

SPOKE

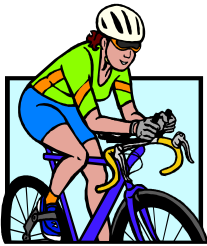
Notes

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



Hooray, it's spring at last! I have to say I enjoy a good snowy winter more than most folks, but even I am welcoming the longer days and warmer temperatures. I'm sure many of you have already been out on your bikes.

This winter we said goodbye to yet another dear longtime Cyclonaut friend, Marion Gorham. Many of us have spent numerous hours enjoying her company along with her husband Al while biking, hiking, paddling, camping, and socializing. She is very much missed, and our comfort and support go out to Al and their entire family. Her buoyant attitude, sense of adventure and fun, and courage in her final months have been an inspiration to all who knew her.

I've decided I'd like us to focus this biking season on cycling safety. While we have many experienced cyclists among us, and overall we have a good safety record, I do see some dangerous and non-traffic-friendly riding on club rides.

I have asked my husband Ralph, who is a League of American Bicyclists cycling instructor, to review some rules of the road and techniques for riding safely in traffic. You will find his article on Page 4 - please take time to read through it and think about it as you head out on the roads this spring.

Stay safe, and I'll look forward to seeing you on the road!

- Liz Sturgen

ANNUAL BANQUET AND BUSINESS MEETING

The Cyclonauts Annual Banquet was held on March 19 at Magic Wings in South Deerfield. A short business meeting was called to order by the Club President, Liz Sturgen. Liz thanked Mady Schorsch and Ralph Sturgen for organizing the banquet.

1. Elections - The slate of nominees, who currently serve in the listed positions, was presented by Susan Strange of the Nominating Committee as follows:

President - Liz Sturgen

Secretary - Ann Morin

Treasurer - Les Prentice

Trips Chair - Meredith Sullivan

*Hike Chairs - Mary Ann Siron and Suzanne Fitz-Gibbon
SpokeNotes Editor - Peter Munk
Circulation Manager—Ken Blair*

At Large Members:

Mady Schorsch

Susan Strange

Donald Sullivan

Mary Ann Siron

A motion was made to select the current slate. There was no opposition, therefore, the motion carried.

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CLUB DUES



Did you remember to pay your club dues for 2011? If not, they are now past due. Please contact our treasurer, Les Prentice, at (413) 783-6775 to arrange payment.

ANNUAL BANQUET AND BUSINESS MEETING**CONTINUED****2. Treasurer's Report:**

Les Prentice reported \$903 in expenses last year, leaving a current balance of \$ 1,569. We have 75 paid individual members and 21 paid family members, with another 15 more renewals expected.

3. Webmaster Position:

Ken Paquette announced he will be stepping down from the position of Webmaster at the end of 2011. The search is on for his replacement. More information on the position can be found on Page 3. If anyone is interested, please let Ken or Liz know. Liz expressed the club's appreciation to Ken for all his good work. Irv Friedman also noted that Ken goes above and beyond by keeping the Club informed of relevant information which is greatly appreciated by all.

4. Ken Paquette asked for a \$20 donation for the "Software in the Public Interest" company which houses the Club photo gallery on the website. The motion passed unanimously.

5. Liz announced that the picnic will be held in August, and Susan Marsh has volunteered to host the picnic once again.

— Submitted by Ann Morin

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.

**MARK YOUR CALENDAR**

The deadline for the Summer issue of the Spoke Notes is Sunday, June 19, 2011. All ride schedules, notices, and other entries to the newsletter must be submitted by that date to the editor:

Peter Munk
18 Evergreen Drive
East Longmeadow, MA 01028

Or petermunk7@gmail.com

**WELCOME NEW MEMBERS**

We welcome our newest members: Sally Carlton, Alice Chenault, John Chrisant, Robert Dickinson, Kerry and Duane Goguen, Michael Theroux and his son Mike. 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.

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.

WEDNESDAY RIDES

Wednesday rides are leisurely. Riders meet at 8:00 AM for breakfast at the designated restaurant or parking area. Rides begin at 9:00 AM when the meeting place is a restaurant.

