



The Spoke'n Word



February 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

RIDE WITH THE MAYOR



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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@charter.net



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)

February 2013

Sun Mon Tue Wed Thu Fri Sat

					1	2 RBC & TDW morning ride
3 RBC & TDW morning ride	4	5 RBC & TDW evening ride	6	7 RBC & TDW evening ride	8	9 Palm Springs RBC & TDW morning ride
10 RBC & TDW morning ride	11	12 RBC & TDW evening ride	13	14 RBC & TDW take your sweet- heart on an evening ride	15	16 RBC & TDW morning ride
17 RBC & TDW morning ride	18	19 RBC & TDW evening ride	20 CLUB MEETING 7PM SPEAKER Scott McAfee	21 RBC & TDW evening ride	22	23 RBC & TDW morning ride
24 RBC & TDW morning ride	25	26 RBC & TDW evening ride	27	28 RBC & TDW evening 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, 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.*

2/9 Tour de Palm Springs, www.tourdepalmsprings.com 103 miles, 55 miles, 25 miles
 2/20 **RBC-Club Meeting 7pm.** Hear some bike race history from Scott McAfee, see page 4.
 2/24 Bicycle Swap Meet, see page 5.
 3/3 Senorita Century, Women's ride, <http://senoritacentury.com> 62 miles, 40 miles
 3/9 **RBC-Diamond Valley Lake (25 miles - Mountain Bike) Saturday,**
 3/16 Tour of Borrego, <http://www.julianactive.com/tour%20of%20borrego.htm> 80, 62, 40, & 22 miles
 3/30 Santa Clarita Century, www.santaclaritacentury.com 100 miles, 50 miles, 25 miles
 4/6 **RBC-Queen Mary Ride (35 miles) – Saturday,**
 4/28 Tour de Cure – Sunday, April 28, 2013
 5/23-27 Great Western Weekend Bicycle Rally, Paso Robles
 6/8 **RBC-Three Rivers Ride (50 miles) – Saturday, June 8, 2013**

WHAT'S HAPPENING

Over the Golden Gate Bridge and back again, again and again...

A Riders Tale, by Pete Staylor.

Take the ride of a lifetime the brochure read. Not me, no way, not in a million years. I'm too fat, too old and my knees are bad. I haven't ridden a bike more than a couple of miles in over 10 years. Nice thought though... I was making a car payment at the local bank waiting for my receipt and laughed off the thought of actually riding down the coast of California on a bicycle. The brochure I had picked up went into my pocket anyway.

When I arrived home and was pulling out the receipt for my files, there was that brochure staring up at me. The California Coast line sure is beautiful I thought. I took it into the kitchen and showed it to my wife Merry Lou. "If that's what you really want to do," she stated. It was more of a "yeah, right" as far as I was concerned. I had heard that before. I knew I was out of shape and I knew it would not be easy. I had recently undergone some new to me treatments of Synvisc for my knees. It is sort of motor oil that gets injected into the knee joints to help cushion any movement. Years of playing basketball had taken its toll and Osteoarthritis in both knees had been keeping me side lined from physical activity. One knee had been recently operated on and the Synvisc was doing its job. My knees felt better than they had felt in years. After two whole weeks of pondering this thought of riding 520 miles in 8 days I came to the conclusion that it should be done. This one was for me. Heck, I could get into shape once and for all and change my life in a positive way. Oh, and not to mention, maybe change the lives of others. This was after all a fund raising event for the Arthritis Foundation.

It was June 12th 2002 when I called the Arthritis Foundation in Los Angeles and talked with Amy Rousch (now Robertson). Amy told me all about the ride and was extremely energetic and positive addressing my concerns and level of ability or lack thereof. I came away from the conversation with her that this really was something I could accomplish. I was excited, I was scared, I was thinking to myself, "what the hell am I doing?" I signed up the next day.

That afternoon I rode my 30 pound mountain bike around the block. I'll get used to it I thought as I returned sweaty and breathing hard after only riding less than a quarter mile.

My wife asked me if I had taken into consideration the fact that my daughter Rachael was getting married just prior to me leaving on my great adventure and couldn't I have picked a better time to take this sort of commitment on? "Yes, I did," I answered. I told her that if I did not do it now, it would never get done. I told her that something will always come up and that this was something I had to do.

