



The Spoke'n Word

August 2019

Riverside Bicycle Club

Founded in 1891 P.O. Box 55160 Riverside, CA 92517 www.Riversidebicycleclub.com

Join us for the

CLUB MEETING

every third Wednesday at 7:00

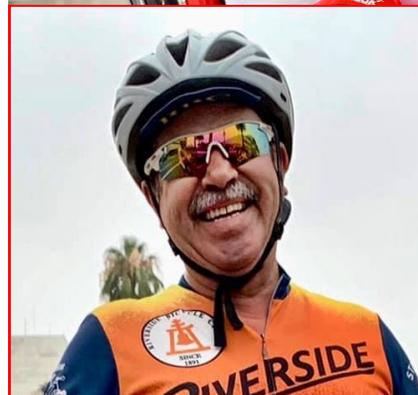
**City Hall Cafe
Downtown
Riverside**

3900 Main Street
Riverside, CA 92501

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

INSIDE THIS ISSUE:

- COVER STORY, Everardo Jimenez
- 2, A Note from Our President, & Welcome new T/Th night B-Group leaders; Chris Gate & Tracy Pham
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RBC member, **Everardo Jimenez** is passionate about cycling and is so passionate about RBC he had a beautiful custom paint job on his bike to show the entire world.
Spectacular, Everardo!

A Note from our President,



This month has been filled with some good things and bad. Let's start with the good. We had a good club meeting; learned about Garmin units and how to load routes to them to make it easier for some of the Riders. Thank you very much to Andrew Holybee for his guidance and very nicely done presentation.

Now the bad news, I found out today that on a Tuesday night ride one of the club members was injured rather seriously. Fortunately he is in the hospital recovering. I don't know the exact circumstances but I do know that having a group of people around you can make the difference between making it to the hospital and not. Had he been alone it would have been possible he would have been left on the side of the road with his injuries. I'm so thankful for other club members watching out for one another and making sure that we are as safe as we possibly can be.

John Hawksley

WELCOME T/TH night B-GROUP LEADERS; CHRIS GATE & TRACY PHAM

The Tuesday/Thursday night B-Group is now separate from the A-Group. This will allow us to stay together better as a group for safety and enjoyment. If you haven't been doing night rides, please come out and give us a try. See page 9 for average speed and mileage. See you at Mary & Lincoln at 6:30!



August 2019

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 & Beginners Ride
11 RBC morning ride	12	13 RBC evening ride	14	15 RBC evening ride	16	17 RBC morning ride
18 RBC morning ride	19	20 RBC evening ride	21 CLUB MEETING 7PM	22 RBC evening ride	23	24 RBC morning ride
25 RBC morning ride	26	27 RBC evening ride	28	29 RBC evening ride	30	31 RBC morning ride

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

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.

Aug 21, RBC club meeting, 7pm Riverside City Hall. Open to all.

Sept 7, Mammoth Gran Fondo

Sept, RBC Smog to Surf

Oct 12, Riverside Citrus Classic, benefits Riverside Unified School District. 7m, 30m, 50m & 100mile.

Dec 18, RBC Christmas Dinner Party

THE NEW JERSEYS ARE AVAILABLE

And

LOOKING GOOD!

Here is the link to our store so you can get your too:

<http://shop.jakroo.com/Riverside-Bicycling-Club>



Dear RBC,

July 19, 2019

Thank you from the bottom of my heart for all your support for Brian. In particular, attending the Memorial Ride in numbers and for sponsoring the Ride of Silence. And a BIG THANK YOU to whomever made the Memorial Ride video. I hadn't seen some of those pictures before and believe that they really capture Brian's passion for cycling. Moving forward, as part of the cycling community, we need to stay vigilant and ride safely. We also need to ask for safer roads and I hope you will join me in the months and years to come in supporting efforts focusing on safe roads.

Sincerely,

Jeannine Sabel



GET WELL WISHES TO: Joey Marroquin.

Joey was seriously injured July 23, while on the Tuesday evening ride, when a pickup truck ran a stop sign and struck Joey. Joey is in the hospital being treated for a broken jaw, and compression fractures in the back and broken wrist. His bike was totaled.

All visitors say Joey is in good spirits.

Ali Ismailjee was also hit by the same truck. Luckily, Ali only received minor scratches on his ankle. The driver stayed on scene. All of RBC is wishing you a quick and complete recovery Joey!



CLUB MEETING, TECH TALK, GARMIN



Andrew Holybee gave a very informative slide-show on the many modern and helpful features of the Garmin. He explained how the Garmin services are better and cheaper than others like Ride With GPS. Andrew encourages everyone to go Garmin.



