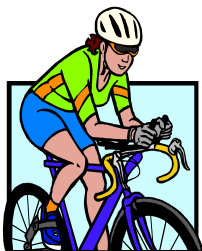


SPOKE

Notes

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 summer cycling season. Thanks to Kerry and Diane Goguen for a wonderful week-end trip to New Haven using

the Farmington Canal Heritage Trail and the New Haven-Northampton Canal Line. Check out the great pictures on our website.

With the weather turning cooler, we can look forward to even better cycling weather and beautiful New England autumn foliage. Thanks to all of you who have volunteered to lead rides this autumn. Thanks to Suzanne McCauley for again volunteering to host an "end of season" bicycle ride and potluck at her home on the last Sunday in October. For details see the Sunday Ride Schedule. For those new members who have not had the opportunity to lead a ride, there is plenty of help available with routes and cue sheets, you only need ask. Please think about volunteering to lead a ride and sharing some of your own favorite cycling roads.

Thanks to all of you who attended the Annual Cyclonauts Summer Picnic, we had over 50 attendees. It was a very special picnic this year as we recognized many of our long-time members. Elsa Rosenak, Ann Setnes, and Lorraine Toothill were our longest-time members in attendance, having been members for over 40 years, with Elsa and Ann for 45+ years. James DeSellier is our

youngest long-time member thanks to his Dad. I hope everyone present had an opportunity to look through the many photographs and through the many back issues of the Spoke Notes as well as the Club History as shared by Ken Paquette. What makes the Cyclonauts so special is not just the cycling but the many friendships that have formed over the years. Special thanks to Liz Sturgeon for setting up the swap table and to Ken Paquette for bringing the hamburgers and hot dogs and to Kerry Goguen for bringing his vintage bicycles for display. Be sure to check out all of the pictures on the website, thanks Maryann Siron.

After 16 years we have brought our club bylaws up to date so that they reflect current practice. Everyone received a copy with the changes highlighted in an email dated June 24. The changes were approved unanimously at the picnic. Special thanks to our subcommittee, Ken Paquette, Suzanne McCauley, Mady Schorsch, Don Sullivan and especially Ann Morin for all of their hard work.

Thanks to Maryann Siron, Don Sullivan, Betty Hyde, and Joe Parslow for volunteering to serve on our Annual Spring Banquet Committee. We look forward to another great social gathering to kick off our 2016 bicycling season.

Thanks and Happy Riding

— **Betty Siwinski**

CLUB JERSEYS



A few remaining Cyclonauts jerseys & shorts are available from our previous order:

Jerseys — \$59.95 Mens' size M, Womens' size S

Shorts — \$74.50 Mens' size XL, Womens' size L

Please contact Liz Sturgen at LSturgen@aol.com or (413)374-3456.

— ANNUAL PICNIC AND MEETING —

The Cyclonaut's annual picnic was held on August 15 at the Siwinski's home. Approximately 50 people enjoyed a sunny summer afternoon of food and friends. Additionally, the 50th year anniversary of the Cyclonauts was noted and celebrated with photos and memorabilia from past years. The celebration also included a large birthday cake made and decorated with a bicycle by Betty.



Here are the notes from the Club Business Meeting:

1. Banquet. Betty asked for volunteers to plan the Annual Banquet and Mary Ann Siron, Don Sullivan, Joe Parslow and Betty Hyde stepped up to take on this task.

2. Bylaws. The club bylaws which had not been updated for 16 years underwent a review and revision by a Board subcommittee which included Betty, Ken Paquette, Mady Schorsch, Don Sullivan, Suzanne McAuley and Ann Morin. Updated bylaws were emailed to members with highlighted changes prior to the picnic. Copies were also available at the meeting. The most important changes were:

- a) The date was changed for the payment of dues from January 1 to April 1. This will facilitate the payment and receipt of dues and banquet monies to the same time of year.
- b) The Webmaster was added as a Board member.
- c) The Treasurer can make payments of up to \$500 without additional authorization. Change from \$50 limit.

Motion to accept the bylaws as presented. Seconded and passed without opposition.

3. Business Cards. Liz Sturgen brought club business cards for handing out to potential new members.

4. Ride/Hike Coordinators. Please support the coordinators and volunteer to lead a ride or a hike when they send out email requests.

5. Members Present Recognition. James DeSellier was recognized as the youngest member, with thanks to his father Henry. Elsa Rosenak was recognized as the longest member (1969) - and still riding. Ann Setnes and Al Shane joined in 1970. Lorraine Toothill joined in 1972.

