



# The Spoke'n Word



February, 2018



## Riverside Bicycle Club

Founded in 1891 P.O. Box 55160 Riverside, CA 92517 [www.Riversidebicycleclub.com](http://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](mailto:fodofixer@msn.com)

It may be cold  
But we're still riding

### INSIDE THIS ISSUE:

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Photo above of Nick Kelly

See page 3 for calendar of events



## A note from the President,

The Christmas party was a fantastic event! Everyone had fun many. Gifts were to be had, and if you did not get the opportunity to join us for the Christmas party, I hope you will be able to join us at the next Christmas party.

At our January club meeting, we had Sonja Johnson, a representative from SRAM, and she spoke about SRAM product, giving us all kinds of interesting information about their bicycle parts, history, and what their company does for the community.

The 50/50 prize winner was new member Grant Buchanan, visiting friend from New Zealand by way of Texas. Grant donated it back to the Club. Thank you Grant.

Eric Lewis was nice enough to give me a belated birthday ice cream gift. It was very tasty, and thank you very much!

John Hawksley



# Tour de Palm Springs



Ed Wheatley created a team for the **Tour de Palm Springs**  
It's called "RBC"

The password is "Riverside"

Already registered?  
Please, go back and join the team!

*(All RBC members received an e-blast with the 10% discount code.)*

## TOUR de PALM SPRINGS update: ...

As you know, the Tour de Palm Springs helps charity organizations raise funds to support their programs and services. They will donate 100% of your registration cost to The United Cerebral Palsy of the Inland Empire's if you use our charity code: 18TRUCP.

Your support will go towards helping our special needs children participate in the 1.5 leg of the event. Through money raised by this and other events, we have been able to purchase adaptive bikes for children with cerebral palsy and other mobility challenges. Currently we have 33 clients on our waiting list for adaptive bikes. Would you please pass this information on to those you know who will be participating in the Tour de Palm Springs next month?

Thank you so much,

Christine MacCalla, Board Member, United Cerebral Palsy of the Inland Empire

# FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 RBC evening ride	2	3 RBC morning ride
4 RBC morning ride	5	6 RBC evening ride	7	8 RBC evening ride	9	10 RBC morning ride & Beginner's ride & TdPS
11 RBC morning ride	12	13 RBC evening ride	14	15 RBC evening ride	16	17 RBC morning ride
18 RBC morning ride	19	20 RBC evening ride	21 CLUB MEETING 7PM	22 RBC evening ride	23	24 RBC morning ride
25 RBC morning ride	26	27 RBC evening ride	28			

## START TIMES:

**8:00 a.m.** Weekend rides **Oct.-April.**

**7:30 a.m.** Weekend rides **May-Sept.**

**6:30 p.m.** Tuesday & Thursday evening rides.

**7:00 p.m.** Club Meeting, 3rd Wednesday each month.

Saturday mornings from Canyon Crest Town Centre.

Sunday mornings from Downtown, see page 2 for more info.

RBC CLUB MEETING 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!

Check out Team Dirty Work on Facebook for their current schedule.

## UPCOMING EVENTS

**Feb. 10, RBC's BEGINNER'S RIDE.** 10AM, starts at Bonaminio Park on Palm Av near Mt. Rubidoux West parking lot. Learn to ride safely in a group.

**Feb. 21, CLUB MEETING 7:00pm** see page 1,

Feb 10, TOUR DE PALM SPRINGS

Feb 24, STAGECOACH CENTURY

Mar 10, SOLVANG CENTURY

Mar 24, TOUR DE SEWER

Mar 24, SADDLEBACK SPRING GRAN FONDO

REDLANDS RUFF RIDE-- ??

Apr 21, HEMET DOUBLE CENTURY

Apr 21, PLAIN WRAP RIDE

Apr 29, FINISH THE RIDE GRIFFIN PARK

Apr 28, BREATHLESS AGONY

May 5, ROSARITA ENSENADA

May 12, TOUR OF LONG BEACH

May 19, SAN DIEGO CENTURY

**May 13, Mothers Day Ride** (Ladies Ride)

**May 16, Ride of Silence--** (RBC Club Meeting)

May 21, TOUR De OC

May 25th - 28th, GREAT WESTERN, Paso Robles

Cycling Festival

**LA RIVER RIDE--?? RBC** (Jun 4th last year)

**Queen Mary Ride -- RBC** (Jul 15th last year)

Aug 5, TOUR DE BIG BEAR

Sep 8, AMTRAK CENTURY

Sep 8, MAMMOTH GRAN FONDO

**Sep or Oct, RBC SMOG TO SURF**

CITRUS CLASSIC--??