Garmin Edge 520 Plus Cycling Computer Features:

- Advanced navigation, including new rider alerts and the preloaded Garmin Cycle Map with turn-by-turn directions for on and off road courses
 - Preloaded Strava Live Segments let you compete second by second with your previous best or another rider's PR; see real-time results right on your screen
 - Stay connected with your compatible smartphone using LiveTrack and GroupTrack, smart notifications, rider-to-rider messaging and built-in incident detection
 - Monitors cycling-specific VO2 max and recovery time when used with power and heart rate
 - Tracks Functional Threshold Power (FTP) and cycling dynamics when used with Vector™ power meters
- Battery life: up to 15 hours

SOME SART NEWS!

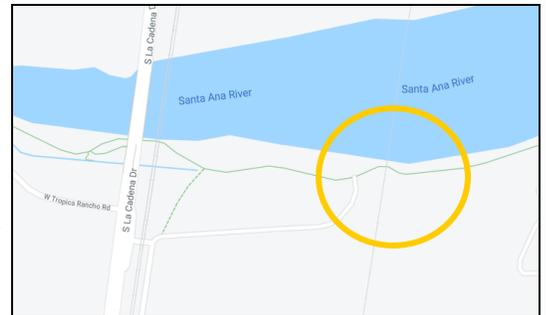
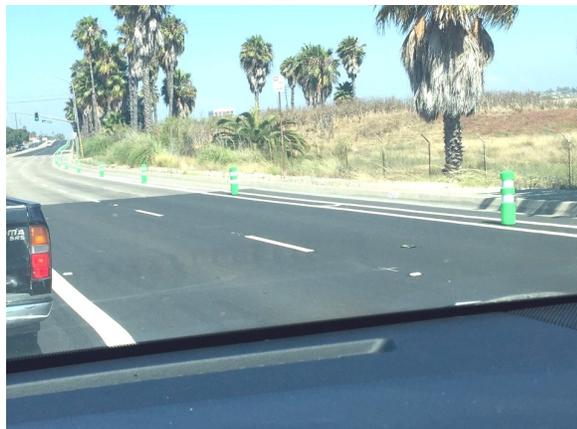
I noticed the bad bump where asphalt connects to concrete just east of La Cadena has been smoothed out. Hooray !!!

Also spotted this sign during this mornings ride along the SART at La Cadena. Looks like the SART will be closed most of September.

Some maintenance on the SART between Bonamino and Fairmont Park would be most appreciated.

And then I saw this for the first time in Long Beach driving on 2nd Street near the intersection of Studebaker Ave. I'm thinking these bright green posts must be clearly delineating the bicycle path along 2nd Street. A pretty great idea methinks!

Best,
Arnold Rowe



RIDE TO THE QUEEN MARY

7/13/19 RBC Ride to The Queen Mary, Tracy wrote on FB; Great turnout with riders starting from West Corona Metrolink picking up riders from ARTIC to meet up with the rest of the riders at Huntington Beach for a group photo. The group then rode together to Queen Mary for a photo with the ship and a lunch stop at Chronic Tacos! With a full tummy, the group rode back to the various starting points. All in all, a beautiful ride with great company.

Tracy's Very early morning start on SART



Getting ready at Huntington. John H. and Tracy Pham



Gathering more riders at the ARTIC



8:00am group photo at Huntington beach



Most of us got in this picture with the Queen Mary in the background



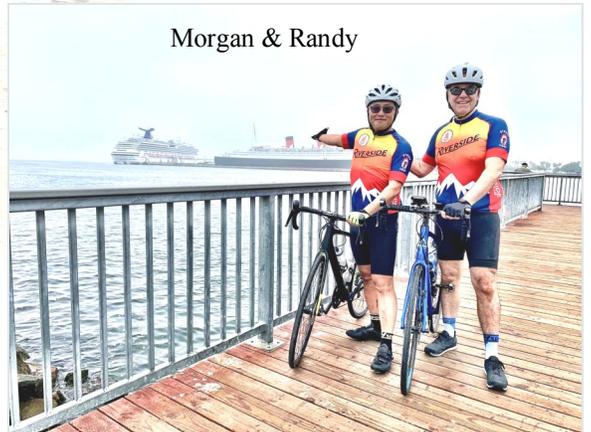
Morgan Tsai, Everardo Jimenez & Eileen Ailshie



Andrea Crider, Nicole Zimmerman, and Jeni Williams



Morgan & Randy



The group at Shoreline Village across from the Queen Mary



John Page, with a great BIG photobomb



How to Deal With Cycling in Hot Weather

These six tips will help you stay cool and ride strong all summer long.