The events that started taking place after that were a little overwhelming that is to say the support I received was incredible. When I told a co-worker Michele Byers about the ride and the fact that I only had the mountain bike that I had purchased from her husband several years ago, she showed up back at the office several days later with a Trek 2300 Carbon Frame loaded with Dura Ace components. Her husband Greg Byers had donated a complete road bike for me to ride. Because the bike was too small for me I decided to take it to a local bike shop to see if they could help make the bike fit. (I was not too knowledgeable regarding bikes at the time.)

The first shop that I took it to was not very helpful in fact they laughed at me when I told them what I wanted. I left quite dejected but was soon back on track when I took my 2 sizes too small bike to Anthony's Bike shop in Riverside. Not only did Anthony's get me a bigger framed bicycle, they decided to sponsor me in a big way and have done so for several years now. I want to put in a huge plug here for Anthony and his crew. Had it not been for all of their support and help I would have never been able to participate in this ride the first time. I owe them a big debt of gratitude as a lot of my success has been because of them and their wonderful attitude towards me, riders in general and this ride.

(Continued on page 7)



Did you know that Riverside Bicycle Club once had a race team?

Attend our Feb 20, club meeting, and hear Scott McAfee (*former RBC Race Team member*) speak about how some of our members in the 1990's started a race team. Its an exciting story of how local homegrown cyclists who had a desire to race bicycles ended up competing against many well known elite pro cyclists and won!

Cheers,

Lovie L. Cason

See page 1 for meeting location.

GET WELL WISHES to; Leroy Orozco

On Jan 21, on the return ride with the D group, Leroy suffered 2 broken ribs after losing control of his bike from an unnoticed asphalt mound on Main St. Leroy is recuperating at home.

And Belated Get Well wishes to Rick Mitchell



Early December while cycling home from a night ride, Van Buren smacked him a nasty blow resulting in a broken collarbone. Glad to see you back riding with us again Rick! You are a quick healer, but then, you have had some practice at it haven't you?!!! (:

Keep safe my friends.

SHARROWS

WHAT ARE SHARROWS???

Editor's note, Sharrows are good.
Yes we want them in Riverside.

THE COAST NEWS

(Story from Oceanside newspaper.)

Repaving coming to Highway 101, new bike lane and sharrows to follow

By Jared Whitlock

Jan 09, 2013 • 408 views • 17 comments



Coast Highway 101 is scheduled to be repaved beginning Jan. 15. Several weeks later, "sharrow" markings like this will be painted on Highway 101 to remind bicyclists and motorists to share the road. A bike lane will also be installed during the same time frame. Photo courtesy of the city of Encinitas.

ENCINITAS — There are so few bike lanes

along Coast Highway 101 in Leucadia that bicyclists have to pick their poison when traveling through the area.

Bicyclists can either hug the shoulder, making them vulnerable to getting "doored" — *a collision when a parked car door opens unexpectedly*. Or they can move to the center of the lane and hope motorists behind them are aware of bicyclists' right to the road.

Often both drivers and bicyclists are unaware of where exactly in the lane those on two wheels should ride. That's where educational "sharrows" come in.

The sharrow lane markings will be painted on several stretches of Coast Highway 101 next month to remind all that bicyclists can legally occupy the middle of the road in close quarters if there isn't a bike lane.

"The sharrows are a relatively cheap tool to help bicyclists and cars get along," said Rob Blough from the city's traffic engineering division.

Blough said the sharrows fit in nicely with a separate Coast Highway 101 repaving project that's tentatively scheduled to begin Jan. 15 and expected to last for a week, weather permitting. Several weeks after the repaving is complete, the sharrows are scheduled to be striped on the fresh road.

To reinforce bicycle rules, the city is also installing "bicycles may use full lane" signs on preexisting light poles on Highway 101 where bike lanes aren't in place.

Sgt. Emory Wallace said the Sheriff's Department will step up patrols along Highway 101 to educate motorists and bicyclists once the sharrows go into effect.

"This is going to be a transition for everyone," Wallace said.

While drivers and cyclist are getting acquainted with the sharrows, fines

won't be levied against infractions. But once the grace period passes, any offenses will "be enforced accordingly," Wallace said.

Wallace noted that bicyclists must stay to the right side of the lane when there isn't a hazard, which includes parked cars or obstacles in the road. Also, motorists can pass bicyclists in the sharrows, but only if "it's safe to do so and they aren't crossing double yellow lines," Wallace said.

Sharrows have grown in popularity in recent years. They're currently in Oceanside, and Carlsbad and Solana Beach are poised to add them this year.