— Submitted by Ann Morin, Club Secretary

WEBMASTER'S CORNER

Our club website is www.cyclonauts.com. Keep your website interesting. You can find listings for charity rides, centuries etc. under the "Events and Tours" tab. Check out photos of our recent club rides in the gallery. Photos can be sent 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. If you move, change email address etc., please notify Ken at kenpaq@charter.net. Please help us keep this list up to date.



MARK YOUR CALENDAR

The deadline for the Winter issue of the Spoke Notes is Wednesday, October 21. 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



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.

WEDNESDAY RIDES

Wednesday rides are leisurely. Riders meet at 8:00 AM for breakfast at the designated restaurant or at a parking area from which to ride to breakfast. If the meeting place is at the restaurant, the ride begins at 9:00 AM.

Sept. 3rd. - Meet @ 8:00, Friendly's, Rt. 75, CT. across from Bradley Field, Windsor Locks. Ride @ 9:00. 25-30 miles. Info: Ray Bourbeau, 413-265-5047.

Sept 2: Meet at 8:00 for breakfast at Toni Ann's Rt 10/202 in Granby ,CT. Ride at 9:00 in Granby, Suffield, and Southwick. Approx 25-28 miles, few hills, nothing horrible. Info : Mary Ann Siron , 413-568-3304, ottertales2@comcast.net

Sept 9: Meet at 8:00 for breakfast at Kristina's Kafe, 9 N. Main St. Belchertown, Ride at 9:00 from the Belchertown Common. 25 miles through Belchertown and Palmer. Info: Betty Siwinski (413) 427-6095 or bettrad@msn.com

Sept 16: Meet at Hampden Mini Mall at 8:00, ride to coffee shop on Main Street in Wilbraham for breakfast. Ride to Quabbin Reservoir and up to tower for lunch, has a nice view, and back to Hampden Mini Mall, 45 miles. Bring liquids and lunch. Info: Chuck Allsop, 413-782-6328, hi2sam@comcast.net

Sept 23 & Sept 30: Open Dates – contact the Webmaster if you can lead a ride

Oct. 7: Meet at 8:00 for breakfast at Easthampton Diner. Park next to the bike trail. Ride at 9:00 to Williamsburg. 28 miles round trip. Info: Elsa Rosenak, 413-786-8773, or rosenaklibby@aol.com.

Oct 14: Meet at 8:00 for breakfast at Girly Grill, Rt 20, Palmer. Ride 9:00 from Brimfield Commons. 50% blacktop and 50% gravel and grass. Flat ride on trails. Info: Don Maynard, 413-525-3464, djmanyard07@charter.net

Oct 21: Open Date – contact the Webmaster if you can lead a ride

Oct. 28: Meet at 8:00 for breakfast at Earlee Mug Restaurant, Route 202, Granby, MA. Ride at 9:00 from Dufresne Park. 36 miles through Amherst, Belchertown and Ludlow. **COOKOUT AFTER THE RIDE**, compliments of Don Maynard who is bringing a grill. Bring your lunch items and something to grill. Info: Ann Morin, 413-592-4123 (h), 413-374-1040 (c), or morinann@hotmail.com.

MIDWEEK ALTERNATE RIDE SCHEDULE

These rides will be on Tuesdays, Wednesdays or Thursdays, starting at 9:00 AM unless otherwise noted. Check posted dates and times carefully for variations. They are usually 35-45 miles at a moderate pace and may include an earlier pre-ride breakfast or an energy snack break. Rides depart promptly at the times listed. Please arrive at the start a few minutes early in order to prepare yourself and your bike so that you will not delay the start.

SEPT. 2: (WED.) Meet at Reid's Corner in the Hampden Mini Mall, Hampden, MA at 08:00 AM for breakfast. Ride at 09:00 AM. Approx distance 40 miles. Snack break as needed. Ride will have a good balance of hills, rollers and flats in the surrounding Towns of Hampden. Cue sheet will be sent to all riders 2 days prior to ride. Contact: Brian O'Connor at 413-896-6517 or mrmacbri@charter.net with questions.

SEPT. 9: (WED.) Meet at Reid's Corner in the Hampden Mini Mall, Hampden, MA at 08:00 AM for breakfast. Ride at 09:00 AM. Approx distance 40 miles. Snack break as needed. Ride will have a good balance of hills, rollers and flats in the surrounding Towns of Hampden. Cue sheet will be sent to all riders 2 days prior to ride. Contact: Brian O'Connor at 413-896-6517 or mrmacbri@charter.net with questions.

