

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield Massachusetts

THE PRESIDENT'S CORNER



Cyclonauts Ride Again

I am pleased to announce that the Cyclonauts will be **starting club rides** again in September and October. We will be starting with a limited schedule, only four rides per month, one ride per week, either Saturday or Sunday.

Your Executive Board has been working very hard throughout the spring and summer months. We have been monitoring available Covid-19 data, Massachusetts state guidelines, and other bicycle clubs throughout the country. Your board has been holding monthly Zoom meetings to discuss our findings and to develop guidelines for group riding to keep everyone safe. These guidelines are given below. Our decision to attempt a ride schedule at this time was based on the following.

******The results of a review of several other bicycle clubs that resumed their rides in July. None of these clubs reported any significant problems and none of these clubs have re-suspended their rides.

******A review of the current Covid case data in our riding area and state guidelines for group activities.

******The results of a small group ride done to test our proposed ride resumption guidelines. This "test ride" demonstrated that these rules can work to keep riders safe while still keeping a group together.

For those not comfortable with resuming group rides at this time, the **Solo Rides Page** remains on the website and many new rides of varying lengths have been added. I would like to **thank** all of you who have contributed cue sheets for these rides.

As our annual Banquet had to be cancelled this year, our **elections** were held by email. Janet Parslow is now our club treasurer as well as our membership chair, and Bill Grigaitis (Bill the Hill) has joined the board as an at large member and will represent Cyclonauts Trail Riders. Congratulations Janet and Bill. All election results can be found below. I want to **thank** all of you who voted for supporting our club and thank you to Sue Strange for conducting our elections.

Also, a big **thank you** to James DeSellier for hosting all of our Zoom meetings this summer.

Betty Siwinski, President

Guidelines for Group Riding during Covid-19

The following rules are meant to minimize the risk of infection during Club rides, but ***no rules can guarantee that infection will not occur***, so it is each member's individual responsibility to decide to participate or not. **The Club does not imply or guarantee the safety from infection of any ride participant.**

The Cyclonauts, at the discretion of the Board, may modify these rules or shut down group rides with no prior notice if problems should arise.

In General:

1. **Do not attend a ride if you are experiencing any symptoms of the Covid-19 disease.**
2. **Ride leaders must provide cue sheets.** Cue sheets should have designated regroup points where there is sufficient space for social distancing (6ft) and rides should not start at the ride leader's house.
3. **Rides are limited to 10 participants.** Interested participants must email to spfldcyclonauts@gmail.com to sign up by Thursday prior to each ride. Slots will be filled on a first come, first serve basis. If more than 10 people sign up for a ride they will be notified that the ride is full.
4. **All rides are to begin at 9:00 AM or later.**
5. **We strongly recommend against carpooling.**
6. **No restaurant stops** (participants should have breakfast at home prior to ride and bring their own snacks as needed).
7. **All participants are to have face masks and antiseptic hand wash available for use.**

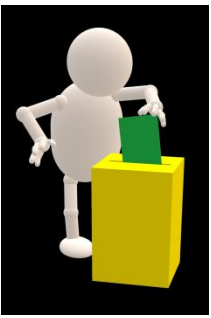
Pre-Ride and Post-Ride:

1. **Face masks should be worn and social distancing** observed when preparing bikes, getting pre-ride instructions, and when packing up bikes and saying goodbyes.
2. **Cue sheets should be placed on a car windshield** so they can be taken by each rider individually (i.e. not handed out by the ride leader).

During the Ride:

1. **Face masks** can be removed when the bike ride is underway but should be worn during extended stops if 6 feet distance can not be maintained between riders. Bike trails should be avoided but if necessary, masks must be worn while on a trail.
2. **Appropriate distancing** (about 30 feet or 5 bike lengths) should be maintained between cyclists at all times, drafting is prohibited. Faster riders should depart first.
3. **When overtaking another cyclist** (on the left only) it should be done quickly and the overtaking rider should reestablish the appropriate distancing (about 30 feet)
4. **Two abreast riding should be avoided.**

ELECTIONS



“I am pleased to report that there were 51 votes of “Yes” for the slate of officers and 0 votes of “No”. The elected slate of officers is presented below for your records.”

- Sue Strange

Officers

- President - Betty Siwinski
- Secretary - Ann Morin
- Treasurer - Janet Parslow
- Membership Chair - Janet Parslow
- 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
- Bill Grigaitis

Thanks to all of you who supported our club by taking the time to vote.

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 at 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.

No letters this issue.

MEMBERS CONTRIBUTION:



Hill Climbing Tip from Ray Siwinski

Whether you are a strong hill climber or not, it is always more strenuous than cruising the flats. Especially those long, steep New England "hills" that we all love (yea, right!). Well here is a tip that I use to make sure that I will reach the top and am ready for the next "hill". While not published in a medical journal and not peer reviewed (pandemic talk for "give it a try, it won't kill you"), it works for me and may work for you.

The normal method for breathing on that long, steep climb is deep inhales followed by quick, open mouth exhales (about 1 second). Your lungs are screaming for oxygen so the quicker you breath the more you can get. Right? Wrong. Keep doing the first part (deep inhales) the same but instead of quick open mouth exhales try pursing your lips and slowing your exhale to about 2 to 3 seconds. This will do two things. It will allow the air that you just inhaled to reside in your lungs a bit longer so more oxygen can be extracted for each breath. And more importantly, it will slow down your heart rate. Kind of like Yoga.

This technique will not make you climb faster (no King of the Hill honors, sorry), but it will help you survive, which at my age is everything. If the above description is unclear (in addition to not being a Doctor I am not a writer) feel free to ask me to explain it when we ride together again. Good luck.

THE WEBMASTER'S CORNER

As previously announced, the Cyclonauts will resume rides on a limited basis starting the first weekend in September. There will be only one ride per weekend and each ride will be limited to 10 participants including the ride leader. This is necessary to ensure that the special Covid pandemic ride guidelines can be maintained and everyone can remain safe during club rides.

In order to accomplish this, rides will not be posted on the website and the following procedure will be used:

By Monday evening of each week a description of the next weekend's ride with the starting town, but without the specific starting location, will be e-mailed to all club members.

By Thursday evening of each week, those that want to participate in that weekend's ride should respond to the Monday e-mail with their name and a short statement that they have read and agree to the guidelines provided in the club's ride resumption announcement letter (and posted on the club website). "Yes, I have read the guidelines and I agree" will be sufficient. Please be sure that you will participate in the ride if you respond since participant slots are limited.

The first 10 respondents will be notified by e-mail as soon as possible, but no later than Friday, that they are confirmed to ride, along with the specific start location and time.

Additional respondents will be notified by e-mail as soon as possible, but no later than Friday, that the ride is full and they cannot participate.

While this procedure may be tedious, it is necessary at this time. If we find that it can be improved during the next few months we will be happy to make changes. Hopefully next year when the pandemic is in our rear view mirror we will be able to get back to a normal schedule and rules.

Ray Siwinski