



The Spoke'n Word



September 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:

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SMOG to SURF

OCT. 12, - MEMBERS ONLY

FUN RIDE

Lunch & BBQ Potluck Dinner

And it's ALL FREE TO MEMBERS

NOT A MEMBER? Join now, and do this fun ride for free too.

SEE PAGE 6

FOR ALL DETAILS

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)

September 2013

Sun Mon Tue Wed Thu Fri Sat

1 RBC & TDW Morning rides	2	3 RBC & TDW Evening rides	4	5 RBC & TDW Evening rides	6	7 RBC & TDW Morning rides & Military picnic
8 RBC & TDW Morning rides	9	10 RBC & TDW Evening rides	11	12 RBC & TDW Evening rides	13	14 Tour de Foothill RBC & TDW Morning rides
15 RBC & TDW Morning rides	16	17 RBC & TDW Evening rides	18 RBC CLUB MEETING 7PM	19 RBC & TDW Evening rides	20	21 RBC & TDW Morning rides
22 RBC & TDW Morning rides	23	24 RBC & TDW Evening rides	25	26 RBC & TDW Evening rides	27	28 RBC & TDW Morning rides & Memorial Ride
29 RBC & TDW Morning rides	30					

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

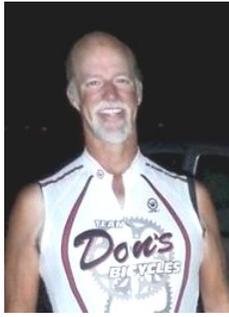
UPCOMING EVENTS

- *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.*

- 9/7 Military Appreciation Picnic at March. Air Reserve Base, contact Roger Van Matre
- 9/14 Tour de Foothills, Summer Celebration, <http://www.rocksportsllc.com/events/tour-de-foothills>
- 9/18 **RBC-Club Meeting, 7pm.** come earlier and have a meal with your friends at D&D Café
- 9/28 Lynn Pletcher Memorial Ride. Yucaipa Community Park. Reg. 7am, Opening ceremonies 7:45, Ride begins 8:00am.
- 9/28-10/5 Arthritis Foundation's Ca. Coast Classic
- 9/29 Bike with the Mayor, 8:30am, 5 mile loop starts at Fairmount Park. In conjunction with the Fireball Run.
- 10/5 Tour de Perris, 7am. 135 North D Street, Perris, CA. 92570, 100/62/30/8m, contact; (951) 943-5003
- 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 MoValley Ride, Moreno Valley, CA.
- 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 COSTUM RIDE, "Good Ol' bike Days" theme. lights are required
- 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 Tour de Foothills, Greatest ride in So. CA., <http://www.rocksportsllc.com/events/tour-de-foothills>
- 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

WHAT'S HAPPENING

FROM FACEBOOK
8/12/13, Bob Mitchell



A year ago today I weighed 215lbs and was having to shoot insulin for my diabetes. My blood pressure was thru the ceiling my body was out of whack...

Today I am leaving my house to ride my bike a Century Plus... not sure how many miles I may get in but am sure it will be over 100. I am SO VERY GRATEFUL to God for my Miracle healing over my health. I weighed in this morning at 176lbs. Blood sugar levels NORMAL no MEDS Praise the Lord.

Editor's note

Congratulation on the wonderful new healthy you! I think I'm going to go outside right now and ride my bike.

Pete is Team Captain of CP Tribe Riders



Pete is a longtime member of RBC

This is my 10th time participating. I have volunteered 3 times and this will be my 7th time riding my bike down the coast. This ride is very near and dear to me as Arthritis has affected so many of my family members, including myself. As crass as it sounds... Arthritis Sucks and it needs to be defeated!!! I am riding to help find a cure! Thank You So Much for donating and allowing me to participate in this Epic 2013 California Coast Classic. - See more at: <http://afcabikeclassic.kintera.org/Staylor>

RBC BOARD ELECTIONS ARE COMING UP IN NOVEMBER

All board positions are open to RBC members

We need 3 people for the Nomination Committee;

duties, receive nominations and find club members that have the desire, and the time, to serve on the board for 2014.