SEPT. 16: (WED.) Meet at the Earlee Mug, Rt. 202, Granby, MA at 08:00 AM for breakfast. Ride at 09:00 AM from Dufresne Park (Kendall Street entrance). Ride 41 miles to Quabbin, with snack break at the tower. Ann Morin 413-592-4123 (h), 413-374-1040 (c) or morinann@hotmail.com.

SEPT. 24: (THUR.) Starting at 09:00 at the Suffield Village Shopping Center parking lot, 68 Bridge St., Suffield, CT. It will be some variation on a past Irv Friedman ride in the greater Suffield area. No breakfast involved. Bring a snack for an appropriate rest stop. Ray Leduc Home: 860-745-3014, Cell: 860-608-6244.

SEPT. 30: (WED.) North Leverett Loop. Start from 36 Dana Hill, Belchertown, MA. at 09:00 AM. Approximately 40 miles with 2,000 ft. of ascent. Includes a snack stop at the North Leverett Coop Market, about half way. Leader - Ray Siwinski, 860-478-8308 or rsiwinski@gmail.com

OCT. 7: (WED.) Meet at my house: 280 Prospect St. Ext., Westfield, Ma. Bike ride is similar to August 8th's ride, but with a few twists. Bring a snack for rest stop at Mt Tom. Approx 35-40 miles through Westfield, Holyoke, Southampton, Easthampton. Hills, nothing horrible. Mary Ann Siron 413-568-3304 or ottetales2@comcast.net

OCT. 14: (WED.) Meet at Reid's Corner in the Hampden Mini Mall, Hampden, MA at 08:00 AM for breakfast. Ride at 09:00 AM. Approx distance 40 miles. Snack break as needed. Ride will have a good balance of hills, rollers and flats in the surrounding Towns of Hampden. Cue sheet will be sent to all riders 2 days prior to ride. Contact: Brian O'Connor at 413-896-6517 or mrmacbri@charter.net with questions.

OCT. 22: (THUR.) This will be the world famous "Huntington Loop" Start from Kaptain Jimmy's on Suffield St. (Rte 75) in Agawam at 9:30. Ride 50 rolling miles with a stop at Stanley Park (mi. 12), Huntington Store (mi. 23) then return to the Kaptain's. McDonald's is next door for a pre-ride breakfast. Anyone who wants to have a beer post ride at Kaptain's is welcome to join me. Info: Joe Parslow at joseph.parslow@comcast.net or 413-786-4239.

OCT. 28: (WED.) Meet at Reid's Corner in the Hampden Mini Mall, Hampden, MA at 08:00 AM for breakfast. Ride at 09:00 AM. Approx distance 40 miles. Snack break as needed. Ride will have a good balance of hills, rollers and flats in the surrounding Towns of Hampden. Cue sheet will be sent to all riders 2 days prior to ride. Contact: Brian O'Connor at 413-896-6517 or mrmacbri@charter.net with questions.

WELCOME NEW MEMBERS



Please welcome Craig Cox, Carol Dupont, Hugh Haun, John Hawley, Betty Hyde, Marcy Isenberg, Jill Keene, Jim & Mary Morris, Marcia Morgan, David & Gail, Joe Whalen, Wescott, and Warren Wilson.. We hope you will enjoy cycling and hiking with the Cyclonauts and that we will see you often. We encourage you to present your ideas, as we are always looking for ways to improve our organization.

SATURDAY "TRADITIONAL" RIDE SCHEDULE

For September and October, the traditional breakfast rides begin at 9:00 AM. The rides are 20 - 30 miles at a leisurely pace with a breakfast stop during the ride.

Sept 5: Meet at Atkins Farms, Rt 116, Hadley, MA. Park in upper parking lot, if full next lot down. Ride to Bridgeside Grill, Sunderland for breakfast. 27 miles John Hawley (413) 575-0800 or john@firststartmedical.com.

Sept 12: Meet at Beth's, 107 Main St, Monson for breakfast first. Ride has some significant hills to Wales, then Stafford Springs and back to Monson, about 28 miles. Doug Young (413) 267-5883 or kodi1young@gmail.com

Sept 19: Meet at Reid's Country Corner, 20 E Longmeadow Rd, Hampden, MA. for breakfast at 8:00. Ride at 9:00. This ride ranges from level to rolling and is approx. 33 miles and will go thru Somers and Ellington, CT. Mike Cronin (413) 566-3114 or mike92341@gmail.com.

