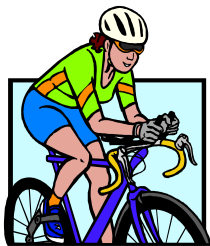


# SPOKE Notes

Newsletter of the Cyclonauts Bicycling Club — Springfield, Massachusetts

ALL INFORMATION IN THIS NEWSLETTER IS FOR THE USE OF CYCLONAUT CLUB MEMBERS ONLY

## THE PRESIDENT'S CORNER



Thanks to all of our wonderful volunteer hike leaders, we have had a great hiking season despite the lack of snow. Special thanks to Suzanne McAuley and Maryann Siron for coordinating the hiking season. I know that we all are

looking forward to getting our bicycles out on the road. Many of you have been out riding already. Thanks to all of you who have volunteered to lead rides, and our awesome ride coordinators, Janet Parslow and Ted Jeremicz, we have a full ride schedule, with many different types of rides. Along with our Wednesday, Saturday Traditional and Alternate rides, and Sunday rides, we now offer rail trail only rides. They are starting early this year, beginning on March 31st with a ride on the Columbia Rail Trail in Westfield. For information contact Jane Glushik at [jglushik@hotmail.com](mailto:jglushik@hotmail.com).

Thanks to Brian O'Connor, our new faster midweek rides will be starting up again in June. Thanks also to Ray Bourbeau for once again organizing the Cyclonauts Annual Spring Cape Cod trip and to Diane and Kerry Goguen for again organizing a weekend bike trip. See Page 7 for details on both trips.

Special thanks to Diane O'Callaghan for serving as our circulation manager this past year and to Ken Paquette who is now both our data base manager and our new circulation manager. Please note that we are now including June in our summer schedule as the Saturday rides in June start at 8 am like July and August. So look for your Summer Spokenotes to arrive the end of May. See you on the road.

- *Betty Siwinski*

## CYCLONAUTS JERSEYS AND SHORTS ARE STILL AVAILABLE



Jerseys: \$59.95: Womens, 1 small and 1 large  
Mens 1 medium, 1 large and 1 extra large  
Shorts: \$74.50: Womens 1 medium and 1 large  
Mens 1 medium and 1 extra large

If you are interested in purchasing one, please contact Liz Sturgen at [LSturgen@aol.com](mailto:LSturgen@aol.com).

## SUMMER SPOKENOTES — MARK YOUR CALENDAR



The deadline for the Summer issue of the Spoke Notes is Friday May 20, 2015. All ride schedules, notices, and other entries to the newsletter must be submitted by that date to Peter Munk at [petermunk7@gmail.com](mailto:petermunk7@gmail.com) or 18 Evergreen Drive, East Longmeadow, MA 01028

## CLUB DUES



Did you remember to pay your club dues for 2015? If not, they are now past due. Please contact our treasurer, Les Prentice, at (413) 783-6775 to arrange payment. If membership dues are outstanding, beginning June 1st you will no longer receive notices of the newsletter or updates of activities.

**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](http://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 normally meet at 8:00 for breakfast with ride starting at 9:00. Check the Club website for schedule updates. Riders interested in leading a ride in June, July or August, please phone or email Ted Jeremicz at 413-782-0086 or [brule1@comcast.net](mailto:brule1@comcast.net)**

**Apr 6:** Meet at Earlee Mug Restaurant, Rt. 202, Granby, MA at 8:00 am for breakfast. Ride from Dufresne Park at 9:00 am - 26 miles. Info: Ann Morin 413-592-4123 (h); 413-374-1040 (c) or [morinann@hotmail.com](mailto:morinann@hotmail.com)

**Apr 13:** Breakfast at 8 am at Essalon Cafe, 99 Russell St. (Rt 9) Hadley. Ride starts at 9 am from the Damon Rd parking lot (446 Damon Rd. Northampton) of the Norwottuck Rail Trail. An easy early season ride of approximately 25 mostly flat miles through Hadley and Amherst. Info: Leader: Betty Siwinski (413) 427-6095 or [bettrad@msn.com](mailto:bettrad@msn.com).

