

SPPOKE Notes

Newsletter of the Cyclonauts Bicycling Club — Springfield, Massachusetts

CYCLONAUTS ANNUAL BANQUET

Our annual Club banquet and business meeting will be held at the Ludlow Country Club on Saturday, April 15, 2017 with the social hour starting at 6 pm, followed by dinner at 7 pm. Please plan to attend, you do not want to miss this wonderful evening with good friends and great people. Please see the enclosed banquet reservation form for additional information. Looking forward to seeing you there.

— Betty Siwinski, President

HIKE SCHEDULE

Breakfast is at 8:00 AM. 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. NOTE: Schedule may change, check Website for updates.

WEDNESDAY HIKES

Feb 1: Hike Quabbin - two parts. 1st - Shorter, moderate, near Visitor's Center 2nd - will be participants choice. Bring micro-spikes. Breakfast at Kristina's Kafe, Rt 9 N Main St, Belchertown. Meet 9 am at Quabbin Visitor's Center parking lot, 1st entrance off Rt 9, Belchertown. Betty Siwinski 413 427 6095 or bettrad@msn.com NO DOGS

Feb 8: Hike or X-C ski at McDonald Way. Breakfast at Jakes, Rt 20, Springfield. Kris Jackson 413 782 0247 or nausetrose@hotmail.com. Dogs Welcome!

Feb 15: Hike Wells State Forest, Sturbridge, Ma. Breakfast at Day-Night Diner, 1456 N Main St, Palmer, Ma. Allow 3 - 4 hours for hike and travel time. Don Maynard 413 525 3464 or djmaynard07@charter.net Dogs welcome!

Feb 22: Hike Goat Rock in Hampden, Ma. Breakfast at Reids Corner, Hampden, Ma. Mike Cronin 413 566 3114 or mike@92341@gmail.com Dogs welcome!

March 1: Hike Herman Covey Wildlife Management Area, Belchertown, Ma. Spikes or snowshoes depending upon snow conditions. Breakfast at Almeida's Country Cafe, Belchertown, 146 State Street (US Route 202). 2 + hours, relatively easy. Nancy and Mike Greco, home 413 323 5727, or Nancy cell phone 413 626 3052 or mgreco911@charter.net Dog Friendly!

March 8: Hike "Wachusett Greenways" or Rutland State Park. Breakfast at Heavy Evi's, Maple Ave., Rutland, Ma. Diane Delrosario delrossa@aol.com or 508 612 2557 Microspikes and/or snowshoes depending on conditions.

March 15: Hike the M & M Trail north of Rt 202 in Holyoke and Southampton. Breakfast at Friendly's, Rt 5 in Holyoke. Moderate, 2 - 5 hours. Don Maynard 413 525 3464 or djmaynard07@charter.net Dogs Welcome!

March 22: Hike Doane's Falls and Spirit Falls in Royalston, MA. This is a weather dependent hike so check the schedule a few days before and we will post conditions. Meet at Tully Lake boat launch at 9:30. Bring a lunch, this will be a full day hike. We will take time to enjoy the falls. The trail is either flat or a steep climb. We will also hike to The Ledges for a spectacular view. Best directions are to Google, Doane's Falls Reservation, Doane Hill Rd, Royalston, MA 01368, then follow Doane Hill Rd down to boat ramp. Ed Gingras cell 978-870-2483, Claire 978-870-4230

March 29: Hike Peaked Mt and/or Norcross. Breakfast at Beth's, Rt 32 Monson Ma. Don Maynard 413 525 3464 or djmaynard07@charter.net Hike time approx 3 hours. For lunch bring something to share on the grill after the hike. Dog friendly!

