

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



Rain, Rain Go Away! Special thanks to all of our volunteer ride leaders, including those who had their rides rained out. Hopefully we can all use our rained out rides on another sunnier day this summer. We do have a number of open dates. These dates may be filled as the season progresses so please continue to check the website for updates. Do not rely solely on the Spokenotes, as changes are always taking place.

As summer approaches we have much to look forward to thanks to our many volunteer ride leaders and especially thanks to our hard working ride coordinators, Janet Parslow and Ted Jeremicz. Please continue to support our club by volunteering to lead rides on open dates.

Our Thursday Rail Trail rides kicked off on May 11 on the Columbia Rail Trail from Westfield to Southwick. Jane Glushik is coordinating these rides. Interested members can email Jane at jglushik@hotmail.com. A list of the rail trails that the group visits is available on our website.

A very special thank you to James and Cindy DeSellier who have generously offered to host our annual summer picnic on Saturday August 26th. See the notice below for details.

Betty Siwinski, President

Minutes from 2017 Annual Banquet

1. President Betty Siwinski called the meeting to order following a buffet dinner at the Ludlow Country Club.
2. Betty recognized long-time club member, Peter Munk, who will shortly be relocating to Santa Barbara, CA. Peter has ably served as the SpokeNotes editor for the past several years. Some words of advice from Peter in the past included "no blue jeans on rides in August." He was also presented with a collage of photos from the past. We wish him well.
3. Treasurer's report from Les Prentice - Beginning balance in 2016 was \$481.53, with a year-end balance of \$1,083.58. Expenses included Communications - \$374.58; Picnic - \$92.79; Jerseys - \$388.80; League of America by Bicyclists - \$100; and Insurance - \$500. Money received thus far in 2017 stands at \$1,040 representing dues paid by members. Present balance is \$3,195, with banquet expense estimated at \$1,400. This leaves \$1,795 in the treasury which should be adequate for this year's expenses, based on prior club expense history.
4. Membership report from Ken Paquette - As of January 1, 2017, there were 134 members, including 31 families and 11 honorary members. It was suggested that dues be payable as of January 1, instead of our current system of collecting dues in March.
5. Betty calculated that the number of rides over the 30 weeks of cycling season is four per week, totaling 120 rides. About 20 members lead rides. Please support the ride and hike chairpersons by volunteering to lead a ride or a hike.
6. Archivist - we are looking for someone to volunteer as Club Archivist who would be willing to collect club memorabilia including SpokeNotes and pictures, especially from the early years.
7. Nominating Committee - Susan Strange presented the slate for officer elections:
 President - Betty Siwinski
 Secretary - Ann Morin
 Treasurer - Les Prentice

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Trips Chairperson - Betty Siwinski
Wednesday Hike Chairperson - Mary Ann Siron
Saturday Hike Chairperson - James DeSellier
SpokeNotes Editor - Suzanne McAuley
Webmaster - Ray Siwinski
At Large Members - Susan Strange, Mady Schorsch, Don Sullivan and Mary Ann Siron

Sue asked if there were any other nominations from the floor. None were offered.

Motion was made to accept the slate of officers as presented. Motion was seconded.

8. Club Picnic - Betty asked if someone would be willing to host the club picnic after August 15. James DeSellier volunteered.

9. Meeting adjourned.

Submitted by:
Ann Morin

WEBMASTER'S CORNER

Our club website is www.cyclonauts.com. Keep your website interesting. Send photos of club activities to Ray Siwinski at 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. You can contact Ken at kenpaq@charter.net with any changes in mailing address or email address.

MARK YOUR CALANDER

The deadline for the Summer issue of the Spoke Notes is



Wednesday, August 16, 2017. All ride schedules, notices, and other entries to the newsletter must be submitted by that date to the editor:
Suzanne McAuley
corgislivehere@gmail.com



New members:

Jean & Ron LaSala,

James Sweitzer,

Ginny Bromage,

Karen Daniels,

John Carney, Mike Sherman



Summer Annual Picnic

Annual Summer Picnic will be at James and Cynthia DeSellier's house on Saturday, August 26th, at 3 PM at 39 Kurtz Street, Chicopee. Please bring chairs, your own eating utensils, beverage and a dish to share. Hamburgers, hotdogs, and veggie burgers will be provided. Any questions you can reach James at 413-297-3880 or Jed7516@charter.net

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 Ride Schedule
Breakfast @ 8:00 AM, Ride @ 9:00 AM (unless otherwise specified).
Rain cancels - phone the ride leader when in doubt.

June 7: Breakfast at the Bluebonnet Diner on King St., Northampton. Park for the ride behind Stop and Shop, near the entrance to the bike trail. 25 miles through Northampton, Whately and Hatfield. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com.