April 6th - Meet @ McDonalds, Rt. 75, Agawam. Ride Suffield and Southwick and back., 20 miles. Info: 782-6328, Chuck Allsop.

April 13th - Meet @ Zubbers, Rt. 10 and 202. Ride Westfield and Southwick. Info: 568-3304, MaryAnn Siron.

April 20th - Meet @ Hamden Mini Mall, Reids Corner. Ride Hamden, Ellington and Somers. Info: 566-3014, Vinnie Mandolini.

April 27th - Meet @ Hamden Mini Mall, Reids Corner. Ride to Ellington Center. Info: 265-3268, Ted Jerericz.

May 4th - Meet @ Stop & Shop parking lot, Feeding Hills. Ride to Mrs. Murphy's then ride to Granville Scoop and return. Info: 525-3007, Ken Cook.

May 11th - Meet @ Girly Grill, Palmer. Ride to Palmer, Brimfield, Warren & Brookfield. Info: 525-3464, Don Maynard

May 18th - Meet @ McDonalds, Rt. 75, Agawam. Ride to Suffield. Info: 786-8773, Elsa Rosenak

May 25th - Meet @ Hamden Mini Mall, Reids Corner. Ride to Somers. Info: 592-4123, Anne Setnes.

June 1 - Meet @ Hamden Mini Mall, Reids Corner. Ride to Ellington. Info: 265-3268, Ted Jerericz

June 8th - No Ride. Hunters Green trip, Cape Cod.

June 15th - Meet @ Hamden Mini Mall, Reids Corner. Ride to Ellington. Info: 782-6328, Chuck Allsop

June 22nd - Meet @ Earlee Mug, Rt. 202, Granby. Park @ Dufresne Park, Kindell Street. Info: 592-4123, Ann Morin

June 29th - Meet @ Hamden Mini Mall, Reids Corner. Ride to Ellington. Info: 265-3268, Ted Jerericz

WEBMASTER / DATABASE MANAGER POSITION

After the 2011 cycling and hiking seasons I'll be stepping down as webmaster and database manager. A person or persons to take over the position(s) is needed. An individual familiar with web building would be nice however, I'll train the person in MS FrontPage if necessary. To manage the data base, knowledge of Access or other data base software is necessary. Splitting the two positions is a viable option.

Webmaster duties: Update the website's schedules, post notices and events, update the photo gallery etc.

Data Base Duties: Work with the treasurer to maintain the membership roster. Keep email, home addresses etc. updated. Print labels for various mailings and newsletters. Differentiate which members receive the newsletter electronically from those who use snail mail. Since this position maintains the Cyclonauts' email contact list, on occasion, send out general emails to the membership notifying or reminding them of activities or changes that were not posted in the Spoke Notes or online.

Benefits: A feeling of accomplishment that you have helped a successful organization run smoothly, by the website displaying the opportunities our club provides and keeping the club's data in order.

For further details contact Ken Paquette kenpaq@charter.net or (413) 593-3091.

SATURDAY "TRADITIONAL" RIDE SCHEDULE

Traditional breakfast rides begin at 9:00 AM during April and May and 8:00 AM during June. The rides are 20 - 30 miles at a leisurely pace with a breakfast stop during the ride.

April 2 – 30 (all five Saturdays): Meet at Granby Jr/Sr High Rt. 202. Ann Morin and Paul Griffin (413) 592-4123

May 7: Meet at 40 Redwood Drive, Agawam. This is a slow to moderately paced 22-25 mile ride. We will be riding in Agawam before breakfast, then heading south into Suffield. Rain cancels. Bea Robinson (413) 786-0190

May 14: Meet at Hampden Mini Mall, 5 Allen St. Hampden. Meredith Sullivan (413) 566-8661

May 21: Meet at Hampden Mini Mall. Ride to Somers. Breakfast at the Plaza. 25 miles. Ann Setnes (413) 596-9549

