



The Spoke'n Word

November 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



6951 Flight Rd. Riverside.

Come early, have a great meal

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

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BURN OFF THE TURKEY RIDE

SATURDAY

NOV 24TH, 2018

8:00 AM

**CANYON CREST TOWNE
CENTER**

**MEET BEHIND
STARBUCKS**



Go to Ride with GPS to see the fun route Ride Chair Bob Dunning has created for us
this year to BURN OFF all that TURKEY and pumpkin pie!
[:https://ridewithgps.com/routes/28457903.](https://ridewithgps.com/routes/28457903)



A Note from our President, John Hawksley.

This last month was action-packed with loads of rides and fun for everyone. The Citrus Classic went well and was a very enjoyable ride for everyone I spoke to. It seemed like Tracy won everything during the ride. She rode very well, and received many metals, including the coveted Queen Of the Mountain. Congratulations Tracy, you have become a very strong since your first ride in the Citrus Classic just a few short years ago.

As the weather gets cooler we should all be able to enjoy longer ride with more friends.

John Hawksley

Congratulations Tracy!!! Citrus Classic Award Winner!



NOVEMBER 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 & Tour de Foothill
11 RBC morning ride to Redlands for Veterans Day	12	13 RBC evening ride	14	15 RBC evening ride	16	17 RBC morning ride & Tour de Cure Rancho Jurupa
18 RBC morning ride	19	20 RBC evening ride	21 CLUB MEETING 7PM	22 THANKSGIVING DAY No official ride!	23	24 RBC Burn the Turkey Ride
25 RBC morning ride	26	27 RBC evening ride	28	29 RBC evening ride	30	

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 Café, 6951 Flight Rd. Riverside. Non members always welcome! Come early for a yummy meal.
- ◆ See Team Dirty Work on Facebook for their schedule.

UPCOMING EVENTS

Nov 10, RBC's BEGINNER'S RIDE. 10AM, due to John's broken arm this month's ride is canceled.

Nov 10, Tour de Foothills, downtown Upland, all Veterans ride TdF free.

Nov 11, RBC Veterans Day Ride, ride to Redlands for their parade/festival. Usual start time/location.

Nov 17, Tour de Cure, Rancho Jurupa Park, Riverside diabetes.org/inlandempiretourdecure or call 1-888-DIABETES, est. 7435

Nov 22, THANKSGIVING DAY, no official ride.

Nov 24, RBC Turkey Burn Ride, details, page 1

Dec 8, 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.

Dec 19th, RBC Christmas Dinner Party, 6pm



RIVERSIDE BICYCLE CLUB PRESENTS A VETERANS DAY RIDE to REDLANDS

8:00AM start, at 11th and Main St., Riverside, Ca. Join us for an **ALL-GROUPS** ride to Redlands for the **VETERANS DAY PARADE and EXPO.**

The parade ends at Jennie Davis Park where we'll see; Aircraft flyovers, live band, a beer garden, and a Military Vehicle display. View the D Group route: <https://ridewithgps.com/routes/28797550>. Ride leaders feel free to modify. The basic idea is that the whole club goes to Jennie Davis park and then can stay as long or as short as they want. Here is a link to the parade information: <https://www.facebook.com/events/334347757113496/>.



THE "E GROUP" IS BACK! Thank you Jim Long & Elaine Scott Hart for leading this super fun ride to Canyon Crest Starbucks with, Jim & Elaine, Sharon Mogi, Harry, Sean, Bob & Kathy Lopez, Stirling & Vicki, Theresa Marrujo, and more, sorry didn't get your names.

OCTOBER 6, 2018 CITRUS CLASSIC, sponsored by Riverside Educational Enrichment Foundation, benefits over 43,000 students in Riverside Unified School District.



Rider participation was up this year compared to last, and RBC made a huge showing again this year. RBC gives a great big THANK YOU to all the folks who planned, organized, volunteered & participated in this great community event!





