

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.

The President's Corner

I hope everyone enjoyed this relatively cool summer. A big thank you to all of you who volunteered to lead rides this summer and to those who filled many of our open dates. Remember to check the website as many open dates do get filled as we get closer. Thank you to our ride coordinators, Ted Jeremicz, Janet Parslow and Jane Glushik for all of their hard work completing our fall schedules.

Thanks to James and Cindy DeSellier for hosting our fabulous summer picnic. It is always so nice to see so many of our long time members in attendance.

We now have an official Cyclonauts Archivist! Suzanne Massy has volunteered to be our new archivist. She will be gathering photos from long time members to preserve on our SmugMug Photo Gallery. Thank you Suzanne for volunteering and thanks to Ken Paquette for the great idea. See the article below for details on submitting pictures.

Thanks to Ray Bourbeau for organizing the annual Cyclonauts Fall Cape Trip. Details below. Thanks also to Liz Sturgeon for again taking charge of sales of our beautiful club jerseys and shorts. Details below.

Thanks to all of you who have volunteered to lead rides. Great fall weather and foliage will make for wonderful cycling. See you on the road.

Our new club archivist!

Attention long time members with photos from past Cyclonauts activities and events. Suzanne Massy, with help from her computer savvy husband, has volunteered to serve as our first club archivist. Our 50th anniversary reminded us of how important it is to preserve our club's history. We now have plenty of space on our SmugMug Photo Gallery for adding pictures from past years. If you have pictures to share, please label each picture with your name, (if you want them returned) the place, date and people in the photo if known. You can mail them or bring them to Suzanne, who will process and return them. Her address is 20 Bridge Road. #5, Florence, MA 01062. Be aware that they do travel a lot so it is best to contact her first at smmassy@comcast.net. Alternatively, contact me at bettrad@msn.com to make other arrangements.

Fall Cape Cod Trip

Sunday, September 10 to Friday, September 15 at Hunters Green Motel in West Yarmouth, MA. Call (800) 775-5400 and give the code RB1015 to get the discount rate of \$55 per room per night. Call early because the first floor rooms go fast this time of year. You can cancel anytime up to 1 week before the trip. For more information call Ray Bourbeau at (413) 265-5047.

Cyclonauts Jerseys and Shorts



Our distinctive high-quality Cyclonauts jerseys, as well as matching cycling shorts are now available for sale. They are made locally by VOMax, and are designed by our own Marianne Paquette. Jerseys are \$59.95 and shorts are \$74.50. We still have a few shorts left from a previous order, available at the same price, Women's medium, Mens medium and extra large. If you would like to purchase one of these or would like to see a sizing chart, please contact LizSturgen at LSturgen@aol.com.

New Members

We welcome our newest members: New members: Helaine Selin, Sal Gaioni, Michael Cavanaugh, Wendy Katz, Annette Lally.

Please help us keep our membership records up to date. If you move, change email address, etc., notify Ken Paquette at kenpaq@charter.net or 413-593-3091

Mark Your Calendar

The deadline for the winter issue of the Spoke Notes is Thursday, October 19, 2017. All hikeschedules, notices, and other entries to the newsletter must be submitted to that date to the editor: Suzanne M. McAuley corgislivehere@gmail.com

For Sale

Mercian Bicycle 21" with triple chainring, 24 speeds. In perfect mechanical condition. Continental tires are one year old, but only have one tour on them. Great bike for general riding or fully loaded touring. Asking \$400 or best offer. T700 Cannondale 19" touring. Asking \$400 or best offer. For both bikes, contact Elsa at 413-786-8773 or RosenakLibby@aol.com

Fall Century Rides

Connecticut Valley Century, COVAC is Sunday, September 10th at 7:00 am, is a fun but challenging bicycle ride through Massachusetts, New Hampshire, and Vermont offering four routes: 100, 75, 50, or 25 miles. Start and finish location: Hatfield Pavilion, Billings Way, 33 Main St., Hatfield, MA. Presented by Rotary Club of Amherst.