**Apr 20:** Open date – contact Webmaster if you can lead a ride on this date

**Apr. 27:** Meet at Kathy's Playhouse Plaza (Plaza Restaurant) 48 S. Rd. (Rt.83) Somers,CT. Carpool or follow Don to dirt bike path in Vernon, CT. Ride Vernon to Willimantic, CT. Don Maynard 413-525-3464

**May 4:** Meet at Red Riding Hood on Congamond Rd in Southwick. Ride approx 20-25 miles, some easy hills, nothing horrible. Info: Mary Ann Siron 568-3304 [ottertales2@comcast.net](mailto:ottertales2@comcast.net)

**May 11:** Breakfast at 8:00 at McDonalds, Rt. 75 Agawam, MA. Ride at 9:00 is 27 miles. Moderate pace. No one left behind. Info: Elsa Rosenak, [rosenaklibby@aol.com](mailto:rosenaklibby@aol.com) 413 786-8773

**May 18:** Meet at Stir the Pot, Rt. 140 in East Windsor, CT. Ride 25-30 miles. Info: Joe Gilbertie 860-268-2012 [jgilbertie@gmail.com](mailto:jgilbertie@gmail.com)

**May 25:** Meet at Earlee Mug Restaurant, Rt. 202, Granby, MA at 8:00 am for breakfast. Ride from Dufresne Park at 9:00 am - 28 miles. Info: Ann Morin 413-592-4123 (h); 413-374-1040 (c) or [morinann@hotmail.com](mailto:morinann@hotmail.com).

## RAIL TRAIL NEWS

Last month, the Farmington Valley Trails Council published an updated chart showing progress on the Farmington Canal trail, which when complete will extend 80 miles from Northampton to New Haven. The trail follows the route of the Farmington River Canal and the former New Haven Railroad freight line. Last Summer Kerry and Diane Goguen led a Club Ride over the full length of the trail. A 30 mile section is now complete between Westfield and Farmington.

Recent highlights: In Westfield rehab of the two Little River bridges was completed, allowing the trail to be extended into the center of town. In Avon planning is underway for a new route through the town center, replacing the route that winds thru the Police Station driveway. In Farmington, planning and funding are complete for an extension from Red Oak Road to the Plainville line. The extension, which includes a bridge over Rt 6, will be completed in 2017.

The major outstanding gaps are in Southamptn, Mass and Plainville, Ct. In Southamptn the Right-of-Way belongs to a short line railroad and negotiations for land acquisition are dragging on slowly. In Plainville, another short line railroad owns the trackage and the line is still in use for freight. So a consultant will be working this year to develop a safe on-road route through the town.

The Trail Council chart is reprinted below, more info is available at [www.fvgreenway.org](http://www.fvgreenway.org)

### Farmington Canal Heritage Trail

<u>Town</u>	<u>Distance</u>	<u>Completed</u>	<u>Remaining</u>	<u>Designed</u>	<u>%</u>	<u>Funded</u>
Northampton	3.5	3.5	0		100	
Easthampton	3.7	3.7	0		100	
Southampton	3.9	0	3.9		0	
Westfield	7.4	2.6	4.8		35	
Southwick	6.2	6.1	0		100	
<b>Total (MA)</b>	<b>24.7</b>	<b>15.9</b>	<b>8.7</b>	<b>0.0</b>	<b>63%</b>	
Suffield	1.2	1.2	0		100	
Granby	1.1	1.1	0		100	
East Granby	5.3	5.3	0		100	
Simsbury	7.5	7.5	0		100	
Avon	4.7	4.7	0		100	
Farmington	4.8	2.3	2.5	2.5	48	\$5.1m
Plainville	4.3	0	4.3	0	0	Yes, plan
Southington	6.6	4.0	2.6	2.6	61	
Cheshire	7.1	3.9	3.2	2.5	55	Yes
Hamden	9.5	9.5	0		100	
New Haven	3.4	1.8	1.6	1.6	47	Yes
<b>Total (CT)</b>	<b>55.5</b>	<b>41.3</b>	<b>14.2</b>	<b>7.2</b>	<b>73%</b>	
<b>TOTAL</b>	<b>80.2</b>	<b>57.2</b>	<b>22.9</b>	<b>10.1</b>	<b>71%</b>	

## WELCOME TO OUR NEW MEMBERS



Please welcome Paula Pagos, Juliana Vanderwielen, Linda S. Warren, Isabell Rzeszuterk, Amy Struzziero, Evi Schachtl, Susan Gibson, John Hemingway, Dave Skeleton, and Leo Foster. 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.