Sept 26: Meet in parking lot of Highland Park Market, 68 Bridge St in Suffield CT.; ride 25-30 miles; breakfast in Windsor CT; Sue Strange (860) 763-3046 or sestrange@yahoo.com

Oct 3: Meet at Hamden Ponds Plaza 1029 North Rd Westfield, MA. Ride to Outlook Farms in Westhampton for breakfast. About 30 miles. Joe Whalen (413) 374-1797 wailinjoel@msn.com

Oct 10: Meet at 9:30 at Stanley park, Westfield, rear parking lot near the rose garden. "Not your usual Saturday ride." 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. Elsa Rosenak (413) 786-8773 or RosenakLibby@aol.com

Oct 17: Meet at Goguen's, 98 Parker St. E. L. "The Pig Ride version 3," (2 hills). Breakfast at the Plaza Restaurant. 20-25 miles. Diane and Kerry Goguen 525-4029.

Oct 24: Meet at the pull off on Rt. 20 Brimfield just past Dearth hill Road. Breakfast at Brimfield pizza. Ride through Holland, Brimfield, Wales and Monson, 28 miles with some rolling hills. Doug Young (413) 267-5883 or kodi1young@gmail.com

Oct 31: Meet at Granby Jr-Sr High School, Rt 202 Granby, MA. Ride to Burgundy Brook in Palmer. Bring small bills as they do not do separate checks. About 25 miles. Betty Siwinski (413) 427-5095 or bettrad@msn.com.

SATURDAY ALTERNATE RIDE SCHEDULE

The "Alternate" breakfast rides begin at 9:00 AM. Rides are 35 - 45 miles at a moderate pace with a breakfast stop during the ride.

Sept 5: Ride through Easthampton, Southampton, Wyben, and Westfield. Breakfast at The Good Table. Approx 35 miles. Meet at Liz Sturgen's house, 11 Elliott St, Easthampton. LSturgen@aol.com or (413) 374-3456

Sept 19: New course from East Longmeadow High School to Stir the Pot in East Windsor. A couple more hills, lots of nice views, less traffic, no rotary and about 35 miles. Al LaFleche, 413-306-1270 ajlafleche@comcast.net.

Sept 26: "East of the River" Approx. 35 to 40 miles. Start at my home: 17 Windmill Rd, Enfield, CT Breakfast site about halfway into the ride. Leader: Ray Leduc, Home phone: 860-745-3014. Cell phone: 860-608-6244

Oct 10: Meet at 108 Asselin St. Chicopee. We will ride only 5 miles to breakfast. After breakfast we will ride to Mt. Pollux for a 360 degree view of the valley to see the autumn foliage. About 40 miles. Cider and doughnuts after. Ken Paquette (413) 593-3091 or kenpaq@charter.net

Continued on next page

Saturday Alternate rides, continued...

Oct 17: Start from 36 Dana Hill, Belchertown, MA at 9:00AM, Approximately 40 miles, hilly, to West Brookfield and back with an early breakfast stop at Christina's in Belchertown. Leader - Ray Siwinski (860) 478-8308 or rsiwinski@gmail.com

Oct 24: "Highway to Conway" Ride. Meet at Hadley elementary school on Route 47, Hadley. 40 miles. Ride 20 miles to Baker's Store for breakfast. Suzanne McAuley 413-530-4686 or corgislivehere@gmail.com

Oct 31: Meet at my house 280 Prospect St Ext. Westfield. Bike to Riff's Easthampton for lunch, so make sure you eat something for breakfast. Ride back through Southampton to Westfield. There will be hills, 1-2 maybe mildly horrible. Mary Ann Siron 413-568-3304 ottertales2@comcast.net

NOTE: Sept 12 and Oct 3 are open dates, contact the Webmaster if you can lead a ride on these dates.

SUNDAY RIDES

Sept 6: Ride at 10 AM from Hadley Elementary School, Rt 47, Hadley. "Tour of Montague" approximately 45 miles, flat to rolling terrain. Bring lunch or buy at the Turners Falls Creemee. Betty Siwinski (413) 427-6095 or bettrad@msn.com.

Sept 13: Meet at 8 AM at Rite Aid routes 5 + 141, carpool? Ride around Monadnock. Approx 30 miles. Very hilly. Bring plenty to drink and snacks. Restaurant on route. Kerry Goguen (413) 525-4029.

Sept 20: Cyclonauts Fall Century Rides: Meet at 7:00 AM for breakfast at the Munk's, 18 Evergreen Drive (off Porter), East Longmeadow. Rides start at 7:30 sharp. This year's Century route runs from East Longmeadow up to Granville, then down to Simsbury and Avon. Also Metric Plus route (70 miles) to Granville & return. Both routes are 100% on pavement. Peter Munk (413) 525-8534 petermunk7@gmail.com

Sept 27: Mountain biking in Chicopee State Park. Meet at 9:00 AM in the parking lot if the gate is open, behind Dr. Deagan's if the gate is closed. Don Maynard (413) 525-3464.