10th Annual BikeFest and Tour of the Valley is Saturday, September 16th is another fun but challenging ride. There are many tours offered with varied mileage. Log onto

www.nohobikeclub.org for more information and registration. Presented by Northampton Cycling Club.

2017 Seacoast Century is Saturday and Sunday, September 23rd and 24th, Hampton Beach, NH. Registration on-line through bikereg.com Start and finish is located at 1 Ocean Blvd. (RT 1A), Hampton Beach State Park, Hampton Beach, NH. Presented by Granite State Wheelman.

Great River Ride is Sunday, October 8th. This is the 30th annual ultimate e century ride. This ride has been rated as “**one of the best century rides in the USA**” by *Bicycling Magazine and the League of American Bicyclists*. Choose from five rides; 125 miles, 111 miles, 85 miles, 62 miles. Log onto newhorizonsbikes.com for more information and registration. Presented by New Horizons Bike, Westfield, MA.

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 . It is suggested that the leader bring a cell phone, for use in case of any problems.

Wednesday Fall Rides 2017

September 6: Meet at 8:00 AM at the Village Store Cafe, 462 Main St. Wilbraham for breakfast. Park behind the bank across the street. Ride at 9:00 AM to Somersville Pond and back, about 25 miles. Leader: Chuck Allsop (413) 782-6328 or hisam@comcast.net.

September 13: Open date – contact Webmaster if you can lead a ride on this date

September 20: Open date – contact Webmaster if you can lead a ride on this date

September 27: Meet at 8:00 AM at Luann's Bakery & Cafe, 236-240 Somers Rd (Rt. 83) in Ellington, Ct. at 8am for breakfast. Ride starts at 9 AM from Arbor Park in Ellington. Leader: Joe Gilbertie, (860) 268-2012 or jgilbertie@gmail.com

October 4: "Tour of East Windsor, Ct. " Meet at 8:00 AM at " Sky Dinner " for breakfast. Ride will leave at 9:00 AM from 4 Prospect Hill Road (Rt. 5) East Windsor , Ct. All back roads- with some hills. Re-group/ rest stop at Broad Brook Pond, 30-35 miles. Rain or threat of rain cancels ride. Leader: "Billthehill"(860) 559-2515

October 11: Meet at 8:00 AM at 280 Prospect St Ext. Westfield, Ma. Ride 5-6 miles to Café Santorini's on Rt. 10/202 in Westfield. Route is a repeat of early spring ride we did in April, approx. 25 miles, nothing horrible. Ride through Westfield, Holyoke, Southampton and back. Leader: Mary Ann Siron 413-568-3304 ottertales2@comcast.net

October 18: Meet at 8:00 AM at Beth's Family Restaurant, 107 Main Street, Monson, MA for breakfast. Depart from Beth's Restaurant at 9:00am. Ride Monson and Northern Ct. Leader: Don Maynard (413) 525-3464.

October 25: Breakfast at the Early Mug, 337 E State St (Rt. 202), Granby, MA. Ride from Dufresne Park, Kendall St. entrance. About 25 miles through Granby and South Hadley. Bring food for a post ride picnic. Don will bring his grill. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com

Fall Saturday Alternate Ride Schedule

September 2: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

September 9: Meet behind Whole Foods on Route 9/Russell Street at 8:00 AM for a relatively easy 35 miles ride with no left turns. Breakfast stop at BridgeSide Café in Sunderland. Optional ice cream at the end at Maple Farms in Hadley. Leader: Al LaFleche (413) 306-1270 or ajlafleche@comcast.net.