Last summer, the Encinitas City Council approved the sharrows and bike lane.

Brian Grover, chairman of the Encinitas Bicycle and Pedestrian committee, played a key role in the sharrows getting the green light from the city. To celebrate and educate residents about bike lanes and sharrows, Grover said a "fun ride" along Coast Highway 101 is planned at some point in February.

"Bicyclists feared that part of the 101," Grover said, adding, "this should make the corridor safer for everyone. But we need more outreach to let people know how to react in the sharrows."

This article was updated from its original posting to reflect new information presented at a Council meeting.

Go here to read the full story.

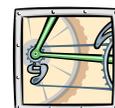
<http://thecoastnews.com/2013/01/repaving-new-bike-lane-and-sharrows-coming-to-highway-101/>

Bicycle Swap Meet & Vendor Expo

held at Cal State Fullerton, 8-4pm

February 24

sellers & buyers needed



Info at <http://ocbikeswapmeet@eventbrite.com>. Lynda Randall, Team OC, 714-832-2620. *fundraiser for AIDS LifeCycle, an annual 545-mile ride from San Francisco to Los Angeles that raises approximately \$13 million annually.*

Membership page

NEW MEMBERS & RENEWING MEMBERS

Marie Bronoel
 Lovie Cason
 Lea Cason
 John Dorothy
 Diane Dorothy
 Tom Erlandson
 Jill Erlandson
 Conner Erlandson
 Branden Erlandson
 Lary Hanfland
 Mary Hanfland
 Elaine Hart
 Christine Hernandez
 David Hernandez
 Linda Hernandez-Price
 Gary Linderman
 Carolyn Linderman
 Kathy Lopez
 Robert Lopez
 Jose Lopez
 Ken Mogi
 Sharon Mogi
 Leroy Orozco
 Theresa Pearce
 William Pearce
 Dave Pennington
 Jim Peterson
 Barbara Peterson
 Victor Quevedo
 John Robinson
 David Romero
 Sandra Romero
 Brian Sabel
 Jeannine Sabel
 Paola Sabel
 Pete Staylor
 Hansvan Delft
 Louise van Delft
 Chris VanMatre
 Roger VanMatre

BOOSTER MEMBERS

We give a big THANK YOU to our Booster members
 for their generous support of our club.
For 2012 & January 2013

John & Diane Dorothy
 Dick & Laura Gervais
 Steve & Leslie Grafstrom
 William & Kate Hall,
 & Holly Hall & Brooks Gehring
 Gary & Carolyn Linderman
 Allyson McDaniel,
 & Caroline & Jonathan McDaniel
 Victor Quevedo & Sandra Romero
 & David Romero
 Wade & Edith Reasons
 Brian & Jeannine Sabel, & Paola Sabel
 Dr. Jim Watrous

Level	Total (Bundles)	Active	Renewal overdue	Lapsed	Pending			New in last	
					New	Renewal	Level change	7 days	30 days
Booster membership	24 (10)	24	-	-	-	-	-	3	11
Family membership	35 (15)	32	8	-	-	3	-	-	17
Family SAVER	65 (27)	61	10	-	-	4	-	-	32
Individual membership	28	23	9	-	1	4	-	-	-
Individual SAVER	71	62	12	-	-	9	-	1	2
Ride Leader membership	-	-	-	-	-	-	-	-	-
SAMPLE - Premium membership	-	-	-	-	-	-	-	-	-
SAMPLE - Regular membership	-	-	-	-	-	-	-	-	-
Total	223 (52)	202	39	-	1	20	-	4	62

(Continued from page 4)

It just keeps getting better... I went to the 24hr Fitness center in Corona and told them what I was doing and that I had less than 3 months to train and it just so happened that the regional manager was there that day and she offered me a free 3 month membership. This worked out perfectly as I could train late night or early morning and not cause conflicts at home with the wedding plans. I was able to go to a number of spin classes offered there and man oh man were they ever tough. (I highly recommend taking a spin class if you are trying to get into serious bike shape.)

