



The Spoke'n Word



Aug, 2018



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

RIVERSIDE BUSINESS CENTER
3403 10th Street

First floor, free parking after 5pm
Come early and have a meal with your
bike friends at the neighboring eateries.

DEADLINE for newsletter is the 20th of the month
send to; fodofixer@msn.com

WE'RE MOVING!

INSIDE THIS ISSUE:

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CLUB MEETING is MOVING

Aug 15, 2018 new location
3403 Tenth Street, at the
Riverside Business
Center, 1st floor.



THE EVENING RIDE is MOVING

Aug 2, 2018, new location
Stater Bro's, c/o Mary & Lincoln

See pages 2 and 4 for more info



A Note from our President, John Hawksley.

This last club meeting was a Bittersweet one for me. Unfortunately, because of our inability to use the terminal at the airport we have had to seek other arrangements for our club meeting. We have been fortunate enough to find a location right in Downtown Riverside that I hope everyone will enjoy. Starting in August the club meetings will be conducted at the Riverside Business Center. The address is **3403 10th Street, Riverside.**

For the past seven and one half years we have enjoyed having our monthly club meetings and annual Christmas parties at the D & D Cafe and it has been a great place to meet-and-eat. We will be working with Dave Pennington, the cafe owner, to be able to continue to have our Christmas party there at the airport with all the wonderful food that Dave prepares for use each year. Until then we will make do at the new location. I hope everyone will come to next month's meeting to see the new facility downtown.

As for other fun things in the club, the bike swap meet went well I think. Some people sold things, some people gave things away. But I believe everyone that was there enjoyed the evening socializing, and that is the most important thing. As I often say, "The nicest people I know ride bikes."

John Hawksley

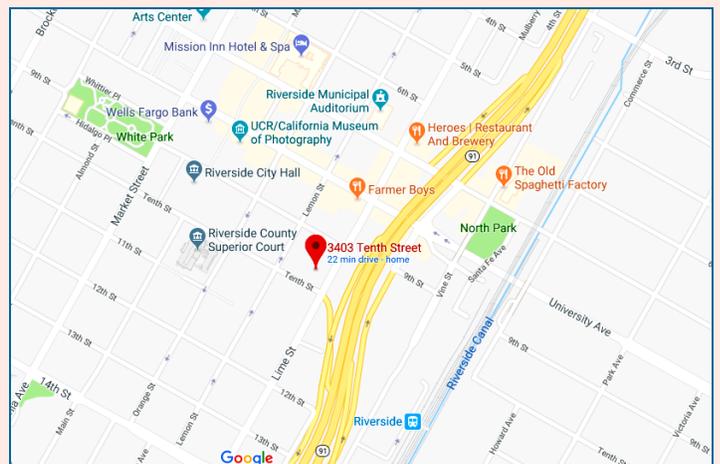
club meeting NEW LOCATION

Riverside Business Center

3403 10th Street, Riverside, CA

Starting Wednesday, August 15, 2018

Plenty of free parking near by
Please, no food inside building



Come early and have a meal with your bike friends at the neighboring eateries.

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 NEW START location for the RBC evening ride	3	4 RBC morning ride
5 RBC morning ride	6	7 NEW LOCATION RBC evening ride	8	9 NEW LOCATION RBC evening ride	10	11 RBC morning ride
12 RBC morning ride	13	14 NEW LOCATION RBC evening ride	15 NEW LOCATION CLUB MEETING 3403 10th Street 7PM	16 NEW LOCATION RBC evening ride	17	18 RBC morning ride
19 RBC morning ride & E group ride	20	21 NEW LOCATION RBC evening ride	22	23 NEW LOCATION RBC evening ride	24	25 RBC morning ride
26 RBC morning ride	27	28 NEW LOCATION RBC evening ride	29	30 NEW LOCATION RBC evening ride	31	

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 9 for more info.

T/Th evenings from Stater's, Mary & Lincoln

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! Team Dirty Work on Facebook for their schedule.

UPCOMING EVENTS

Aug 4, TOUR DE BIG BEAR, see BigBearCycling-Festival.com week long events; July 28—Aug 5.

Aug 11, 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.