September 16: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

September 23: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

Sept 30 Meet at Mary Ann Siron's house 280 Prospect St. Ext. in Westfield, MA, ride to Outlook Farm in Westhampton for breakfast, 13 miles so bring a snack to eat. Ride through Southampton, Easthampton, NOHO and back, 33 miles, with some hills including 1 horrible one but alts will like it! Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

October 7: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

October 14: A different ride location for most riders. We will meet at 8:00 AM at Girly's Grill on Rt 20 in Palmer then head over to the Brimfield Elementary School located on RT19 Brimfield for the start of the ride. This ride will start out flat then we head for rolling hills and it ends flat. From Brimfield, we will head into Holland and down to Union, CT to Stafford and work our way into Wales then back to Brimfield. Should be good foliage as we go by lakes, ponds, woods, swamps, old cemeteries and about 35 miles of riding on mostly quiet roads. Leader: Brian Machia at (413) 531-9464 or bmachia@repub.com

October 21: Meet at 108 Asselin St, Chicopee. Usually the early morning temperature is cool at this time, therefore the breakfast stop will be about five miles into the ride at El-Gaunaco in South Hadley. Then ride to Mt. Pollux for a autumn view of the valley. Total ride about 39 miles. Leader: Ken Paquette, (413) 539-3091 or kenpaq@charter.net.

October 28: Meet at East Longmeadow High School for a gently rolling ride through East Longmeadow (no rotary), Somers, East Windsor, and Enfield. Breakfast will be at Stir the Pot in East Windsor. 35-40 miles. Leader: Al LaFleche (413) 306-1270 or ajlafleche@comcast.net.

Fall Saturday Traditional Rides

September 2: Easthampton to Strawbale Cafe. Meet at the Dollar Store near Tandem Bagel and the rail trail, Union St Easthampton 25 miles. Leaders: Diane and Kerry Goguen (413) 525-4029 (h) and best way to contact Kerry, (413) 244-4110 Diane's cell

September 9: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

September 16: Meet at Granby Jr./Sr. High School, Route 202, Granby, MA. 29 miles with some hills and breakfast at Almeida's. Leader: Ann Morin (413) 592-4123 (h); (413) 374-1040 (c); morinann@hotmail.com.

September 23: Meet at Stanley Park (Rose Garden), Westfield. Scenic ride to Huntington via back roads for brunch. Hilly ride but leisurely pace, 24 miles. Leader: Elsa Rosenak (413) 786-8773 RosenakLibby@aol.com

September 30: Meet at 2 Branch St, Longmeadow, MA. Ride 11 miles to Somers Park and Rec for a "Bring your own snack stop." From there on to Hampden, MA and into East Longmeadow with a stop at The Apple Place for a break and goodies such as ice cream and other yummy treats sold there. The ride is 27 miles on mostly flat to rolling terrain. There will be NO BREAKFAST stop on this ride. Leader: Lani Giguere (413) 244-0781 or laniguere@comcast.net

October 7: "Not your usual Saturday ride" Meet at 9:30 at Stanley Park, Westfield, rear parking lot near the rose garden. Ride to the Granville Fall Festival, a small fair with crafts and various good food! Plan to stay there for a while exploring what the fair has to offer, then ride back either with the group or on your own. Ride cue sheets available with rides of 18, 22, 24, or 30+ miles. Leaders: Elsa Rosenak (413) 786-8773 or RosenakLibby@aol.com and Betty Siwinski (413) 427-6095 or bettrad@msn.com

October 14: Meet at 280 Prospect St Ext. Westfield Ma. Ride to Tandem Bagel via Southampton, Easthampton and back, hills but nothing horrible. Ride 30 miles. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

October 21: Meet at parking lot behind town hall on 250 Main St in Rutland, MA. This is a combination road and rail trail ride. Bring a snack to eat instead of breakfast stop. Ride 27 to 30 miles. All are welcome to Diane's house after the ride for homemade banana bread and hot tea. Leader: Diane Delrosario (Delro) (508) 612-2557 or delrossa@aol.com.

October 28: Meet at Stop and Shop in Westfield, breakfast at Red Riding Hood. Ride 25-28 miles. Ride through Westfield, Southwick, Suffield, Granby, Ct and back, some hills, some bike trail, nothing horrible. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net.

Fall Sunday Schedule

September 3: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

September 10: G2G2G Century Ride

Ride - 100 - miles from Granby CT. to Granby MA to Granby CT. A traditional ride pace, approx. 11 hours including stops. Ride leaves 7:00 AM SHARP from Granby, CT Stop and Shop, Rt 10/202 Leaders: Kerry Goguen (413) 525-4029 (h) or Diane Goguen (413) 244-4110 (cell).

