



# The Spoke'n Word

May 2019

## 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

every third Wednesday at 7:00

**City Hall Cafe**

**Downtown**

**Riverside**

3900 Main Street  
Riverside, CA 92501

**DEADLINE for newsletter is the 20th of the month  
send to; [fodofixer@msn.com](mailto:fodofixer@msn.com)**

May 15, 2019  
7pm Nationwide

### INSIDE THIS ISSUE:

- 2, A Note from Our President, & donation to IEBA
- 3, Event Calendar, & Get Well Wishes to Jason Wilbur
- 4, Ride of Silence information
- 5, Brian Sabel's Memorial Ride
- 6, New Club Jerseys
- 7, Steady Pedaler, by Richard Lewis  
Double Century-friends on Huffys
- 8, Help Finish the SART, Train Safety,  
Free Train Tickets, & Ciclovía at City Council
- 9, General Information
- 10, References & 2019 board
- 11, Membership Application



See page 4

## A Note from our President,



At our April club meeting, we presented our check to the Inland Empire Biking Alliance. Ariel, from (RCTC) spoke to us about train safety. He also gave me some FREE Metrolink round-trip tickets to share with those who take their serve, see more details on page eight. Come see me if you want some of these tickets.

We just had the memorial ride for Brian Sabel. A somber occasion but well attended by all the local bike clubs. The third Wednesday in May is the Nationwide "Ride of Silence" to commemorate those that we've lost on the road. The Ride of Silence will start at the Riverside Courthouse and is replacing our club meeting. I hope everyone will be able to come.

Often times, I hear motorist talking about cyclist, saying; what an inconvenience we are to them. I understand their feelings but the more drivers start thinking of us as "Human Beings" and by knowing someone personally as a cyclist, the safer we all will be. Then maybe drivers will give us a bit more space on the road. I hope there will be less tragedies to affect us and our families. My heart goes out to the Sabel family; what they're going through is more than I would be willing to endure.

John Hawksley

## MARCH & APRIL MEETINGS;

As a special feature of the fabulous "Plain Wrap Ride" a large portion of the entrances fees paid by RBC members was returned to the club to donate to any worthy cause. At our March club meeting Greg Armstrong, one of the co-founders of the Plain Wrap Ride, presented us with a GREAT BIG CHECK for \$660.00.

The Riverside Bicycle Club board of directors decided to donate to the Inland Empire Biking Alliance using that money plus an additional \$340, bringing the total to \$1,000.00.

The board hopes that all the other cycling clubs in the Inland Empire will also donate to this fine cycling advocacy group which helps with so many of the local cities and community cycling issues that we often are not aware are happening. All of our clubs benefit from the IEBA and this donation is just one way we say "Thank You" to the members of the IEBA for all that they do for us.

Sincerely,  
John Hawksley, President  
Riverside Bicycle Club



Greg Armstrong and John Hawksley



John Hawksley giving the check to Colleen Friis on behalf of the Inland Empire Biking Alliance

# May 2019, May-Sept, all weekend rides start at 7:30am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 RBC evening ride	3	4 RBC morning ride
5 RBC morning ride	6	7 RBC evening ride & CICLOVIA talk at City Council.	8	9 RBC evening ride	10	11 RBC morning ride & Beginner's ride
12 RBC morning ride	13	14 RBC evening ride	15 <b>RIDE of SILENCE</b> <b>6:30pm</b>	16 RBC evening ride	17	18 RBC morning ride
19 RBC morning ride	20	21 RBC evening ride	22	23 RBC evening ride	24	25 RBC morning ride
26 RBC morning ride	27	28 RBC evening ride	29	30 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 Bro's lot, Mary & Lincoln
- ◆ RBC CLUB MEETING at RIVERSIDE City Hall. Non members always welcome! Check FB for pre-meeting meal with friends.
- ◆ See Team Dirty Work on Facebook for their schedule.

## UPCOMING EVENTS

May 7, Ciclovía talk at City Council, 6:30pm, see page 8 for more information.

May 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.

May 11, Rosarita Ensenada

May 12, Tour de Long Beach

May 15, Club meeting. 6:30pm, Court House steps.

May 15, "RIDE OF SILENCE", to honor cyclist killed by cars. This is a Nationwide Event starting at 7pm EVERYWHERE! Ours starts from Riverside Court House steps.

May 18, Heartbreak Hundred, KOM,

May 18, San Diego Century

May 19, "Finish The Ride", Griffith Park

May 24-27, Paso Robles Cycling Festival

June 9, LA River Ride

June 19, RBC club meeting, 7pm Riverside City Hall. Open to all.

June/July RBC Queen Mary Ride

Aug 3, Tour de Big Bear

Sept 7, Mammoth Gran Fondo

Sept, RBC Smog to Surf

## **GET WELL WISHES TO: Jason Wilbur.**

Reported; 4/23/19 on FB by Tracy, Unfortunately our cyclist and good friend, Jason Wilbur, went down hard and suffered some injuries. Please keep him in your prayers for a quick recovery. Get well quickly my bike friends.