Aug 15, Club Meeting, NEW LOCATION: 3403 10th Street, Riverside Business Center, 7:00pm, see page 2

Aug 19, E group is scheduled to ride. Come join us for a fun, casual, very social ride with a coffee break in the middle. See page 9 for guidelines.

Sep 8, AMTRAK CENTURY RIDE

Sep 8, MAMMOTH GRAN FONDO RIDE

Sep 22, RBC SMOG TO SURF RIDE, same routes as last year with lunch at Mc Donalds off PCH.

Oct. 6, CITRUS CLASSIC RIDE

Nov 11, RBC Veterans Day Ride

Nov 17, Tour de Cure, Rancho Jurupa Park, Riverside diabetes.org/inlandempiretourdecure or call

1-888-DIABETES, est. 7435

Nov (After Thanksgiving), RBC Turkey Burn Ride

Dec 19th, RBC Christmas Dinner Party, 6pm

We're MOVING in AUGUST!

NEW START LOCATION FOR ALL LEVELS of RBC EVENING RIDES

MARY & LINCOLN

**Thursday, Aug 2,
Stater Brother's parking lot.
PLEASE park away from the store at the south most stalls.
Restrooms available at Washington Park.**

Cal Baptist University has been doing a lot of construction in the Baker's Parking Lot where we start our Tuesday/Thursday Night Rides. CBU is building a brand new multi-level student parking structure in that location. The project is scheduled to take one year. When it is complete we will consider returning to Baker's.

Thank you for your patients and please be courteous to the Stater Bro's shoppers.

It's time to design a new club jersey

The theme this year is "Orange Grove Packing House Label." See samples below.

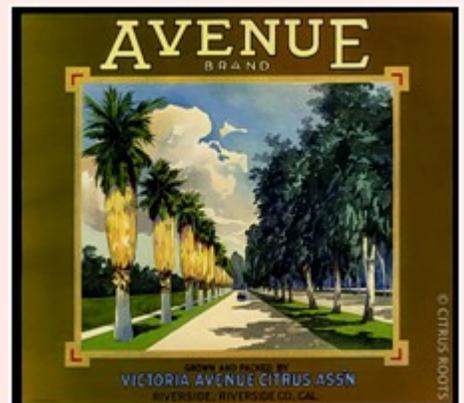
Please submit your design before Oct. 1, 2018 5:00PM.

The winning design artist will get 50% off the new jersey, AND bragging rights!



Submissions need to include:

Artist First and Last Name (Print)
E-mail address, and Phone number
The design does not have to be on a jersey template and ideally should be designed in ai format, vector files please.



Malicious or Distracted? Either way, Cyclist be Cautious!

Rico Quinones wrote on Face Book

Yesterday, July 9, 2018, around 9:15 p.m., I was headed east on Palmyrita Avenue, just past Michigan Avenue, riding alone, on a route I had taken many times in the past. Now, we all know about the fact that we riders take our lives into our own hands, practicing the most dangerous sport, every time that we go out on the road. This is true whether we are in our usual groups, or riding by ourselves, which many of us actually do. Cycling is dangerous, and, as a fellow RBC rider recently reminded me, we are always at the mercy of cars and their often irresponsible or reckless behavior. This is also an unfortunate fact.



I don't feel the need to go on and on about this thing, but I really felt it necessary to remind us all once again about how easy it is for tragedy to hit us at any time on the road. We can be as careful as we can be out on the road, but we cannot control irresponsible drivers who are sometimes out to get us, only because they resent our presence, or are just angry, aggressive people out for some kind of nasty behavior.

I filed a police report, and today I went to Urgent Care to have myself checked out, and make sure there is no permanent damage to my body. But, the body heals. It is an amazing machine. What is more important, and I have to stress this, is that each of us is responsible for his or her safety on the road. Accidents hap-

pen. That is a fact that we deal with, and I have no issue with it.

The driver of the black, compact, late model vehicle may not have meant to make a sudden U-turn right in front of me, after having passed me on the right. I cannot say anything about his or her intentions. But, something about the situation struck me in a suspicious way. I KNOW that the driver saw me as the car passed me, on the right, as I mentioned. I am not going to start getting paranoid on the road, because it is going to make me feel less comfortable doing something I love - that we all love.

