



The Spoke'n Word



October 2013



Riverside Bicycle Club

Founded in 1891 P.O. Box 55160 Riverside, CA 92517 www.Riversidebicycleclub.com

Join us for the

CLUB MEETING

on the third Wednesday of each
month at 7:00 p.m. at the



6951 Flight Rd. Riverside.

Come early, have a great meal

INSIDE THIS ISSUE:

- 2, General Ride Group Info
- 3, Event Calendar
- 4, What's Happening; RBC Elections in Nov. & pothole fix.
- 5, Finest Bike Path in So. CA
- 6, SMOG to SURF flyer. Thank you, Wilson Khanisho
- 7, HALLOWEEN RIDE
- 8, Life in the Green lane. & the 3 foot law. With Editor's note
- 9, Pix; E rides, Mayor's ride, booth, Lakepoint night climb.
- 10, References
- 11, RBC Membership form

It's NOT too late!
You can still sign up
for the

SMOG to SURF



See page 6

General Information for Group Road-Rides

- Non-members are welcome on all rides.
- Helmets are mandatory.
- Lights are required on all night rides.
- Riders are expected to bring the essentials. *See list bottom right.*
- All group rides will periodically stop if necessary to regroup so that no one gets dropped or left behind.
- Children under the age of 18 must be accompanied by an adult.
- "Average speed" is calculated by the Total distance ridden, divided by the Total riding time. Or, by consulting with your bike computer. That's easiest.
- *All speed listed below are guidelines.*

A Group — Ride lengths will be 45-60 miles with the pace averaging 19-21 mph. Moderate to difficult terrain. Focus on performance, pace lining, climbing and endurance. Group riding experience, general mechanical skills expected.

B Group — Ride lengths will be 35-45 miles with the pace averaging 15-18 mph. Terrain includes moderate and steep hills. Focus on performance development; pace lining and climbing. Group riding experience expected. Regroups as necessary.

C Group — Ride lengths will be 25-40 miles with the pace averaging 13-15 mph. Mixture of flat/rolling hills with some moderate climbing. Riders should have some group riding experience, basic bike handling and mechanical skills. Regroups as necessary.

D Group — Ride lengths will be 18-25 miles with the pace averaging 10-12 mph. Generally flat roads with some rolling to mild hills. This group welcomes beginning riders. Children are welcome when accompanied by parent or guardian (contact Ride Chair for details). Assistance and instruction will be provided in basic skills of fixing flats, bike handling, etc. Regroups often.

Be prepared to start on time and have an enjoyable ride. Then stick around to enjoy a soda or snack and good company after the ride.

For information on club rides please contact:

Road Ride Chair: Sean Cassady
(951) 201-5483,
cassady606@roadrunner.com

Team Dirty Work: Rhett (Doc) Nelson
(909) 229-6576,
rhett.nelson@icloud.com



Weekend road rides start;
8:00 Winter and 7:30 Summer.
*Please check the Ride Calendar page 3,
or website for exact dates & times*

Sunday is the best day to come ride the streets with us. We have 4 levels for you to choose from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 9th St. Park on University Av or at the old court house downtown Riverside.

Saturday isn't a beginner ride. *It's 35 miles to Redlands, average speeds of 16-18 mph. Route and speed vary according to riders. Regroups as necessary.* Ride leave from Canyon Crest Towne Center. Meet behind Starbucks by the East Coast Bagel shop,

Tuesday & Thursday evening rides meet at Baker's Burgers at 3522 Adam's Plaza, Adams Exit off 91 Fwy. start times are 6:30 pm Winter, and Summer

The 6:30 ride has 3 groups now!
Fast Group; 25ish miles, 16- up mph
Medium; 20ish miles, 15ish mph.
Not as Fast; 15ish miles, 11ish mph

Night rides will vary throughout the year depending on amount of daylight, number of riders and skill level.



TEAM DIRTY WORK is the mountain bike side of the Riverside Bicycle Club. All mountain bikers are welcome. Generally, almost all reasonably fit people can enjoy riding with Team Dirty Work. We offer a variety of rides each week. This is a great way to get involved in a mountain biking group. We enjoy having new riders join us.

