



The Spoke'n Word

November 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**

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“CYCLIQ” 30% DISCOUNT ON BOTH

See page 2 for link



**The Fly12 front-facing
bike camera**

and 600 lumen light.

**The Fly6 rear facing
bike camera**

and 100 lumen light.



INCIDENT PROTECTION

If you're involved in an incident, the Fly automatically locks the footages so it can't be overwritten.

Peace of mind; Capture the good, bad, and the ugly, at up to 60 frames per second in crisp HD with audio. 6-axis electronic image stabilization. Up to 7 hours of continuous recording in camera-only mode and 4-5 hours with lights on.

The club will pay the shipping, see page 2 to place your order before time runs out!

A Note from our President,



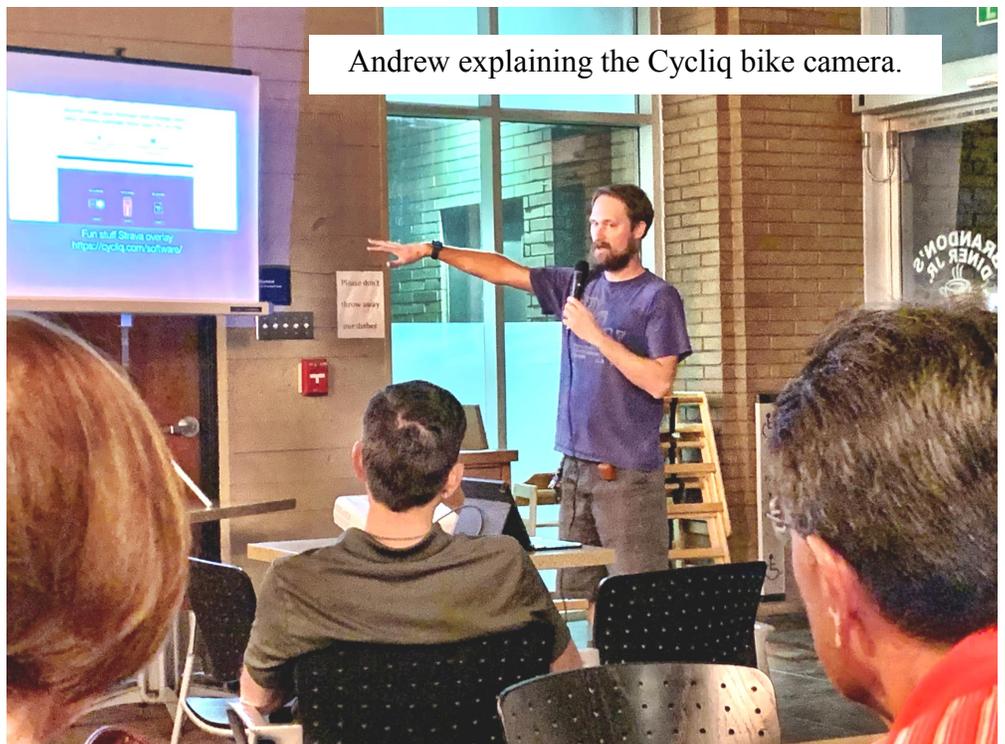
It is just about time to be thinking about board members for next year. If you would like to run for any position on the 2020 board; they are all open, please let a current board member know and we'll get you on the ballot.

This month we have seen some changes to the board members and I'm sure many of you have noticed Andrew Holybee has been very active on social media. That is one area that we have not done as much as we could to serve the members, so, thank you Andrew for all of your video productions and help with the club so far. Andrew gave a very informative presentation on the many uses of the "Cycliq" bike mount camera. This can be a very important part of your cycling gear. Andrew has secured a whopping 30% discount on this great piece of equipment if we can get 30 units ordered. The offer is only good for a very short time so go to our Face Book page and use the order form at the top of the page. The club will pay for shipping! This is the biggest discount the company offers!

Andrew says that the more of us that have this camera, the more we protect ourselves and others. You will be able to help fellow cyclist as well if you are recording while in a group. Remember; you pay the club, and then the club submits the order. We only need about 10 more units to reach our goal!

John Hawksley

Click here for the sign-up sheet. <https://docs.google.com/spreadsheets/d/1ZdvXIFUD-dfuHc1Zh9zA9e9j-D3C2VMBHBUELD-vo3X0/edit#gid=2088424378>





November 2019

Sun Mon Tue Wed Thu Fri Sat

FYI; Daylight savings time ends Nov 3. Set your clock back 1 hour					1	2 RBC morning ride
3 RBC morning ride	4	5 RBC evening ride	6	7 RBC evening ride	8	9 RBC morning ride & Beginner's Ride & TdF
10 RBC morning ride	11	12 RBC evening ride	13	14 RBC evening ride	15	16 RBC morning ride
17 RBC morning ride	18	19 RBC evening ride	20 CLUB MEETING 7pm	21 RBC evening ride	22	23 RBC morning ride
24 RBC morning ride	25	26 RBC evening ride	27		29	30 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

Nov 9, 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.