Within just 4 weeks of training I was riding up to 20 miles at a time and had lost over 15 pounds. I have to back up just for a second and share what it was like getting on a road bike for the very first time. After training on a mountain bike for 4 weeks and never feeling what it was like to actually glide down a road. What an incredible feeling of power and freedom. It is almost too difficult to explain but I can tell you this, I was inspired by the feeling and almost doubled my efforts to get into shape. My Neighbor Mike Ainsworth gets a lot of credit for helping me get into shape. We rode 4 to 5 times a week. Mike always let me set the pace and ride up front. (or so I thought) You see if you ride behind someone as big as me you get to spend about 30% less energy. And I thought he was just being nice... Well, at any rate it worked and as ride time approached I felt ready.

Fund raising... These words scare a lot of folks away from these types of rides and I admit that a lot of the time I wondered just how I was going to get 280 people to donate \$10 each. I called the local paper and asked them if they would help me raise the money and I was told that sort of thing just won't happen. They did however want to learn more about the ride and were interested in my story. They sent a reporter out to my house and a photographer met me on Mt. Rubidoux in Riverside and took several shots the ended up on the Press Enterprise section called "Out There." It was a nice article and it gave some good publicity for the Arthritis Foundation. What no one ever knew is that the photographer asked me to race down a section of the trail and go around a corner really fast. I did so and he got the shot, however, a few seconds after the shot I fell over into some rocks and narrowly escaped causing major damage to myself. I looked up at him with my hand and leg bleeding slightly and asked if he got that as well. He did not...



Determined to raise the funds I wrote letters to all of my family and friends and all of the local businesses in Riverside that I had done business with in the past. And they came through for me. It was real close and I had some extra help the last week

of deadline to get over the top. I am amazed at all of the generosity I was shown. Just saying "Thank You" just isn't enough as far as I am concerned. I hope that everyone that has helped me understands just how grateful I really am. The other part of the fund raising is that as monies actually start coming in you feel very responsible to everyone to succeed. Several times when I felt like giving up or not wanting to train because I was sore or tired I realized that I could not let my supporters down by stopping now. I think the organizers of rides realize this piece...

Training is extremely important and not to be taken lightly, especially when it involves riding for 8 days in a row and traveling up and down some major hills like in the Big Sur area. I read somewhere that if I could ride 20 miles in 20 minutes at least 4 time a week with an occasional 50 mile ride, that would be enough. So I did just that. I rode on several training rides including a monster of a ride up the hills in Palos Verdes. I rode in Apple Valley, in the wind. I rode in and around Temecula in the heat. I rode down the Santa Ana Trail to the beach and back at least 10 times. I learned that water and fuel are much needed when riding long distances. On one of my training rides I collapsed from heat exhaustion and dehydration. That was the last time I allowed myself to run out of fluids on a ride.

Fortunately for me Anthony Zahn at the bike shop recommended that I invest in a good pair of bike shorts. However, as I was to learn, time in the saddle makes even more of a difference.

My sister Jody offered to drive me to San Francisco and to see me take off. Several people from the Arthritis Foundation had told me not to be nervous and I would probably feel a big adrenaline rush as we departed San Francisco amidst the crowd of riders and well wishers. I was nervous at the pre-ride dinner and even more nervous the following morning at breakfast. But there I was straddling my Trek 2300 carbon fiber bike wearing my new Castelli bike shorts and my bright green Arthritis Foundation jersey and jacket. My heart was pounding as the photographer hollered down for all 85 of us to smile for the camera. There was a police escort waiting to take us out of the city. As we climbed our first little hill heading up to the Golden Gate Bridge I honestly was thinking; "this is nuts, what the heck am I doing here?" The group of riders that I had trained with several times during the summer were already way ahead of me and where was the adrenaline rush I was promised... I stopped part way up as we approached the bridge, it was foggy, cold and I was already tired. Several of my fellow Inland Empire riders were there waiting and looked as I did, tired. I found out we all had a lot in common. We were not going to give up any time soon and we would be helping each other out over the course of the next 8 days. John, Steve, Tammy, Vickie, Art, David and Michael are all my heros. They helped me throughout the ride in different ways but just the same I would not have been able to complete the ride without them.



Day one started at Fisherman's Wharf and was to end some 85 miles later in Santa Cruz. Having never ridden over 60 miles prior to this it was no wonder that I was a little more than tired by the end of the day. I was not able to keep up with my friends and had told them to go ahead. The daily route guide was incredibly accurate as far as mileage goes, but I think it was inaccurate with regards to the elevation gain. It stated 3,000 feet of climbing, however, a friend told me later that his altimeter clocked over 5,000 feet of climbing. I tend to believe the latter. I am not going to lie and say it was easy that first day in fact I kept day dreaming of hitch-hiking ahead and cutting out half of the distance or catching a bus. Day one was the longest day of biking in my entire life and I learned a lot of lessons that day about what I should have done before attempting a ride of this magnitude. I rode in as it was getting dark. Did I mention yet that my rear end was beyond sore even with those expensive shorts on.

