

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield Massachusetts

THE PRESIDENT'S CORNER



Up until a few weeks ago this was a completely different message. The groundhog may have predicted an early spring but certainly not the Covid-19. The following addresses the new reality of Covid-19. We are in uncharted territory now, and as a club we need to abide by the most current CDC guidelines. I know that many of you have been out on your bikes already and were looking forward to group rides. However, we are currently planning to suspend our cycling season until the end of April at which time we will reconsider depending on the CDC and our governor's recommendations. I am really hoping not to have to completely cancel the spring cycling season but the health and safety of our members is the most important consideration. I *thank* all of you who have volunteered to lead rides, and

our awesome ride coordinators, Janet Parslow and Chuck Allsop. I definitely want to *thank* all of you who have led hikes this winter. We have had a great hiking season even if Mother Nature opted not to give us any snow and Covid-19 reared its ugly head. I want to *thank* James DeSellier and Mary Ann Siron for coordinating the hikes.

I would like to encourage our members to write and submit articles, with or without pictures, about their summer bicycling adventures to the Spokenotes. We used to devote an issue for this purpose, but got away from it in recent years. By sharing your story, you may encourage others to try your trip. We are also initiating a "Letters to the Editor" section. We would like club members to be able to share their opinions with respect to all aspects of cycling with other members. (no politics PLEASE!)

Betty Siwinski, President



Annual Club BANQUET and BUSINESS MEETING Canceled!



As the health of our members and their families is of the utmost importance, we are canceling our annual Cyclonauts Banquet. Members who have already sent in their banquet reservation will have their payments refunded. We have spoken with Storrowton Tavern and they have assured us that we could reschedule at any time if we choose to. The safest path is to wait until the pandemic has ended and then take rescheduling into consideration.



No new members have signed up since the last newsletter but at the Board Meeting on 2/29/20 additional members were voted in as **LIFETIME MEMBERS**. **LIFETIME MEMBERS** are inactive long term members who have given service to the club.

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

ELECTIONS

Elections will be held as soon as it is safe to schedule a get together.
The current nominations are as follows.

President: Betty Siwinski

Web Master: Ray Siwinski

Secretary: Ann Morin

At Large Members:

Treasurer and Membership:

Mady Schorsch

Janet Parslow

Sue Strange

Trips Chair: Betty Siwinski

Diane Goguen

Hikes Chair: James DeSellier

Mary Ann Siron

& Mary Ann Siron

SpokeNotes Editor: Donna Katz

Nominations remain open for all positions. If you would like to nominate candidates or run for any of the officer positions, please contact the nominating committee – Sue Strange (860) 763-3046.





President's Highlights of Events and Tours

Sunday, June 7 to Friday 12: Ray Bourbeau's annual June Cape Cod Bicycle Trip



The group will be staying at Hunter's Green Motel in West Yarmouth, MA. You can make reservations by emailing them at info@huntersgreenmotel.com or calling (800) 775-5400 or booking online on their website, huntersgreenmotel.com. As the first floor often books up by the end of April, booking early is advised. For more information call Ray Bourbeau at (413) 265-5047.

Looking Forward to
more events!!

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.

To Cue or Not to Cue 3/19/20

Cue sheets are advantageous on group rides because, even among fairly compatible riders, not everyone will be riding a similar pace throughout the entire ride; and, riding styles can differ. Some riders are stronger on flats, some on hills, and some are much better against the wind than others. While not required, cue sheets are generally a good idea, especially with rides that include riders of varying abilities such as on Sunday Rides. Cue sheets also enable faster riders to go ahead. However, if they miss a turn they should not expect the ride leader to go after them. Cue sheets should also include designated regroup points. Ride leaders should NOT be expected to stop at every turn. Riders who continually keep the group waiting for 5 minutes or more at regroup points, should consider whether the ride is appropriate for their ability, particularly when there are slower paced rides available on the same day. It is a good idea for leaders to include their phone numbers on the cue sheet so that riders who do get lost or have a problem can call.

Betty Siwinski

THE WEBMASTER'S CORNER

Our webmaster, aka Ray Siwinski is starting us off with members sharing bike trips that other members might find interesting and potentially want to duplicate.

Belchertown to Montreal Bike Tour Round Trip - 2019 **By Ray & Betty Siwinski**



Last August we set out on a rainy Sunday for a two week bike tour from our home in Belchertown to Montreal, Quebec, Canada. Why Montreal? Because it's there. And because it's a vibrant vacation destination whether by bike or by car. Getting there and back by bike was just icing on the cake.

We took six days out through New York and Vermont, and six days back through New Hampshire and Vermont, averaging just under 60 miles per day, about 700 miles in all. The weekend was spent off the bikes (i.e. "walking") while staying at a beautiful inn in downtown Montreal. Of course we also indulged in the wonderful cuisine available in the beautiful French speaking city on the St. Lawrence River.



Fortunately the weather in Montreal was beautiful. Not so getting there and getting home. We rode in the rain for three of the twelve days we bicycled. But we quickly realized that once you get wet you can't get any wetter, so we just kept going. Highlights of the ride were Williamstown, MA, Lake George, NY, Fort Ticonderoga in New York, The Lake Champlain Chocolate Factory in Burlington, VT, taking the Lake Champlain bicycle ferry on a 100 yard crossing and bicycling on a Grand Prix auto circuit while entering Montreal. The ride down the Connecticut River valley in New Hampshire on our way home was also a multi-day highlight. We couldn't get over how beautiful it was.

We highly recommend this two week getaway and will gladly share cue sheets and accommodation recommendations with anyone who wants to duplicate this trip (without the rain of course). In fact we plan to spend a weekend this June at the Point Au Roche Inn that we discovered just outside of Plattsburg, NY.