Oct 4: Mtn Bike/Cross Bike to Green River, VT. Meet at 10 AM at Green River Recreation Area Parking lot (on the Green River) on Nashs Mill Rd. in Greenfield, MA. About 30 miles, 10 miles of paved roads and 20 miles of good dirt roads. Lunch at the covered bridge in Green River, VT. Bring lunch and warm clothes. Rain cancels. Contact ride leader if in doubt. Susan Strange (860) 763-3046 or sestrange@yahoo.com. Directions: Rt 91 north to Exit 26. Travel around rotary to Rt. 2 west. Turn right at first light onto Colrain Rd. Drive past Greenfield Community College. Right on Nashs Mill Rd. Green River Recreation Area is on the left.

Oct 11: Meet at 9:00 AM behind Whole Foods Market on Route 9/Russell Street for a relatively easy 35 miles ride with no left turns. Breakfast stop at BridgeSide Café in Sunderland. Al LaFleche (413) 306-1270 or ajlafleche@comcast.net.

Oct 18: Ride at 9 AM from Stanley Park, 2nd park entrance off Western Ave. Across from Westfield State University's Gym Complex. Ride 10 miles to Toni Ann's in Granby for breakfast and then ride through Southwick, Granby, Ct. Suffield and back, approximately 35 miles, some hills, nothing horrible. Mary Ann Siron (413) 568-3304 or ottertales2@comcast.net.

Oct 25: "UMASS Cold Spring Orchard Belchertown" Meet at 9:00 AM at 49 Acker Circle, Chicopee. 42 miles. Potluck after the ride. Bring a dish to share and drinks will be provided after the ride. Leader: Suzanne McAuley (413) 530-4686 or corgislivehere@gmail.com

UPCOMING CHARITY RIDES

Sunday, Sept 13: The Connecticut Valley Century (COVAC) has been around since 1985, and is popular with many Club members. The registration fee (\$40 before Aug 31) will support several charities sponsored by the Amherst Rotary Club. These include the Big Brother/Big Sister Program, the Amherst Family Outreach Center, which helps local low-income families find housing and jobs, and the Amherst Better Chance Program, which helps minority students complete High School and qualify for College. The registration fee also covers the rest stop snacks, and a baked potato after the ride. There will be 25, 50, 75, and 100 miles rides running from Hatfield up the West Side of the Ct River and back down the East side. To register, go to www.covacride.org.



Saturday, Sept 12: Old Orchard Beach — Scenic century ride along the Maine coast & inland to Sanford, also 30 and 50 mile rides. This is a fund raiser to support Parkinson's Disease Research. Register to ride at www.neparkinsonside.com. Or, if you are not planning to ride, you can contribute a pledge to support Vinnie Mandolini or Ray Leduc.



Saturday, September 19: 8th Annual New England Bikefest. The Northampton Cycling Club sponsors 25, 45, 70, and 100 mile rides through the Ct River Valley, starting & ending at Look Park in Northampton. All proceeds benefit the Youth cycling program of the Northampton Cycling Club. Registration includes BBQ & beer lunch after the ride. Registration fees range from \$30 to \$65 before Aug 31. For more information, see <http://bikefest.nohobikeclub.org>



Sunday, September 27: The Western Mass Food Bank will sponsor their 5th "Will Bike For Food" event. There will be 25, 50, and 100 mile rides starting from Hatfield. Fundraising will benefit the Food Bank to fight hunger. \$250 fundraising minimum (\$175 if you register by Aug 31). Every \$1 raised can in turn provide \$13 dollars worth of food to people in our community. Registration includes food and beer after the ride. For more info see www.foodbankwma.org. Liz Sturgen will be riding and she is looking for riding companions or pledges.



OTHER FALL CENTURY RIDES

Sunday, Sept 20: Cyclonauts Fall Century rides, 100 or 70 miles. See Page 6 for details.

Saturday, Sept 26 or Sunday, Sept 27: Tri-State Seacoast Century, sponsored by the Granite State Wheelmen. There will be full, metric, half, and quarter centuries running from Hampton Beach along the Mass, NH, and Maine shorelines. Many of our club members have done this ride in past years. \$50 registration fee allows you to ride either day. Registration closes Sept 6. More info at www.granitestatewheelmen.org

SPOKE Notes, the newsletter of the Cyclonauts Bicycling Club of Springfield, MA is published four times a year-Spring Issue (April-May-June) Summer (July-August), Fall (September-October) and Winter (November-December-January – February-March). It is distributed free to members. 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:

Les Prentice
1472 Plumtree Road
Springfield, MA 01119

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