**Nov 11th, RBC Veterans Day**

Nov 10, TOUR DE FOOTHILLS

**Nov (After Thanksgiving--24th?), RBC Turkey**

Burn

## RBC Apparel

If you are interested in purchasing RBC apparel such as; jersey, jacket, vest, arm warmers or gloves, NOW is your chance.



Please use the following web address to log onto the Voler website. From there you can choose your style of item.

There are several variation of each item.

For example; you can purchase a wind jacket or thermal jacket. You can buy a jersey in club fit or race fit etc...



<http://www.voler.com/Hubs/Team/RiversideBicycleClub/>

Any questions, please email: [lreece70@msn.com](mailto:lreece70@msn.com)

Thank you,  
Lisa

## AT THE CLUB MEETING

Report by Andrew Holybee.

January 17, we had an amazingly engaging speaker, Sonja Johnson. Sonja talking about the history of SRAM and how they are a maverick in the bike industry that has opened up stuff for us as riders. She also brought “etap” shifting and “zipp” wheels to check out in person.

If you haven't been to one of our meetings you should stop by. Our meetings are the 3rd Wednesday of every month at 7p at the riverside municipal airport come join us early for food.

[#SRAM](#) [#OpenTheRoad](#) [#eTap](#) [#ZippSpeed](#)



## Celebrating 90 years with an early-morning 90-mile bike ride



<http://www.press-citizen.com/story/life/2017/11/03/celebrating-90-years-early-morning-90-mile-bike-ride/827957001/>

One night in late September, Dr. Oscar Beasley checked his favorite weather website as he usually does and decided the next morning would be perfect for his “90-mile birthday bicycle ride.” Beasley, a well-known Iowa City geriatric exercise guru, will turn 90 on Nov. 27.

The next morning, he arose at the crack of dawn, carried his Trek road bike down a flight of stairs from his condo along First Avenue in Iowa City and took off south for Lone Tree, Columbus Junction and Wapello. He was alone, as he often is riding.

As predicted, temps were mild and the southeast wind was very light early on, but built to 20 mph when he reached the 45-mile halfway mark on his odometer just short of Wapello. He was grateful for the chance to turn around and allow the wind to push him back to Iowa City.

“You avoid hills around here by keeping your ride between the Iowa and Cedar Rivers,” he told me. “But bucking the wind is worse than hills. I had to make sure the wind would be at my back coming home.”

Oscar completed the ride in about nine hours, stopping often to document the trip with 35 landscape photos, as he loves to do. He also stopped in Lone Tree on the return route to relax for a bit at the home of his longtime friend Dr. Keith Mills, who snapped the photo shown here.

Those who know this congenial, determined octogenarian will not be surprised at this feat. Although he did not begin biking until age 45, he has logged thousands of long-trip miles since then, both here and abroad. That includes riding alone from Los Angeles to Kansas City during a 17-day, 1,700-mile solo trip in 1983.

And as the author of two books on how to live longer by exercising, this retired internal medicine physician still has a pretty amazing workout regimen.

In good weather, he strives to ride his bike 100 miles a week, typically following a 25-mile loop north to Solon, west to North Liberty and back on the Dubuque Street bike trail. “I often get a tailwind coming back,” he says with a grin.

On inclement days, he works out on a treadmill at his condo complex, using the steepest grade and exceeding the suggested workout for men 20 years younger.

Three times a week, he joins three other friends ages 79 to 92 for regular workouts at FIT Iowa City gym. His senior fitness cohorts are Ed Kottick, Jack Nothnagel, Warren Jensen and Charles Hawtrey.

“The gym rats call it cardio,” says Oscar, who is following a workout schedule developed by his friend Kottick. “The main thing is to make the heart work.”

