

# SPOKE Notes

Newsletter of the Cyclonauts Bicycle Club, Springfield, MA

## THE PRESIDENT'S CORNER

### *Thank You All Around*



*Thank you* to everyone who attended the annual picnic and *thank you* again to Mary Ann and Bill for hosting. At the picnic we voted and approved amendments to the Cyclonaut's By-Laws; the list of changes was emailed to everyone earlier this year.

Please consider leading hikes this Fall. Without leaders there are no hikes; just reach out to the Saturday and/or Wednesday hike coordinators.

Also, *thanks* to everyone that led bike rides this past biking season.

James DeSellier, President





# FALL 2023 RIDES AROUND THE VALLEY

This year MassBike launched their Massachusetts Bike-Friendly Calendar. According to MassBike, "This calendar exists to promote events that involve bicycles and/or support better bicycling across the Commonwealth. Here you'll find MassBike hosted events, along with events submitted by bike-friendly advocates from across Massachusetts". To peruse the MassBike events calendar yourself follow this link – [Massachusetts Bike-Friendly Events Calendar](#)

DATE	EVENT	LOCATION
<b>SEPTEMBER</b>		
<b>8</b>  @ 6:00 PM	THE TRUSTEES PRESENT: Peter Mulvey Bike Tour This is a musical event! Follow the link below to learn how this concert relates to cycling. Event contact: <a href="#">Peter Mulvey Bike Tour</a>	NOTCHVIEW WINDSOR, MA
<b>10</b>  @ 7:00 AM	CONNECTICUT VALLEY CENTURY BIKE RIDE, COVAC <a href="#">COVAC</a>	HATFIELD PAVILION 33 MAIN ST HATFIELD
<b>17</b>  @ 7:00 AM	SOUTHBRIDGE CREDIT UNION TOUR OPACUM BIKE RIDE FOR LAND CONSERVATION <a href="https://www.massbike.org/36992/southbridge-credit-union-tour-opacum-bike-ride-for-land-conservation">https://www.massbike.org/36992/southbridge-credit-union-tour-opacum-bike-ride-for-land-conservation</a>	BRIMFIELD WINERY, BRIMFIELD
<b>24</b>  @ 7:00 AM	WILLBIKE4FOOD Fundraiser for the Food Bank of Western Massachusetts <a href="#">WILLBIKE4FOOD</a>	LIONS CLUB PAVILION, HATFIELD, MA
<b>OCTOBER</b>		
<b>8</b>	GREAT RIVER RIDE FALL FOLIAGE TOURS This ride is a fundraiser to support the Columbia Greenway Rail Trail. CONTACT: Don Podolski @ <a href="mailto:info@newhorizonsbikes.com">info@newhorizonsbikes.com</a>	GREAT RIVER RIDE, SONS OF ERIN, WILLIAMS ST WESTFIELD, MA



## EDITOR'S REST STOP



Hi everyone,


**Just a reminder:** If you wish to contribute, please don't hesitate to submit information you think will be helpful or of interest to the other club members. Send letters to the Editor, or feedback to me at [donna.katz56@gmail.com](mailto:donna.katz56@gmail.com) regarding how SpokeNotes can be more interesting or useful to our members.

### LETTERS TO THE EDITOR:

*This is a place for club members to share their ideas and opinions with respect to all aspects of cycling and our club. Please limit letters to less than 200 words.*

### Steps for setting up a Medical ID on the iPhone:

Steps for setting up a Medical ID on the iPhone:

1. Select **Settings**
2. Scroll down to find and select the **Health** icon 
3. Select **Medical ID**
4. Follow the prompts to insert the information you choose to share including your emergency contacts.
5. If you want your emergency access visible in case of an emergency, then under the heading "Emergency Access" **Enable Show When Locked**.
6. Select **Done** at the top right corner of the screen.
7. Now when the on/off and volume up buttons are pressed simultaneously, the emergency SOS screen will appear with the medical ID option – as seen in the photo below.



Check out this YouTube video on "How to Set up your Medical ID:

<https://www.youtube.com/watch?v=F3XIkI75EIs>



## THE WEBMASTER'S CORNER

As many of you are aware, the Club recently experienced an incident on a ride that highlighted the need to have emergency contact information readily available. Therefore the Club has enacted the requirement for ride leaders to have all ride participants write down their emergency contact information (name and phone number) prior to each ride, and to have it with them during the ride. To facilitate this, I have amended the "Release/Waiver Form" on the Cyclonauts Website to add an emergency contact form which can be printed back to back to save paper. It is now titled "Release/Emergency Contact Forms". Only nonmembers have to sign the Release/Waiver Form, members simply have to list their emergency contact name and phone number on the Emergency Contact Form. If the ride leader has forgotten, or can not print out these forms, this can be done on any piece of paper available including the back of an extra cue sheet. Also these forms can be kept and reused when leading a subsequent ride which will save time.

Please remember that all ride cancellation notices, photos and any other Club communication should be sent to [spfldcyclonauts@gmail.com](mailto:spfldcyclonauts@gmail.com). Thank you for your cooperation.

Betty Siwinski  
Webmaster