Most of our rides start in the Canyon Crest Towne Center Parking lot in front of Rite Aid near Bank of America (corner of Central and Canyon Crest Drive). These rides are approximately 2 hours long through the Sycamore Canyon area. Some weekends bicycles are transported to other locations to ride. Please call R.C. Morton at 909-784-0459 for any last minute updates. Or visit our web site. <http://www.teamdirtywork.com>

Our mountain bike group rides are held each **Saturday & Sunday** morning. These rides are for experienced beginners and intermediates to advanced dirt riders. Evening rides are held on **Tuesday and Thursday** starting at 6:00 pm. and are designed for the more advanced dirt junkie.

Lights are required for night rides!

ESSENTIALS for riding with RBC

- ◆ CYCLING HELMETS ARE REQUIRED ON EVERY RIDE!
- ◆ CELL PHONE
- ◆ 2 WATER BOTTLES OR HYDRATION PACK and/or energy drink
- ◆ FLAT FIXERS (spare tubes, patch kit, tire irons and a pump or CO2)
- ◆ RIDE FOOD (energy bars, energy gel or snacks and some cash)
- ◆ ID CARD AND EMERGENCY INFORMATION CARD
- ◆ YOU AND YOUR BIKE (both in safe working condition)

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
You can sleep in late, weekend rides start at 8		1 RBC & TDW Evening rides	2 Brockton Re-striping 6pm	3 RBC & TDW Evening rides	4	5 Tour de Perris, RBC & TDW Morning rides
6 RBC & TDW Morning rides	7	8 RBC & TDW Evening rides	9	10 RBC & TDW Evening rides	11	12 SMOG to SURF
13 Citrus Classic and RBC & TDW Morning rides	14	15 RBC & TDW Evening rides	16 7PM CLUB MEETING	17 RBC & TDW Evening rides	18	19 RBC & TDW Morning rides
20 Ride MoVal, RBC & TDW Morning rides	21	22 RBC & TDW Evening rides	23	24 RBC & TDW Evening rides	25	26 RBC & TDW Morning rides
27 RBC & TDW Morning rides	28	29 RBC & TDW Evening rides	30	31 Halloween Costume Ride		

Oct through April weekend rides start at 8:00 a.m. May-Sept 7:30 a.m. unless otherwise posted.

***(TDW) Team Dirty Work, Mountain-bike rides from B of A, every Tuesday & Thursday evenings and Saturday & Sunday mornings. And*
**(RBC) Road group rides also every Tuesday & Thursday evening from Baker's and Saturday & Sunday mornings from Downtown, see page 2*

UPCOMING EVENTS

- *RBC CLUB MEETING are the 3rd Wednesday every month, 7:00 pm at D&D Airport Café, 6951 Flight Rd., Riverside, (951) 688-3337. Come early, get something to eat. Gather near the back windows. Non members are gladly welcome to our meetings!*
- *Special Rides announced on our web, the message board and at weekend rides.*

10/2 City Hall Wednesday October 2 at 6pm to support bike lanes on Brockton

10/5 Tour de Perris, 7am. 135 North D Street, Perris, CA. 92570, 100/62/30/8m, contact; 951) 943-5003

10/6 CicLAvia, free to all, walk/cycle LA. 9-4pm <http://www.ciclavia.org/faq/>

10/12 **RBC's STS** start/end at Yorba Regional Park; 100/62/45 or your own route. Lunch & BBQ potluck dinner. See page 6

10/13 Citrus Classic Ride, Riverside Plaza. 7am-6pm, Look for RBC booth. Contact; Sandra Ramirez at; www.citrusclassic.com or sandramirez@gmail.com, 951-312-4031, Description; 102, 50, 28 mile rides, and a 7 mile family ride.

10/19 Tour de Foothills, Oktoberfest, <http://www.rocksportsllc.com/events/tour-de-foothills>

10/20 Ride MoVal, Moreno Valley, CA. Info; <https://www.bikereg.com/net/ride-moval>

10/16 **RBC-Club Meeting**, 7pm. SPEAKER; BIKE FIT DEMO, so, come earlier and have a meal with your friends at D&D Café

10/26 Patriot Ride for our Heroes, Starting in La Quinta, CA. Benefits Charities related to: Military, Fire, Police.

10/31 Thursday evening FUN HALLOWEEN COSTUME RIDE, "Good Ol' bike Days" theme. lights are required. See page 7

11/2 Solvang Prelude, 63/50/25/10m, a bunch of RBC are going to camp at Flying Flags or hotel-it. Come join us.

11/9 FAMILY FUN RIDE/BEGINNER'S RIDE. Yes this is for you. If you're just getting started, or restarted riding. Fun and

informative for families and friends and it's free. 2nd Saturday of ea month. 8am at Bonaminio park on Palm Av near Mt Rubidoux.