DATES TO REMEMBER

Nov 13, Last day to mail-in ballots.

Nov 20, Ballots may be handed in at the Nov meeting, all will be counted and the winners will be announced.

January 1, 2014 new board takes effect.

Moreno Valley Bicycle Master Plan

PLEASE Give your ideas & comments online to <http://morenovalleybikeplan.com/>

RBC
is on
STRAVA

Track your riding progress
Challenge your friends
JOIN RBC ON STRAVA

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

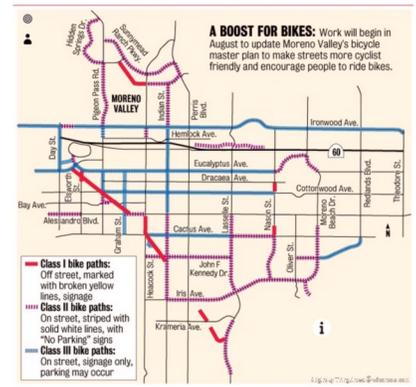


MORENO VALLEY:

Bike plan shifts into higher gear

Aug. 2, 2013, Press Enterprise.

DAVID BAUMAN/STAFF PHOTOGRAPHER
Eric Lewis, center, Moreno Valley's city traffic engineer, is joined by public works employees Vincent Tran, left, and Edward Init for a ride on the recently-extended section of Nason Street near Iris Avenue on Thursday, Aug. 1. Work will begin this month to update Moreno Valley's bicycle master plan to make city streets more cyclist friendly and encourage people to ride bikes.



Work will begin this month to update Moreno Valley's bicycle master plan to make city streets more cyclist friendly and encourage people to get on their bikes.

The city has hired San Diego consultant, KTU+A, to upgrade a master plan completed seven years ago. The city council agreed in June to pay more than \$134,000 to the planning and landscape architecture firm. The primary goals for updating the plan are to get more people to use their bikes for transportation and to increase the number of people riding bikes to work, make personal trips or exercise, Traffic Engineer Eric Lewis said.

"The single-occupant vehicle driver – if they can make a short trip by bike, that improves air quality, that improves their health and it improves traffic congestion," he said.

City officials also want to make the plan conform with regional plans such as the Western Riverside Council of Governments' Non-Motorized Transportation Plan. The update is being funded with a \$136,250 Community-Based Transportation Planning grant the California Department of Transportation gave the city in October 2012.

The project gets underway with a meeting in mid-August. Consultants and city officials will outline a project schedule and identify stakeholders, said Lewis, who bikes to work from Riverside and heads the transportation division overseeing the update. KTU+A has experience work-

ing on bike plans for cities such as Temecula. Its staff will gather data on Moreno Valley's current bicycling infrastructure and identify possible improvements by riding bicycles throughout the city and assessing the existing network.

Improvements could include bicycle boulevards, slower car speeds, better traffic signal detection, bike racks and adding bike lanes and buffered bike lanes, which use striping to add extra distance from car lanes. The consultants also will look for safety issues and missing links, where a lack of bike lanes reduce connectivity between major destinations and discourage people from cycling more.

Riverside Bicycle Club's newsletter editor, Vicki Yearian, applauded the update. The legally blind Perris resident often rides her bike 20 miles into Moreno Valley and wants to take direct routes using bike lanes for safety.

"My bike's my car," she said. "To go five miles extra is a real pain. You won't even do that in your car if you don't have to."

Moreno Valley is one of the few Inland cities with a bicycle master plan. Its existing bike lanes include what appear to be the first buffered bike lanes in Riverside County. That and the city's desire to keep making progress unofficially rank Moreno Valley fourth or fifth in terms of bike-friendliness in western Riverside County and

southern San Bernardino County, said Mark Friis, executive director of the Inland Empire Biking Alliance.

"There are a lot of cities that aren't doing anything," he said. The city has a small bike lane project underway that recently added buffered bike lanes on Nason Street and Via Del Lago. Bike lanes will be added on Alessandro and Sunnymead boulevards, and Heacock and Frederick streets.