Just last Sunday, the retired doctor got up early and rode to Hills and back.

“It was the first killing frost, and I was cold the whole way,” he said. “I took pictures of every temperature sign I saw and it was about 26 degrees. My favorite camera, now 11 years old, had trouble focusing.”

When he returned, he emailed the photos to his friend Bernie Cremers along with that [James Whitcomb Riley poem](#) about “frost on the punkin and fodder in the shock.”

It’s clear that even at nearly 90, Oscar is determined to stay active and fit in body and mind and is proving the theory that, as he put it, “exercise is protective and it’s never too late to start.” He says his physical ailments are currently limited to “little things.” He still travels about every six months to distant locales such as Oregon or Florida to ride regional loops with a group of six other senior citizen friends he has met from across the nation. The straight tourist role does not cut it for him.

“Riding gives you something to be involved in instead of a pure spectator,” he said. “I can’t go and just sit on the beach. It bores me to death.”

Dr. Beasley has written two volumes of “Bicycling: A Lifelong Means of Staying Fit,” the second of which is still available at Prairie Lights Bookstore. His five children will honor him with an early 90th birthday party later this month.

*Dick Hakes is a semiretired newspaper editor who lives in North Liberty.*

*Thanks Eric Lewis for bringing this greatly inspiring story to our attention on FB.*

# Rosanna Scott Memorial Bicycle Trail, Revisited

By Bruce Meeks

Lots of us ride along Victoria Avenue, heck most of our scheduled ride groups ride on at least part of it. But have you ever wondered how Victoria got its name? Well the short answer is, in 1891 Matthew Gage built the Victoria Avenue bridge over the Tequesquite Arroyo. He chose to name the bridge Victoria in honor of Queen Victoria of England. Since the bridge was named Victoria, it was only logical to name the Avenue Victoria too.

So now you know how Victoria Avenue got its name, but while riding on Victoria, have you ever noticed the signs dedicating the bicycle path as the “Rosanna Scott Memorial Bicycle Trail”? Who was Rosanna Scott, and why did they dedicate the trail to her?

Rosanna Scott was a Riverside City Councilwoman, who served from 1971-1978. She was also a founding member of the Victoria Avenue Forever (VAF) group, which was dedicated to the preservation and beautification of Victoria Avenue. More importantly through her efforts, she was largely responsible for the creation of the bicycle/jogging/walking path along Victoria Avenue, which was completed in 1976.

In 2012, the city of Riverside, VAF, and our very own **Riverside Bicycle Club** took part in a ceremony dedicating the Rosanna Scott Memorial Bicycle Trail. There is a kiosk with pictures near the corner of Victoria and Myrtle Avenue commemorating the dedication. Next time you're riding by, take a minute to stop, and check it out.



7/28/12, cyclist attending ceremony; Steve G, Dick G, Dyno, Roger V, Stirling Y, Chris V, Vicki Y, Ken M, Robert & Kandi D, Kathy L, Bill M, Harry K, Gary, & Bob L.

Photos by Dr. James Watrous.



THE ORANGE COUNTY REGISTER  
**UPDATE ON THE  
HOMELESS IN RIVER**

Jan. 4, 2018



**Within three weeks, Orange County officials plan to clear the county's largest homeless encampment, an entrenched tent city along the Santa Ana River in Anaheim and Orange where several hundred people now live and sleep.**

Anaheim City Council members Kris Murray and Tom Tait and Orange Councilman Mike Alvarez said Thursday they were aware of the county's impending action, with Murray saying it would come "within the next month or so." Orange County Supervisor Todd Spitzer later confirmed that the county will clear the encampment on Jan. 22.

County spokeswoman Carrie Braun, who wouldn't confirm the timing of the encampment removal, said the county needs to close the area for an "environmental remediation project" and because the flood control channel wasn't safe for human habitation. Spitzer said the county would attempt to link the displaced people with shelter.

The county will post notices on Tuesday along the riverbed warning homeless people that they soon will have to relocate, Spitzer said.

Homeless advocates immediately denounced the county's plan as illegal and inhumane, saying it perpetuates a system that makes it a [crime to be homeless](#) and simply shuffles people from one location to another. They said there aren't enough shelter beds or permanent housing to lodge all the riverbed homeless and that the displacement will send upwards of 1,000 homeless people spilling into adjacent cities.