**PLEASE ATTEND The RIDE of SILENCE**  
**Arrive at 6:30PM to get your armband and to**  
**hear the reading of the Ride of Silence poem.**

This is a NATIONWIDE EVENT held each year with EVERYONE starting in UNISON, promptly at 7PM, to bring awareness to the community of those cyclist that have been killed by automobiles in the last 12 months.

NO WORDS WILL BE SPOKEN DURING THIS RIDE



**Join us for the 2019**  
**RIDE OF SILENCE**  
**Wed, May 15, at 7:00pm.**  
**Riverside Courthouse**  
**11th and Main,**  
**Downtown Riverside CA.**

## The Ride of Silence...

Tonight we number many but ride as one  
In honor of those not with us, friends, mothers,  
fathers, sisters, sons.

With helmets on tight and heads down low,

We ride in silence, cautious and slow.

The wheels start spinning in the lead pack,  
But tonight we ride and no one attacks.

The dark sunglasses cover our tears.

Remembering those we held so dear.

Tonight's ride is to make others aware,

The road is there, for all to share.

To those not with us or by our side,  
May God be your partner on your final ride.

- [Mike Murgas](#)



Photo by Leandro Llerena



Photo by Bob Dunning

April 27, 2019. BRIAN SABEL MEMORIAL RIDE. Hundreds of cyclist rode in from all around the Inland Empire to meet at Washington Park for Brian's Memorial Ride. After signing the guest book and visiting with Brian's family; the entire group rode in-mass as a funeral procession down Victoria Ave with no words spoken as we respectfully rode passed Brian's Ghost Bike on the corner of Victoria and Myers. The Hit-and-Run driver that killed Brian on March 23, has not been found yet. If anyone has information please call Riverside Police Traffic Detective Z. Fishell at 951-826-8723 or zfishell@riversideca.gov.



Photo by Bob Dunning



Photo by Helen Baca



### At Washington Park



Photo by Helen Baca



Photo by Bob Dunning

### During the Memorial Ride



Photo by Bob Dunning



Photo by Quang Doan



**THREE  
NEW  
RBC  
JERSEYS**



Lisa Reece, Bob Dunning, and Vicki Yearian have been busy designing new jerseys through, “Jakroo”, our club store. The first is an historic look back at Riverside’s orange crate which made Riverside famous. The 2nd & 3rd are “High Visibility” jerseys in response to the numerous traffic collisions lately. The “cutie logo” will be a 3 1/2 inch circle on the front, upper right area, of the “I See You” jersey.

Order yours online at <http://shop.jakroo.com/Riverside-Bicycling-Club>

## STEADY PEDALER #2

Beginnings on the Bike, By Richard Lewis.

In the early 1970's I was one of four roommates living in a house in San Bernardino, we decided it would be fun to go on a group bike ride we'd seen advertised. We each bought bikes – my “Motobecane” came from a bike shop. The others bought brand new “Huffys”.

We started with 10 mile training rides which we increased to 15 miles. What bike ride did we enter you ask? The LA Wheelman 200 mile ride from Santa Monica to Ojai and return.

We rolled out at 4AM. Our new Wonder Lights were aptly named because it was a wonder you could see anything with them.

We had no idea what we were doing. We could not figure out why all these bike riders were riding so close together. It looked kind of dangerous to us. People trying to follow us would yell at us if we rode them through any glass, rocks or debris on the road.

By 9am the first Huffy had mechanical issues. The stamped steel rat trap pedals fell apart and we had to detour off the route to get replacement pedals at a bike shop. Eventually, at about 2pm we made it to Ojai which was the halfway point. We had ridden a 9-10 hour Century! As we relaxed on the grass in the rest area we swore we could not get back on our bikes. There was a sag vehicle right there and we were about to get our stuff together and hop in it for the easy ride back to our car. Then one of the ride organizers came over and started visiting with us and we listened – a big mistake. He said, “Just remember that every turn of the cranks takes you closer to home.”

It is said that the human body under stress often routes blood flow to the muscles and starves the brain. Clearly this was what was happening to us. We got back on the bikes and kept thinking, “We are closer to home with each pedal revolution.” We began to notice at each rest area our arrival was not going unnoticed. We realized that there must have been a betting pool among the rest stop workers on how far we were going to make it on the ride. In the afternoon we had a really fit rider pass us in a rest area. It was great that we had been in front of someone for at least a while.

One of the volunteers came over and explained – the rider we saw was attempting the 400 Quad distance and had already ridden to Santa Barbara. We learned later he was the only rider to finish the 400 mile Quad distance that year.

The night was a nightmare. The Wonder Lights burned out all the batteries we brought along. We rode up and down the hills on PCH in utter darkness. One of the Huffy riders fell asleep, overlapped wheels with the rider in front of him, crashing in the darkness. Another rider started to have hallucinations seeing food alongside the road.