11/9 Tour de Foothills, Greatest ride in So. CA., <http://www.rocksportsllc.com/events/tour-de-foothills>

11/9 3rd Annual Palm Desert Century, http://www.shadowtour.com/Century_Rides/Palm_Desert.htm

11/20 **RBC-Club Meeting**, 7pm. come earlier and have a meal with your friends at D&D Café and see who is elected for the board

1/18/14 10th Annual Stagecoach Century, http://www.shadowtour.com/Century_Rides/Stagecoach.htm

WHAT'S HAPPENING

RBC BOARD ELECTIONS are COMING UP in NOVEMBER

All board positions are open to RBC members

We need to fill 3 positions;

Secretary, Ride Chair, & Public Relations

So if you have the time, and the desire, to serve on the board for 2014, contact Pam Smith psmith1928@aol.com

Nov 13, Last day to mail-in your ballots. Note; each family will be allowed two ballots.

Nov 20, Election / Club meeting. Ballots may be handed in at the Nov. meeting. All ballots will be counted and the winners will be announced. **January 1, 2014** new board takes effect.

Tuesday night ride, 9/24/13 was just like the good old days! All the sick and broken are on the mend and riding again!!! And the sometimes absent were there also, plus the regulars and a few newer folks. It was GREAT having such a big group! Including; Ken & Sharon, Cliff, Bob & Kathy, Dyno, Vic & Stirling, Frank, Andrew, Jay, Myrium, Brian & Brian, and guest rider Det-Linda who rode across the country this summer. And to those that didn't/couldn't come; Jim & Barb, and John & Stef-honey and all the rest of you ---- you missed a fun ride. Hope to see you all next time. (:

GET WELL WISHES for;

Bob Lopez & Cliff Luchsinger.

Bob wrote to me 9/16/13;

I'm ok, just really sore this morning with a lot of scraps on my right side. I heard Sean say hole and when I looked up I hit it and went down. Good aim huh?

The hole was on Palm & 14th in a shadow.

I heard from Cliff last night. They kept him in the hospital overnight. They believe he just got dehydrated. Tough day for the "D" group.

Bob L.

An update from Kathy Lopez;

On Sunday 9/15/13, the D group was headed for the bike trail off of Tequesquite Ave. Headed down Redwood Ave. in the bike lane, we got to 14th St. Bob Lopez hit a dip/hole that was very hard to see and went down. It was located right in the middle of the bike lane. Luckily, we were not going fast and there was no traffic. He got some pretty good road rash but thankfully no broken bones. We reported it to the Riverside 311 non-emergency call center. The hole was fixed within two days. Now that is service! See link below. They also have a smart phone app. If you see any hazards – report them to make it safer for our biking buddies!

<http://crmweb.riversideca.gov/>



The finest bike path in Southern California

September 2, 2013 § 89 Comments, link shared via Mark Asir Abraham, on Facebook (edited to be family friendly)

Bicyclists are conservative and don't like change, with good reason. People are always advising you about training, racing, equipment, technique, you name it. Bikers quickly learn that skepticism is their friend. Easy reliance on the suggestions of others is folly. So when I suggested that we all ride our bicycles out in the middle of the lane on PCH today, the 80+ riders were skeptical, to put it politely. Or to put it more precisely, they gave me the "You're outta your mind" look, especially when I explained the plan in detail. The plan was to take control of the right-hand lane by riding in it. We would not cross the fog line and venture into the gutter shoulder in which the PCH rides always take place. By riding in the lane we would avoid the trash, the holes, the parked cars, the concrete barriers, and the door zone. It would be a steady but totally doable pace of 18-19 mph.

Even though less than 2% of all bike-car collisions are rear-enders, we were all still afraid, particularly since only a handful of the eighty-strong contingent chose to ride in our group. "We support you, dude," one friend said as he rolled off. "I'm a gutter bunny, sorry," said Junkyard.

One after another people defected until we had only seventeen riders. We all felt fearful, but we were also committed to putting theory into practice: By controlling the lane we'd be safer, cars would pass us with wide margins, and the worst we'd have to deal with were honks and curses.

Off they go

We picked a great morning to implement. It was the Sunday of Labor Day weekend, and by the time we hit PCH at about 8:15 there weren't many cars, and none of them were furious yet at having had to spend the day in sweltering in bumper-to-bumper holiday traffic. The weather was perfect.