The county's action will culminate its yearlong attempt to remove people living along the flood control channel – a process that has [incrementally shuttered other encampments](#) along 30 miles of Santa Ana River, concentrating people in a short stretch in Orange and Anaheim.

"We're not going to allow this to become Or-

ange County's Skid Row, and that's the way it's operating now," said Spitzer, whose district includes the large encampment. "This is the northern gateway to our county and it's not safe for habitation, especially during the anticipated rainy season."

Homeless people have been sleeping along the county's flood control channel for at least a decade, but the encampments there have grown substantially during the past two years, a period in which homelessness [increased by 8 percent countywide](#). The encampments have [riled local residents](#), cyclists and business owners, who claim the homeless camp increased property crime in the area. That has included persistent complaints from representatives of the Honda Center and [Anaheim Angels](#).

County leaders have said over the past year that unlike other riverbed homeless encampments, they were hesitant to clear the Anaheim and Orange camps without first opening a shelter where those people could relocate. Spitzer said that's because U.S. District Judge David O. Carter – who heard a [February lawsuit](#) about the county's move to evict another riverbed homeless encampment – advised the county it shouldn't displace some riverbed residents until it had shelter for them.

Spitzer said the county's thinking changed in October when the [sheriff's department reported](#) that 83 percent of the 1,093 riverbed homeless they contacted refused help with public services or finding housing. That came shortly after the county hired a contractor to link the riverbed homeless with housing, a project that has found shelter for 156 people to date.

Spitzer, who expects that the county will be sued once it clears the encampment, said county attorneys eventually could present the sheriff's department data in court to prove "we don't need a bed-for-bed replacement plan."

"We know on the records with their names that they don't want services," he said.

But homeless people, their advocates and even county documents dispute the sheriff's department statistics. In September, only a month prior to the sheriff's department survey, information in a [county newsletter](#) stated that 81 percent of homeless people living in the riverbed "are interested in case management services which means they are receptive to services and working towards the pathway to housing."

Eve Garrow, homelessness policy analyst for the American Civil Liberties Union's Orange County office, has noted that 34 of the county's cities have anti-camping ordinances that criminalize the act of sleeping in public spaces. She said those laws, and the police who enforce them, often forced homeless people to move to

the riverbed in the first place. Homeless people living along the river frequently say they came to the area to [avoid police harassment](#).

"If the county wants to get people out of the riverbed, it has to provide them an alternative," homeless advocate Mohammed Aly said. "There's no place for people to go."

On Thursday, only 21 of 525 beds were empty at the county's two [year-round homeless shelters](#), while 163 of 400 beds were unfilled at its seasonal armories.

The area's closure also will [reroute a portion of the Santa Ana Bike Trail, which will remain closed for nearly three months](#). County CEO Frank Kim wrote in an internal memo that homeless people won't be allowed to camp there again when it reopens.

Some elected officials from adjacent cities, [including Murray](#), applauded the county's plan to end the riverbed homeless camp. But others said Thursday that they fear the county's action will push the homeless to residential streets.

"We're going to have to brace for it, because they're going to have to go somewhere," Orange City Councilman Mike Alvarez said. "We'll be looking for (our) police to come up with some sort of strategy to deal with it."

In May, county Supervisor Shawn Nelson [proposed opening a temporary homeless shelter](#) on county-owned land in Irvine, Huntington Beach or Santa Ana to house the riverbed homeless, but his colleagues didn't support the plan. County officials said they are still looking for a location to open a third year-round homeless shelter.

On Thursday evening, people living in the riverbed encampments bristled at news they'd soon have to move.