## SATURDAY "TRADITIONAL" RIDE SCHEDULE

**Traditional breakfast rides begin at 9:00 AM (except for the May 28j ride). The rides are 20 - 30 miles at a leisurely pace with a breakfast stop during the ride. Check the Club website for schedule updates.**

**April 2:** Meet at Granby Jr/Sr High School, East State St. Granby, MA. Breakfast stop to be determined. Leaders: Paul Griffin and Ann Morin (413) 592-4123 or [\\_morin@hotmail.com](mailto:_morin@hotmail.com).

**April 9:** Meet at Granby Jr/Sr High School, East State St. Granby, MA. Breakfast stop to be determined. Leaders: Paul Griffin and Ann Morin (413) 592-4123 or [morin@hotmail.com](mailto:morin@hotmail.com).

**April 16:** Meet at Granby Jr/Sr High School, East State St. Granby, MA. Breakfast stop to be determined. Leaders: Paul Griffin and Ann Morin (413) 592-4123 or [morin@hotmail.com](mailto:morin@hotmail.com).

**April 23:** Meet at Granby Jr/Sr High School, East State St. Granby, MA. Breakfast stop to be determined. Leaders: Paul Griffin and Ann Morin (413) 592-4123 or [morin@hotmail.com](mailto:morin@hotmail.com).

**April 30:** Meet at 9 Brenda Ln. Belchertown. Ride to Yankee Candle for breakfast. Leader: John Hawley (413) 575-0800 or [med1275@charter.net](mailto:med1275@charter.net).

**May 7:** Meet at the Hampden Mini - Mall (intersection of Allen St. and East Longmeadow Rd. in Hampden.) This is a 27 mile moderate ride thru E. Longmeadow, Somers and Ellington. Breakfast will be at the Plaza Restaurant (Route 83), in Somers, Ct. Leader: Mike Cronin (413) 566-3114 or [mike92341@gmail.com](mailto:mike92341@gmail.com).

**May 14:** Meet at Ocean State Job Lot, Rt. 159, Windsor Locks, Ct. 25-30 miles through the Windsors. Breakfast at the Skyline Diner. Leaders: Diane and Kerry Goguen. (413) 244-4110 (cell) or (413) 525-4029 (home).

**May 21:** Meet at the Palmer Town Parking lot behind the Day & Night Diner, Main St. Palmer. Ride through Palmer and Sturbridge. Leader: Don Maynard (413) 525-3464.

**May 28:** Meet at 8 AM for breakfast at Rose 32, 412 Main street (Rt 32), Gilbertville. We will park our cars at the Town library after breakfast. Ride approximately 33 miles. Some parts hilly terrain. Some parts no shoulder. Bring water and a snack. Lovely area. Leader: Diane Delrosario (508) 612-2557 or [delrossa@aol.com](mailto:delrossa@aol.com).

## WEBMASTER'S CORNER

Our club website is [www.cyclonauts.com](http://www.cyclonauts.com). Keep your website interesting. Send photos of club activities to Ray Siwinski at [spfcdcyclonauts@gmail.com](mailto:spfcdcyclonauts@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](mailto:kenpaq@charter.net) with any changes in mailing address or email address



## SATURDAY ALTERNATE RIDE SCHEDULE

**The “Alternate” breakfast rides begin at 9:00 AM. Rides are 35 - 45 miles at a moderate pace with a breakfast stop during the ride. Check the Club website for schedule updates.**

**April 2:** Meet at 108 Asselin St. Chicopee. The breakfast stop will be at El-Guanco, five miles into the ride. Ride total 35 miles. Ken Paquette 413- 593-3091 or kenpaq@charter.net

**April 9:** Meet behind Whole Foods on Route 9/Russell Street at 9:00 am for a relatively easy 35 miles ride with no left turns. Breakfast stop at Bridge Side Café in Sunderland or cold option stop at Atkins Farm. Al LaFleche 413-306-1270 or ajlafleche@comcast.net.

