



# The Spoke'n Word

July 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)

# JULY 13

# RIDE TO QUEEN MARY

### INSIDE THIS ISSUE:

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See page 4

## A Note from our President,



Summer is finally upon us, which gives us so many great riding opportunities. The club will be having several organized rides; on July 13, RBC will host the Queen Mary Ride and even some remote starts on those hotter days of the summer. Check our Facebook page, our website, and the newsletter calendar for updates.

There are many exciting things happening in the club; we have two new volunteers leading rides. On Tuesday / Thursday “C group”, Greg Jones, and now on Sunday’s “A group” Andrew Lippert. Thank you gentlemen for volunteering. It is very satisfying to see our members making commitments to the club! We truly appreciate your help! I have always said when anyone has asked me about riding with the club, "The nicest people I know ride bikes." And every time I ride and I see cyclists helping one another, it reaffirms that thought for me.

John Hawksley

**Some FUN things you can expect to get for FREE when you ride with RBC.**

## HELMET-HAIR and Chain-ring Tattoos



**No names included to protect the innocent**

# JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 RBC evening ride	3	4 RBC evening ride	5	6 RBC morning ride
7 RBC morning ride	8	9 RBC evening ride	10	11 RBC evening ride	12	13 RBC's Queen Mary Ride
14 RBC morning ride	15	16 RBC evening ride	17 CLUB MEETING 7pm	18 RBC evening ride	19	20 RBC morning ride
21 RBC morning ride	22	23 RBC evening ride	24	25 RBC evening ride	26	27 RBC morning ride
28 RBC morning 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

July 13, No Beginner's Ride this month. We're doing the Queen Mary Ride instead, but the Beginner's Ride will return next month as usual.

July 13, **RBC Queen Mary Ride**, see page 4.

July 17, RBC club meeting, 7pm Riverside City Hall.

Open to all.

Aug 3, Tour de Big Bear

Aug 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.

Sept 7, Mammoth Gran Fondo

Sept, RBC Smog to Surf

**GET WELL WISHES TO:** Mark Weidhase 6/24/19 Facebook, Mark wrote; "Good morning. Some of you noticed that I haven't been on club rides for a while thanks to two major crashes in April 2018 and February 2019. Since January I've been working with my doctors to explain an increased amount of vertigo and dizziness. That led to an angiogram on May 31 which showed minor issues that are very normal for my age and nothing to worry about. I was cleared for all activities that day. I went for my first bike ride on June 17 and promptly had a serious heart attack. I'm home now but it's going to be a long time before you see me back on the bike as the cause of the heart attack is a mystery."

"And no, I didn't stop my Strava. I finished the ride."



## QUEEN MARY RIDE

July 13th, 2019



8:00 AM Start from  
Huntington State Beach  
Parking Lot

## RIDE TO THE QUEEN MARY AND BACK

July 13th, 2019

A beautiful 36 mile round trip, the Queen Mary Ride will start at 8:00 am from Huntington State Beach. We will meet at the southern end of the parking lot near where the Santa Ana River Trails ends, you can enter at either the Magnolia or Brookhurst entrances. Cost to park is \$15. Or you can start at any location you choose but try to meet us at 8:00 am for the obligatory ride start pictures. Bob Dunning will be coordinating the ride. We usually have lunch/ice cream across from the Queen Mary at Shoreline Village.

To see route map: <https://ridewithgps.com/routes/27730824>

# Welcome New "A" Group Ride Leader

## Andrew Lippert



From RBC Facebook page, 6/23/19, Michele Hampton wrote;

Please welcome [Andrew Lippert](#) as the new "A Group" leader for Sunday rides! I have been leading this incredible group for two years now. It has been a ton-of-fun and I have enjoyed every minute! But every day I get older as the average age of the "A group" is dropping, and the speed is increasing (only a good-thing for any club to have to adjust to!). The group has been in-need of a leader who is a stronger cyclist and also has a louder voice to call turns. I hope to remain with the

Sunday "A group" for a long time. I will continue to post the routes for Sunday rides and I will help to direct turns from the back....and will gladly lead a straggling group home that breaks off to slow down for the last leg of hard rides. :)

Thank you Andrew for your willingness to step into a much needed position. We all play important rolls in all group rides, and I encourage everyone to please feel free to jump into the "A group" when you think you are ready for the challenge.

See you all on the next ride!!!

[Andrew Lippert](#) replied;

"Thanks folks! And big thanks to [Michele Hampton](#)! Big shoes to fill for sure."



# FEATURED MEMBER OF THE MONTH **BOB MUIR**

"Today, I removed a huge amount of puncturevines right near Dianna and La Sierra, amazing because I just cleared them all out only a month ago!!! With puncturevines you just have to stay right on it!" says Bob Muir; longtime RBC club member, avid cyclist, collector of unique bicycles, roller-skater, beekeeper, AND NOW Bob shall be known as **OUR TIRE-SAVIOR!!!**

PUNCTUREVINE THORNS cause bike flats. Bob Muir aka bee-Bob, has already eliminated three trash can full of these nasty plant near the Castle park. Thanks Bob, you sir are a true hero, and our Tire-Savior!