*Anthony Strange, 40, who said he became homeless two years ago after his teenage daughter died in a car accident, said he had "no clue where I'm going to go." Strange said he has been on the county's waiting list for housing for several months.*

*Justin Forsyth, 28, who had been homeless in Anaheim prior to moving to the river last year, had a clearer idea of where he'd end up.*

*"I'll go back to the city," Forsyth said. "I've got nowhere else to go."*

<https://www.ocregister.com/2018/01/04/orange-county-plans-to-clear-entire-riverbed-homeless-encampment-within-weeks-officials-say/>

## County to restrict access on Santa Ana River trail and shut down Fountain Valley

# Homeless Encampment

<http://www.ocregister.com/2017/10/30/county-to-restrict-access-on-santa-ana-river-trail-and-shut-down-fountain-valley-homeless-encampment/>

The county will begin enforcing public access hours on a 10-mile stretch of the Santa Ana River Trail from Fountain Valley to Anaheim, starting Friday, Nov. 3, and plans to permanently close part of that area, dislocating at least 100 homeless people living in tent encampments on the trail near Centennial Regional Park.

Violators will be issued citations under the plan that calls for permanently closing the west side of the channel where the bike trail traverses from Adams Avenue in Fountain Valley to 17th Street in Santa Ana, on Nov. 10. Use of the trail on both sides of the river from Adams to Imperial Highway will be restricted to public operating hours, basically during daylight.

Later this year, the county will begin installing reinforced gates along the targeted area at all the public entrances, which will be locked during off hours, said Carrie Braun, the public information officer for Orange County. The bike trail from Adams to Imperial will be closed to public access from 6 p.m. to 7 a.m. Nov. 1 through Feb. 28, 2018, and then from 9 p.m. to 7 a.m. when the weather begins to warm up, March 1, 2018, to Oct. 31, 2018.

The enforcement crackdown will not be imposed on the river trail in the area of Angel Stadium in Anaheim, where a court injunction is in effect from roughly Chapman Avenue to the railroad tracks near Ball Road. The county recently stepped up law enforcement patrols in that area and earlier this year hired the non-profit City Net to do outreach among about 400 homeless people living in the shadow of the Big A sign, part of a long-term plan to move people out of the riverbed area.

Several of the homeless people living in tents and makeshift dwellings that stretch between Edinger Avenue and Harbor Boulevard in Fountain Valley said Monday that they have not been given any official notice to move. But rumors flew up and down the trail.

Larry Ford, who flies a "Don't Tread on Me" banner on one side of his tent, said he will not go quietly and planned to contact the American Civil Liberties Union.

"We have the right to be here," said Ford, 53, contending that the bike trail and the river bed are public land where citizens like him and his girlfriend, Lisa Weber, 57, can stay if they want. The couple has been living on the trail near Centennial Park for nearly three months and has been at different spots further south since March, they said.

"It comes down to a Constitutional thing, a human rights thing," Ford said. The county cites a variety of reasons for the new bike trail enforcement, including public safety issues, health and sanitation concerns, and maintenance work that has been deferred because of the presence of the homeless population. The county plans to install more signs to alert the public to the hours when the bike trail is open; existing no trespassing or loitering signs largely go ignored.

Locking the gates to the river trail also will impact its use by recreational bicyclists and others. Braun said the county's parks department is reaching out to cycling groups and other recreationists to make sure they are aware of the coming change.

Public officials have been hearing from residents and homeowners in Fountain Valley for the past few months who say their nearby neighborhoods are suffering from increased crime they associate with the rise of homeless people living along the bike trail.

Kris Gillan, who lives at the New Chase condominiums that abut the river trail property south of Edinger in Fountain Valley, said the homeless encampment has doubled or tripled in size since summer when she and other residents began to ask for help. She said on Sunday night a large red tent was erected near the access gate from her complex to the trail, but was removed when residents complained.

Gillan said she wants to see how the new enforcement effort by the county plays out.

"My concern is someone will step in and block enforcement," she said, noting past legal entanglements that have stymied enforcement elsewhere.

Homeless advocate Mohammed Aly, who has visited the homeless people in the area of New Chase, called the county's planned action part of an "illegal" attempt to clear all the homeless encampments from the river bed.

"The county will either fail, and also have to pay plaintiff's attorneys fees after losing an injunction, or succeed, and push hundreds of homeless people into the neighborhoods of already frustrated Anaheim and Orange residents," Aly said in an email.

"Residents of Orange, Anaheim, Santa Ana, Fountain Valley, Costa Mesa, and Tustin, among other nearby cities, should be concerned," Aly added, and "they can confront the County Board of Supervisors at their public meetings."