My point here is to remind us all that we must always be on guard and that there cannot be even one moment when we take our attention from what is happening around us. This is OUR primary obligation. Too many of our fellow cyclists do forget the fact that the world around us is filled with danger, even as we enjoy doing the thing that inspires us most.

My little incident could have left me seriously hurt. But, thank God and my faith, I came out of this thing alive, and with just a few scrapes to remind me of the clash with that car. I am doing very well, considering what might have happened.

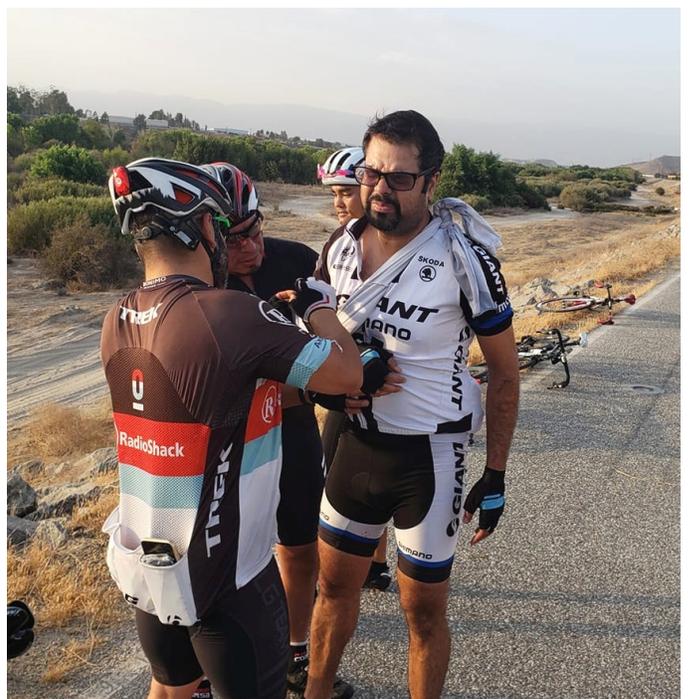
So, God bless to all. I for one am not going to let this thing keep me off the bike, and off the road. It was very important for me to just offer up this perspective. Remember, we are basically invisible to drivers, especially when they do not want to see us. Peace to you all.



RIDING WITH FRIENDS

From 7/11/18 Face Book, Joey Marroquin wrote;

Riding alone can be dangerous and for those that brave it, I recommend a camera if possible. Yesterday one of our own, Ali Ismailjee, took a hard spill on the SART and we all rallied together around him. A big thanks to everyone who helped; Jeff Groth used his nursing skills to use my riding Jersey as a sling, Michael Orr gathered his bike, Kevin Keeney drove the getaway truck to get him back home so one of his family could take him to the hospital, Cal Valladares gathered other things including his MIPS now cracked helmet, Frank Candia picked him up and lent his key lanyard to tie it all together and Ernesto Del Real along with everyone else talked and encouraged him and, we sent him links to training wheels for his bike. (We lighten the situation knowing he was going to be OK). So far a broken clavicle and some mangled bike parts. All which will be ok in a few weeks.



QUEEN MARY RIDE; “Beat the heat, drink water!” was the mantra for this super HOT ride that began from various starting points: 4:30 AM from Riverside, 5:30 AM from West Corona Metrolink, 7 AM from the Arctic. We all met up with the fourth group for a group photo at Huntington Beach at 8 AM. We continued on to Queen Mary for another group photo, refueling at McDonald’s and then making our way back to our various starting points. Happy to say we all made it back safely! Fun time with a wonderful group of cycling friends.



A “Thank you” note from Dan de Visé

Thank you again for helping me pull off a terrific book talk on July 14 in Riverside! The tour (twenty cities and counting) has gone great. I also wrote an article for the Chicago Reader about my own family's experience crossing the country on bicycle in Dust Bowl era. Thank you again to everyone who bought the book: Your generosity in supporting both the talk and the book has been invaluable. And thank you for continuing to support the project - - every purchase, every rating or review on Amazon or Goodreads, and every word-of-mouth recommendation to another potential reader is huge.

