

## SPOKE

## Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield Massachusetts

## THE PRESIDENT'S CORNER



Thanks all of you who have volunteered to lead hikes, we have had a great hiking season. Special thanks to James DeSellier and Mary Ann Siron for coordinating the hikes. I think that we are all looking forward to seeing the snow melt and getting back on our bicycles. Thanks to all of you who have volunteered to lead rides, and our awesome ride coordinators, Janet Parslow and Chuck Allsop, we can look forward to some fun rides. All rides, Alternate and Traditional Saturday, Wednesday, Sunday and Rail Trail rides will be starting up in April. Please check out all of our schedule pages.

Thanks to Bernie Oleander and Ray Bourbeau, we will now be able to offer Wednesday rides for our members looking for a more leisurely pace. Ray's Biking Group offers rides that combine bicycle trail riding with some quiet scenic back roads at a leisurely pace with frequent regroupings. Interested members should contact Bernie at [bernietales@yahoo.com](mailto:bernietales@yahoo.com) or call Ray at (413) 265-5046

Thanks Suzanne McAuley for all of your effort in putting the ride safety article together.

Special thanks to Al LaFleche for the great job he did in creating our new Springfield Cyclonauts Facebook page, which is available to all club members with a Facebook account and to those who wish to join. As a member, you will be able to view and post to this page. Please note that this does not replace our Cyclonauts website in any way. The club website, along with Cyclonauts email notices, remains the official channel of communication. Nor does it replace the SmugMug photo gallery.

I hope that you are all planning to attend our annual Club Banquet. This is always a lovely evening with good food and a great opportunity to get together with old friends and meet some new ones as well. Details are given below. I look forward to seeing you there.

Betty Siwinski, President

## Annual Club Banquet and Business Meeting



Please do not forget to mail in your reservation for our annual Club banquet and Business meeting at Tony and Penny's on Saturday, April 13, 2019. The social hour starts at 6 pm, followed by dinner at 7 pm, with a brief meeting with election of our officers, following dinner. If you are interested or wish to nominate someone for any of these positions, please email Sue Strange at [sestrange@yahoo.com](mailto:sestrange@yahoo.com). Remember, the club will only be as good as the members. Please plan to attend as you do not want to miss this wonderful evening with good friends and great people. Tony & Penny's is centrally located at 18 Canterbury St, Ludlow, off East St., just over the bridge from Indian Orchard. Tickets are \$30 per person. **You should have received your banquet reservation form along with your membership renewal at the end of February. Save a stamp and send both at the same time.** You can also call Less Prentice at (413) 7836775) by April 5. Looking forward to seeing you there.

## NOTICE

There is an immediate position for editor as this is the last newsletter that will be produced by the acting editor. It's not difficult, I will be more than happy to work with the new editor until he or she is comfortable with the process. If interested contact me at [kenpaq1@hotmail.com](mailto:kenpaq1@hotmail.com) or Betty Siwinski at [bettrad@msn.com](mailto:bettrad@msn.com)



We are still looking for someone to help gather and collate photographs from our past activities and scan them into the computer. Ken Paquette is willing to help the individual that accepts this position to get started. Contact Betty Siwinski at [bettrad@msn.com](mailto:bettrad@msn.com)

## CLUB DUES



Did you remember to pay your club dues for 2019? If not, they are now past due. If you have forgotten and wish to continue your membership, please submit your dues immediately. **Unpaid members will be removed from the membership on May 15, 2019.** Membership renewal forms can be downloaded from [www.cyclonauts.com](http://www.cyclonauts.com) then click on "Membership Application".

## Bicycle Safety Rules

1. The ride leader is responsible to be sure that any non-club member signs the club's Release and Waiver of Liability Agreement, found on our website.
  2. Be sure each member of the group is wearing a helmet.
  3. Make the riders aware of these rules at the beginning of the ride.
- signal all turns, slowing and stopping, and road hazards. Use hand signals only when it is safe to remove one hand from the handlebars. Call out turns and hazards, such as "pothole" or "runner up", etc.
  - Ride single file unless not obstructing traffic (never more than double file).
  - Pass other riders only on the left, and announce your intentions by calling "passing" or "on your left".
  - Call out the presence of overtaking or oncoming vehicles by calling out "car back" or "car up", respectively. When you hear this, get into single file and move to the right as quickly as you can safely do so. Slow down a bit to allow riders on your left to pull into single file.
  - Proceed through an intersection only when you have determined that it is safe to do so. It is each rider's individual responsibility to verify that the traffic conditions are safe. Do NOT simply follow the person in front of you.
  - When stopping, get completely off of the road. Do NOT stop short in front of another rider. Do NOT pull out in front of oncoming riders.
  - When regrouping allow room for all riders to be off of the road. Do NOT regroup before an intersection.
  - Obey all traffic laws. Cyclists have the same rights and responsibilities as motorists when using public roadways.
  - Never leave anyone alone on the route.
  - Practice civility on the road. Motorists notice courtesy, and it helps make the roads safer for all cyclists.
  - When stopping or regrouping, do not bunch up and if possible get off the road in order not to impede traffic.

**For more information, please read the excellent material provided by The League of American Bicyclist at**

**[https://migrationlb.smartetailing.net/merchant/2280/files/group\\_ride\\_student.pdf](https://migrationlb.smartetailing.net/merchant/2280/files/group_ride_student.pdf)**



### Blasts From the Past

Some of the photos date from the days before the digital era, thus the quality might be compromised. However, I'm certain that they will bring back memories. Members who have joined the Cyclonauts since those days will notice that some of us were really younger at one time. Our senior members should enjoy them.