SATURDAY HIKES

February 4th: XC SKI, Notchview, Trustees Reservation, RT 9W Windsor, MA. Breakfast 8:00 Bluebonnet Diner, Rt 5 Northampton. Carpool to Notchview. Bring lunch and plan to stay the day. Trail fee \$15 If there is not enough snow a local hike will be substituted. Leader: Betty Siwinski 413-427-6095 bettrad@msn.com

February 11th: Hike MT Tom, Holyoke, MA. Breakfast 8:00 Friendly's RT 5 Holyoke. Depart 9:00 to park at the lower parking lot at the Log Cabin, on RT 141 Holyoke. Wear appropriate footwear and clothing for the weather conditions. Moderate terrain. Snacks and water recommended. Moderate hike 4 miles. Dog Friendly. Leader: Kerry Goguen 413-525-4029 Dyna309@charter.net

February 18th: Hike Stanley Park, Westfield, MA. Breakfast 8:00 Good Table, School St. Westfield. Meet 9:00 at the 2nd entrance across from Westfield State College athletic complex. Depending on conditions, we will snowshoe, XC ski or walk on ice, so dress and equip yourself for the weather. Bring water, snacks. Dogs Friendly but bring a leash. Hike is moderate, 2-2.5 hrs. Leader: Mary Ann Siron 413-568-3304 ottertales2@comcast.net

February 25th: Hike MT Toby, Reservation Rd, RT 47N 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 hours. Wear appropriate footwear, micro spikes, hiking poles and clothing for the weather conditions. Snacks and water recommended. Dog Friendly. Leader: Suzanne McAuley 413-530-4686 corgislivehere@gmail.com

March 4th: Hike Kennedy Park, Lenox Ma. Rt. 7 by the Arcadia Shop. Breakfast at Rosie's just off the Mass Pike Lee exit, across from McDonald's and Friendly's. Meet at 8:00 at the Westfield Friendly's at the Mass Pike entrance to car pool to Rosie's in Lee. Depending on snow conditions, we will snowshoe, XC ski or walk on ice, so dress and equip yourself for the day. Bring snacks and water. Dog friendly. Hike is moderate, 2-3 hrs. Please remember a few pennies for your driver, (gas and tolls). Leader: Mary Ann Siron 413-568-3304 ottertales2@comcast.net

March 11th: Hike M&M Trail starting at MT Road Suffield, CT to RT20 E. Granby CT. This is a 7.5 mile hike on rolling terrain. Breakfast 8:00 at Center Grill Restaurant 3 Turkey Hills Road, East Granby, CT. Leave at 9:00 to carpool to trailhead. Snacks and water recommended. Dog Friendly. Leader: Kerry Goguen 413-525-4029 Dyna309@charter.net

March 18th: Hike The Notch, Amherst MA. Breakfast 8:00 Atkins Market, RT 116 Amherst. Meet at the trailhead for 9:00 at The Notch parking lot. 3 hours moderate hike. Dog friendly. Bring snowshoes, XC skis or micro spikes depending on the weather. Leader: Paul Griffin morinann@hotmail.com 413-592-4123

March 25th: Hike the Mt Holyoke Range. 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. This is a moderate to difficult hike. 3 to 4 hours over varies terrain. Snacks and water recommended. Dog friendly, but hike might be difficult for dogs, use your own discretion. Leader: James Deselliar Jed7516@charter.net 413-297-3880

March 26th: Special Sunday Hike - The Quarry located in Becket, MA. Meet 9:00 at Friendly's Westfield at the entrance of the Mass Pike to carpool to the trailhead in Becket. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Dog friendly. Leader: Don Maynard 413-525-3464

MEMBERSHIP RENEWAL

If your mailing label has a "16" in the lower left corner your 2017 dues should be paid now. Use the enclosed renewal form. Save time & a stamp and enclose your banquet reservation form at the same time. **A member more than two months in arrears will be dropped from the membership list.** If your 2017 dues have been paid and our records are in error, contact Les Prentice at 413-783-6775 or lprentice@verizon.net.

MARK YOUR CALENDAR



The deadline for the Spring Spoke Notes is Tuesday, March 21. All ride schedules & notices must be submitted by March 21 to Peter Munk: petermunk7@gmail.com