

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, along with our photo gallery.
Please Note: The content of this newsletter and the club website are intended for the use of Cyclonaut Club members only.

THE PRESIDENT'S CORNER

Thanks to all of you who volunteered to lead rides, and to mother nature for the great weather, we have had a wonderful fall cycling season. Be sure to check out the pictures on our Website.

Also don't forget to check our Events and Tours section below. Additional outdoor activities are listed there. Some highlights are: A trail ride along the Chesterfield Gorge on November 6 and a paddle trip to Bigelow

Hollow State Park on November 13th.

Thanks to those who have volunteered to lead hikes this fall and winter and to Maryann Siron and Suzanne McAuley for coordinating the hike schedules. I am looking forward to getting out into the woods for many great hikes. See you on the trails.

Betty Siwinski

BANQUET NOTICE

Due to all of the positive feedback we received about last year's banquet, our Annual Club Banquet and Business Meeting will again be held at the Ludlow Country Club. We are giving everyone plenty of notice to "save

the date," Saturday, April 15, 2017, please mark your calendar. Additional information and reservation forms will be sent out with the late winter newsletter in January. Hope to see you there.

EVENTS AND TOURS

Sunday Nov 6 — Meet at 11 AM for 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. 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

or 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."

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



WELCOME TO NEW MEMBERS

The Club welcomes Bernard Olender. We hope you will enjoy cycling and hiking with the Cyclonauts. We encourage you to present your ideas, as we are always looking for ways to improve our organization. We hope to see you soon on a ride or hike.



MARK YOUR CALENDAR

The deadline for the Winter Supplement of the Spoke Notes is Friday, Jan 20, 2017. All 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

WEDNESDAY HIKES

Breakfast is at 8:00 AM at the restaurant listed (except Nov 2 & Jan 11). Hikes begin at 9:00 AM.

Wear clothing in layers suitable for the weather. Bring water and food.

Trails may be icy — wear appropriate footwear. If at least 4 inches of snow is on the ground, hike will be replaced by cross-country skiing or snow shoeing. Rain cancels. If in doubt about conditions, contact the leader.

THIS SCHEDULE IS SUBJECT TO CHANGE — CHECK WEBSITE FOR UPDATES

November 2 - Hike Monadnock Trails. Breakfast at Audrey's Rt 101, Dublin, NH. Leave from Stop and Shop Rt 5 Northampton. We will carpool. State of NH will charge \$5.00 / hiker admin fee. Hike will be moderately strenuous and steep. No dogs allowed. Leader: Mary Ann Siron 413 568 3304. ottertales2@comcast.net **NOTE: Early meeting-time >> 6:30 am - Please be prompt.** Hike needs to be completed by dark

November 9 - Hike from the Notch Visitor's Center. Breakfast at Atkins. Rt 116. 8:00 am. Hike from Visitor's Center 9:00 am. Hike Robert Frost Trail to Rattlesnake Knob and back via Horse caves and over Mt Norwottuck using the M&M Trail. Approx 4 miles. Leader Betty Siwinski bettrad@msn.com 413 427 6095 Dog friendly

November 16 - Hike Soapstone Mt. Meet at Plaza Restaurant. Rt 83, Somers Ct. 8:00 Leader: Don Maynard 413 525 3464 or djmaynard07L@charter.net Bring food to grill for post hike lunch. Dog Friendly

November 23 - Hike Luden Tract and Peaked Mt. (optional 1 or 2 hikes) Meet Beth's Family Restaurant, Rt. 32, Monson 8:00. Leader: Mike Cronin 413 566 3114 or mike92341@gmail.com Dog Friendly

November 30 - Hike M and M Trail north of Rt 202, Holyoke. Meet 8:00 at Friendly's Rt 5, Holyoke, Ma. Carpool to hike site. Leader: Don Maynard 413 525 3464 or djmaynard07@charter.net Dog friendly

December 7 - Hike Pig Pen Ledges to Wendell State Forest via Robert Frost Trail. Breakfast 8:00 at the Leverett Co-op, N Leverett Rd. Will need to spot cars. Leader: Evi Schachtl 978 544 2121 or cell # 413 512 0810 Dog Friendly

