

SPOKE

Notes

Newsletter of the Cyclonauts Bicycling Club, Springfield Massachusetts

THE PRESIDENT'S CORNER



As the cycling season comes to an end, I am grateful for the late season warm days. Despite being a rainy summer, we had

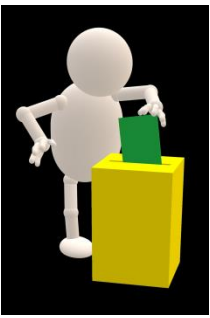
surprisingly few rain outs and many great rides this fall. *Thanks* to everyone who led a ride and to our ride coordinators and *thanks* to all riders for putting up with the special COVID regulations. Hopefully this will be the last season we have to do this. One big disappointment was the lack of Alternate Ride leaders which essentially ended those rides for the season and put future Alternate Rides in doubt. Your thoughts about these rides would be welcome as we plan for the next season.

I hope everyone is looking forward to a great hiking season. Several of our members have reached out to our hike coordinators about leading hikes before even being asked. I hope that all of you will check out our hiking schedule as there is a good variety of hikes with some shorter and flatter options as well as some more challenging ones.

Thanks to all of you who are leading hikes and to Mary Ann Siron and James DeSellier for coordinating.

I would like to dispel any confusion about pre-hike breakfasts. These breakfasts have always been optional for hikers. Hikers could always choose to show up for breakfast or possibly get a bit more sleep and just show up at the designated meeting spot for the hike. This applies to the leader as well. What is different now, is that the leader can choose **not** to have a designated breakfast spot. This is because there are currently fewer available restaurants for breakfast as many have closed, switched to take out only, or have cut back on their hours and days open. We are also trying to give leaders flexibility and could choose to designate a lunch spot after the hike instead. So if hikers are concerned about indoor group activities such as breakfasts, and we certainly respect those concerns, they are under no obligation to attend, nor have they ever been.

Hope to see you on a hike.
Betty Siwinski



ELECTIONS



**REPOST: IN CASE YOU MISSED
THIS IN THE LAST ISSUE.**

I am pleased to report that there were 54 votes of “Yes” for the slate of officers and 0 votes of “No”. The elected slate of officers is presented below for your records. - *Sue Strange*

Officers

- President - Betty Siwinski
- Secretary - Ann Morin
- Treasurer - Janet Parslow
- Membership Chair - Janet Parslow
- Trips Chair - Betty Siwinski
- Hike Chairs - Mary Ann Siron (Wednesday Hikes) and
James DeSellier (Saturday Hikes)
- SpokeNotes Editor - Donna Katz
- Web Master - Ray Siwinski

At Large Members

- Mady Schorsch
- Sue Strange
- Diane Goguen
- Bill Grigaitis

Thanks to all of you who supported our club by taking the time to vote.
Sue Strange

EDITOR'S REST STOP



Hi everyone,

Just a reminder, if you wish to contribute, please don't hesitate to send in any information you think will be helpful or of interest to the other club members, submit letters to the Editor, or feedback to me directly regarding how SpokeNotes can be more interesting or accessible to our members. Send correspondence to donna.katz56@gmail.com .

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.

No letters this issue.

Dear Members,

Last issue, I mentioned that the club might want to consider standardizing our use of hand signals to communicate a few key actions such as, stopping, slowing, and turning. I received feedback from a few members. One suggestion was to review the hand signals promoted by the League of American Bicyclists, LAB. They describe both styles of signaling a right turn - including the outstretched right arm and the bent left arm style. Not favoring one option over the other, the LAB advised checking with individual states. According to massbike.org/laws, MA accepts the use of either hand to signal stops and turns. Additionally, in regard to signaling stopping, a few members noted they preferred raising the right or left arm / hand above or at the same level of one's head to designate stopping because it is more visible to all riders; rather than using the hand signal with the arm dropped down by one's side in which only the rider behind the signaler can see. After researching bicyclist hand signals, it's apparent that there are a few acceptable alternatives for turning and stopping. Use of hand signals can be an ongoing discussion for now. As a club we have 5 months to determine how we want to proceed - whether to use one set of hand signals or to include the alternative hand signals as our recommended use of hand signals.

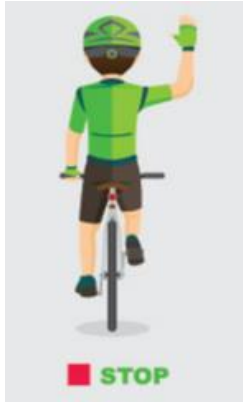
Thanks to the members that commented. I welcome others' thoughts as well.

Donna, SpokesNotes Editor

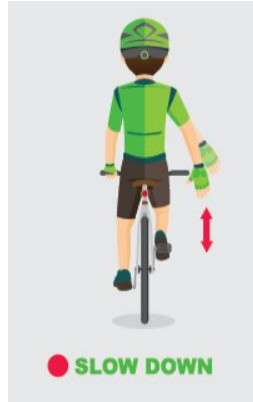


BICYCLE HAND SIGNALS

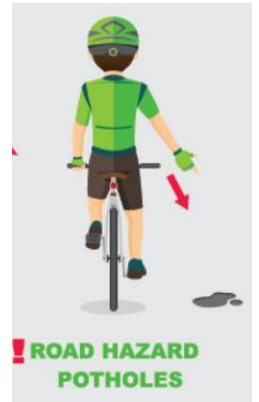
The following signals should be accompanied by a verbal command when possible.



Call Out
"Stopping"



Call Out
"Slowing"

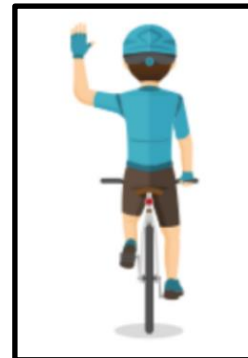


Call Out
the Road Hazard

HAND SIGNALS THAT SHOW TURNING

The **left turn** is a universal signal, and is indicated by the left arm extended fully to the left.

However, there are 2 variations used for the **right turn** hand signal. Given member feedback we may consider adopting both right turn hand signal options - the right arm fully extended to the right (figure in green) or the left arm raised and bent 90 degrees at the elbow (figure in blue).



Revised 10/30/21

THE WEBMASTER'S CORNER

With the new **Hike Schedule** you will notice a change in the schedule format this season (see Hike Schedules on the Website). Instead of listing Wednesday and Saturday hikes separately, they are now listed together in a semi-calendar format. So you only need to go to one page to see all of the hikes. I'm interested to hear your opinions, both good and bad, on this new schedule format. If opinions are positive, I may use this format for next year's ride schedules.

See you on the trail.

Ray Siwinski
Webmaster
Cyclonauts Bicycle Club