The plan update will be designed to entice less-experienced cyclists onto bikes more. City transportation officials like Lewis divide bicyclists into four groups identified by bike-friendly Portland.

Less than 1 percent of its residents are considered "strong and fearless" riders cycling anywhere under any road conditions. About 7 percent are "enthused and confident," or comfortable on bike-friendly streets. About 33 percent fall in the "no way, no how" group, who won't ride for any reason.

Officials hope the update will encourage more riding from the biggest group, "interested and concerned" riders who are afraid to ride major streets to work or commercial areas because of potential danger from cars and who make up 60 percent of the population, Lewis said.

The consultants will hold public workshops and seek input from

bicycling clubs, bike commuters, college students, the Riverside Transit Agency and officials from major bike destinations such as Moreno Valley College.

Riverside Bicycle Club members will give feedback. But everyone who rides in Moreno Valley should, too, because rider input is crucial to such plans, club spokesman Cliff Luchsinger said.

The update should be completed in summer 2014. Once approved, the city could make improvements as money becomes available, Lewis said. The city wants the maximum amount of feedback from cyclists, but getting people to turn out is the biggest challenge with community meetings. It's hard to make informed decisions that way, he added.

"If you want to make a difference in Moreno Valley, show up at the meeting and give input," Lewis said. "We want this plan to be for cyclists by cyclists."



Follow Suzanne Hurt on Twitter: @SuzanneHurt and online at <http://blog.pe.com/city/moreno-valley/>

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 _____

Cyclery USA evening event

By Al Dudley,

On Aug. 15th, 2013 Cyclery USA - Riverside had a presentation on the newest high tech fitting system used by all the Big pro teams of the pro peloton. We were fortunate to have one of the best, Paul Drake from Retul, to show and demonstrate the way this system works. We had thirty-five of our best customers show up Thursday evening for this free demonstration. This was a fantastic turnout for a midweek presentation. I personally want to Thank everyone for coming, we had a great time (Food and Drink). We also gave away a free fitting, valued at \$300.00 to a lucky individual. The winner was non other than our own Riverside Bicycle Club President, Roger Van Matre. Not planned but I couldn't have asked it to happen to a nicer person. Thanks again for showing and can't wait for our next presentation.

Alan Dudley (Manager)

MISSED THIS ONE?
REPEAT EVENT AT SEPT. MEETING!!!

FUN STUFF



HEY STIRLING!
TWINKIES ARE BACK!!!



TOUR de BIG BEAR

Aug 2, RBC did this beautiful ride around Big Bear lake again. Here's some; Bob & Kathy, Bill & Sandy, Ken & Sharon, Harry, Jim & Elaine, Melody and lots more. Some also took the evening dinner lake cruise.



Indoors or outdoors,
work or play.
And even if you ride your bike all day.
Don't let your buns get **red**
use Anti Monkey Butt ® Powder instead!



Hey, this stuff REALLY works!

Why Do You Ride Like That?

A Public Service Announcement.
From; IAmTraffic.org

Hannes Hofer unfortunately, not all cops know that it is legal to "claim a lane". I have been given warnings many times for doing it. Also, you often get the horn from drivers when you do it.

i am traffic Hannes Hofer, that is why Educating law enforcement is an important part of our efforts. <http://iamtraffic.org/advocacy-focus-areas/enforcement/bicycling-education-for-law-enforcement/>

Scott Campbell I've been in this situation many times. If you hug the white line you're really doing yourself a dis-service.