May 28: Note time 8:00 for breakfast, ride at 9:00. Meet at restaurant in the center of Brimfield. The ride will stop at Ann Morin's daughter's horse barn and then proceed to Don Maynard's daughter's horse barn for muffins, coffee, tea. Some hills. Don Maynard (413) 525-3464

June 4: Meet at the movie gallery parking lot on Union St, Rt 141, Easthampton. Breakfast at Sully's restaurant in Hadley, ride 20 to 25 miles. Ray Bourbeau (413) 265-5047

June 11: Meet at the Miller St parking lot off Congamond Rd Rt. 168 Southwick. Across from the Red Riding Hoods Basket. Eat at Cubers in Westfield. Ray Bourbeau (413) 265-5047

June 18: Meet at the Stop and Shop in Feeding Hills, Agawam. Breakfast at Tony Anns, ride 27 miles. Elsa Rosenak (413) 786-8773

June 25: Meet at Hampden Mini Mall, 5 Allen St. Hampden. Meredith Sullivan (413) 566-8661

— SAFE RIDING —

As experienced drivers of bicycles, automobiles, motorcycles, and trucks, we're all familiar with the rules of the road and do a pretty good job of following them. You know all that stuff about Drive on the Right, First Come First Served, Yield to Crossing Traffic on a More Major Road, Faster Vehicles Overtake on the Left (Speed Positioning), and Entering an Intersection According to the Direction in Which We Want to Leave It (Destination Positioning). And don't forget the legal stuff like stopping at stop signs, stopping for pedestrians in cross walks, and not driving the wrong way on a one-way street. This is all pretty easy when we're driving alone. Sometimes it's not so easy when we're driving in a "convoy".

For instance: When cycling alone, we make our left turn from the left third of our lane (or from the left turn only lane if there is one). When cycling in a group we do the same BUT we need to get the whole group into that proper position entering the intersection. Planning ahead and signaling are even more important than usual. (If I get "stuck on the right" by myself, a "box left turn" is fairly easy to manage. It's not so easy if I have a dozen cyclists behind me.)

Since we have no legal right to move as a group, we are each responsible for moving ourselves safely. That begins with the leader signaling the move well in advance so each cyclist in the group may pick their opening, signal, and move left. If I'm riding sweep, I often make my move before anyone else in the group as a firm signal to following motorists that the entire group will be doing the same. And, if I just happen to linger an extra moment in a lane-control position, that may help create an opening for the other cyclists.

Please remember, every time we drive our bicycles, we are ambassadors from the cycling world to the motorist and pedestrian worlds. We are setting an example to less skilled cyclists at the same time that we are not increasing the irritation level of motorists. We are blessed with generally courteous motorists in this area. Let's try to keep it that way by remembering that, as with all ambassadors, diplomacy is the name of the game.

- Ralph Sturgen .

SATURDAY ALTERNATE RIDE SCHEDULE

The "Alternate" breakfast rides begin at 9:00 AM during April and May and 8:00 AM during June. Rides are 35 - 45 miles at a moderate pace with a breakfast stop during the ride.

April 2: Meet at 108 Asselin St. Chicopee. Usually early morning temperature is cool at this time, therefore, the breakfast stop will be about five miles into the ride. Restaurant to be announced. Ken Paquette 413- 593-3091 or kenpaq@charter.net

April 9: Meet at 23 Smith Ave. Granby, MA. Approximately 40 miles. Restaurant and route to be determined. Dennis Delaronde 413-467-7166 or cell phone 413- 246-0077

April 16: Meet at 108 Asselin St. Chicopee. Ride to Sully's in Hadley, Approximately 40 miles Ken Paquette 413- 593-3091 or kenpaq@charter.net

April 23: Meet at Atkins Farms, breakfast at Tailgate Picnic. 38 miles through S.Hadley, Granby, and Belchertown. Liz Sturgen, 413-527-6230, cell 413-374-3456, LSturgen@aol.com

April 30: Meet at 36 Dana Hill, Belchertown (Betty's house). Breakfast at Cushman Corners in South Amherst, 40 miles, Ray Siwinski, phone 860-478-8308

