

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield Massachusetts

THE PRESIDENT'S CORNER



Welcome to the summer of Covid. We were heart broken at having to cancel our entire spring cycling schedule, but I know our membership was in agreement that it was necessary.

I do want to *thank* those who volunteered to lead rides back in late February and early March before Covid had reared its ugly head. I also want to *thank* our Executive Board Members for their conscientious efforts in this very difficult time.

You should have received an email informing you that the Board has voted to **suspend rides through June**. This has been done so that we can see how the situation progresses as the state begins to open. I want you to know that we will be monitoring all available information (as we have been doing) so that we can resume our schedule when it is deemed safe. I hope everyone realizes that our members comprise the most vulnerable group, our return to group cycling is certainly not an economic necessity, and that if we are able to return to group rides this summer, it may be under different rules.

We consider it important to our members health and emotional well being to be able to get outside and ride their bikes (solo or with a partner that you feel safe with). A healthy immune system depends on sunlight, fresh air and exercise. Your board has been looking for ways to support our members and one way to do this is to provide a variety of rides. So you are asked to **send cue sheets** for your favorite rides that members can use to ride solo. Our Webmaster Ray Siwinski has added a page to the website for printing out ride cue sheets. If you have a favorite ride that you normally lead, please email it to Ray at spfldcyclonauts@gmail.com.

I encourage our members to write letters to the SpokeNotes editor Donna Katz to share their opinions, particularly now with respect to cycling at this challenging time. Also, again, if you have cycling stories to tell, please take the time to share them on the SpokeNotes and/or the Cyclonauts Facebook page. I am sure that our members would all enjoy sharing in good times and good memories.

Betty Siwinski, President



June Cape Cod Trip

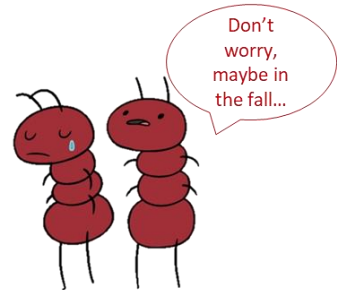
Sunday, June 7 to Friday 12

Ray Bourbeau's annual June Cape Cod Bicycle Trip is CANCELLED.

Those who have made reservations should call the Hunters Green Motel, (800) 775-5400 to cancel so that they will not be charged.

Summer Picnic

Our summer picnic is cancelled at this time. Your Cyclonauts Board will be continuing to meet (virtually) throughout the summer to evaluate the possibility of holding a picnic in the fall.



MEMBERSHIP



NEW MEMBER: James (Jim) Brown **Welcome Jim!!**

Current **LIFETIME MEMBERS** are:

Eric Auerbach
Sylvia Cook
Rolland Daigneault
Gundel Deex
Henry DeSellier
Bill Grigaitis
Paul Guertin
Phyllis Knecht
Barbara Mancuso
Peter Munk
Ann Setnes

Irene Sherman
Meredith Sullivan
Lorraine Toothill
Fran Golden
Bruce Kurtz
Joanne Nadolny
Bea Robinson
Bill Burgart
Ray Bourbeau
Lucien DuPont

LIFETIME MEMBERS are inactive long term members who have given service to the club.

EDITOR'S REST STOP



Hi everyone,

Just a reminder, if you wish to contribute, please don't hesitate to send in any information you think will be helpful or interesting to the other club members, letters to the Editor, or feedback to me directly regarding how SpokeNotes can be more interesting or accessible to our members. Send correspondence to donna.katz56@gmail.com .

LETTERS TO THE EDITOR:

This is 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.

Dear Editor:

For those members interested in riding rail trails, please consider the following. On my ride yesterday - in 25 miles of riding - I estimated that I passed 100+ walkers/riders. It would be impossible to pull up a mask every time you passed another person, and taking your hand off the handle bar every time could lead to an accident.

It is Important to point out that when exercising at a moderate to higher pace, masks are difficult to wear. When we breathe out carbon dioxide, some of it remains in the mask. When we breathe in oxygen, we also take in the remains of carbon dioxide. Over a short period of time this becomes hazardous in many ways. Just food for thought.

Billthehill

OTHER CONTRIBUTIONS FROM MEMBERS:

Dave Westcott submitted this photo.
Who recalls this trip?
AND What is he suggesting??!!



THE WEBMASTER'S CORNER

Not being able to do club rides does not mean that members cannot ride. Due to the circumstances that we are all faced with, and as the weather turns good for getting outdoors, we should all be riding - safely. That means riding solo or with a partner that you feel safe with. But one of the joys of club riding is going to new places that we would never find on our own. So to allow solo riders to find new routes to ride we have added a page to the www.cyclonauts.com website called "Solo Rides" which allows members to print ride cue sheets of favorite club rides offered by other members.

To add your favorite ride cue sheets to the website just save it as a .pdf document and e-mail it to me at spfldcyclonauts@gmail.com. If the ride normally starts from your home you might want to modify the cue sheet to start from another more public location. When sending please provide a short description with your name, route mileage and start location (town is OK). See the website for an example of what is needed.

And when we get back to normal and start club rides again, I promise to delete the "Solo Ride" web page so that member's ride cue sheets can't be stolen!!!!!!!!!!

Stay safe.

Ray Siwinski



Check
them
out!!



Cue sheets
already listed
under
Solo Rides

Ray Siwinski's 48 mile Belchertown to West Brookfield ride

Betty Siwinski's 32 mile ride to the Bookmill and historic Deerfield

Betty Siwinski's 25 mile "Northampton Ramble" ride

Betty Siwinski's 27 mile Belchertown Common ride

Betty Siwinski's 41 mile "Up the River and Back Down" ride

Betty Siwinski's 28 mile ride to Burgandy Brook

Betty Siwinski's 43 mile "Tour of Montague" ride

Brian Machia's 31 mile "Ride by Berkshire East" ride

Brian Machia's 23 mile "River Ride"

Brian Machia's 24 mile "BeeBe Climb" from Palmer