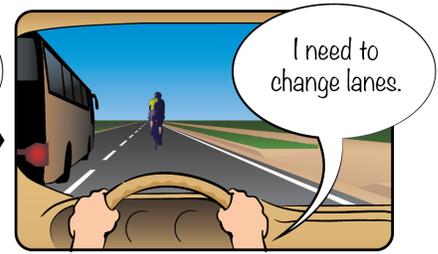
Joe Gottschall I ride on Gills Neck Road a lot and if a car is coming toward me, I take the whole lane to prevent cars behind me from passing. I've had idiots speed up to squeeze past me at high speed. If no cars are coming toward me, I hug the white line to give cars behind me plenty of room to pass. It's common sense. And self-preservation.

i am traffic You are more likely to be hit by an inattentive driver by making yourself irrelevant and more vulnerable to mistakes. <https://vimeo.com/17300276>

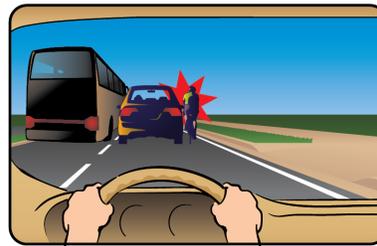
i am traffic You get brushed and cut off repeatedly BECAUSE you ride on the edge, not in spite of it. So, yes, we get that you "feel" it's dangerous. Your opinion is not based on actually having tried lane control, so it doesn't really carry any weight here. OTOH, the content providers for "I Am Traffic" have not only ridden this way successfully for years (all over the



How wide he thinks his car is



Where Savvy Cyclists ride to discourage that mistake.



How wide it really is



Most lanes are too narrow for a car to pass a bicyclist safely within the lane. Savvy Cyclists make that clear by leaving less space to their left. This is defensive driving. And it is legal in all 50 states. Regardless of where a bicyclist is, please don't risk a mistake. Change lanes to pass.

i am traffic iamtraffic.org [f /iamtrafficorg](https://www.facebook.com/iamtrafficorg)

U.S.), we have shot dozens of hours of video to demonstrate that it is not dangerous. <https://vimeo.com/album/1881848>

Steven Goodridge Many of the people posting here have been successful in encouraging other cyclists to ride with them, one on one or in small groups, in more assertive lane control positions in order to learn how it can be done effectively and gain confidence. American society has developed a very strong and sophisticated social taboo against bicyclists occupying general purpose travel lanes even though this is usually legal. Ironically, the taboo is reinforced when cyclists encounter close passes, right hooks and cut-off events while riding at the right edge. This means that those cyclists with the most experience riding at the roadway edge are often the most difficult audience to encourage into riding more assertively in the lane.

We want you to have positive cycling experiences and hope you'll look into the traffic cycling educational materials on this site and similar ones, and that you'll try practicing them, starting with the types of streets where you feel comfortable doing so, and working your way up. Certainly some roads are more pleasant and preferable than others, but it's nice to have a skill set that allows you to negotiate practically any street you encounter

For more information, see the CyclingSavvy FAQ: Why Do You Ride Like That? <http://cyclingsavvy.org/how-my-driving/>

Also read about this on Facebook; <https://www.facebook.com/photo.php?fbid=156467597843296&set=a.147236078766448.32399.135322779957778&type=1&theater>

TROUBLE AT THE TRACKS

By Cameron Spear,
Cambo357@gmail.com

Editor's note, this news came via email over the month of Aug 2013. It is important so I pieced it together for you.

I am not a member of RBC currently, but have been in the past (ok, like 20 years ago), and appreciate what the club has done over the years. Hope you might be able to help me, or get pointed in the right direction.

My name is Cam. Avid cyclist, and daily commuter. Over the weekend, there was a traffic collision along Magnolia, west of Buchanan, at the railroad tracks and Bike Lane bypass. **(See pic top right)** There is now a ton of rocks, usually are bedded up against the tracks, covering the westbound bypass approaching the tracks. Also a good amount of vehicle parts left as well, including part of a windshield. It was almost unusable on Monday morning. I then noticed the poor condition of the crossing on the eastbound side. There are some huge gaps in the rubber insert pieces, as well as between the rubber and asphalt. Some wider than a bike tire, just waiting to have one get wedged in there. **(See pic far right)**

Would you happen to know who should address this problem, and the best way to contact them?