We started in the lane and it felt deliciously bad, but it felt so good! Of course, what we were doing was perfectly legal, but we'd all been so brainwashed into thinking that the lane was for cars only that the simple act of being there felt wrong, even as the liberation from the slavery of the gutter felt so empowering.

In the first couple of miles we kept waiting for something bad to happen, but the only thing that happened was that cars passed us on the left with tons of room.

We could see onesy-twoisy riders ahead of us in the gutter getting passed by those same cars with inches to spare.

Then, as we kept going, we began seeing gutter bunnies with flats, a certainty on PCH if you ride the gutter shoulder. We noticed that our bike lane — the "car" lane — was smooth, devoid of detritus, and not pockmarked with holes and cracks. The frantic waving and pointing and shouting, "Hole! Rock! Barrier! Door!" was gone.

Next we saw a motor cop whiz by in the opposite direction. He kept on going. Our first angry beep, and it was a pathetic one, came from ... a motorcyclist. We laughed. By the time we got to Cross Creek, seven miles later, we'd been transformed. PCH was no longer the terrifying alley of death it had been before. It was now our road, too, and we had plenty of room to negotiate it and, most importantly, to enjoy our ride.

When have you ever ridden from Temescal to Cross Creek and back while chatting easily the entire way? Never, I'm guessing, but that's exactly what we did. The cars passed us, with only a couple of irate honks, and for the entirety of the out-and-back, including stretches of PCH that normally pucker your sphincter tight, we chatted. Not only did we chat, but for the first time ever we enjoyed what is one of the most beautiful views in California, one you never see in the gutter because you're lasered in the door zone, the bumps, the garbage, and the cars pulling out of garages and highway parking spots, not mention the traffic that's often buzzing your handlebars with inches to spare.

Note to users: If you try this technique you will notice that off to the right of PCH on the way back into Los Angeles, there is a giant and beautiful blue, shimmering ocean. You've never seen it before, but you will once you're in the lane and not playing Survivor in the Gutter.

Our end game

We got back to the Center of the Known Universe unscathed, with a total of four irate honks and one catcall, from a guy in a convertible going the other direction who yelled at us to get out of the lane! We

just smiled and waved.

But just one group ride isn't enough. In the name of those who have needlessly died on PCH and other death traps in SoCal, we're going to be repeating this exercise throughout the winter. We hope that the skeptics and the inveterate gutter bunnies will take a chance and experience the liberation of riding in the real bike lane — not the one filled with crap and potholes and into which texting drivers drift at 60 mph, but the one that is perfectly maintained, that provides a safety buffer from exiting cars and pedestrians, that provides an unparalleled view of the ocean and the hills, and most importantly, that forces cagers to **notice us, slow down, and pass us on the left with plenty of room to spare.**

It's an exercise that, if repeated often enough by enough people, will train the PCH cagers, educate them one at a time, to understand that bicycles don't simply belong in the lane, they are an expected part of the traffic flow and are guaranteed to be there.

To the riders who were brave enough to do something that turned out to be completely uneventful, yet profoundly cathartic precisely because nothing happened, thank you! To those who are unconvinced, I hope that in a few weeks or months you'll join us for a test run.

It will be the best ride in the finest bike lane you've ever had.

One of many Replies; bikinginla
September 2, 2013 at 11:55 am

It's taken a lot of hard work, mostly by Eric Bruins, Jen Klausner and others with the Los Angeles County Bicycle Coalition, to get that motorcycle cop to just keep going.

While Malibu Sheriff's deputies disagreed at first, the LACBC has worked to convince them that A) bikes have a right to ride in the traffic lane, rather than the shoulder, and b) once riders have taken the lane, there is nothing prohibiting riding two or more abreast within the same lane. In addition, controlling the lane by riding abreast makes the riders more visible and decreases the risk of close passes a single line of riders further to the right would face.

Glad you had such a good experience, and I'm surprised you had such difficulty convincing your fellow riders to take the lane. Not sure I'd be willing to do that as a solo rider on such a busy, high speed highway, but for a group ride, it's definitely the smartest and safest place to be.

Read this story on IEBA or <http://pvcycling.wordpress.com/2013/09/02/the-finest-bike-path-in-southern-california/>

SMOG to SURF

FUN RIDE, LUNCH & BBQ Potluck Dinner

Saturday, Oct. 12, 2013 --- RBC MEMBERS ONLY

Not a member? **JOIN RBC** and do this ride for **FREE !!!**

Join online <http://www.riversidebicycleclub.com/> or mail in application form.