All the best,

Dan de Visé

E GROUP RIDES AGAIN!

Out to Colton this time.

Great news! Elaine Hart is back!!!

Great to be back on my bike after 3 months off with my injured shoulder. 19 miles; just right for a hot July Riverside morning



GET WELL WISHES TO:

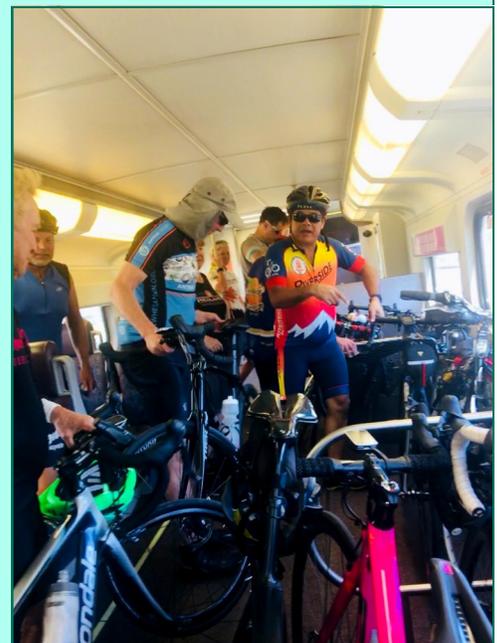
Rico Quinones, and
Ali Ismailjee.

All of RBC is wishing you
both a speedy recovery.



Saturday 07/14/2018, La Sierra to San Clemente & Metrolink back. Fun ride to the beach with RBC friends.

John Grundman, Michael Hampton, Van Chen, Nicholas Kelly, Everardo Jimenez, Samuel Thomas, Quang Doan, & Trang Pham.



THE COMPLETE LIST of our BOOSTER MEMBERS

THANK YOU for your generous support of the Riverside Bicycle Club



First name	Last name	City	from 2012 on	
Andy & Osten	Anderson	Riverside	4yrs	
Louise	Borda	Riverside	1yr	
Van & Steffi	Chen	Riverside	4yrs	
Pete	Johnston	Riverside	2yrs	
Harry	Ketza	Yucaipa	5yrs	
Gary & Carolyn	Linderman	Riverside	6yrs	
Leandro	Llerena	Colton	1ry	
Chuck & Jennifer	Lusin	Riverside	3yrs	
William	Magliolo	Riverside	1yr	
Michael, Emily, Mathan & Ryan	Orr	Riverside	2yrs	
Arnold & Phyllis	Rowe	Riverside	4yrs	
Carla, Misty & Regan	Seegraves	Riverside	1yr	
Verna	Smith	Moreno Valley	1yr	
Marianne & Barry	Swan	Riverside	3yrs	
Kenny	Van Billiard	Riverside	2yrs	
Antoine	Do	Riverside	1yr	
Donald	Merhaut	Riverside	new	

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

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 5 levels for you to choose; from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 11th & Main. Park near 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 Stater Bro's south parking lot off Mary & Lincoln 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

Citrus Cyclery, (951) 444-7353
9022 Pulsar Court, Corona, CA 92883
www.citruscyclery.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, 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

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>

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

Vice President; Lisa Reece
(909) 747-4833 lreece70@msn.com

Secretary; Robert Pincus
(909) 633-9969 rpincus0@gmail.com

Treasurer; Andrea Evans
(909) 645-4480 Tennisxone@hotmail.com

Road Ride Chair; Bob Dunning,
951-318-3946 chiefdun@hotmail.com

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

Public Relations; Eric Lewis
(951) 902-9019 eric_denise@yahoo.com

Membership; Stirling Yearian
(951) 287-8235 rexgaloure@msn.com

Communications; Vicki Yearian
(951) 943-1747 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: OPEN
T/Th evening D/E group: Bob Dunning
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
TDW Webmaster: Malcolm Bader, Mbader@slauson.com,
Newsletter Editor: Vicki Yearian, 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 176, Aug 2018

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.* **DEADLINE TO SUBMIT** for the newsletter is 20th 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 available to all online as well as past issues.

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.