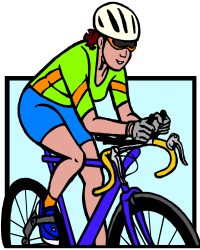


## SPOKE

## Notes

## THE PRESIDENT'S CORNER



I hope that everyone had a wonderful summer. Special thanks to John Hawley and fiancée, Kathy, for hosting our annual summer picnic. Although I was not able to attend, I understand that the food was delicious and every-

one had a wonderful time. Thanks to Suzanne McAuley for running the business meeting and to Ann Morin for putting together the minutes (which you can find on Page 2). Thanks also to our ride coordinators, Ted Jeremicz, Janet Parslow and Jane Glushik for all of their hard work putting together our ride schedules and thanks to all of you who have volunteered to lead rides. There would be no schedule without you.

Last season there were five open dates on the Alternate Ride Schedule. This group originally branched off for the purpose of providing longer, more challenging and faster rides with the understanding that they would take responsibility for their own schedule. This will only work if riders volunteer. If you currently ride with the Alternate Saturday group, please consider volunteering to lead at least one ride per season. I am sure that we are all looking forward to many great fall rides.

See you on the road

— *Betty Siwinski*

## BICYCLE COMMUTING NEWS



According to a recent census taken by the American Community Survey, the number of people who commute to work by bicycle has increased by 60% over the past 10 years. It's estimated that about 800,000 Americans use their bikes regularly to get to work. Nationwide, that's only about 1% of all commuters. But in certain cities where bike-designated lanes and traffic lights make the ride more bicycle friendly, the figures are much higher: Cyclists make up 10% of all commuters in Boulder, Colorado, 9% in Eugene, Oregon, 8% in Berkeley, Cal, 7% in Cambridge, Mass, 6% in Portland, Oregon, and 4% in Minneapolis.

## CLUB JERSEYS



The club is looking to place another order. Listed below are those sizes that we already have on hand. If you would like to purchase one of these or would like to order a different size, please contact Liz Sturgen at [LSturgen@aol.com](mailto:LSturgen@aol.com). Sample sizes are available to try on by appointment.

Jerseys — \$59.95 Mens' size M, Womens' size L  
Shorts — \$74.50 Mens' size M & XL, Womens' size M

## — ANNUAL PICNIC AND MEETING —

The Cyclonauts annual picnic was held on July 30 at the home of John Hawley and his fiancée Kathy. Approximately 35 people enjoyed a sunny Summer afternoon of food and friends.



A Business Meeting was held during the picnic and was conducted by Suzanne McAuley who substituted for President Betty Siwinski who was away on vacation. Here are the notes from the Meeting:

1. Suzanne thanked John Hawley and Kathy who hosted the picnic at their home in Belchertown.
2. Club members are encouraged to step up and lead rides. There have been many open dates so far this season. Betty is willing to help leaders create cue sheets.
3. The possibility of making an optional change to the Saturday morning breakfast ride was brought up. The suggestion was to leave the breakfast option up to the ride leader and list the plan on the ride schedule. The reasoning behind this suggestion is the increasingly limited availability of restaurants that can handle large groups in an efficient manner and the desire to finish the rides earlier when heat is a factor. Members present expressed reluctance to make a change as the social aspect of the breakfast stop is an important activity of the club.
4. Two Century rides are being offered: 1) September 11 - Kerry and Diane Goguen will lead a slower paced ride from Granby, CT to Granby, MA and back; 2) September 18 - Peter Munk will lead a moderately paced ride from East Longmeadow to Amherst and Wendell and back. Further details for each ride are listed on the website.

*— Submitted by Ann Morin, Club Secretary*

## WEBMASTER'S CORNER

Our club website is [www.cyclonauts.com](http://www.cyclonauts.com). Keep your website interesting. You can find listings for charity rides, centuries etc. under the "Events and Tours" tab. Check out photos of our recent club rides in the gallery. Photos can be sent to Ray Siwinski at [spfldcyclonauts@gmail.com](mailto:spfldcyclonauts@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. If you move, change email address etc., please notify Ken at [kenpaq@charter.net](mailto:kenpaq@charter.net). Please help us keep this list up to date.