This year's start location will be from Yorba Regional Park
7600 E La Palma, Anaheim, Ca. 92807. Meet at group site #6, west end of park.
The three main rides start from Yorba park, gates open at 7AM and close at 9PM, \$5 parking fee.

SCHEDULE:

7:30A.M. Century, 8A.M. Metric & 9A.M. 45 miler

A light lunch at Lake Park --- 11:00 to 1:00P.M.

Routes slips are online and at the park, or you may ride a your own route. Lunch is FREE.

BBQ/Potluck at Yorba Regional Park 5:00 - 7P.M.

After the ride, feel free to hangout at Yorba park, relax in the shade with friends, play horseshoes, sip lemon-aid and wait for the BBQ to begin. RBC provides; burgers, dogs & drinks, you bring a side-dish. (*Grocery store is near-by on Imperial Highway*)

REGISTRATION: Please fill out the form below and mail before Oct 1, to; RBC STS, PO Box 55160, Riverside, CA 92517 or you can RSVP online at <http://www.riversidebicycleclub.com/> .

Print your name _____

Ride length _____
100, 62, 45, other

Sandwich; Ham, Turkey, Veggie.
circle your choice

Attending BBQ _____
yes, no

WAIVER: In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against all participating coordinating groups, and any individuals associated with this event, their representative, successors and assigns, and will hold them harmless for any and all injuries and/or damages suffered in connection with this event. I have been warned that bicycling is a dangerous sport and that I must be in good health to participate in this event. I must obey all traffic laws and wear a helmet while participating in this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions

Signature _____

date _____

HALLOWEEN COSTUME RIDE 10/31/13

Thursday evening 6:30pm. **NOT** starting from Baker's

START FROM Woodcrest Albertson's parking lot
northeast c/o Van Buren & Trautwein.

The theme is;

"The Good Ol' Days"

The pictures below may help give you some ideas if you are stumped and can't think of something.

Stirling will be riding his mini high wheeler, I'm going as an old fashioned lady cyclist, or an old lady fashion cyclist, whichever... and Harry is a Superhero! What will you be? Surprise us all.

This will be a slow, short, fun ride through the neighborhoods.

Dress you & your bike up with lights and costumes.

And here is THE BEST PART!!! At 7:30pm we'll see the legen-

dary **Halloween House Lightshow!**

You saw it on YouTube! Now you can see it IN-PERSON! It is the most AWESOME lightshow of the season!

Of course, we will have dinner after the ride at the Subway or at Pa Pa John's Pizza back at the parking lot. So come on out, it'll be a lot of fun!



Life in the Green Lane: 21st Century Biking

Posted: 09/11/2013 10:14 am by Jay Walljasper
Author: 'All That We Share: A Field Guide to the Commons'

Copenhagen 2009, Transportation, Bike Lanes, Biking, Biking To Work, Green Lanes, Minneapolis, Green News
How to describe your first time in a green lane? There's nothing quite like riding a bike in the comfort of your own lane, separated from speeding traffic.

For me it happened on a business trip to Copenhagen. I saw bikes everywhere, beginning with the taxi ride from the airport where I spotted business executives toting briefcases on bikes, wanna-be fashion models wearing high heels on bikes, kids heading to school on bikes, parents pedaling toddlers to daycare on bikes, old folks chatting to one another on bikes.

How do they do it, I wondered? I was a seasoned bicyclist who rode every day for commuting and recreation yet still felt tense wheeling down busy city streets. These riders looked completely at ease, even in the midst of morning rush hour with cars, buses and trucks all around them. I even saw one guy smoking a cigarette on a bike and others absorbed in conversations on their mobile phones.

Then I looked down and noticed that the bike lane was separated from motor vehicles by a divider. So that's how they do it! I couldn't wait to try it myself.

The next day I ducked out of a meeting, rented a bike at nearby shop and set forth to explore Copenhagen on two wheels. After pedaling just a block, I thought "Wow!" and

began giggling. This was an entirely new experience in biking -- almost like the exhilaration of riding without training wheels for the first time.

Liberated from fears of being sideswiped by motorists, I could take in the historic architecture and enjoy the city's teeming street life. There were even special traffic signals for bicyclists, giving us a slight head start through crowded intersections. No wonder half of Copenhagen's commuters travel by bike.