County Supervisor Todd Spitzer's office issued a statement Monday afternoon about the enforcement plan, calling it a "progressive next step" being undertaken to ensure the safety of all citizens while also attempting to treat the homeless population with compassion.

"People living in the encampments have every opportunity to accept a pathway out of homelessness. There should be no excuse, and people not accepting assistance will have no choice but to leave the riverbed," said Spitzer, whose Third District includes parts of Anaheim, the city with the largest homeless concentration in Orange County.

"I am committed to helping those in need while preserving the quality of life taxpayers in Orange County should always expect."

Also on Monday, the county opened the doors to the National Guard armory in Santa Ana early this year for use as a nightly sleeping area for the homeless during the winter months. The Fullerton armory is expected to begin operating Nov. 16.

The armories might be an alternative for those homeless people who will be displaced from the river trail in Fountain Valley. Braun said the county will offer to store their belongings, which can't be kept at the armories, for up to 90 days and possibly longer, should they choose that shelter option.

But Cherie Schulze, 59, who shares a tent midway between Edinger and Harbor Boulevard with her husband, said they have been on a list for supportive housing more than a year. The armory, which doesn't allow pets, wouldn't work for them, she said: "We can't. We have a dog."

Like others along the trail, the couple said they don't know where they will move to next.

Whether locking gates and issuing a citation will be enough to discourage homeless people from settling along the river trail remains to be seen.

Pamela Swartz, a Fountain Valley resident who spoke to county supervisors about her concerns, said she hoped the enforcement would be more than just cosmetic.

"If they just issue citations, I don't think that's enough," she said. "I don't know. It's a start."

## 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.*
- "Pace average" refers to the average on your computer at the end of a ride. If we say an average of 13 – 15 mph, you will be riding over 15 and under 13 at times, but the average at the end will be 13 – 15.
- All speed listed below are guidelines.

**A Group** – Ride lengths will be 45-60 miles with the pace averaging over 18 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. Moderate to difficult terrain. Focus on performance development, pace lining and climbing. Group riding experience, general mechanical skills expected.

**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 group riding experience, basic bike handling and mechanical skill.

**D Group** – Ride lengths will be 20-35 miles with the pace averaging 11-13 mph. Mixture of flat/rolling hills with some moderate climbing. Regroup as necessary.

**E Group** – Ride lengths will be 15-25 miles in length. The pace will be according to the riding abilities of those riding that day. Some riding skills and comfort with road traffic involved. New riders always welcome and a good place to start. Assistance and instruction will be provided in basic skills of fixing flats, bike handling, and group riding. 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.*

### Contact:

Road Ride Chair: Bob Dunning,  
951-318-3946  
[chiefdun@hotmail.com](mailto:chiefdun@hotmail.com)

Team Dirty Work: Rhett (Doc) Nelson  
(909) 229-6576,  
[rhett.nelson@icloud.com](mailto: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 5 levels for you to choose; from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 9th & Main. Park on University Av or at the old court house downtown Riverside.

**Saturday** rides leave from Canyon Crest Towne Center. Meet behind Starbucks by the East Coast Bagel shop.

- ◆ **Fast group A/B/C;** 16-18 mph to Redlands.
  - ◆ **Casual group D/E;** 11-15 mph varied per routes.
- Beginner's Ride:** see page 3 under calendar for full details.

**Tuesday & Thursday** evening rides meet at Baker's Burgers at 3522 Adam's Plaza, Adams Exit off 91 Frw. starts 6:30PM Winter, and Summer This ride usually has 3 groups.

