



The Spoke'n Word



May 2014



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

DEADLINE to submit for this newsletter is the 22nd of the month send to; fodofixer@msn.com.

May 21st.

Ride of Silence

7:00PM

INSIDE THIS ISSUE:

- 2, General Ride Group Info
- 3, Event Calendar,
- 4, A question from Ride Chair John,
- 5, Get Well Wishes, SART closures
- 6, How to Choose a Bike Club, with Editor's note & 5 ways to win friends on a group ride.
- 7, News Release from Caltrans
- 8, Pix; Mulholland, Strava, Sinkhole
- 9, Pix; Cargo bikes & Meeting notes
- 10, References
- 11, RBC Membership form

See page 5

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: John Hawksley
(909) 653-BIKE
hawksley55@gmail.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)

Sun Mon Tue Wed Thu Fri Sat

				1 RBC & TDW Evening Rides	2	3 RBC & TDW Morning Rides & Queen Mary Ride
4 RBC & TDW Morning Rides	5 Cinco de Mayo ride, Fairmont Park	6 RBC & TDW Evening Rides	7	8 RBC & TDW Evening Rides	9	10 RBC & TDW Morning Rides & Beginner's Ride & Ladies Ride Out
11 RBC & TDW Morning Rides	12	13 RBC & TDW Evening Rides	14	15 RBC & TDW Evening Rides	16	17 RBC & TDW Morning Rides
18 RBC & TDW Morning Rides	19	20 RBC & TDW Evening Rides	21 CLUB MEETING & RIDE OF SILENCE	22 RBC & TDW Evening Rides	23 Great Western Bicycle Rally weekend in Paso Robles, CA	24 RBC & TDW Morning Rides
25 RBC & TDW Morning Rides	26 Memorial Day	27 RBC & TDW Evening Rides	28	29 RBC & TDW Evening Rides	30	31 RBC & TDW Morning Rides

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 Caf , 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.

5/3/14 **RBC** Queen Mary ride, 9AM start at Huntington State Beach, Brookhurst St. parking lot.
5/5/14 Cinco de Mayo; 6:00PM, A 6 mile ride starting at Fairmont Park Riverside, More info page 5.
5/11-18 Amgen-Tour of California.
5/21/14 **RBC**-Club Meeting, 6:30PM. come earlier and have a meal with your friends at D&D Caf 

5/21/14 RBC "Ride of Silence", 7PM open to all. This ride is to honor our fellow cyclist that have lost their lives while cycling. Starts from D&D caf  right after a short club meeting. It will be a short ride of 12 miles. Bring your bike and bring lights as it will be dark before we return. See page 5 for more details.

5/23-26 Great Western Bicycle Rally, scenic rides on Memorial weekend in Paso Robles.
6/13-15 TDW-camping biking weekend at Lake Silverwood, <https://www.facebook.com/groups/teamdirtywork/>
6/14/14 **RBC** "Members Only" Ride: Century, Metric & a D level ride.
6/14/14 Ride Around the Bear, <http://www.ocwheelmen.org/page/show/424130-about-the-ride>
6/18/14 **RBC**-Club Meeting, 7PM. come earlier and have a meal with your friends at D&D Caf 
7/4/14 4th of July Family Fun Ride & BBQ with the City of Riverside. Decorate your bike for the patriotic occasion.
7/12/14 **RBC** Three Rivers Ride,

WHAT'S HAPPENING

RIDE TO THE QUEEN MARY

MAY 3rd. Scenic & Fun

Open to everyone,

See page 3



I would like to thank all of the members who responded to my email about being Ride Leaders. If you did not receive the email, I just wanted to gather information from members that would like to lead one of the bike groups on Sunday. One response that I got quite frequent was that some members were unable to ride on Sunday. I was wondering how many members are interested in having similar rides on Saturday from downtown. In addition, who of that group would be willing to lead the rides? Please feel free to contact me by email or phone and we can discuss it further.

Road ride Chair; John Hawksley
(909) 653-BIKE hawksley55@gmail.com

MARK YOUR CALENDAR

Look Like A Girl



Ride Like A Girl

LADIES RIDE OUT

MAY 10, 2014 @ 9:30 a.m.

40ish scenic miles/Starbucks stop in Newport

Lunch at nearby restaurant upon return

Leaving from Performance Bike Store Parking Lot

2745 El Camino Real

Tustin, CA 92782

Guys encouraged to come but are requested to ride in the back,
Provide comic relief and moral and SAG support for the Ladies ☺
Please email edithkreasons@yahoo.com or text or call 909-754-3412 if questions

WHAT'S HAPPENING

RBC is hosting a RIDE OF SILENCE, open to all.

WHEN: May 21st at 7:00PM. during National Bike Month.

WHERE: Starts from D&D café right after a short club meeting which starts at an earlier time of 6:30pm.