## MARK YOUR CALENDAR

The deadline for the Winter issue of the Spoke Notes is Friday, October 21. Hike schedules, notices and other entries to the newsletter must be submitted by that date to:

Peter Munk  
18 Evergreen Drive  
East Longmeadow, MA 01028

or [petermunk7@gmail.com](mailto:petermunk7@gmail.com)



**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).

**WEDNESDAY RIDES**

**Wednesday rides are leisurely. Riders meet at 8:00 AM for breakfast at the designated restaurant or at a parking area from which to ride to breakfast. If the meeting place is at the restaurant, the ride begins at 9:00 AM.**

**Sept 7:** Meet at my house **AT 9:00 AM**, 280 Prospect St Ext. Westfield, Ma. Ride to Cafe Santorini in Westfield for breakfast approx. 5 miles away, ride through Westfield, Southampton, Easthampton. Approx. 25 miles with a few hills, nothing horrible. Mary Ann Siron 413-568-3304 [Ottertales2@comcast.net](mailto:Ottertales2@comcast.net)

**Sept 14:** Meet at 8:00 AM at Kristina's Kafe, 9 N. Main St., Belchertown, for Breakfast. Ride at 9:00 AM from the Belchertown Town Hall, Jabish St. Park behind the Town Hall, bathroom available. Ride 25 miles through the Quabbin, Ware, Palmer and Belchertown. Leader: Betty Siwinsk (413) 427-6095 or [bettrad@msn.com](mailto:bettrad@msn.com).

**Sept 21:** Meet at 8:00 AM at the Plaza Restaurant, Rt 83, Somers, CT for breakfast. Drive to the Airline Bike Path on Rt. 85 and park. Ride to the end of path and stop at pizza shop for lunch, return to parking lot on Rt 85. Leader: Don Maynard (413) 525-3464.

**Sept 28:** Meet at **9:00 AM** at Walmart Rt. 5, East Windsor Ct. (meet on south side of building). Lunch at Bart's in Windsor Ct. " Around the river, " back roads to Rt. 5 in South Windsor- then old Main Street to bike path over the river to Rt. 159- North, with stop at Bart's, and on to Windsor locks- cross River- back to Walmart. Approx. 30 miles. Rain or threat of rain cancels. Leader: Bill " the hill " Grigaitis 860-559-2515

**Oct 5:** Meet at **9:00 AM** at the Hampden Mini Mall,(intersection of Allen St. and East Longmeadow Rd. in Hampden, MA). Ride to Crystal Lake, Ellington, Enfield, CT. some hills at the beginning. Leader: Mike Cronin (413) 566-3114 or [mike92341@gmail.com](mailto:mike92341@gmail.com)

**Oct 12:** Meet at 8:00 AM at the Hampden Mini Mall, (intersection of Allen St. and East Longmeadow Rd. in Hampden, MA). Ride to Wilbraham Village Store for breakfast. Ride to Quabbin, some hills, approx. 45 miles. Bring liquids and snacks. Stop at McDonalds in Belchertown on way back. Leader: Chuck Allsop, 413-782-6328, [hi2sam@comcast.net](mailto:hi2sam@comcast.net)

**Oct 19:** Meet at 8:00 AM at Beths Restaurant 107 Main Street, Monson, for breakfast. Depart from Beth's Restaurant at 9:00. Ride Monson -Wales-Brimfield. .Leader: Don Maynard (413) 525-3464.

**Oct 26:** Meet at 8:00 AM at Earlee Mug Restaurant, Rt. 202,Granby, Mass. Ride from Dufresne Park at 9:00 AM through Granby and Hadley, around 30 miles. End of season cookout after the ride at the Pavilion. Bring something to grill and eat. A grill will be provided. Leader: Betty Siwinski (413) 427-6095 or [bettrad@msn.com](mailto:bettrad@msn.com).