By James Herrera, see; <https://www.bicycling.com/training/a20030852/hot-weather-cycling/>



The summer season is upon us, which means: more time to ride bikes! But cycling in hot weather comes with a whole set of challenges including dehydration that can lead to bonking, decreased performance, and sometimes, unfortunately, some serious heat-related dangers like illness or even death. Recently, two cyclists died in France when temperatures hit about 114 degrees Fahrenheit, so while this is a rare occurrence, the risks are real.

That said, a little bit of sunshine or humidity shouldn't keep you off your bike. Here are six tips to help keep you cool when the mercury climbs.

1. **Get Acclimated;** “The biggest hot-weather mistake cyclists make is riding in the heat without preparation,” says Stacy Sims, Ph.D., founder of Osmo Nutrition. If you don't acclimate to hot-weather riding, you won't reap as many benefits from your workout, and you'll increase both perceived effort and potential for injury. Instead, ride early or late in the day when temperatures are the coolest, and use your down time to get used to the heat. Bikram hot yoga classes or a few sessions in the sauna are a good place to start. If you must ride during high heat (usually between noon and two o'clock), be sure to take breaks in the shade and hydrate well.

2. **Protect Yourself;** A sunburn does more than fry your skin, Sims says. It contributes to fatigue and increases your metabolism. The latter might sound like a good thing, but it also increases fluid needs, which can be a problem on a hot day when you're already struggling to stay hydrated. Do everything you can to prevent sunburn: Always wear sunscreen; choose jerseys, shorts, and arm skins with built-in sun protection; and wear a cap under your helmet to shield your head. Don't forget the back on your neck which is exposed to the sun in the riding position.

3. **Plan Ahead;** To prevent your drink from quickly adopting the temperature of warm tea, freeze one bottle at half full and another at the three-quarter mark before topping them off. (Mountain bikers: Put ice cubes into your hydration pack or fill the pack to half full and freeze.) For longer rides, figure out in advance where you can restock with cold beverages. Consuming cold fluids will help keep your core temperature down and your performance up.

4. **Cool Down;** While it may be tempting to toss ice cubes down your jersey, Sims advises against it. “Ice against the skin causes blood vessels to constrict, which shoots hot blood back to your core,” she says. If your core temperature climbs too high, performance and health can suffer.

Instead, pour cool water over your neck and forearms, or wipe them down with a cool, damp towel. Another great option: Try stashing a cooling towel like Mission Hydroactive On-the-Go Cooling Towel in your jersey pocket. It features a special technology that can cool you down to about 30 degrees below your average body temperature. Just wet, wring, and snap it to activate the cooling power.

5. **Ease Up;** Don't try to maintain the same pace or power you'd put out on a milder day, says cycling coach Derick Williamson, cofounder of Durata Training in Austin, Texas. “Once the sum of the temperature in Fahrenheit plus the relative humidity gets above 130, we dial power ranges back by about 10 to 15 watts,” he says. “If you've been doing 15-minute intervals at 220 to 240 watts, that becomes 205 to 225, or we may reduce the efforts to 10 or 12 minutes.” If you're racing in steamy conditions, cut your warm-up time in half or more. And if you don't track your watts, just dial back your RPE (rate of perceived exertion) a few notches—instead of riding at a 9, fall back to a level 6 effort.

6. **Hydrate Right;** In the days leading up to a big ride, increase your consumption of watery fruits and vegetables (such as watermelon and grapes), Sims says. Sodium helps your body hold on to the fluid you're drinking, so sip an electrolyte beverage during your ride. Aim to drink at a rate of 10 to 12 milliliters per kilogram of body weight, about a 20-ounce bottle every hour for a 150-pound rider. Postride, Sims suggests having a protein-based recovery drink to rehydrate you faster than a carbohydrate-only one. Protein pulls water with it when it travels to muscles. If you opt for plain water after a ride, pair it with a snack or meal that contains protein, carbohydrates, and sodium to replenish.

General Information for Group Road-Rides

- Non-members are welcome on all rides.
- Helmets are mandatory.
- Anyone under 18yrs must be accompanied by a parent or guardian.
- 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.

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;** 22+ miles, 16+ 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.

2019 Board

President; John Hawksley
(909) 653-BIKE hawksley55@gmail.com

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

Secretary; Brad Markin
(951) 675-0852 nikram58@yahoo.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. 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; Chris Gate & Tracy Pham
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

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

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.