September 10: Meet at 10:00 AM at the bike path, Union St, Family Dollar Store parking lot in Easthampton. Scenic ride to historic Williamsburg via some back country roads. 36 miles with some hills, but no killers. Bring lunch, snacks. Food available at the Williamsburg Market and Ice Cream General Store. (Rain cancels) Leader: Ken Blair (413) 207-4606.

September 17: Open date - contact Ray Siwinski at spfldcyclonauts@gmail.com if you would like to add a ride on this date.

September 24: Meet 10:00 AM at the Walmart, 352 Palmer Rd, (Rt 32) Ware, Approximately 40 mi round trip with lunch in Barre, MA. Two route options: an easier route led by Diane and a hillier route led by Kerry. Buy or bring your own lunch, several restaurants and a Subway available. Leaders: Kerry Goguen (413) 525-4029 (h) and Diane Goguen (413) 244-4110 (cell).

October 1: Meet at 9:00 am at Stop and Shop, 1282 Springfield St, Feeding Hills. Ride to M&M's in Suffield for Breakfast. About 30 miles of rolling terrain through Agawam, Suffield, and Southwick. Leader: Joe Whalen (413) 374-1797 (c) or wailinjoel@msn.com

October 8: Green River Ride

Meet at 10 am at Green River Recreation Area Parking lot Nash Mill Rd., Greenfield, MA. Approximately 30 miles ($\frac{1}{3}$ paved, $\frac{2}{3}$ good dirt road) with lunch at the covered bridge in Green River, VT. Tires with aggressive treads are not needed. No stores along the way. Bring lunch, liquids, and warm clothes. Rain cancels. Contact ride leader if in doubt. Leader: Sue Strange (860) 763-3046 Directions: Rt 91 north to Exit 26. Travel around rotary to Rt. 2 west. Turn right at first traffic light onto Colrain Rd. Drive past Greenfield Community College and crop fields. Turn right on Nashs Mill Rd. Green River Recreation Area is on the left.

October 15: "Purgatory" Bike and Hike

Meet 8 am Ocean State Job Lot in Palmer, MA for possible carpooling. 15 mile ride and a 1 mile hike through Purgatory Chasm in Sutton, MA. Bring lunch. Leaders: Kerry Goguen (413) 525-4029 (h) and Diane Goguen (413) 244-4110 (c).

October 22: Vernon Rail Trail Meet at 10:00 AM in front of Pedal Power Bicycle Shop, 520 Hartford Turnpike (Route 30), Vernon, CT. Bring lunch/ snack. Ride length-3 hours. Hard packed gravel path. Scenic and Historic. Comfort / Hybrid / Cross / mountain or road bike with at least 700 x 28 tires will work. Leader: Billthehill (860) 559-2515

October 29: Meet at 10:00 AM at Stanley Park, 2nd entrance, Westfield, MA. Ride to Toni Ann's for brunch, then ride up the FAMOUS and very steep Lost Acres Rd in Granby, CT, returning by way of Granville and Southwick. Approximately 25-30 miles. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

November 5: Chesterfield Gorge Ride

Meet at 11 AM for a mountain bike ride from Knightville Dam area to Chesterfield Gorge. This ride follows a branch of the Westfield River. The trail is a double track dirt road, about 7 or 8 miles each way. Suggest knobby trail tires. Bring a lunch to eat at Chesterfield Gorge and bring warm clothes, etc., as it may be cold. Leader: Sue Strange (860) 763-3046. Directions: Take Rt. 20 west from Westfield to Huntington and turn right on Rt. 112. Follow Rt. 112 north, and about 1.2 miles past the intersection with Rt. 66, look for a blind right turn onto Kimball Hill Rd East. Follow this road to the trailhead where the road widens and look for other cyclists. Please modify the route to suit your needs if it is more convenient to come from Rt. 66 instead of Rt. 20.