## SATURDAY TRADITIONAL RIDES

**For September and October, the traditional breakfast rides begin at 9:00 AM. The rides are 20 - 30 miles at a leisurely pace with a breakfast stop during the ride.**

**September 3** Meet at Stanley Park, Westfield, by the Rose Garden, will ride to Toni Ann's for breakfast, no horrible hills, approx 25 miles, Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

**September 10** Meet at Sunderland Elementary School, Sunderland. Breakfast at Cushman's in North Amherst. Ride through Leverett and Montague with a stop at the Bookmill, 30 miles. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com.

**September 17** Meet at Beth's Family Diner in Monson, MA. Park in back by the market. Ride to Chelle's 50's Car Hop for breakfast, then around Crystal Lake, through Stafford Springs and then back to Monson, about 30 miles. Leader: Doug Young (413) 267-5883 or kodi1young@gmail.com

**September 24** Meet at Stop and Shop 1282 Springfield St, Feeding Hills. Ride to M&M's in Suffield for breakfast. A couple hills (rte. 57 & rte. 168) along the way. 28-30 miles. Leader: Joe Whalen 413-374-1797 or wailinjoel1@msn.com

**October 1** Meet at the Hampden Mini Mall for breakfast first at Reid's Corner. The ride will go through part of Hampden, Somers, and Ellington. A combination flat roads, rolling hills and a couple of nice climbs. We will pass horse farms, orchards and other picturesque areas. The ride will be 25 to 30 miles. Leader: Lani Giguere (413) 244-0781 or lanigiguere@comcast.net

**October 8** Meet for breakfast first at Rose 32, 412 Main street (Rt 32), Gilbertville. We will park our cars at the Town hall 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.

**October 15** Not your usual Saturday Ride. Bike and Hike: Ride 15 to 20 miles mostly on the Harlem Valley Rail Trail in Copake, NY, then 1.5 mile hike to Bash Bish Falls. Restaurant Lunch along the bike trail. Cars will leave promptly at 9:00 am from Friendly's, just off Exit 3 Mass Pike. Leader: Kerry Goguen 413-525-4029 (home)

**October 22** Meet at 9:00 am behind town hall parking lot on 250 Main street Rutland, Mass. No breakfast but bring a snack to eat at rest stop. Ride 30 miles through Brookfield, New Braintree area. Scenic and hilly area. Leader: Diane Delrosario (Delro) 508-612-2557 or delrossa@aol.com.

**October 29** Meet at the Mini Mall in Hampden, MA. The ride will be in the same general area as the Oct 1st ride. Breakfast at the Chuck Wagon Restaurant, Ellington, CT. There will be a combination of flat roads and rolling hills, 25 to 30 miles. Leader: Lani Giguere lanigiguere@comcast.net or (413) 244-0781

## 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.**

**Sept 3:** Meet at 108 Asselin St. Chicopee. Ride to Almeida's in Belchertown About 40 miles. Ken Paquette (413) 593-3091 or kenpaq@charter.net

**Sept 10:** Meet at 36 Dana Hill, Belchertown. Breakfast at Cushman's Market. Around 40 miles. Ray Siwinski (860) 478-8308 or rsiwinski@gmail.com

**Sept 17:** Open date — Contact the Webmaster if you can lead a ride on this date.

**Sept 24:** Meet at my house 280 Prospect St Ext in Westfield, Mass, ride to Tandem Bagel in Easthampton and back approx 34-35 miles, scenic with some hills. Mary Ann Siron 568-3304 ottertales2@comcast.net

**(Saturday Alternate Rides, continued)**

**Oct 1:** Open date — Contact the Webmaster if you can lead a ride on this date.

**Oct 8:** Meet behind Adam's market, next to Beth's restaurant in Monson. Ride to Celle's Car Hop restaurant for breakfast. Ride around Crystal Lake and into Stafford Springs. Go from there into Wales center and back to Monson. About 35-38 miles. Doug 413 267-5883 for any Questions.

