107 Main St, Monson. 9:00 hike will start at the Miller Tract (Lunden Pond) parking lot on Butler Rd. 15 minute drive from Diner. Hike Miller Tract first and then drive 3/4 of a mile to the Peaked Mountain parking lot on Butler Rd. Easy to moderate hike. Total hike time is approximately 3 hours. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Dog friendly. Mike Cronin mike92341@gmail.com 413-566-3114

Dec 19 -- Hike Quabbin Reservoir, Gate 40. Breakfast 8:00 at Crystal Springs Restaurant in the Big Y plaza, Rt 32, Ware. At 9:00 we will be carpooling to Gate 40, as there is very limited parking. Considered by some the best historical hike in the Quabbin Reservoir lands, the hike will pass through the former town common of Dana and then to the water's edge. Approximately 6 miles long on mostly paved or dirt roads. Foundations of former buildings and interesting artifacts to be seen along the way. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Doug Young 413 267-5883. kodi1young@gmail.com

— Schedule continued on next page

WELCOME TO NEW MEMBERS



The Club welcomes Thomas Pisano, Thomas DeSellier, Ellen Sullivan, Connie Champiney, Lauren Bence and family. We hope you will enjoy cycling and hiking with the Cyclonauts. We encourage you to present your ideas, as we are always looking for ways to improve our organization. We hope to see you soon on a ride or hike.

SATURDAY HIKE SCHEDULE, CONTINUED

Dec 26 -- Hike Wilbraham Land Trust. Flat hike, ski or snowshoe if snow conditions are favorable. Breakfast 8:00 at Village County Store 462 Main St. Wilbraham. Leave at 9:00 to trailhead. Check with leader on snow conditions for ski or snowshoe. Dog friendly. Don Maynard 413-525-3464

Jan 1 -- Annual New Year's Day Hike: Hike Chicopee State Park 10:00. Park in back of Deegan's Restaurant, Burnett Rd, Chicopee. Potluck to follow at Suzanne's. Please bring food item to share and slippers or indoor shoes to wear in her house. Moderate, dog friendly. Bring snowshoes, XC skis or micro spikes depending on the weather. Suzanne McAuley corgislivehere@gmail.com 413 530 4686

Jan 2 -- Hike The Notch, Amherst MA. Breakfast 8:00 at Atkins Market, RT 116 Amherst. Meet at the trailhead at 9:00 at The Notch parking lot. 3 hours moderate hike. Dog friendly. Bring snowshoes, XC skis or micro spikes depending on the weather. Paul Griffin morinann@hotmail.com 413-592-4123

Jan 9 -- Hike Connan Brook Dam, Monson MA. Breakfast 8:00 Beth's Restaurant, Main St, Monson. Leave restaurant to follow hike leader to trailhead. Dog friendly. Bring snowshoes, XC skis or micro spikes depending on the weather. Chuck Allsop hi2sam@comcast.net 413-782-6328

Jan 16 -- XC ski along upper Chicopee River from Three Rivers to Red Bridge Dam and Back. Breakfast 8:00 Burgundy Brook Restaurant, 3092 Sykes St, RT 181 Palmer. 4 1/2 round trip, trail is wide and flat. Will hike if there is not enough snow. Bring water. Restaurant only accepts cash. Dog friendly. Peter Munk petermunk7@gmail.com 413-525-8534

Jan 23 -- Hike Bray Lake, MT Tom, Holyoke MA. Breakfast 8:00 Denny's 2173 Northampton St, RT 5 Holyoke. Leave restaurant at 9:00 for trailhead, 125 Reservation Rd. Holyoke. Dog friendly. Bring skis, snowshoes, or micro spikes depending on weather. Paul Griffin morinann@hotmail.com 413-592-4123

Jan 30 -- Hike MT Toby, Reservation Rd, RT 47, N Sunderland, MA. Breakfast 8:00 Bridge Side Grill, RT. 116 Sunderland. 9:00 carpool to MT Toby. Moderately strenuous long hike with steep climb to summit 3-4 hours. Wear appropriate footwear, micro spikes, hiking poles and clothing for conditions. Bring snacks and water. Dog Friendly. Suzanne McAuley, corgislivehere@gmail.com 413-530-4686

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C/o Peter Munk
18 Evergreen Drive
East Longmeadow, MA 01028