WHY: The ride is a chance to show respect and to honor the lives of those cyclists who have been killed or injured.

The ride is free. No sponsors, no registration fees.

The RIDE OF SILENCE is a nation wide event and it asks its cyclists to;

- ◆ Ride no faster than 12 mph,
- ◆ Wear helmets,
- ◆ Follow the rules of the road and
- ◆ Remain silent during the ride.



Lights are required as it will be dark before we return from this 12 mile round trip ride.

The Route; Monroe, California, Streeter, Grand, Bandini, Palm, and Tequesquite to Ryan Bonaminio Park where we will place a "Ghost Bike" and say a few words of remembrance then return to the airport.



Cinco de Mayo; 6:00PM,

From the folks that brought you the Nightmare Before Christmas Ride.

Now comes another festive fun bike ride for the whole family.

A 6 mile slow ride exploring around Riverside, then you can purchase dinner at the Taco Station off Mission Inn.

Starting at Fairmont Park Riverside, 92501, (Banks Dr. parking lot). IEBA on Facebook, or www.iebike.org

S.A.R.T. Temporarily CLOSED

Caltrans informed the County that beginning mid-April 2014 the Santa Ana River Class I Bikeway will temporarily close between Lakeview and Tustin Avenues (*about 1 mile west of Imperial Hwy*) for at least 6 months to accommodate the widening of the Riverside Freeway (SR-91) over the Santa Ana River. The detour is one block south of the river on East. Riverdale Av.

Thank you,
Jeff Dickman
OC Public Works

S.A.R.T. DELAYS;

Suggested detours listed below for Santa Ana River Trail. Sunday, May 4, 2014. Affected times is approximately 5:30 am - 12:00 noon. The ORANGE COUNTY MARATHON is Sunday. Approximately 1.5 miles of the route takes place on the Santa Ana River Trail, on the east side of the trail between Segerstrom and Gisler in OC. Approximately 2,200 runners will be using the trail and we expect congestion and delays.

GET WELL WISHES

for;

Chuck Parmenter; Chuck was recovering well after his surgery to improve his Parkinson's. He even came out for a ride with no problems. But in early April he had a fall at home and fractured his pelvis. So sorry about that!):

John Hawksley, had shoulder surgery to repair his torn rotator cuff the middle of April and will be off the bike for 6 to 8 weeks.

Hope you both start feeling better soon! AND, Get well QUICK!!!

HOW TO CHOOSE A BIKE CLUB

From Active.com, by Fred Matheny,

Cycling is often a solo sport. Long rambles through the spring countryside, hard rides in the hills, weekend tours to scenic areas—it can all be enjoyed with only your own thoughts for company.

In fact, many cyclists prefer to go alone. It's easy to choose your own route, and you're free to ride hard or stop and smell the flowers as often as you'd like.

What some cyclists might not realize is it's also the perfect group sport. Here are a few ways that riding with others will add to your cycling experience:

- ◆ Part of the thrill of riding a road bike is drafting off other cyclists in close proximity.
- ◆ A group lets you meet people, expanding your social horizons.
- ◆ Racing is inevitably a group activity, so if you plan to compete it's almost mandatory to train with other racers at least part of the time.
- ◆ Small group rides are fast because you can share the work at the front. You can cover more ground during your training time.

Small groups are safe because a pack of several riders is more visible to motorists. And if you have trouble of any sort, help is right there.

To get these benefits, it's a good idea to join a bike club even if you ride alone much of the time due to preference or schedule. But if there are two or more clubs in your area, how do you know which one to join? It depends on what you want to do and how you want to do it. Are you interested in recreational rides or racing?

Get to know cyclists in your area and ask why they joined their club. Go to club events to watch the organization and feel the atmosphere. Sit in on a club's monthly meeting to hear about issues and see what kind of people are at the helm.

Participate in club rides and tune in to the tenor of the group. Is it supportive or critical of other riders? Remember, if you enjoy cycling, you should enjoy it even more in the company of fellow riders. It pays to pick your club carefully.

<http://www.active.com/cycling/Articles/How-to-Choose-a-Bike-Club.htm>

EDITOR'S NOTE; RBC has something for every cyclist. Come out and ride with us. You don't have to be a member to try us a few times, but if you ride with us often please join. (:

5 Ways to Win Friends on a Group Ride

By Josephine Allen, from Active.com

Sometimes group rides can be daunting and can feel more like a battleground than a group activity.

The good news is it doesn't have to be that way. Here are my top five practical ways to improve your own group riding and influence other cyclists to do the same (without resorting to verbal abuse).