May 7: Meet at 119 Marbern Drive, Suffield, CT. Breakfast at ToniAnn's in Granby, CT- Approx. 40 miles. Irv Friedman 860-668-7023 or irvjf@sbcglobal.net

May 14: Meet at Suffield Village. Breakfast at Edgewood Golf Course. 39 miles. Elsa Rosenak ROSENAK-LIBBY@aol.com

May 21: Meet at Stanley Park by rose garden 1st entrance on left. Breakfast at Toni Ann's, ride in Southwick and Granby, CT. Mary Ann Siron 413-568-3304 or ottertales@comcast.net

May 28: Meet at 36 Dana Hill, Belchertown (Betty's house), breakfast at Cushman Corners in South Amherst. 40 miles. Different route than on April 30th. Ray Siwinski, phone 860-478-8308

June 4: Meet at the CVS Pharmacy, corner of routes 9 and 202 in Belchertown, Breakfast at Blue House Café in Haydenville. 46 miles. Gary Moore 413-531-0713

June 11: Meet at 23 Smith Ave. Granby, MA. Approximately 40 miles. Restaurant and route to be determined. Dennis Delaronde 413-467-7166 or cell phone 413- 246-0077

June 18: Meet at 36 Dana Hill Road (Betty's House), Belchertown, MA, Ride to Burgandy Brook for breakfast via Quabbin about 40 miles. Betty Radwilowicz 413-427-6095 (cell) or bettrad@msn.com

June 25: Meet at 23 Smith Ave. Granby, MA. Approximately 40 miles. Restaurant and route to be determined. Dennis Delaronde 413-467-7166 or cell phone 413-246-0077

SUNDAY RIDES

April 3: Meet at 10:00 AM, at the back of McDonald's on Rt 75 in Agawam. This is an early season ride that will be flat and we'll not be in a hurry, We will travel down thru Suffield, Windsor Locks, along the Ct river to Windsor and then over Rt 305 to Rt 187 and Rt 189 toward Granville. Approx 40 miles. Wet weather conditions will cancel. Joe Parslow (617) 571-2316.

April 10: Meet at the Runway restaurant by Barnes airport in Westfield and we'll go approx 25 miles. I'm sorry not in shape for anything big . Ride to Westfield, Holyoke and Southampton. Mary Ann Siron (413) 568-3304

April 17: Meet at 10:00 AM, at the Mt. Sugarloaf parking lot in South Deerfield, MA. Suzanne Fitz-Gibbon (413) 527-4052 suzannefitzgibbon@charter.net

April 24: No ride scheduled. If you would like to volunteer to lead a ride notify either Meredith Sullivan (413) 566-8661 or Ken Paquette kenpaq@charter.net in order that the ride can be posted on the club's website.

May 1: Meet at 10:00 AM, at Suffield village. Early Spring, ride 25 or so mile leisurely ride through Suffield, Windsor Locks, Windsor, and the Windsor historic district. This ride is intended for anyone who is comfortable riding 25-30 miles. Some slightly rolling terrain. Bring lunch and drinks. Susan Strange (860) 763-3046

May 8: No ride scheduled. If you would like to volunteer to lead a ride notify either Meredith Sullivan (413) 566-8661 or Ken Paquette kenpaq@charter.net in order that the ride can be posted on the club's website.

May 15: Meet at 10 AM at the Hampden Mini Mall. We will be riding into the CT. valley. Easy 25 to 30 miles, some rolling hills. Bring snacks and liquids. Meredith Sullivan (413) 566-8661. msully1809@charter.net

May 22: Meet at 10 AM at the Hadley Elementary School, 131 Russell St, Hadley, MA ride to the Book Mill - Montague Flat to rolling/40 miles Suzanne Fitz-Gibbon (413) 527-4052 suzannefitzgibbon@charter.net

May 29: Meet at 9:00 AM at the Hadley Elementary School, Route 47 (Middle Street, N.of route 9). 46 miles, Flat to Rolling Hills. We will head north to Old Deerfield, then continue on out towards Greenfield and connect with the Bike Path to Turners Falls and lunch stop at the Country Creeme. Return by way of Lake Pleasant to Montague along Falls Road to route 47 back to Hadley. Walt Chudzik (413) 320-7003 wechud@juno.com