"I'm going to try to qualify for the upcoming Senior Trials in Vegas at the Senior Olympics in the; 50 meter sprint, the hundred meter sprint, the high jump, and the 1500 meter run!!!! I have been training by; sprint skating, and biking, hope this gives me the extra oomph that I need to succeed. It could be a total flop, but it WILL be fun!!!!" wrote Bob to me, in an email early last month. Bob, you are an inspiration to us all to keep active to remain young, and to get out there and have fun.

## PUNCTUREVINE



**Puncturevine germinates in spring & summer and thrive in hot and dry conditions where other plants cannot.**



**Puncturevines flower within 3 weeks of germination and continues flowering throughout the summer.**



**The tiny yellow flowers turn into hard stickers that can puncture bicycle tires.**

**Seeds may remain viable in the soil for up to FIVE YEARS!**

**If you see this pretty little plant, shovel it up and throw it away!**

# RBC 128 B'day ride pix

Sunday, 6/2/19, We had a large turnout to celebrate our 128th birthday with over 100 riders when you combined both the Long and Short route groups. The riders were grateful for the awesome SAGs provided by RBC at; Cyclery USA and at Lake Perris. A great big THANK YOU to our helpers; Andrew Holybee, William Pierce, Brian Louthback, Ben Hampton, Amy Zeta, and John & Lisa Reece. Thank you John Reece for creating the shorter route. Also, Thank you (Mark & Richard) from Cyclery USA for a great spot for a sag stop!



Both groups started from Downtown Riverside  
Photo by Tracy



LEFT; The metric group sag at Cyclery USA and second sag at Lake Perris. Photos by Helen Baca.



LEFT; The half metric group sag at Cyclery USA and the half metric group riding along the way. Luckily the early morning rain stopped before the ride started. Photos by Bob Dunning.

## S.A.R.T. REVIEW

, by Walter Hutchens,  
June, FB;

I have ridden the Santa Ana River Trail (SART) literally hundreds of times, usually solo, often at night, as may be typical of many cyclists in our region. I've never had any serious problem.

### You will encounter:

1) Homeless people, often on bikes with trailers, frequently living under the bridges (and sometimes treating the trail like their front yard, parking and storing things on it), often coming up from the riverbed where they have encampments. Unfortunately they sometimes leave their used clothing, trash, and salvage/ recycling collection projects strewn on the trail. I have encountered one or two over the years who were surly and yelled at me without any provocation, but in general they seem to like to be left alone and leave me alone.

2) Wildlife. Almost always rabbits, occasionally skunks, coyotes, snakes and once or twice a juvenile bobcat. I worry that one day one of the little rabbits, who are incredibly fast for brief stretches, will zig instead of zag and lodge his head in my spokes, sending me over the handlebars, but so far they are just a cheerful part of the scenery.

3) ATVs or dirt bikes. During the week you would probably encounter 0 to 1, occasionally on a weekend they threaten to take over the trail lately. I've called the sheriff or police about the convoys.

4) On portions, you will find pedestrians, sometimes multigenerational families with dogs and picnic coolers, and they are either inattentive or believe it's a good idea to spread out across both halves of the bike trail. I slow down, gently navigate around them and just grit my teeth. This traffic is heavier on the weekend, near the parks, dog parks, and the parts of the trail that have easy parking access. Anytime I see a child on a bike, regardless of what "Strava segment" I thought I was conquering, I slow down and try to offer a thumbs-up or some words of praise and encouragement. Bravo adults who cycle with kids and especially those who teach them to stay to the right instead of meandering across all lanes.

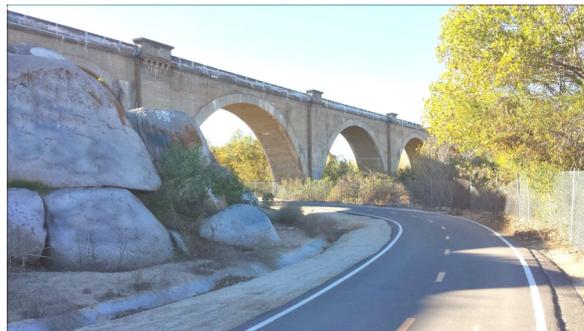
4) Graffiti artists. A rare sighting but one that always makes me want to stop, take a picture and yell at the

person that, if they will please give me their home address I will be sure to come by and give them a free paint job, too. Generally though I just grumpily pedal on.

5) Lots of other cyclists. If you have a flat, you may get tired of telling friendly fellow cyclists that you have everything you need when they offer to help. It is comforting to know that if you did crash someone would probably be along quickly and recognize your dilemma and offer aid. The SART is well used and loved. I try to nod or wave at everybody.

I'm grateful for the SART. It's nice to have a 10 or 20 mile stretch with (usually) zero car traffic. I try to carry pepper spray in one jersey pocket, have my phone charged up, and use the beacon features in Strava that alert people if you crash, but insofar as cycling can be safe, the SART seems to me like a safe place to ride.

There are bathrooms at Fairmont Park and Ryan Bonaminio Park near Mt Rubidoux.



## 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.

**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  
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**Secretary;** Brad Markin  
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**Treasurer;** Andrea Evans  
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**Road Ride Chair;** Bob Dunning,  
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**Mountain Bike Chair;** Rhett (Doc) Nelson  
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**Communications;** Vicki Yearian  
(951) 943-1747 [fodofixer@msn.com](mailto:fodofixer@msn.com)

**Weekend, A Ride Leader.** Andrew Lippert

**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:** Greg Jones

**T/Th evening D/E group:** OPEN

**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.

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