June 14: Meet at Beth's Family Restaurant, 107 Main St, Monson. Ride approximately 30 miles in Massachusetts and Connecticut. Leader: Don Maynard (413) 525-3464 or djmaynard07@charter.net.

June 21: Meet at Zuber's Rt 202 Westfield for breakfast. Approximately 25 miles. Leader: Mary Ann Siron. (413) 568-3304 or ottertales2@comcast.net.

June 28: Meet at Stop and Shop parking lot on Rt 20 in Westfield. Ride to breakfast at Red Riding Hood in Southwick, some bike trails and some mild hills approximately 25 miles. Leader: Mary Ann Siron. (413) 568-3304 or ottertales2@comcast.net.

July 5: Meet at Stanley Park, Rose Garden side at 8:00 AM. Ride 15 miles to breakfast at Toni- Ann's. Approximately 35 miles, no difficult hills. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

Jul 12: Meet at Stop and Shop Parking lot in Westfield (Rt. 20) at 8:00 AM. Ride 7 miles to breakfast at Red Riding Hood. Ride through Westfield and Southwick, a few hills, approximately 28-30 miles. Leader: Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net

July 19: Meet at Stir the Pot, in East Windsor for breakfast. Ride from from Arbor Park in Ellington. 25-30 miles. Leader: Joe Gilbertie, (860) 268-2012 or jgilbertie@gmail.com

Jul 26: Meet at the Village Store Cafe, 462 Main St. Wilbraham for breakfast. Park behind the bank across the street. Ride to Somersville Pond and back, about 25 miles .Leader: Chuck Allsop (413) 782-6328 or hisam@comcast.net.

Aug 2: Meet at Reid's Corner at Hampden Mini-Mall from breakfast. Ride at 9:00am. 25-30 miles, rolling terrain. Leader: Kris Jackson (413) 782-0247

Aug 9: Meet at Chuck Wagon, 12 Church St, Ellington, CT for breakfast. Ride starts from Bliss Park at 9:00 AM. 25-30 miles. Leader: Joe Gilbertie (860) 268-2012 or jgilbertie@gmail.com

Aug 16: Meet at the plaza restaurant, 48 South Rd. (Rt. 83) Somers, CT for breakfast first. Ride 25-30 miles with some hills. Leader: "Bill the hill" (860) 559-2515

August 23: Meet for breakfast at the Early Mug, E State St, Granby, MA. Ride from Dufresne Park Parking lot off Kendall St. at 9 AM. About 25 miles. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com.

Saturday Traditional Ride Schedule
8:00AM start in June, July and August
Rain cancels - phone the ride leader when in doubt.

June 3: "Frog Hollow Ride" Meet at Goguen's 98 Parker St. East Longmeadow. 28-30 miles with some hills. Breakfast at the Chuck Wagon Restaurant in Ellington Leaders: Kerry and Diane Goguen (home) 413-525-4029 (Diane's cell) 413-244-4110

June 10: Meet at Mill Pond Park (near 55 School St) Somers, CT. 25 - 28 miles with breakfast at Sky Diner. Leader: Sue Strange (860) 763-3046

June 17: Meet at the parking lot behind the Town Hall in Rutland, Ma. Breakfast at Reed's Country Store. Approximately 30 miles with hilly areas. Leader: Diane Delrosario (508) 612-2557 or delrossa@aol.com.

June 24: Meet at Stanley Park, (First Entrance by Rose Garden). Ride to Toni Ann's for Breakfast. 35 miles. Mary Ann Siron ottertales2@comcast.net or (413) 568-3304.

July 1: "West Side Donut Ride" Ride from 61 Paucatuck Rd. West Springfield (park on the street) to Mrs. Murphy's in Southwick. Some busy roads nothing horrible. About 30 miles. Leader: Joe Whalen (413)-374-1797 email: wailinjoel@msn.com

July 8: Meet at Hardwick Police Dept, 307 Main St. Gilbertville(Hardwick) right next to Old Stone Church (and right near Rose 32) Ride to Reed's country store for breakfast in New Braintree. 30 to 35 miles. Hilly areas. Leader: Diane Delrosario (508) 612-2557 or delrossa@aol.com.

July 15: "K.C. Laurel" Meet at Chelle's 50's Diner for breakfast first, then drive to Stafford Springs gazebo. 22-25 hilly country miles. Leaders: Kerry and Diane Goguen (home) 413-525-4029 (Diane's cell) 413-244-4110

July 22: Meet in the parking lot of Highland Market, 68 Bridge St in Suffield CT.; ride 25-30 miles; breakfast in Windsor CT; Leader: Sue Strange 860-763-3046

July 29: Open Date – contact Webmaster if you can lead a ride on this date.