Cruising through the heart of the city, I realized that these protected bike lanes were good for everyone, not just bicyclists. Without them, pedestrians, motorists and bus riders would be engulfed by twice as much traffic. That, I figured, accounted for the calm courtesy I experienced from people in cars.

We need something like this in the U.S., I told everyone when I got back home. Impossible, people would tell me. Special bike lanes are strictly a European thing that would never fit in our newer, auto-dominated cities. You're selling America short, I answered. We are an enterprising nation, dedicated to innovations that can improve our lives. If we can invent the Internet, we can make biking safe for everyone.

And that's exactly what's happening right now. Protected bike lanes (called Green Lanes) are popping up from Miami to Long Beach, Austin to Chicago. As I ride the new green lanes downtown here in Minneapolis, I say "Wow!" and then giggle. I can appreciate the handsome old warehouses and enjoy the bustling street life. I notice people in suits and in high-fashion outfits on bikes, even some teenagers and older riders. It feels even more exhilarating than the first time Copenhagen, because it's right here at home.

Follow Jay Walljasper on Twitter: www.twitter.com/JayWalljasper
http://www.huffingtonpost.com/jay-walljasper/life-in-the-green-lane_b_3902817.html

THE 3 FOOT LAW

Story from IEBA FaceBook linked from:
<http://www.cyclelicio.us/2013/brown-signs-3-foot-passing-law/>

Legislative update from the office of California Governor Jerry Brown:

9-23-2013 SACRAMENTO – Governor Edmund G. Brown Jr. today announced that he has signed the following bills:

...
AB 1371 by Assemblymember Steven C. Bradford (D-Gardena) – Vehicles: bicycles: passing distance

Read press release issued earlier today at <http://gov.ca.gov/news.php?id=18218>

AB 1371 is Steven Bradford's "Three Feet for Safety Act" that mandates

(sorta kinda)

a minimum three feet of clearance when a motor vehicle passes a cyclist. And because people keep asking about this,

the law specifies "3 feet between any part of the motor vehicle and any part of the bicycle or its operator." Bradford's original bill was a work of genius; subsequent amendments in committee of both chambers of the California legislature weakens the law, mostly to incorporate compromises that Brown deemed essential to guarantee his signature.

The most important compromise is the so-called "Part D exception," which says: "If the driver of a motor vehicle is unable to [pass more than three feet away from the cyclist] due to traffic or roadway conditions, the driver shall slow to a speed that is reasonable and prudent, and may pass only when doing so would not endanger the safety of the operator of the bicycle, taking into account the size and speed of the motor vehicle and bicycle, traffic conditions, weather, visibility, and surface and width of the highway.

Still, cyclist and cycling advocate organizations statewide supported AB 1371 as a symbolic measure that recognizes the importance of taking increased care while driving around cyclists.

The law will take effect September 16, 2014. According to the National Conference of State Legislatures, 22 states currently have a minimum passing distance law on the books.

EDITORS NOTE

The law should say,
"GIVE ME FIVE"

That is; five feet of clearance.

Or even better. I don't want to share the road with inattentive drivers, I want them to change lanes to pass.



Bill, Roger, Jim, Edith & Dick

Any ride with Edith is going to be UP HILL! Roger really needed a snack at the top of Oak Glen



The Foilman winners are; Joseph, Anthony & Jerry. Another Super-fun event at Wade & Edith's. You will see more during the yearend slideshow.



RBC had a booth at the Walk-a-bility at Hunt part 9/21/13 although the community turnout was small we made several contacts and had fun. Stirling made a power-ring necklace. Look close he is wearing it. Thank you Carla & John for helping with the booth.



BIKE WITH THE MAYOR



9/29/13 Bike with the Mayor starting and ending at City Hall had a large turnout of resident as well as RBC members. Very enjoyable with the official police escort this time. We toured the new golf greens, the community gardens at Bonaminio Park and sampled snacks at Clark's on Market St. Then back to City Hall for a look over the 7th floor! Stirling gave First-Aid supplies to a lady (not with the Mayor's group) with road-rash on her hand from a fall off her bike. She was very grateful. RBC made several new friends on this ride. Thank you Mayor Bailey for having these fun cycling events open for all levels.