Pick a Formation and Ride it Correctly

The road that you're riding on at a particular time will determine if you ride single or two abreast i.e. depending on traffic flow, local laws and road width. Someone in the group should call the formation and the group should follow suit. If you're riding single file: Leave about half a wheel length between you and the rider in front—enough to react to pace changes, but not so much that you may as well be riding alone. Stay behind the rider in front and trust them to call out obstacles or hazards (more on that later). If you drift to the side of the rider in front DO NOT position your front wheel alongside their rear wheel and overlap it. This is a highly dangerous position to be in should they suddenly have to maneuver unexpectedly.

If you're riding two abreast: Do exactly that; handlebar to handlebar, shoulder to shoulder. Don't be "that rider" who sits two feet ahead, constantly looking backwards to try and make conversion but steadfastly refusing to ride alongside you.

Communicate Obstacles and Hazards

If there is an obstacle in the path of the group, point it out (e.g. large potholes, seams in the pavement, glass, sticks, rocks, parked cars etc). It's also good etiquette to shout out and make it clear if it's on the left or right since, if you're 10 riders back, you may miss someone pointing, and just hearing "glass" doesn't give you much idea where to start anticipating the group flow to move.

However, wild gesturing towards glass in the middle of the car lane, runners on the sidewalk, holes in the road that no rider should be anywhere near, etc. might get you some funny looks. Pointing things out unnecessarily also results in other riders starting to ignore your warning calls (bad news when they really are about to disappear into a wheel-trashing pot hole!)

Use Your Turn Signals, Brake Lights and Hazard Warnings

Okay so we don't have them on a bike, but you wouldn't drive your car if they weren't working would you? So: If you're slowing, signal and call out "slowing." If you're stopping, signal and call out "stopping"(a hand at your side with palm facing backwards is a standard stopping gesture). If you're turning: signal and call out "right turn" or "left turn." You get the idea...be predictable and if you're going to do something unpredictable make sure people know about it. Also, don't assume everyone becomes telepathically "tuned in" after mile 10. Use these signals from the first second of the ride to the moment you pull into the coffee shop at the

(Continued on page 7)

NEWS RELEASE

Truncated story; see <https://bay175.mail.live.com/mail/ViewOfficePreview.aspx?messageid=mgslMXZebE4xG7QwAjfeOiEg2&folderid=flinbox&attindex=0&cp=-1&attdepth=0&n=37248254> to read all.

Caltrans' endorsement of the NACTO guidelines is part of an ongoing effort to integrate a multimodal and flexible approach to transportation planning and design, to provide Californians with more transportation choices. In 2012, Caltrans updated its Highway Design Manual to facilitate the design of Complete Streets, which incorporates a multimodal approach to highway design. Caltrans also recently published Main Street, California – a Guide for Improving Community and Transportation Vitality.

A recently released Caltrans California Household Travel Survey revealed that, statewide, 23 percent of household trips are made via non-car transportation, more than double than 10 years ago. Caltrans and cities across the state are eager to support this trend.

- ◆ Buffered or separated bike lanes, to separate cyclists from traffic:



- ◆ Bike boxes, which allow cyclists to queue during congested traffic and improve left



.....

Thank you Danny M. for sending this Good News! (:

(5 Ways... Continued from page 6)
end. If you do it, other people with follow your lead and good group communication will become the norm.

Call 'Car Up' or 'Car Back'

"Car up" or "car ahead" means there's a car traveling towards the group or the group is traveling fast enough to overtake a car from the rear. "Car back" means there is a car following the group closely from behind or overtaking the group.

If calls of "car back" or "car up" send cyclists repeatedly scurrying toward the shoulder, you should consider practicing tip one and ride single file for a while. If you have to move over when a car appears, it's probably wise to be out of their way in the first place.

Win Friends and Influence People

If you practice good group riding yourself others will learn from you. Be diligent and keep demonstrating such skills, even if everyone around you appears to have adopted an "every man/women for him/her self" attitude. Persevere and a disciplined group will emerge. When it works properly it should feel like a flock of birds moving together in perfect harmony and less like stampeding cattle. One final word of caution: riding hands off in the middle of a pack of riders doesn't look so cool when the pace suddenly slows without warning, sending you hurtling into someone's rear wheel. Although this is a highly recommended skill to learn, one which can save you from hours of riding in too many clothing layers because the group isn't stopping, please use caution: move to the back of the group to remove your jacket, or warn your fellow riders and move out the side slightly.

<http://www.active.com/cycling/articles/5-ways-to-win-friends-on-a-group-ride>



From [Jim Bartlebaugh](#) [Riverside Bicycle Club Face Book](#), 4/14/2014

This past Saturday I had the pleasure of riding along with fellow RBC member Kevin Keeney and his son Justin, in the Mulholland Challenge. 120 miles and 14,000' of climbing. Like me, him and his son signed up for the King Of The Mountain Series. Some of you may remember that Kevin was hit by a car a few months ago, while out on a training ride with his son. He suffered a concussion and a separated shoulder. He kept up his exercising as much as possible and was able to get back on the bike with about a month to go before the Mulholland. I'm glad to say that not only did he finish, he didn't miss a beat all day and I was proud to cross that finish line with him. My hats off to him for a job well done! I look forward finishing this King Of The Mountain Series with him and his son!