More Citrus Classic

BIKE RIVERSIDE – BIKE SHARE PROGRAM

Point-to-point bike rental program in the Downtown and adjoining areas:

- a. 7 Kiosk Stations
- b. 55 bikes



RiversideCA.gov

Several RBC members attended Riverside City Council evening meeting, 10/23/18, to support the Bike Riverside bike doc system that is going in next month. Great news! City Council approved the program! The importance of it is that it will help pave the way (pun intended) for more bike "facilities" (That's city talk for bike lanes and other bike related infrastructure). Thank you, Mayor Bailey and City Council for passing this, and Thank You, Nathan Mustafa and Eric Lewis for speaking on behalf of this project.

Patriot Ride Palm Deseet



Oct. 20, 2018, Jerry Burks posted on FB. The Patriot Ride was a beautiful scenic tour of quiet roads through the rustic desert. The weather was 65° with scattered clouds against a clear blue sky.

Beautiful ride to supporting our Veterans and First Responders!

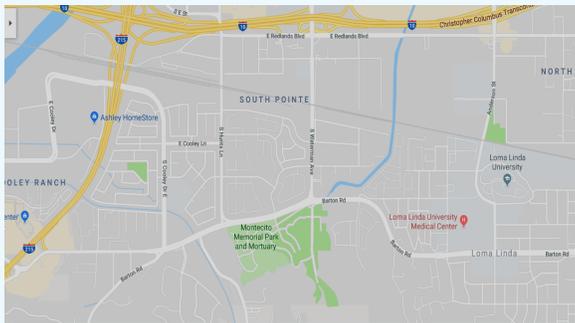


10/21/18

Mark Janssen wrote on the club Face Book page;



“Riding up the hill on Barton road today, about a half mile east of Waterman Ave., along the right side are the Loma Linda Springs condo’s, when a glass bottle hit the pavement right in front of me, exploding glass and giving me a good scare. I pulled over and tried to see who may have thrown it. (it is in the area where there always seems to be broken glass). I saw one person, but could not see the face. I called 911 and an officer did go to the condo’s to investigate. This is just a heads up as we all go by this spot on our way to Redlands. No one hurt this time, but a hit on the head, or a fall into the traffic caused by being hit by a flying bottle would be terrible.”



GET WELL WISHES TO: Club President, John Hawksley

Oct 9, John broke his right humerus bone while at home. No, not on the bike,... but the fall that John had a few weeks earlier, when he encounter a loose dog and went over the bike handlebars, was possibly the cause of this fracture.



John reminds everyone of the importance of being diligent when it comes to any injury and making sure that we are completely healed and following up with our doctors. “Broken, is no fun.”

John will be off the bike for several more weeks. Get well quickly my bike friend.

GET WELL WISHES TO: Kevin Keeney

Kevin was hit by a left -turn car on 10/16/18. Kevin dislocated his hip replacement and got some bruised ribs. “The lady did stop and was very sorry; said she just didn’t see me.” Get well quickly my bike friend.



Official RBC Ballot

OFFICES	NOMINEES	VOTE
PRESIDENT	John Hawksley	
VICE PRESIDENT	Lisa Reece	
SECRETARY	Brad Markin	
TREASURER	Andrea Evans	
ROAD RIDE CHAIR	Bob Dunning	
MOUNTAIN BIKE CHAIR	Rhett (Doc) Nelson	
PUBLIC RELATIONS	Eric Lewis	
MEMBERSHIP	Stirling Yearian	
COMMUNICATIONS	Vicki Yearian	

OFFICIAL BALLOT INSTRUCTIONS

You must be a current Riverside Bicycle Club member over 18yrs to vote. We must receive your ballot on or before Nov. 16. You don't have to put your name on the ballot, but please do write your name on the envelope you mail it in to verify your membership.

Mail to;
RBC Ballot
P.O. Box 55160
Riverside, CA 92517

Yes, you may hand your ballot in at the club meeting.
The ballots will be counted and winners announced at the Nov. meeting.

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!

HELMETS ARE REQUIRED ON EVERY RIDE!

Other needed items

- ◆ **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 / EMERGENCY INFORMATION CARD / CELL PHONE**
- ◆ **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: Eric Bussey

Weekend, D Ride Leader: John Hawksley

Weekend, E Ride Leader: Jim Long &
Elaine Scott Hart

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

Monthly Family / Beginner's ride: John Hawksley

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 179, Nov. 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.