Vicki's great idea for 9/26/13 Th night ride.
Ride up LAKEPOINT DRIVE? !!!
 OMG! IT WAS AWESOMELY CRAZY STEEP! And the uphill was pretty intense too. Thanks; John, Brian & Brian, Carla, and Stirling for joining me on this challenging adventure. PS. and thanks "fast guys" for your words of encouragement, as you easily breezed past us like it was nothing. (: The views at the top were like being in an airplane! All the city lights made it spectacular! Thanks everybody it was a great adventure. (:



19.5 mi	1,751 ft	01:53:40	1,036
Distance	Elevation	Moving Time	Calories

STRAVA



Bicycle Shop Discounts

One of the advantages of being a member of the Riverside Bicycle Club is the courtesy discount on parts and accessories offered at participating local area bike shops. Please show your RBC membership card when you ask for the discount. The following is a list of participating bike shops:

CLUB RESOURCES

AJ's Bicycles, (951) 674-6161
31861 Mission Trail, Lake Elsinore, CA
www.ajsbikes.com

B-RAD'S Bike Stop, (951) 444-7353
9022 Pulsar Court, Corona, CA 92883
www.B-RadsBikeStop.com

California Cyclery Riv. Schwinn, (951) 682-1392
3747 Central Ave, Riverside, CA 92506
<http://www.calcyclery.com>

Cyclery U.S.A., Inc. www.cycleryusa.com
10000 Magnolia, Riverside, (951) 354-8444
415 A Tennessee, Redlands, (909) 792-2444
7890 Haven Ave. Suite 9, Rancho Cuca, (909) 466-5444

Cyco-Path, (951) 695-4823
29760 Rancho California Rd., #107, Temecula, CA 92591
<http://cycopath.com/index.cfm>

Don's Bikes of Rialto, (909) 875-7310
384 S. Riverside Av, Rialto, CA
www.donsbikeshop.com

Norco Cyclery, (951) 808-9617
1825 Hammer Suite H. Norco, CA

Pedals Bike Shop, (951) 683-5343
3765 Jurupa Ave. # L. Riverside, CA 92506
www.pedalsbikeshop.com

White's Bikes, (951) 242-4469
23750 Alessandro Blvd. Moreno Valley
<http://www.whitesbicycles.com>

Woodcrest Bicycle Center, (951) 780-4988
16960 Van Buren Blvd. Riverside, CA

Yucaipa Bike Center, (909) 790-1551
34844 Yucaipa Blvd. Yucaipa, CA
<http://www.yucaipabikecenter.com>

Riverside County

Mark Brewer, Park Planner, (951) 955-4316
Dan Nove, Asst Park Planner, (951) 955-6998

Riverside City

Jenna Combs, Public Utilities Rep, (951) 826-5847
General Info or issues, (951) 826-5311 or 311

San Bernardino County, Regional Parks Dept.
Paul Krause, (909) 387-2346, (909) 384-2052 fax

2013 Board

President; Roger Van Matre
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Vice President; Bill Morgan
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Membership; Stirling Yearian
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Webmasters; Bill Morgan, Stirling & Vicki Yearian

TDW Webmaster: Malcolm Bader, Mbader@slauson.com,
www.teamdirtywork.org

Newsletter Editor: Vicki Yearian,
Fodofixer@msn.com Deadline day after general meeting.

Bike Lanes Representative: Pete Staylor, Dadswaycool@aol.com

A Ride Leader. Open

B Ride Leader: Open,

C Ride Leader: Roger Van Matre

D Ride Leader: Ken Mogi, cell # (951) 313 6015

Street or bike trail issues;
(951) 826-5311

Riverside Bicycle Club Affiliations

IMBA International Mountain Bike Association

LAB League of America Bicyclists

Riverside County Trails Commission

USACYCLING United States Cycling Federation



Membership Application

P.O. Box 55160, Riverside, CA 92517-0160
www.riversidebicycleclub.com



Membership in the Riverside Bicycle Club, Inc. is open to everyone. It is a fun way to meet others who share the enjoyment of cycling. Whether you are a seasoned racer, mountain biker or recreational rider, you will find others in the club that can help you achieve your goals to ride safer, faster, further, and smarter. We have multiple rides at different paces and terrain, off road rides, monthly membership meetings, and other social events throughout the year. Your RBC membership includes the monthly newsletter, The Spoke'n Word, and discounts at local bike shops. All memberships are for one year and are renewable on the anniversary date.