Cam

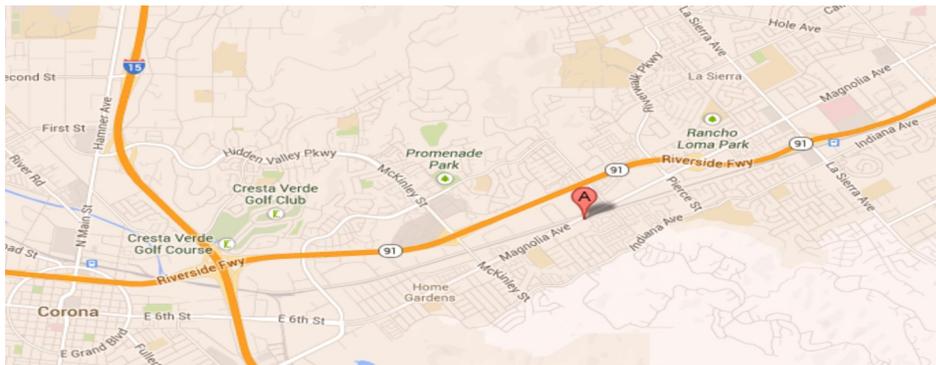
.....

Aug 7, Roger Van Matre

I have sent your e-mail to our city contact. However, I do believe this area falls under the county and sometimes the railroad. I will keep you posted on our progress. Also, there is an app call Riverside 311. If you have a Smartphone, you can load it. When you come across a bad road condition in or near Riverside, you take a photo, the app sets up an e-mail to the city. When they get the e-mail, it gives them the GPS coordinates. I have had successes using it. But don't hesitate to contact me when you need help.

Roger Van Matre

3RD EMAIL; I am including some pix of the eastbound crossing. It is usable, but you still have to be cautious



due to the gaps. There is one pic of the pavement that got crushed and broken from a city of Riverside work crew driving a tractor or some other piece of heavy equipment across it.

The tracks are still exactly the same, both with the mess from the collision as well as the crossing in the other direction. The westbound bypass is "swervable" if you want to avoid the rocks. Still pieces of auto glass, not just broken glass, but large sections held together with tint, and a few other car parts. Only thing the city said was it was out of the city limits, and they just passed the buck. Not sure who to contact with the county. BNSF does know of the issue in the photos, as I described it in detail to them. They do claim they are responsible for the tracks and two feet on either side, so this should fall on their shoulders. The bypass is a joint effort, so it gets complicated.

I see many cyclist avoiding using the bypass, and the sad thing is the lack of maintenance will make people even less likely to use it. That's just begging for another tragedy to happen, like the one where a cyclist was killed when she went down in front of a truck while crossing the tracks on Magnolia. It was this accident, so many years ago, that prompted the creation of these bypasses.

This crossing is going to be grade separated beginning in a few months, so major work on the bypasses would not be prudent. Since the bypasses were installed, 1988 or '89 I think, there has likely been zero upkeep done, except for volunteers cleaning/sweeping them from time to time. **But basic clean up after traffic collisions, and maintenance for safety reasons, should not be forgotten.**

LAST EMAIL; It is not surprising that there has been a lack of action on any of this though. Without mentioning where the issues were, I tried to reach out to both the road dept. as well as the police dept. regarding who normally is responsible for traffic collision clean up. This was done via the city web site, and included leaving my name, address, phone number, email, etc. yet I got not a single bit of a reply. Makes you wonder why they even have contact.

Correspondence with the city and BNSF available upon request.



Eastbound on Bike lane bypass



A picture is worth 1,000 words. The large separations that run in the direction of bike travel are dangerous. As in the 2 pix above. The cracks perpendicular to bike travel are annoying and uncomfortable but not necessarily dangerous.



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

Vice President; Bill Morgan
(949) 689-7138, Morganw351@gmail.com

Secretary; Kathy Lopez
(951) 368-4853, k.s.lopez@sbcglobal.net

Treasurer; Bob Lopez
(714) 720-9541, rplopez@sbcglobal.net

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

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

Public Relations; Cliff Luchsinger
(951) 505 0477, Cliff1_1@charter.net

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

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

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.

<u>OFFICE USE ONLY</u>	
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 117 Sept. 2013

Your membership
expiration date is
shown here