June 5: Meet at 9:30 AM, at the Mt. Sugarloaf parking lot in South Deerfield, MA. Suzanne Fitz-Gibbon (413) 527-4052 suzannefitzgibbon@charter.net

June 12: Meet at 10:00 AM, at the Hadley Elementary School. "Tour of Montague" Bring lunch or buy at the Turners Falls Creemee, 40 - 45 flat miles. Call or email Betty, (413) 427-6095 or bettrad@msn.com.

June 19: Meet at 9:00 AM, at the new Hadley Elementary School on Route 47, north of Rt. 9 in Hadley "Up To Wendell" 45-50 miles, rolling to hilly. There will be a rest stop at Lake Wyola..Coordinator: Walt Chudzik (413) 320-7003 or wechud@juno.com

June 26: Meet at 10 AM at Atkins Farms; 40 miles through Amherst, Belchertown, Leverett, and Hadley. Lunch stop at the Leverett Co-op - bring your lunch or buy it there. Liz Sturgen, (413) 527-6230 or cell (413) 374-3456, LSturgen@aol.com

Upcoming RIDES

Ray Bourbeau is extending an invitation to Cyclonaut members to join the Fourth Hill Group for a Cape Cod "Spring Biking Get-Away" Sunday June 5, 2011 to Friday June 10, 2011. Call ASAP for Reservations. Rates are \$35 to \$40 per night. If reservations are made before April 15th a \$5 discount per night will apply.

For more information on rates, and policy call the Hunter's Green Motel in West Yarmouth at 800-775-5400 or go to the website at <http://www.huntersgreenmotel.com>. Please state you are with the "Fourth Hill Group/ Cyclonauts" Call Ray at 413 265-5047 for additional information.



The American Diabetes Association will sponsor several fund-raising rides this Spring to support their education, research, and advocacy programs. Gold's Gym is a cosponsor. Diabetes affects 20 million Americans and there is no cure. Stem cell research may provide the key to finding a cure, and the Tour de Cure provides critical funding for this research. With federal research funding now restored, this could be the year for a research breakthrough.

On Sunday, May 22, the North Shore Tour de Cure will be held at Hamilton, Mass, with rides to Gloucester and Ipswich. On Sunday, June 12, a ride will be held at North Haven, Ct, with rides through the Durham, Middlefield, Haddam area. Both locations will offer 30, 60, and 100 mile rides. On July 9-10, there will be a two day 150 mile ride from Woburn, Mass to Biddeford, Maine. Register at www.diabetes.org/tour or contact the ADA at 1-888-DIABETES. There is a \$150 fundraising minimum, plus a registration fee. Peter Munk will be riding June 12, he has room for a few carpoolers. Or make a donation, if you cannot make the ride!

The New York Parks & Trails advocacy group will sponsor two cycling/camping rides this summer: They will ride the full length of the Erie Canal on July 10-17. This is a 400 mile ride, with 2/3 of the mileage along the canal trail. And a 200 mile ride along the Hudson River valley is planned for August 16-21, from Albany to New York City. More info is available at www.ptny.org.



On Sunday, June 5, the 11th annual Katelynn's Ride will be held at Hampshire College in Amherst. The ride is named for Katelynn Battista of West Springfield, who died of cancer at the age of 11. She was a patient at the Baystate Medical Cancer center and the Dana Farber cancer institute in Boston. Fund-raising will benefit these two organizations. There will be 25, 50 and 100 mile rides through the Amherst-Hadley-Leverett area. Registration is available at www.kride.org. There is a \$300 fundraising minimum, plus a registration fee.

WEBMASTER'S CORNER

Our club website is www.cyclonauts.com. Keep your website interesting. Send photos of club activities to Ken Paquette at kenpaq@charter.net so they can be posted. Also, any ideas that you might have to improve the website. Or mail photos to Ken at 108 Asselin St, Chicopee, MA 01020.