**Oct 15:** Buckland to Shelburne Falls through Ashfield and Conway. Ride to start at 9 o'clock Mount Sugarloaf parking lot, South Deerfield. No breakfast stop. We will stop in Ashfield and Buckland for a light snack and break. Leader: Suzanne McAuley 413.530.4686 or corgislivelive@gmail.com

**Oct. 22:** Meet at 17 Windmill Rd. Enfield, CT, 35 to 40 miles "East of the River" Breakfast to be determined approximately half way, No killer hills. Ray Leduc raldal@cox.net, home 860-745-3014, cell 860-608-6244.

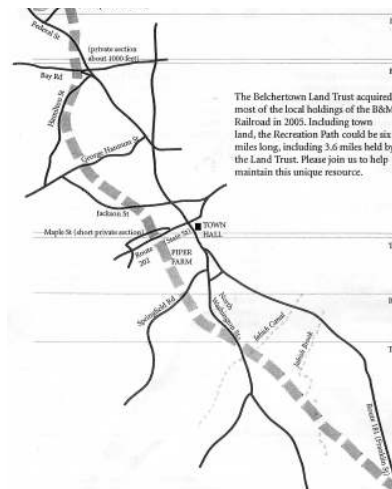
**Oct 29:** Start from 108 Asselin St. Chicopee, Ride to Mt Pollux. Breakfast 5 miles into the ride at El-Gaunaco, About 40 miles. The usual after the last ride of the year, cider and spiced doughnuts. Ken Paquette (413) 593-3091 or kenpaq@charter.net

**RAIL TRAIL NEWS — WHAT'S IN A NAME ?**

If you have been out on the Norwottuck Trail lately, you will have noticed the nice new surface. You may also have noticed some new signs — the trail is now identified as the Norwottuck Branch of the Mass Central Rail Trail. Why the name change? The Norwottuck Trail was built along the Western end of a one-time 100 mile rail line that ran from Northampton all the way to Boston. The Mass Central line was built in 1886 and served freight customers for about 50 years, until it was abandoned after severe damage from the hurricane of 1938.

The map below shows the entire line, with sections converted to bike trails shown in green. In addition to the Norwottuck trail there is a section in suburban Boston, and a 12 mile section in central Mass running thru West Boylston, Sterling, Oakham, and Barre. Diane Delrosario's ride on October 2 will include this part of the trail.

Closer to home, a six mile extension of the Norwottuck Trail could someday be built through Belchertown, where most of the old RR right of way was acquired by the Town or the Land Trust ten years ago (see map at right). Most of the route follows the active Central Vermont rail line, but in the Bondsville area the Mass Central veers off to the Southeast on its own route. You can see this section near the intersection of Rt 181 with Michael Sears Road.



**WELCOME NEW MEMBERS**



Please welcome Sandra Picard, Thomas Lake, Lynn Binder, Keith Davis, Roger and Loretta Yargeau, Rick & Lani Giguere, Fred Riotte, Jay & Deborah Evans, Bert McDonald, Elizabeth Nordell, Lynn Gebo, Ross Ziskind, Suhsien Chang, Becky Mazur, Regina Bench-Coe, David Dunn, Jeffrey Severage, and Laurie Addoms. 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.

## SUNDAY RIDES

**September 4** Meet at 8:00 am at Soup's On for breakfast, then meet in bridge parking lot after breakfast, (parking lot is opposite Soup's On). Ride to Granville and W. Hartland, Ct. approx 40 miles, with ice cream stop at the Scoop. Leader: Mary Ann Siron 413-568-3304 or [Ottertales2@comcast.net](mailto:Ottertales2@comcast.net)

**September 11** Granby 2 Granby Traditional Century Ride. Meet at 6:30 am (ride starts at 7 am sharp) at Stop & Shop, 120 Salmon Brook St. Rte 202 Granby CT. Not a fast ride (10 - 12mph) Break at Tandem Bagel mile 27. Lunch at Village Store in Wilbraham mile 61. Leaders: Kerry and Diane Goguen (413) 525-4029(H) or (413) 244-4110 Diane's cell.