We finished after 2AM in a time of about 22 hours and 30 minutes. We had averaged slightly less than 9MPH. My feet hurt and I discovered my toes were bleeding from my flexible sole sneakers rubbing against the steel toe clips. The next day I went out to look at my bike and I was greeted with a flat tire. I had obviously gotten a puncture the day before but my tire had delivered me to the finish line before its last gasp.

.....

*It would be a few more years before I would start racing USCF and purchase the Steady Pedaler Bicycle Shop in Riverside in 1978.*

*I would do the LA Wheelmen 200 ride several more times, eventually getting down to about 12 hours for the 200 mile distance. Dr. Jim Watrous and I were on a 10 hour pace one year when a rider took us through a boulder field and Jim broke his collar bone ending our 10 hour double century.*

*Hopefully, you have gotten a better start at cycling than I did. A bike club like RBC is a great place to learn riding safety, mechanical repairs and techniques that I learned the hard way. Ask questions and take advantage of other's knowledge. You will find everyone is very friendly and helpful.*

*The best advice I can give you is don't attempt a double century on a Huffy or when you are doing only 15 mile training rides! It can be done but it is not pretty...*



Pix from LA Wheelman DC ride. The person just out of the picture is Dr Jim Watrous just before he fell and broke his collar bone.

## YOU CAN HELP FINISH THE SART!

Soon we will be able to pedal farther along the Santa Ana River Trail and the dreams of a contiguous, 100-mile, bike trail stretching from the mountains to the Pacific will come true.

In February, construction of a 1-mile, \$1 million, extension near Corona of the Santa Ana River Trail was started and it will set the stage for connections to be made on either end.

HERE'S HOW TO HELP FINISH THE SART and get FREE Metrolink train tickets also.

Ask Pres. John Hawksley for the ticket vouchers.

Go to; <https://rebootmycommute.org/> Provide your input and contact info.

SAY; "Please finish the Santa Ana River Trail between Riverside and Orange County. The SART is a long-awaited feature for commuters and recreational riders all through the Inland Empire and Southern California. Thank you!"

THEN GO TO; <https://metrolinktrains.com/reboot> for ticket code.

**RAIL SAFETY;** We wish to thank Ariel Alcon Tapia, who, on behalf of the Riverside County Transportation Commission (RCTC) spoke to our April club meeting members about the program called "Operation Lifesaver" aimed at teaching people about being safe around railroad tracks. Ariel's presentation to the club was most informative in teaching us about rail safety. Did you know? It can take a train over ONE MILE! to stop. Did you know? You can be charged \$1,000.00 for trespassing on railroad right-of-ways! Thank you Ariel for a most interesting and educational lesson about train safety, and for the free tickets.

**GET YOUR FREE TRAIN TICKETS and HELP FINISH THE SART!**

## Would you like to have a "Ciclovía" in Riverside?

**Please come to the City Council meeting May 7th at 6:30pm. We want as many folks as possible to show we are interested, and give testimonies during public comment. Please wear your club jersey so we are easily recognized.**

What is a "CICLOVIA?" **ciclovía** or cyclovía, is a Spanish term that means "cycleway", either a permanent bike path or the closing of certain streets to automobiles for cyclists and pedestrians.

Edward Coronado, City of Riverside, Office of the Mayor, Intern wrote;

Last year you may remember that we brought Aaron Paley to City Hall to discuss the possibility of having a Ciclovía event here in Riverside. And with great enthusiasm you, and leaders from the community showed up to the meeting and asked thoughtful questions. Since then we have been diligently trying to find the funds to support the first phase of the Ciclovía in Riverside, the planning stage. The agreement will go to **Council on May 7 @ 6:30** for the council to approve spending the money on planning for the event. **We need your support with this item at Council!** We need to show the council what a powerful and community event Ciclovía is and how it can have a positive impact on the health and wellness of our neighborhoods in Riverside. We need your presence at the Council meeting and even more we need your testimonies during public comment.

Having a Ciclovía in Riverside would be a historic achievement for us as city as we would be the first city in the Inland Empire to have hosted such a large scale open streets event. We certainly hope we can count on your support. Should you have any questions, please feel free to reach out to the Office of the Mayor and ask for Luke Villalobos ([lvillalobos@riversideca.gov](mailto:lvillalobos@riversideca.gov)) or Edward Coronado ([ecoronado@riversideca.gov](mailto:ecoronado@riversideca.gov)) and we'll be happy to answer any questions you have about the event. Hope to see you at Council!

Edward Coronado, City of Riverside, Office of the Mayor, Intern  
Main: 951.826.5551, Direct: 951.826.5551, [RiversideCA.gov](http://RiversideCA.gov)

## 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 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.

**NEW! THURSDAY** morning D/E pace ride from Bonaminio Park, 9am. Only meets in winter.

**Tuesday & Thursday** evening rides meet at Stater Bro's 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](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.

## 2019 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;** Brad Markin  
(951) 675-0852 [nikram58@yahoo.com](mailto:nikram58@yahoo.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:** OPEN

**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](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

## 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 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.

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.