August 5: Meet at the Hampden Mini Mall, intersection of Allen ST. and E. Longmeadow Rd. Ride approx 11 miles to Chelle's, Stafford, CT. Total distance is between 27 - miles with hills at the beginning and middle. Leader: Mike Cronin (413) 566-3114 or mike92341@gmail.com.

August 12: Meet at Mill Pond Park (near 55 School St) Somers, CT. 25 - 28 miles with breakfast at Sky Diner. Leader: Sue Strange (860) 763-3046

August 19: "Silver Street Ride: Meet 8am at Goguen's, 98 Parker St. E.L. Breakfast at Hampden Mini Mall. 25 scenic miles with rolling hills, and a sweet long Silver St. downhill followed by 1 steep climb. Leaders: Kerry and Diane Goguen (home) 413-525-4029 (Diane's cell) 413-244-4110

August 26: Meet at Mill Pond Park (near 55 School St) Somers, CT. 27 miles with a few rolling hills. Breakfast at Stir the Pot. Leader: Tom Copp (860) 573-0328 or downryder_trc@hotmail.com

Saturday Alternate Ride Schedule
8:00AM start in June, July and August
Rain cancels - *phone the ride leader when in doubt.*

June 3: Meet at Siwinski's, 36 Dana Hill, Belchertown. Breakfast at Rose 32, Hardwick (mile 18). About 40 miles. Leader: Ray Siwinski (860) 478-8308 or rsiwinski@gmail.com.

June 10: Open Date – contact Webmaster if you can lead a ride on this date.

June 17: Meet behind Whole Foods on Route 9/Russell Street for a relatively easy 35 mile 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.

June 24: Meet at the Hampden Mini Mall. Ride to East Windsor with stop for breakfast at Sunny House halfway through ride. Mostly flat 40 mile ride. Leader: Brian Machia at 413 531-9464 or Bmachia@repub.com.

July 1: Open Date – contact Webmaster if you can lead a ride on this date.

July 8: Open Date – contact Webmaster if you can lead a ride on this date.

July 15: Meet at East Longmeadow High School for ride to Stir the Pot in East Windsor. A couple hills, lots of nice views, less traffic, no rotary, about 35 miles. Leader: Al LaFleche, 413-306-1270 or ajlafleche@comcast.net. See <http://www.mapmyride.com/routes/view/741567291> for an elevation map.

JULY 22: Meet in Palmer at the parking lot behind the stores at Main St and Foundry St. We will stop for breakfast at the Apple Barn Café in Brimfield. A 30 mile ride with a little over 2000' of climbing. Leader: Brian Machia at 413 531-9464 or Bmachia@repub.com

July 29: Open Date – contact Webmaster if you can lead a ride on this date.

August 5: Meet at Kmart in Palmer. Slightly different route to the tower at Quabbin with breakfast at Burgundy Brook Café. A little over thirty miles. Leader: Brian Machia at 413 531-9464 or Bmachia@repub.com

August 12: Open Date – contact Webmaster if you can lead a ride on this date.

August 19: Meet at Dave's Pet Food City in Agawam for a ride through Agawam, Southwick, Suffield, Windsor Locks, and Granby CT with a stop at Red Riding Hood Basket. About 40 miles. Leader: Al LaFleche 413-306-1270 or ajlafleche@comcast.net

August 26: Open Date – contact Webmaster if you can lead a ride on this date.

Summer Sunday Ride Schedule

June 4: "So you like to climb? #1" Ride from the Hamden Mini Mall at 8:00 AM. 22 very hilly miles in Hampden/Wilbraham/Somers. Bring snacks and plenty to drink. Leader: Kerry Goguen (413) 525-4029 (home.)

June 4: "Up to Wendell" Meet 9:00 AM at Hadley Elementary School on Rt 47 (1 mile north of Rt 9 Hadley Center). 45 miles rolling to hilly with one 4 mile climb. Rest stop at Lake Wyola. Wet Roads cancels Leader: Walter Chuduk (413) 586-3956 or wechud@juno.com.

June 11: Depart 10:00 AM from Granby Jr.-Sr. High School on Rt. 202 (385 E. State St., Granby, MA). Ride about 26 miles, making a loop around the Holyoke Range, with a stop midway for a snack at Barstow's, in Hadley. Leader: Julie Miles, julie@library.umass.edu or (413)549-0456

June 18: "New Tour of Montague" Meet at 10:00 AM at the Mill River Recreation Area, Rt. 63, Amherst, MA, Lunch at the Turners Falls Creemee. 37 flat to rolling miles through Leverett, Montague, Deerfield and Sunderland. Leader: Betty Siwinski (413) 427-6095 or bettrad@msn.com.