**September 18** Alternate Century Ride East Longmeadow to Amherst, then we follow Walt Chudzik's popular "Up To Wendell" route to Wendell and Montague, then return to EL. Also Metric Century route EL to Amherst. Entire route is on pavement. Meet 7:00 am for breakfast, ride starts 7:30 sharp. Leader: Peter Munk, 18 Evergreen Dr, East Longmeadow, Mass. (413) 525-8534 or [petermunk7@gmail.com](mailto:petermunk7@gmail.com).

**September 18** Start at 10:00 am from the Sunderland, MA library parking lot on School St just off Rt. 47. 40 mile scenic loop from Sunderland to Montague, Northfield, return through Gill, Turners Falls, and Deerfield. Bring snack/ lunch to eat at the Northeast Utilities picnic area by the river. Ice cream/lunch stop at the Northfield Creamie/Mim's store. Rolling terrain, some bigger rollers on the way back, some stretches of dirt. Leader: Liz Sturgen at [LSturgen@aol.com](mailto:LSturgen@aol.com) or cell 413-374-3456. Liz Sturgeon

**September 25** Meet at 8:00 am at Rite Aid Jct 5 & 141, Holyoke for possible car pooling. Ride 30 miles around Mt. Monadnock. Very hilly. Lunch midway, restaurant or bring your own lunch. Bring plenty of snacks and fluids. Rain cancels. Leader: Kerry Goguen 413-525-4029 (home)

**October 2** Meet at 8:15 am at Ludlow Big Y for possible car pooling or meet at Diane Delrosario's house at 19 Valley View Circle, Rutland, Mass. Ride from there to Heifer Project Overlook Farm to partake in Harvest Festival. You can eat food there or bring something to eat. <http://www.heifer.org> (Look under events to see what is going on.) Festival admission fee will be \$3 - \$5 depending on how many riders we have. The ride to this farm is hilly but worth it! After we leave there, Ride scenic Wachusett rail trail with multiple historic spots, possible moose sightings and beaver lodges. Terrain is packed down dirt/gravel. Well groomed. Relatively flat with 10 degree incline heading back. Upon return from rail trail. Welcome to my house for hot tea and home-made banana bread after. Plan about 25 to 30 miles. It's worth the trip!!!! Leader: Diane Delrosario "Delro" 508-886-9054 or [delrossa@aol.com](mailto:delrossa@aol.com).

**October 9** Mtn Bike/Cross Bike to Green River , VT. Meet at 10:00 am at Green River Recreation Area Parking lot on Nashs Mill Rd. in Greenfield , MA . We will ride about 30 miles, round trip, lunch at the covered bridge in Green River , VT. Tires with aggressive treads are not needed as we will be riding on ~10 miles of paved roads and ~20 miles of good dirt roads. We will follow the Green River from Greenfield , MA to Green River , VT. No stores along the way, so bring lunch, something to drink, and warm clothes if it is cold. Rain cancels. Leader: Susan Strange 860-763-3046.