RBC

is on

STRAVA



Track your riding progress
Challenge your friends

JOIN RBC ON STRAVA

<http://www.strava.com/clubs/riverside-bicycle-club-2273>

Riverside Bicycle Club
Riverside, CA

The Riverside Bicycle Club was founded in 1891. Today there are approximately 200 members and collectively the club puts on over 400 club rides a year.

While the Riverside Bicycle Club is primarily centered upon bicycle riding in and near Riverside, California it is open to all members.

Club Leaderboard Recent Activity Members Discussion 2 NEW

Last Week's Leaders

Distance	Longest Ride	Climbing
1st Giovanni Ortiz 257.8 mi	Roger Van Matre 119.8 mi	Roger Van Matre 13,936 ft
2nd Mike Heyes 253.1 mi	Jim Bartlebaugh 78.4 mi	Jim Bartlebaugh 13,783 ft
3rd Doug Church 225.0 mi	Mike Heyes 75.4 mi	Timothy Odehnal 13,647 ft

This Week's Leaderboard Last Week This Week

Rank Athlete Distance Rides Longest Avg. Speed Elev. Gain

Good news! New pavement in Riverside!

A lot of streets have been resurfaced and nice, new paint. Hurray! Many streets near our Tuesday/Thursday evening riding area near Baker's Burgers. Examples; Adams, Monroe and a few others. Also a few near Ryan Bonaminio Park; Palm, and Tequesquite. They are all beautiful! But! (there always has to be a "but") But do ride with caution. They all are not as smooth as one might assume. John Dinger's bike stumbled into this large sinkhole a few days ago and John landed hard on his back. No serious damage was done but this was a doozy, virtually imperceptible black sinkhole in a shadow. This one is on Tequesquite (east bound) just before Brockton. Conveniently located right near Riverside Medical Clinic.

Thanks John for the heads-up. Hope you feel better soon!



Looking west,



looking east



Looking east,



looking west

REDLANDS BICYCLE CLASSIC

It is not only for pro-racers. Just for fun there was a Cargo Bike Event. All kinds of cargo bikes showed up from store-bought to home-made. One lap around the in-town track was filled with thrills and spills.



My favorite, The Sofa Bike



Vicki, with a cooler full of sodas & snacks.



Stirling crossing the finish line

NOTES FROM the APRIL GENERAL CLUB MEETING;

- ◆ Jackie Phillis, an Optimal Wellness Consultant, was our speaker and she said we all will do better if we eat more fruits & vegetables from all the color groups.
 - ◆ Roger congratulated Jim B. & Dick G. for completing the Mulholland Challenge. They, in turn, praised his efforts at Mulholland. Roger noted that hydration is very important to help avoid leg cramps.
 - ◆ Ken Mogi spoke about his BRAND NEW TRUCK!
 - ◆ The 50/50 big money winner at \$29 this month was Brian Thomas.
 - ◆ Doc won the \$20 gift card from JensonUSA, Check them out.
- <http://www.jensonusa.com/>

It was a great meeting. See y'all next month (:

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:

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

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

Neighborhood Cyclery, (951) 485-0910
12226 Heacock St. Moreno Valley, Ca 92557
www.neighborhoodcyclery.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>



2014 Board

President; Roger Van Matre
(714) 305-3151 roger_vanmatre@yahoo.com

Vice President; Bob Lopez
(714) 720-9541 rplopez@sbcglobal.net

Secretary; Doug Church
(714) 235-2455 vwbusguy.dc@gmail.com

Treasurer; Allen Merrill
(951) 233-0606 allenmerrill@icloud.com

Road Ride Chair; John Hawksley
(909) 653-BIKE hawksley55@gmail.com

Mountain Bike Chair; Rhett (Doc) Nelson
(909) 229-6576 rhett.nelson@icloud.com

Public Relations; Jim Bartlebaugh
(909) 376-6173 jmbartlebaugh@gmail.com

Membership; Stirling Yearian
(951) 505-0074 rexgaloure@msn.com

Librarian; Vicki Yearian
(951) 943-1747 fodofixer@msn.com

Webmasters; Stirling & Vicki Yearian, fodofixer@msn.com

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

Riverside Bicycle Club Affiliations

IMBA International Mountain Bike Association

LAB League of America Bicyclists

Riverside County Trails Commission

USACYCLING United States Cycling Federation

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 app

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



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.* **DEADLINE TO SUBMIT** for the newsletter is the 22nd of the month. 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.

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 125 May, 2014

Your membership
expiration date is
shown here