December 14 - Hike Quabbin from Middle Gate to tower and back. Breakfast 8:00 at Almeida's 146 State St, Belcher-town. Leader: Nancy and Mike Greco 413 323 5727 or mgreco911@charter.net Dog friendly

December 21 - Hike Rice Farm. Breakfast 8:00 at the Village Store, Main St., Wilbraham, Ma. Leader: Chuck Alsop 413 782 6328 or hi2sam@comcast.net **Sorry dogs. Dogs are not welcome.**

December 28 - Hike Conant Brook Dam, Monson. Breakfast 8:00 at Beth's Rt 32, Monson Leader: Doug Young 413 267 5883 or kodi1young@gmail.com Dogs welcome

January 4, 2017 - Hike Sanderson Falls, Chester Blandford St Forest. Breakfast at River Cafe and Bakery, 22 East Main Street, Huntington, Ma. on Rt 112 off Rt 20 8 am. Leader: Connie Champiney moby7611@gmail.com or cell 413 348 5070 Bring spikes, poles, warm clothing, water. Moderate to easy - approx 3 hours Dog friendly

January 11, 2017 - Carpool travel to Wachusett Mountain Visitor's Center, Princeton Ma. Meet at the Big Y Rt 33 South Hadley @ **7:45 am - Please be prompt** No breakfast planned - bring a snack. Leaders: Ed and Claire Gingras: home - 978 874 0002 / Ed's cell 978 870 2483 / Claire's cell 978 870 4230 Meet at Mt Wachusett, Princeton, Ma. 9:30 am. Lunch will be served at the Gingras home after the hike. We will give further information about which trail etc. when weather conditions are known. Wachusett Mountain Visitor Center number is 978 464 2987. Do not try to use on-line maps. They are incorrect. Directions: The Visitor's Center is about 1.5 hours from Chicopee. Best route: take Rt 202 North then Rt 2 East to Exit 25 to Rt 140 South. Follow Rt 140 South till you see the sign for Wachusett Ski Area. Go right onto Mile Hill Road. At the split in the road bear left onto Mountain Rd. Pass the Ski Area. The visitor center entrance is a little further on the right.

January 18 - Hike Dufresne Park. Breakfast 8:00 at Earlee Mug on Rt 202 Granby, Ma. Leader: Ann Morin 413 592 4123 Cell: 413 374 1040 Dog friendly

January 25 - Hike Wilbraham Land Trust. Breakfast 8:00 at Village Store, Main St., Wilbraham, Ma. Flat and Easy Leader: Don Maynard 414 525 3464 or djmaynard07@charter.net Dogs welcome

SATURDAY HIKE SCHEDULE

Breakfast is at 8:00 AM at the restaurant listed (except Jan 1). Hikes begin at 9:00 AM.

Wear clothing in layers suitable for the weather. Bring water and food.

Trails may be icy — wear appropriate footwear. If at least 4 inches of snow is on the ground, hike will be replaced by cross-country skiing or snow shoeing. Rain cancels. If in doubt about conditions, contact the leader.

THIS SCHEDULE IS SUBJECT TO CHANGE — CHECK WEBSITE FOR UPDATES

November 5th: Hike MT Tekoa, Westfield. Breakfast 8:00 Friendly's 21 Southampton Rd Westfield, Ma 01085. Wear appropriate footwear and clothing for the conditions. Snacks and water recommended. Moderate hike with climbing. Dog friendly but hike may be difficult for dogs, use your discretion. Leader: James Desellier Jed7516@charter.net 413-297-3880

November 12th: Hike Bigelow Hollow State Park. Breakfast 8:00 Hampden Mini Mall, Hampden, MA. Depart 9:00 to Union, CT. Wear appropriate footwear and clothing for the weather conditions. Moderate terrain. Snacks and water recommended. Moderate hike. Dogs are welcomed to the Park on leash. Leader: Don Maynard 413-525-3464

November 19th: Hike Rice Nature Preserve, Wilbraham, MA. Breakfast 8:00 Village Store, Main St, Wilbraham. Meet at the parking at end of Highmoor Drive. Flat terrain. View to be seen! Dog friendly. appropriate footwear for any weather conditions. Leader: Chuck Allsop hi2sam@comcast.net 413-782-6328

