

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club — Springfield, Massachusetts



Visit us on the web, www.cyclonauts.com for late additions and changes to the schedule. Also, for photos of rides, hikes, tours, etc. that your fellow club members have submitted to the website.



Presidents Corner Fall/Winter

Thank you to our hardworking ride coordinators, Janet Parslow and Ted Jeremicz, and to all of our volunteers that have lead rides this year. It is always sad for me to see the end of cycling season, but as the leaves turn color, we can look forward to getting out into the woods for some great hikes thanks to our hike coordinators, Mary Ann Siron and James DeSellier.

I want to thank all of you that completed the survey. I had over 30 responses. I am glad to report that the great majority feel that their club serves their cycling needs. A summary of the results are as follows:

Question 1: Twelve members indicated that they rode the Saturday Alternate Ride, 20 members, the Saturday Traditional Ride, 17 members, the Sunday Ride, 17 members, the Wednesday Ride, and 9 members participate regularly in the Rail Trail Rides.

Question 2: Most members agreed that the club mostly met their cycling needs and that they enjoyed the social aspect of the club. Several members said that the Wednesday and Saturday Traditional Rides *have* gotten too fast. It was suggested that the cycling season begin with slower and shorter rides. Some members would like to see longer rides offered with the option of a

slower pace on Sundays and one suggested offering more multi-day trips.

Question 3: As to Wednesday Rides, most had no preference, while seven preferred to keep the tradition of breakfast at 8 am with the ride starting at 9, and two preferred to have a breakfast stop on the ride. Either way, with one exception, riders did not want the ride to start before 9 am.

Question 4: About half of the respondents are still printing either Spoke Notes or schedules, the rest rely on the website only.

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Question 5: About half said that they generally attend and enjoy the banquet, most who do not attend cited conflicts with the date, one cited cost, one location and a few are new members.

Question 6: Less than half of the respondents are currently using Facebook, but several said they would con-

sider joining and less than half said they had no interest in joining. Several people thought that it might be a good way to attract new members. It was suggested that Facebook would be a good way for ride leaders to indicate if a ride had to be cancelled for weather.

I am suggesting that when on a Wednesday or Saturday Traditional ride, people keep their pace on flat stretches to no more that 15 mph. Those who would like a faster pace on Saturdays can join the Alternate Rides. For those who want slower and easier rides, we are hoping to offer that option starting next spring. Although we no longer have an Alternate Mid-week ride schedule, any rider wishing to offer a faster and more challenging mid-week ride can contact the webmaster who can send out an email to the Alternate Riders list. We can offer a greater variety of rides if we have more volunteers to lead rides. There is no reason why we couldn't have more than one ride offered on Sundays ranging in pace and length, but in order to do that, we need people to volunteer to lead.

If someone is willing to start a Cyclonauts Facebook Page, we would happily welcome it. I want to reassure everyone that we will not replace our website with Facebook. You would have to join Facebook in order to sign in and view the Cyclonauts Page, but you do not have to create your own page.

We still need to fill a few positions for next year: Spokenotes Editor and Membership Chairperson. We are still looking for someone to help gather and collate photographs from our past activities as well as someone who could scan them into the computer. We are also looking for volunteers to serve on the banquet committee this year. Please let me know if you are interested in any of these positions or can help out in any way. *Remember, the club will only be as good as the members make it.*

Wishing everyone a great autumn and a wonderful holiday season.

Betty Siwinski

From the Editor

As noted in the President's Corner, the club needs to fill editor and club archivist positions (and membership chair at the end 2019). The most immediate is that of editor. Due to her busy schedule, Suzanne McAuley was forced to give it up. I'll assume the position for only a short time until a new editor comes forward. The club has a copy of Microsoft Office Pro 2010 that contains the "Publisher" program, if that format is chosen to produce the newsletter. If needed, I'll be happy to work with the individual until the new editor is comfortable with the software. It's not a big learning curve and there are still manuals out there that the club is willing to purchase if necessary. Google docs and Word can also be used to produce newsletters. If you are interested, you can contact either Betty Siwinski bettrad@msn.com or myself kenpaq1@gmail.com .

Also, regarding the archivist position, I have all except two of the Spoke Notes since the year 2000 in PDF format that will simplify the organization of material. Another member has previous editions that she will make available for scanning. I can help with that portion of organizing of the archives.

Ken Paquette,
Acting editor.



The Hiking Season is Here

The hiking season is here. Being out on the trails has the obvious benefit of exercise also, the pleasure of spending time with friends. Here are just a few things to keep in mind:

- Dress appropriately for the weather. Dress in layers. Often, the temperature is much cooler at the beginning of a hike and it is necessary to shed clothing as the temperature rises or, add clothing if conditions become even cooler.
- Wear proper footwear. The trail conditions vary from dry to wet, flat to steep with rocky grades. Sneakers are not meant for these conditions. It is recommended that Individual wear well fitted waterproof boots. **If the conditions are icy, it is mandatory that "Microspikes", crampons or similar footwear for traction are worn to prevent injury. The hike coordinator has the option of refusing a person to hike with the group if he/she is not equipped for the conditions.**

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- Be careful where you are walking. Watch for low branches, holes, loose rocks, roots etc.
- Bring plenty of fluids. Even under cool conditions the body loses water. Drink before you are thirsty to avoid dehydration.
- Bring snacks or energy bars. Hiking can be strenuous, and calories must be replaced to help prevent exhaustion.
- Unless you are familiar with the area stay with the group.
- If you become tired during the hike, notify the leader in order that the pace can be altered, or an individual is assigned to stay with you for the remainder of the hike.

The above or only some of many suggestions required while on the trails. You may have individual requirements. Use common sense when preparing for and during the hike. Have a wonderful and safe hiking season.



New members: Suhsien Chang, Robert P Epstein and
Sandra Picard



Looking for your annual membership renewal notice? The forms for membership renewal and for banquet reservations will be mailed near the end of January.