- ◆ **Fast, A/B Group;** 25+ miles, 16 & up mph
- ◆ **Medium, C Group;** 20ish miles, 15ish mph.
- ◆ **Casual, D/E Group;** 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 <https://www.facebook.com/groups/teamdirtywork/>

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 ALL 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)

## 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](http://www.ajsbikes.com)

**Citrus Cyclery**, (951) 444-7353  
9022 Pulsar Court, Corona, CA 92883  
[www.citruscyclery.com](http://www.citruscyclery.com)

**Cyclery U.S.A., Inc.** [www.cycleryusa.com](http://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**, [www.donsbikeshop.com](http://www.donsbikeshop.com)  
384 S. Riverside Av, Rialto, (909) 875-7310  
700 E. Redlands Blvd. #B1, Redlands, 909-792-3399

**Neighborhood Cyclery**, (951) 485-0910  
24318 Hemlock Ave, Suite A3, Moreno Valley, 92557  
[www.neighborhoodcyclery.com](http://www.neighborhoodcyclery.com)

**Pedals Bike Shop**, (951) 683-5343  
3765 Jurupa Ave. # L. Riverside, CA 92506  
[www.pedalsbikeshop.com](http://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>

FRIENDS of RBC  
Inland Empire Biking Alliance  
<http://iebikingalliance.org/>



**Riverside Bicycle Club Affiliations**  
IMBA International Mountain Bike Association  
LAB League of America Bicyclists  
Riverside County Trails Commission,  
USACYCLING United States Cycling Federation.

## 2018 Board

**President;** John Hawksley  
(909) 653-BIKE [hawksley55@gmail.com](mailto:hawksley55@gmail.com)

**Vice President;** Lisa Reece  
(909) 747-4833 [lreece70@msn.com](mailto:lreece70@msn.com)

**Secretary;** Robert Pincus  
(909) 633-9969 [rpincus0@gmail.com](mailto:rpincus0@gmail.com)

**Treasurer;** Andrea Evans  
(909) 645-4480 [Tennisxone@hotmail.com](mailto:Tennisxone@hotmail.com)

**Road Ride Chair;** Bob Dunning,  
951-318-3946 [chiefdun@hotmail.com](mailto:chiefdun@hotmail.com)

**Mountain Bike Chair;** Rhett (Doc) Nelson  
(909) 229-6576 [rhett.nelson@icloud.com](mailto:rhett.nelson@icloud.com)

**Public Relations;** Eric Lewis  
(951) 902-9019 [eric\\_denise@yahoo.com](mailto:eric_denise@yahoo.com)

**Membership;** Stirling Yearian  
(951) 287-8235 [rexgaloure@msn.com](mailto:rexgaloure@msn.com)

**Communications;** Vicki Yearian  
(951) 943-1747 [fodofixer@msn.com](mailto:fodofixer@msn.com)

**Weekend, A Ride Leader.** Michele Hampton  
**Weekend, B Ride Leader:** John Reece  
**Weekend, C Ride Leader:** Robert Younkin  
**Weekend, D Ride Leader:** John Hawksley  
**Weekend, E Ride Leader:** OPEN  
**T/Th evening A/B group;** Andrew Holybee  
**T/Th evening C group:** Wilson K.  
**T/Th evening D/E group:** OPEN  
**Saturday morning Fast A/B/C group:** OPEN  
**Saturday morning Casual D/E group:** Bob Dunning  
**THANK YOU RIDE LEADERS!**

**Webmasters;:** Stirling & Vicki Yearian , [fodofixer@msn.com](mailto:fodofixer@msn.com)  
**TDW Webmaster:** Malcolm Bader, [Mbader@slauson.com](mailto:Mbader@slauson.com),  
**Newsletter Editor:** Vicki Yearian, [Fodofixer@msn.com](mailto:Fodofixer@msn.com)  
Newsletter submittals deadline, by the 20th of the month.

**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. 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.

*(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; (up to 6)**

Name \_\_\_\_\_ (dob) \_\_\_\_\_

Name \_\_\_\_\_ (dob) \_\_\_\_\_

Name \_\_\_\_\_ (dob) \_\_\_\_\_

### 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 \_\_\_\_\_

### 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. I give my permission to Riverside Bicycle Club and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document me in the activities of this club. I give permission for any photographs or video material to be used in publicity about the club and organization in or on website, promotional materials, newspaper/magazine articles, etc.

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

### 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 _____

# THE SPOKE'N WORD



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



# v 170, Feb. 2018

Your membership  
expiration date is  
shown here



## RIVERSIDE BICYCLE CLUB [www.Riversidebicycleclub.com](http://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.* **DEADLINE TO SUBMIT** for the newsletter is 22nd of the month. The oldest continuous 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.

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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.