**April 16:** Meet at Reid’s Corner in the Hampden Mini Mall, Hampden, MA at 09:00 AM. Ride distance approx. 35-40 miles. Breakfast break around mid way, to be determined. Ride will have a good balance of rollers and flats in the surrounding Towns of both Hampden, MA and Somers, Conn.. Easy early season ride. Cue sheet will be sent to all riders 2 days prior to ride. Contact: Brian O’Connor at 413-896-6517 or mrmacbri@charter.net with questions.

**April 23:** Meet at 167 Piper Road, West Springfield, first two to arrive park in the driveway. Otherwise, park at the Memorial Pool on Smyrna Street. We will ride through West Springfield, Easthampton, with a stop at Tandem Bagel, then into Northampton and returning by way of the bike trail into Holyoke before returning to the start. About 40 miles with a few moderate climbs. Contact Al LaFleche, 413-306-1270 or ajlafleche@comcast.net.

**April 30:** Ride to Cushman’s Market and The Book Mill. 40 miles. Meet at the Hadley Elementary School RT 47, Hadley. Breakfast is 8 miles into the ride at Cushman’s Market, 491 Pine Street, Amherst. Then ride all the familiar roads to The Book Mill, Montague, through Leverett. Leader: Suzanne McAuley 413-530-4686 or corgislivehere@gmail.com

**May 7:** Meet at East Longmeadow High School, ride to Stir the Pot in East Windsor. A couple hills, lots of nice views, less traffic, no rotary, about 35 miles. Al LaFleche, 413-306-1270 or ajlafleche@comcast.net. See <http://www.mapmyride.com/routes/view/741567291>

**May 14:** Meet at Reid’s Corner in the Hampden Mini Mall, Hampden, MA at 09:00 AM. Ride approx. 40 miles. Breakfast break around mid way, to be determined. Ride will have a good balance of hills, rollers and flats in the surrounding Towns of Hampden, Monson and Wilbraham. Cue sheet will be sent to all riders 2 days prior to ride. Contact: Brian O’Connor at 413-896-6517 or mrmacbri@charter.net with questions.

**May 21:** Meet at 108 Asselin St. Chicopee. Breakfast at Almeida’s Country Café. Ride total 39 miles. Ken Paquette 413- 593-3091 or kenpaq@charter.net

**May 28:** “Highway to Conway”. Meet at Hadley Elementary School RT 47, Hadley. 40 miles hilly, but doable hills. The first part of the ride is 20 miles to breakfast at Baker Country Store, 101 River Road Conway. Leader: Suzanne McAuley 413-530-4686 or corgislivehere@gmail.com

## SUNDAY RIDES

**Sunday rides are moderate to longer distance, usually with lunch stop, at a moderate pace.  
Check the Club website for schedule updates.**

**April 3:** Meet at 10:00 AM at Mt. Sugarloaf parking lot, off Rt. 116 in S. Deerfield. Ride to the Poet Seat, 24 miles up and down the CT River Valley. Leader: Suzanne McAuley (413) 530-4686 or [cor-gislivehere@gmail.com](mailto:cor-gislivehere@gmail.com).

**April 10:** Meet 10:00 AM at Mt. Sugarloaf parking lot, off Rt. 116 in S. Deerfield. Ride north up one side of river and south down other side. Rest stop at Montague Bookmill. Rolling hills, 22 miles. Cue sheet will include optional 12-mile extension of ride into Whately that can be added at the end, for total of 34 mi. Julie Miles, [julie@library.umass.edu](mailto:julie@library.umass.edu) or 413-549-0456.

**April 17:** Meet at 9:00 AM behind Dr Deegans Restaurant, Burnett Rd. Chicopee. Mountain bike Chicopee State Park. Leader: Don Maynard (413) 525-3464.

**April 24:** Meet 10:00 AM at the Munk's, 18 Evergreen Drive, East Longmeadow. New route over the ridge from Somers to Stafford & return, approx 34 miles. Short section on dirt road, about 1/2 mile. Leader: Peter Munk, 413-525-8534 [petermunk7@gmail.com](mailto:petermunk7@gmail.com)

**May 1:** Meet at 10:00 AM in the parking lot of Highland Park Market, 68 Bridge St in Suffield CT.; ride 25-30 miles through Windsor Locks, Windsor, and Windsor Historic District; bring lunch and drinks; Leader: Sue Strange 860-763-3046

**May 8:** Meet 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 tables. Leader: Liz Sturgen (413) 374 3456 or [LSturgen@aol.com](mailto:LSturgen@aol.com)

**May 15:** Meet at 9:00 AM at Robinson Park Elementary School. Mountain bike Robinson State Park. Leader: Don Maynard (413) 525-3464.