GEAR mid 90s Ken Paquette, Suzanne McAuley, Ann Morin. Back row Irv Friedman and Paul Griffin.

Cape Cod mid 90s Suzanne McAuley, Ollie and Gundell Deex, Jim Freeman ? Lou Palotta.



Cape House, no date, Guessing 2002 or 2003 prior to current club jersey.

## Birth of the Current Club Jersey

The following notice appeared in the spring 2003 Spoke Notes

### IMPORTANT NOTICES



Club Meeting: A general meeting will be held on SATURDAY JUNE 9TH, after the breakfast rides, at the home of Ken and Marianne Paquette 108 Asselin St. Chicopee. (413) 593-3091 or kenpaq@charter.net Ann and Ken will coordinate the rides so that both the "Traditional" and "Alternate" riders return at the same time, approximately 1:00 PM. This is an important meeting. Please make every effort to attend, even if you do not ride but hike with the club. If the weather is nice it will be held outdoors. Bring a chair unless you're riding to the ride :^)

Riders from both the traditional and alternate rides met that day. About thirty riders, because it rained at the end of the rides, crammed into the living room, watched from the kitchen door way and from the upstairs steps to view Marianne Paquette's drawings for ideas for a new club jersey. With that many people present, you can only imagine the number of suggestions and opinions presented. The design was finalized and the club continues to use the same jersey to this day.







Hiking season, mid 90s



Lenny Fontaine



Henry DeSellier



Picnic at the Paquettes', early 90s



Using a map to plan a route before Google and GPS

## A list of some of the centuries located in New England

A more complete list can be found at: <http://www.granfondoguide.com/Events/BikeToursCalendar/North%20America/All/All/All>

### Difficulty:

- A) EASY, Beginners/family, up to 20 miles flat terrain.
- B) EAST-MODERATE, Leisure cyclists up to 40 miles rolling terrain.
- C) MODERATE, Proficient cyclists up to 60 miles, some climbing.
- D) CHALLENGING, Seasoned cyclists, up to 100 miles, OR moderate sustained climbing.
- E) DIFFICULT-EXPERT, Over 100 miles OR longer sustained climbs.

Date	Event	Location	Routes	Diff	Type
<b>MA</b>					
Jun 01	Best Buddies Challenge: Hyanis Port	Boston, Massachusetts, USA	100, 50, or 20 miles	C	CENTURY
Jun 08	B2VT	Bedford, Massachusetts, USA	132 miles	F	CENTURY
Aug 03 - Aug 09					
Aug 03 - Aug 04	Cycle Massachusetts - Statewide Bike Tour	Greenfield, Massachusetts, USA	2,4,5,7 days	C	TOUR
Aug 09 - Aug 11	Pan-Mass Challenge	Needham, Massachusetts, USA	25,50,80,153,163, 190 miles	D	CENTURY
Aug 10	Farm Ride	Amherst, Massachusetts, USA	day1 (25, 62, and 100-mile) day2 (TBA)	B	TOUR
Aug 31	The Pain in the Mass Tour	Bolton, Massachusetts, USA	106 - day1, 182 - day2, 60 - 1day	B	TOUR
	Bike to the Beach New England	Boston, Massachusetts, USA	50, 100 miles	C	CENTURY

### CT

May 19	Tour de Lyme	Lyme, Connecticut, USA	8,25,35, 60 miles	C	LEISURE
Aug 04	Tour of the Litchfield Hills	Torrington, Connecticut, USA	12, 30, 50, 75, and 100 miles	E	CENTURY

VT


May 05	Cycle the Seacoast	Portsmouth, New Hampshire, USA	25, 50, 100 miles	C	TOUR	
Jul 27	Mt. Washington Century+	Albany, New Hampshire, USA	44, 88, 109 miles	D	CEN- TUR	Y
Sep 20 - Sep 22	Seacoast Century	Hampton Beach, New Hampshire, USA	25, 50, 65, 100 miles	C	CEN- TUR	Y

NH

May 05	Cycle the Seacoast	Portsmouth, New Hampshire, USA	25, 50, 100 miles	C	TOUR	
Jul 27	Mt. Washington Century+	Albany, New Hampshire, USA	44, 88, 109 miles	D	CEN- RY	
Sep 20 - Sep 22	Seacoast Century	Hampton Beach, New Hampshire, USA	25, 50, 65, 100 miles	C	CEN- RY	


ME

Jun 09	Kennebunks Tour de Cur	Wells, Maine, USA	5K, 25K, 50K, 100K, 100M	C	CENTURY	
Sep 07	Maine Lighthouse Ride	South Portland, Maine, USA	40, 62, 100 miles	C	FESTIVAL	
Sep 07 - Sep 14	BikeMaine	Kittery, Maine, USA	55 miles per day	C	TOUR	
Sep 28 - Sep 29	The Dempsey Challenge	Lewiston, Maine, USA	10, 25, 50, 65,100 miles	C	CENTURY	



## Welcome New Members

Bob Perry, Bruce Wescott, and Rodney Duda



### Annual Cape Cod Trip

Sunday, June 2nd to Friday, June 7th at Hunters Green Motel in West Yarmouth, MA. Although the motel will not open, and therefore can not be reached by phone until after April 22th, Ray recommends making reservations by emailing them at [info@huntersgreenmotel.com](mailto:info@huntersgreenmotel.com) as the first floor often books up by the end of April. After April 22 you can call (800) 775-5400. Tell them that you are with Ray Bourbeau’s group to get the discount rate of \$56.06 per room for two double beds. For more information call Ray Bourbeau at (413) 265-5047.