(Please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Birth date ____/____/____

Your Phone (____) _____ - _____ I.C.E. phone (____) _____ - _____
Incase of emergency

For Family Memberships, please list all names and birth dates of participants below;

Name _____ (dob) _____

Name _____ (dob) _____

Name _____ (dob) _____

HELMETS ARE REQUIRED ON ALL RIDES

RELEASE: With full knowledge and appreciation that bicycle riding may be a hazardous activity, I/we hereby release and hold harmless the Riverside Bicycle Club, Inc. Including prior to, during or after such activity. This release covers myself and all parties named herein, and all heirs, executors or administrators thereto, and is given in full awareness of its content and in consideration of acceptance of my/our membership. I/we also attest that I/we are physically fit and acknowledge that the Riverside Bicycle Club, Inc. recommends the wearing of an ANSI or Snell approved bicycle helmet when riding a bicycle during any club activity.

(Signature) (Date) (Spouse / other adult family member or legal guardian if under 18) (Date)

Your membership fee helps to underwrite the expense of club insurance and registration, administrative expense (copying & postage for the newsletter and lots of other fun events throughout the year. So we thank you for your generous support of our club.

DUES:

- Individual.....\$30
 - Family.....\$40
 - Booster.....\$50
- ("Booster" is an extra donation to support the club and you will receive a notation on your membership card.)*

The following options allow you to save \$5 but you must acquire the newsletter via the web.

- Individual SAVER\$25
- Family SAVER\$35

TOTAL ENCLOSED \$ _____

Make Check Payable to;
Riverside Bicycle Club
and mail to;

RBC Membership
P.O. Box 55160
Riverside, Ca. 92517-0160

Check answers;

- I'm a NEW member.
- I'm renewing.
- My info has changed.
- My info has not changed.

<i>OFFICE USE ONLY</i>	
CK # _____	ck date _____
Date received _____	
Card(s) issued _____	excel _____

Please check all that apply;

- Yes, it's OK to share this info with the Club.
- No, do not share my info.
- Yes, I am interested in being a ride leader.

What are your biking interests?

- Road riding
- Mountain biking
- Touring
- Tandem
- Racing
- Single speed
- Velodrome
- Collecting
- Restoring
- Social riding

How did you hear about us?

- Bike shop
- Web
- Friend
- Other _____

RIVERSIDE BICYCLE CLUB
www.Riversidebicycleclub.com

The Riverside Bicycle Club is for all bicyclists; commuters, off-road riders, recreational riders, tourists or just plain cyclists who ride a bicycle for fun, health, or competition, and anyone who interacts with them.

Our purpose is to provide companionship, bicycle education and training, and a bit of bicycle advocacy. To do this we will:

- Provide companionship by having monthly meetings for people with a love for bicycling who want to meet people with the same interests, to share ideas, to talk about ride routes and to discuss bicycling.
- Encourage participation of people who are interested in starting to ride a bicycle.
- Have educational programs to assure that bicyclists can enjoy their riding experience to the fullest.
- Publish a monthly newsletter (12 issues/year) to inform members of club activities, rides, and general bicycling information.
- Provide weekly rides of different levels, so that everyone can share the bicycling experience
- Advocate with local, regional, state and government agencies as to the needs of bicyclists, to encourage services for the bicycling community, and for inclusion of bicycling needs in infrastructure design and development of roads that can be shared by both motor vehicles and bikes.

The *Spoke'n Word* is the official publication of *The Riverside Bicycle Club, Inc.*

We are the oldest bicycle club west of the Mississippi. RBC was founded in 1891.

The *Spoke'n Word*, the voice of and for the cyclists of Riverside and surrounding communities, is published monthly and is mailed to all current club members.

Please send articles, comments, letters to:

Vicki Yearian
Fodofixer@msn.com
Editor, Spoke'n Word
Riverside Bicycle Club
P.O. Box 55160
Riverside, CA 92517

Contributions are always welcome. Bicycle graphics, clipart, cartoons, and serious stuff are the things that make *The Spoke'n Word* special.

Deadline, day after the club mtg

Permission hereby granted to republish material from *The Spoke'n Word* if credit is given to author, *The Spoke'n Word*, and the Riverside Bicycle Club, Inc., of Riverside, California.

Opinions of the authors do not necessarily reflect the views of the RBC, Inc.

Anonymous articles are published at the discretion of the editor.

Recycle this newsletter!

Leave it at your barber/beauty shop, the doctor's or dentist's office, wherever you think another cyclist will read it and discover the *Riverside Bicycle Club*. Photocopy it and pass it around.

THE SPOKE'N WORD



Riverside Bicycle Club, Inc.
P.O. Box 55160
Riverside, Ca 92517-0160



v 119 Oct. 2013

Your membership
expiration date is
shown here