**May 22:** Meet at 10:00 AM at Mt. Sugarloaf parking lot, off Rt. 116 in S. Deerfield. Ride to Mim's in Northfield for lunch and ice cream. 40 miles, flat to rolling. Leader: Betty Siwinski (413) 427-6095 or [bettrad@msn.com](mailto:bettrad@msn.com).

**May 29:** Meet at 9:00 AM for breakfast at Soup's On, 16 Union St, Westfield. Park in lot across the street. Ride to Granville 35-40 miles, ice cream stop at Gran-val scoop. Leader: Mary Ann Siron (413) 568-3304 or [ottertales2@comcast.net](mailto:ottertales2@comcast.net)



## UPCOMING RIDES, HIKEs, EVENTS



**Cape Cod Trip** – A popular Cyclonauts tradition continues this year with the annual Spring trip to Cape Cod. This year's trip has been scheduled for Sunday, May 29th to Friday, June 3rd at Hunters Green Motel in West Yarmouth, MA. Call (800) 775-5400 and give the code RB2903 to get the discount rate of \$50 per room per night. For more information call Ray Bourbeau at (413) 265-5047. Ray will be leading rides (about 25 miles/day) for those interested.



**Weekend Trip to Westminster, Mass** — Saturday and Sunday, June 11 & 12. Explore the back roads east of Quabbin, the land that time forgot, classic New England with small town commons and white steeple churches. About 45 to 50 miles (hilly) both days. Self supported ride (no sag). For reservations call the Rodeway Inn (1-978-874-5951) to make your own reservations and mention that you are on the group ride with Kerry and Diane Goguen. For more information call them at 1-413-525-4029.



**Canoe Trip** — On Sunday, April 24, Don Maynard will lead a canoe/kayak trip. We will paddle a lake on the North side of Rt 20 in Sturbridge. Meet at 9 AM at Ocean State/Big Y parking lot, Rt 32, near Exit 8 Mass Pike. Leader: Don Maynard (413) 525-3464. This is not a Cyclonauts event, but Club members are welcome to participate.



**Tour de Cure** – The American Diabetes Association will sponsor the annual Tour de Cure benefit ride on Sunday, June 12. This ride is the principal fundraiser for the Association's research, education, and advocacy programs. There will be 50K, 100K, and Century rides through scenic back roads in Southern Connecticut, all starting from the Durham fairgrounds. To join the ride, sign up at [tour.diabetes.org](http://tour.diabetes.org) If you cannot ride consider a pledge for Peter Munk. Another Tour de Cure ride is held on Sunday, May 22 in Topsfield, Mass.



**Erie Canal Ride** – The annual Erie Canal ride will be held this year July 10-17. The ride is mostly flat, 40-60 miles per day, total of 400 miles over 8 days from Buffalo to Albany. About ¾ of the mileage is along the Canal Trail. Registration includes meals, campsites, sag service, and canal tours. There is an option to volunteer and ride, for a reduced fee. If interested, contact New York Dept of Parks & trails at [www.ptny.org](http://www.ptny.org)



**Cycle Massachusetts** – The Mass Bike Pike Tour is now Cycle Massachusetts. This year's ride will be based in Dudley, Mass (South of Worcester). There will be seven days of riding, from July 30 to August 5, including loop rides to/from Dudley, a two day ride from Dudley to Great Barrington (with overnight in Suffield, Ct), and two day return to Dudley (with overnight in the Springfield area). You can pick & choose from 2, 4, 5, and 7 day options. Also choice of 40 or 60 mile rides on the loop ride days. Registration includes breakfasts, dinners, sag service, and indoor camping accommodation in school gyms. Info at [www.cyclema.com](http://www.cyclema.com).

**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](http://www.cyclonauts.com) or contact the Treasurer for an application form:

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