The saving grace for me is that I would not be setting up my tent that night because my wife's brother Charlie Brown lived in Watsonville and they were picking me up and taking me over to their house for dinner and a real bed for the night. Prior to dinner Donna Brown took me over to a local spa where I was treated to a 1 and 1/2 hour sports massage and hot tub soak. A massage after a long days ride is something else I highly recommend and I have said this before and I mean it when I say that I do not think I would have been able to continue the ride without having that massage after my first 85 mile day. I woke up the next day and felt like I had not even been riding the day before, until that is, I sat down on the bike seat...

Day two started with me howling ouch as I sat down on my bike seat as we were peddling out of the high school parking lot. That was the one place a massage could not help. We were headed for Monterey and would be traveling only 53 miles. This was a very beautiful section of the ride and was not as tough as the day before.

Fortunately for me I meet this guy from Big Bear who seemed like he knew what was doing. Having a good time riding at his own pace John Justice would scowl like a pirate. "Arghhh Matey" and "Shiver Me Timbers" as he rode along side. I told John about my experience the day before trying to keep up with my friends and as I was about to find out, John had a great deal of experience with long rides. John taught me to slow down and ride at my own pace, not at someone else's.

John Justice showed me the most invaluable "save the butt" technique, and I will tell you what it was, in next months issue of the Spoken Word.

RIDE WITH THE MAYOR

Saturday, Jan 26. In spite of the weather looking like it might rain at any moment, the event from Martha McLean park had a large turnout of over 30 riders. They were of all skill levels and came out to meet Mayor Bailey and enjoyed the morning riding with him.

We made several stops along the way to learn some interesting history about the airplane along the bike trail, the progress of the new upcoming park, and, we even saw the excitingly NOISY parade downtown celebrating the Chinese lunar New Year.

Thank You Mr. Mayor it was very fun and we are looking forward to meeting lots more new riders in March. (:

Pix 1, 2 & 3 on left; Welcome, greetings and hellos at Martha McLean Park. **Pic 4 on left;** riding on the SART towards downtown.

Pic 5 on left; see the large black cloud, that's smoke from the billions of firecrackers set off to add to the excitement of the parade.

Pix on right; riders enjoying the festive parade across from the Mission Inn. P.S. We did stop by the Starbucks on the return trip.

For more info about the next RIDE WITH THE MAYOR contact Josephine Erickson, assistant to the Mayor at 951-826-5372 or community calendar on the home page of www.riversideca.gov



BIKE FOR SALE

An early 1960's Raleigh 3 speed. Made in England.

3 speed rear hub. 99.9% original, (handlebar grips replaced), even the inner tubes are original. Can use new cables and a shifter adjustment, but roadworthy as is (have your AAA card handy).

Great collectors item. \$80.00
mtbharry@yahoo.com

Mt. Rubidoux cross



Photos by, Wade Reasons 2009

The club supports the Friends of Mt Rubidoux and their efforts in purchasing the land under the cross.

(The terms of the sale state that the land will remain as is and open to everyone. The cross will stay on the mountain and nothing can be built or modified.)

What's all the fuss about? A group in Washington DC said that city owned land could not have a religious symbol. Most people don't see the Mt Rubidoux cross as a religious symbol but more as a landmark of Riverside history that has been there for more than a hundred years. The city had a choice of tearing it down, fighting an expensive legal battle, or selling the land under the cross. In these times of money shortage, the answer is obvious!



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

Bicycle Warehouse, 6611 Arlington Riv.

Sad to say Bicycle Warehouse is CLOSED.

California Cyclery Riv. Schwinn, (951) 682-1392

3747 Central Ave, Riverside, CA 92506

<http://www.calecyclery.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

(714) 305-3151, roger_vanmatre@yahoo.com

Vice President; Bill Morgan

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Treasurer; Bob Lopez

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Mountain bike Chair; Rhett (Doc) Nelson

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Membership; Stirling Yearian

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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: Open

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 _____

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.

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* 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

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

Anonymous articles are published at the discretion of the editor.

THE SPOKE'N WORD



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



v 110 Feb. 2013

Your membership
expiration date is
shown here