November 26th: Hike to the Horse Caves, Notchview, RT 116, Amherst, MA Breakfast 8:00 Atkins Farms, 1151 West St, Amherst, MA 01002. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Moderate hike with climbing. Dog friendly. Leader: James Desellier Jed7516@charter.net 413-297-3880

December 3rd: Hike North Conn. Land Trust. Breakfast 8:00 Hampden Mini Mall, Hampden, MA. Depart 9:00 to carpool from Hampden to trailhead in CT. Wear appropriate footwear and clothing for the weather conditions. Moderate terrain. Snacks and water recommended. Dogs are welcomed to the Trustee property on leash. Leader: Don Maynard 413-525-3464

December 10th: Hike Gate 40 at the Quabbin Reservoir. Breakfast 8:00 at Crystal Springs Dairy Bar, 166 West St. RT 32 Ware, MA and car pool to Gate 40 at 9 am. Hike is on mostly paved roads and is about 6 miles round trip. Features the town common of former town of Dana and we will be hiking to the waters edge. Call Doug for more info. Dogs are not allowed at the reservoir. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Leader: Doug Young 413 267-5883. kodi1young@gmail.com

December 17th: Hike Skinner State Park. Breakfast 8:00 Tailgate Picnic, 7 College St, South Hadley, MA 01075. Leave 9:00 for trailhead at the park. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Moderate hike. Dog friendly. Leader: James Desellier Jed7516@charter.net 413-297-3880

December 24th: Hike Bray Lake, MT Tom, Holyoke MA. Breakfast 8:00 Denny's 2173 Northampton St, RT 5 Holyoke. Leave restaurant at 9:00 to meet at trailhead, 125 Reservation Rd. Holyoke. Dog friendly. Bring snowshoes, XC skis or micro spikes depending on the weather. Leader: Paul Griffin morinann@hotmail.com 413-592-4123

December 31st: Date Open – Contact Webmaster if you can lead a hike on this date

January 1st: Annual New Year's Day Hike: Hike Chicopee State Park 10:00. Park in back of Deegan's Restaurant, Burnett Rd, Chicopee. Potluck to follow at Suzanne's. Please bring food item to share and slippers or indoor shoes to wear in her house. Moderate, dog friendly. Bring snowshoes, XC skis or micro spikes depending on the weather. Leader: Suzanne McAuley corgislivehere@gmail.com 413 530 4686

January 7th: Hike Flynt Quarry Woods, Monson MA. Breakfast 8:00 Beth's Family Dining, 107 Main St., Monson MA. 9:00 follow leader to trailhead. This is a moderate hike through what was the former Flint Quarry with a couple of high vantage points with good views of the valley. Dog friendly. Wear appropriate footwear and clothing for the weather conditions. Snacks and water recommended. Leader: Doug Young 413 267-5883. kodi1young@gmail.com

January 14th: Hike New Palmer Trails. Breakfast 8:00 Day & Night Diner 1456 N. Main St, RT 20, Palmer Ma. 9:00 follow leader to trailhead. Hike, ski, snowshoe. Flat terrain. Wear appropriate footwear and clothing for the weather conditions Dog friendly. Leader: Don Maynard 413-525-3464

— Schedule continued on next page

SATURDAY HIKE SCHEDULE, CONTINUED

January 21st: Hike on the M&M trail, Northfield, MA. Breakfast 8:00 Wagon Wheel Restaurant RT 2, Gill, MA. Take exit 27 off 91N to Route 2 East. Follow Route 2E approx. 3.1 miles to the restaurant which is on the left side of Rte. 2. 9:00 Caravan to the trailhead because parking at the trailhead is limited. Wear appropriate footwear and clothing for the weather conditions. Dog friendly. Leader: Mike Cronin 413 566-3114 or mike92341@gmail.com.

January 28th: Hike/snowshoe Northfield Mountain Rose Ledges Trail. Breakfast 8:00 Wagon Wheel Restaurant RT 2, Gill, MA. Take exit 27 off 91N to Route 2 East. Follow Route 2E approx. 3.1 miles to the restaurant which is on the left side of Rte. 2. Snowshoe/hike (depending on snowfall) No fee for snow shoe trails. Sorry no dogs allowed on trail. Leader: Betty Siwinski (413) 427-6095 bettrad@msn.com

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