**October 16** Meet 10:00 AM near Williamsburg General Store in the Dunphy School parking lot (1 Petticoat Hill Rd.; left turn after Brewmaster's Tavern to enter parking lot). Ride 34 miles through Williamsburg, Ashfield, Cummington, and Chesterfield. Lunch stop at Cummington Creamery. Hilly! Leader: Julie Miles 413-549-0456 [julie@library.umass.edu](mailto:julie@library.umass.edu)

**October 23** "East of Quabbin Ride" Meet at 9:00 am at the Belchertown Town Common. Belchertown to West Brookfield and back, about 46 hilly miles. Lunch stop at Rose 32 in Hardwick. Leaders: Ray & Betty Siwinski (860) 478-8308, [rsiwinski@gmail.com](mailto:rsiwinski@gmail.com)

**October 30** "UMASS Cold Spring Orchard Belchertown" Meet at 9:00 am at 49 Acker Circle, Chicopee. 42 miles. Potluck after the ride. Bring a dish to share and drinks will be provided after the ride. Leader: Suzanne McCauley (413) 530-4686 or [corgislivehere@gmail.com](mailto:corgislivehere@gmail.com)

## UPCOMING CHARITY RIDES

**Sunday, Sept 11:** The Connecticut Valley Century (COVAC) has been around since 1985, and is popular with many Club members. The registration fee (\$40 before Aug 31) will support several charities sponsored by the Amherst Rotary Club. These include the Big Brother/Big Sister Program, the Amherst Family Outreach Center, which helps local low-income families find housing and jobs, and the Amherst Better Chance Program, which helps minority students complete High School and qualify for College. The registration fee also covers the rest stop snacks, and a baked potato after the ride. There will be 25, 50, 75, and 100 miles rides running from Hatfield up the West Side of the Ct River and back down the East side. To register, go to [www.covacride.org](http://www.covacride.org).



**Saturday, Sept 10:** Old Orchard Beach — Scenic century ride along the Maine coast & inland to Sanford, also 30 and 50 mile rides. This ride supports Parkinson's Disease Research. Register to ride at [www.neparkinsonsride.com](http://www.neparkinsonsride.com).



**Sunday, September 18:** 9th Annual New England Bikefest. The Northampton Cycling Club sponsors 25, 45, 70, and 100 mile rides through the Ct River Valley, starting & ending at Look Park in Northampton. All proceeds benefit the Youth cycling program of the Northampton Cycling Club. Registration includes BBQ & beer lunch after the ride. Registration fees range from \$30 to \$75 before Aug 31. For more information, see <http://bikefest.nohobikeclub.org>



**Sunday, September 25:** The Western Mass Food Bank will sponsor their 6th "Will Bike For Food" event. There will be 25, 50, and 100 mile rides starting from Hatfield. Fundraising will benefit the Food Bank to fight hunger. \$250 fundraising minimum (\$175 if you register by Aug 31). Every \$1 raised can in turn provide \$13 dollars worth of food to people in our community. Registration includes food and beer after the ride. For more info see [www.foodbankwma.org](http://www.foodbankwma.org). If you won't be on this ride, consider making a pledge to support Club members Lani and Rick Giguere who will be riding.



## OTHER FALL EVENTS

**Sundays, Sept 11 and Sept 18:** Cyclonauts Fall Century rides. See Page 6 for details.

**Sunday, Sept 11 to Friday, Sept 16:** Cyclonauts week at Hunters Green Motel in West Yarmouth, MA. Call (800) 775-5400 and give the code RB1116 to get the discount rate of \$50 per room per night. For more information call Ray Bourbeau at (413) 265-5047.

**Saturday, Sept 24 or Sunday, Sept 25:** Tri-State Seacoast Century, sponsored by Granite State Wheelmen. There are full, metric, half, and quarter centuries running from Hampton Beach along the Mass, NH, and Maine shorelines. Many of our Club members have done this ride in past years. \$55 registration fee. Registration closes Sept 4. More info at [www.granitestatewheelmen.org](http://www.granitestatewheelmen.org)

**Sunday, November 13:** Canoe/kayak trip to Bigelow Hollow State Park, Union, CT. Meet at the Hampden Minimall for a 9:00 AM departure. For more info call Don Maynard at (413) 525-3464.

**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:

Les Prentice  
1472 Plumtree Road  
Springfield, MA 01119

**SPOKE Notes**  
C/o Peter Munk  
18 Evergreen Drive  
East Longmeadow, MA 01028