June 25: "Hill-O-Rama" Meet at 10:00 AM at Family Dollar, Union St, opposite 711, Easthampton. Ride some nice hills, Southampton, Westhampton. Lots of "short" (.1-.2mi.), steep climbs (3-10%). That will add up to 1,384 ft. of good climbing. One half mile section of hard packed dirt/gravel. Warning: Bring extra pair of legs, oxygen bottle, lots of energy gels, you'll need them, folks. Bring lunch/snacks. 31 miles. Rain cancels. Leader: Ken Blair 413-207-4606

July 2: "Simsbury Lunch Ride" Good beginner ride. Meet at 10:00 AM at the Miller Rd, Southwick parking and trail access. Ride 12 miles to Simsbury Ct for lunch and back, 24 miles round trip. Leaders: Kerry and Diane Goguen (home) 413-525-4029 (Diane's cell) 413-244-4110

July 9: Meet 10:00 AM Heritage Park, East Longmeadow. Use parking lot on N. Main St. (Rt. 83) across from Stop & Shop. 25 - 30 miles rolling terrain. Sweets/ice cream stop near the end of ride. Leader: Kris Jackson 413-782-0247.

July 16: "So you like to climb? #2" Meet at 8:00 AM at Mt. Farms Mall parking lot at the corner of S. Maple and Rt 9. 35 very hilly miles including Mt Sugarloaf and Skinner State Park. Bring plenty of snacks and drinks. Leader: Kerry Goguen (413) 525-4029 (home)

July 23: Meet at 9:00 AM at Stanley Park (Rose Garden Entrance) 30+ miles to W. Hartland, Ct., Granville, Ma. and back via Southwick, Ma. Hilly but ice cream at the Granville Scoop makes it worthwhile!!!!!! Mary Ann Siron ottertales2@comcast.net or (413) 568-3304.

July 30: Ride departs at 10:00 AM from the Sunderland MA Library parking lot, on School Street just off Rt. 47. Approximately 40 mile loop through Montague, Northfield, Gill, and Turners Falls. Some dirt roads. Bring picnic lunch to eat at the NE Utilities picnic area, and money for ice cream at the Northfield Creamie. For more info, contact Liz Sturgen, LSturgen@aol.com or 413 374 3456.

August 6: Open Date – contact Webmaster if you can lead a ride on this date.

August 13: Open Date – contact Webmaster if you can lead a ride on this date.

August 20: Ride leaves at 10:00 AM from behind Whole Foods, Hadley, MA. Ride 35 miles to Magic Wings in Deerfield. Bring lunch or buy it there. Leader: Ann Morin 413-592-4123 (h), 413-374-1040 (c) or morinann@hotmail.com.

August 27: Meet at 10:00 AM at the Iron Horse Park and Ride Lot, Simsbury, Ct. Ride the scenic Farmington Canal and the Farmington River Rail Trails. About 30 miles, mostly but not completely on rail trails, with lunch at the Lasalle Market and Deli in Collinsville. Leader: Betty Siwinski (413) 427-6095

CYCLING EVENTS

Cycle Massachusetts

We have been asked to get the word out about a great adventure - [Cycle Massachusetts](#), the charity tour often called the "Friendliest Ride in the East". Please refer to the information below if you are interested in participating. **You can do it all** at [Cycle Massachusetts @ www.cyclema.com](#), the famous statewide charity tour that is also known as the Friendliest Ride in the East. We're delighted to welcome cyclists for a weekend or a whole week depending on YOUR schedule.

Here's some highlights for 2017:

Cycle Club Discount – we've made it super-convenient to join up with friends – just use our special [club signup page](#)!

Jump from a plane! That's right – you'll have the option to cycle to [Jumptown](#) in Orange, MA, and try skydiving!

- Three states in one ride – not only do we explore Massachusetts, but we'll ride the quiet roads of Vermont and New Hampshire as well.

Family riding weekend! Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, a [popsicle party](#), and an all-ages outdoor movie!

We're excited to welcome riders to our fantastic start/finish location at the Stoneleigh-Burnham School in Greenfield, Massachusetts. With two nights on their lovely campus, and two nights each in Putney, VT, and Orange, MA, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. We promise something fun to see or do every 10 miles.

Cycle Massachusetts is from August 5th through 11th (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#). [Sign up today](#): The registration deadline is July 15th, and Cycle Massachusetts is limited to 150 riders!

Join the 10th Anniversary New England Parkinson's Ride September 9, 2017

Choose from a **10, 30, 50, or 100 mile** route. *All rides begin and end at [The Ball Park](#).* Riders of all ages and ability are welcome as long as they can ride safely. **Food, beverages, music & family activities will be available all day. Bring your friends & family along to enjoy a fun day for a great cause!** You can get the info at [www.neparkinsonsride.com](#)

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). 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 or contact the Treasurer for an application form:

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