Nov 9, Tour de Foothills, 210 E. "A" St. Upland, Ca
RBC riders can use code RBC19 for \$10 off all rides, except the family ride.

Nov 20, RBC club meeting, 7pm Riverside City Hall. Open to all.

Dec 18, RBC catered Christmas Dinner Party,
NEW LOCATION!

Springbrook Clubhouse, banquet room
1011 Orange St. Riverside, CA.



Jam 1, Ride to the Rose Parade.

RBC Christmas Dinner Party

NEW LOCATION!

Springbrook Clubhouse,
Banquet facility,
1011 Orange St. Riverside, CA.
(Just north of Riv. City Fire Station #6)



Citrus Classic

Oct. 12, the city of Riv. put on the 10th annual Citrus Classic ride where the proceeds go to Riverside Educational Enrichment Foundation (REEF) is a 501(c)(3) California nonprofit public benefit corporation formed in 1993 to benefit the over 43,000 students in Riverside Unified School District (RUSD) by funding educational programs. REEF works to bring people and business together to support our students and school district.



LEFT; Tracy, Mike Benton, & Chris Gate.



RIGHT; John's Citrus Classic ride was made even more enjoyable when he bumped into these RBC girls. PS. John did not literally bump into them. LOL



LEFT; Andrea Crider, Teresa Marrujo, & Nick.



RIGHT; Helen Baca & Robert Cole.

RIGHT; Tray,
Helen, & Robert
Dempster

Photo by,
Helen Baca, With;
John Hawksley,
Trang Pham, (Tracy)
Michele Hampton,
Christopher Gate,
Robert Dempster,
Morgan Tsai,
Andrea Evans,
Andres Crider,
Andrew Pena.
Ed Wheatley,
Michael Brenton,
Robert Cole,
Tray Nottingham,
Eileen Owings Ail-
shie, and
Frank Candia.
Not all shown in pix.

Helen Baca



7 WAYS TO PREVENT BICYCLE FLATS

Article by "Active.com"
and suggested by Eric Lewis.

The signs of a flat tire are always dishearteningly distinct: the hissing of air, the wobble of the handlebars, and a frustrated cyclist pulling off to the side of the road. Sooner or later it happens to everyone, and it sucks when it's you.



While it's true that not all punctures can be prevented, there are simple steps that you can take to avoid most common causes. Instead of waiting until you're the one staring at a flat tire, start thinking about prevention now. Use these seven tips to keep your wheels rolling.

<https://www.active.com/cycling/articles/7-ways-to-prevent-bicycle-tire-punctures?page=1>



Bicycling History

[Colin Kirsch](https://www.facebook.com/groups/BloomerClubWomensBicycles/permalink/2416375781966941/), Sept. 24. <https://www.facebook.com/groups/BloomerClubWomensBicycles/permalink/2416375781966941/>

(Thank you Eric Lewis for suggesting this story, very interesting!)



Nellie Hutton

NELLIE HUTTON, Racing Cyclist, aged fourteen

In 1895 women's cycle racing was just beginning to be accepted as real sport, rather than a circus turn, and this photograph shows Nellie Hutton 1881–1937, (fourth from right) with the All England ladies team that competed against the French in a six-day race at the Royal Aquarium, Westminster, in November of that year.



Fourteen-year-old Nellie was tenth in this race covering 325 miles three laps

against the English winner, Miss Harwood's, 371 miles two laps.

The bicycle she is riding is probably a Petherton built by her father who owned a cycle shop in Petherton Rd, Highbury.

Nellie's racing career spanned 1895–1901 and with her wealth of curly, golden hair she was a crowd favorite, described by the press as 'pretty little Miss Hutton'. At a parade marking the relief of Mafeking in May 1900 she was chosen to be Britannia. The euphoria of this event gave birth to the verb to 'maffick' – celebrate extravagantly and publicly. She gave up racing the following year at the age of 20 to marry Edward Parnall and to start a family.

The family still have two pairs of bloomers and a waistcoat, in her racing colors of black and amber, in addition to a pair of toeclips, these photographs and her press cuttings.

[article by Nick Clayton, Boneshaker magazine, Number 172, Volume 18 Winter 2006]



TO YOUR HEALTH

By Joe Ganino Jr.



IF YOU FEEL HEARTBURN DURING A RIDE THAT DOES NOT FEEL NORMAL,

GET IT CHECKED OUT.

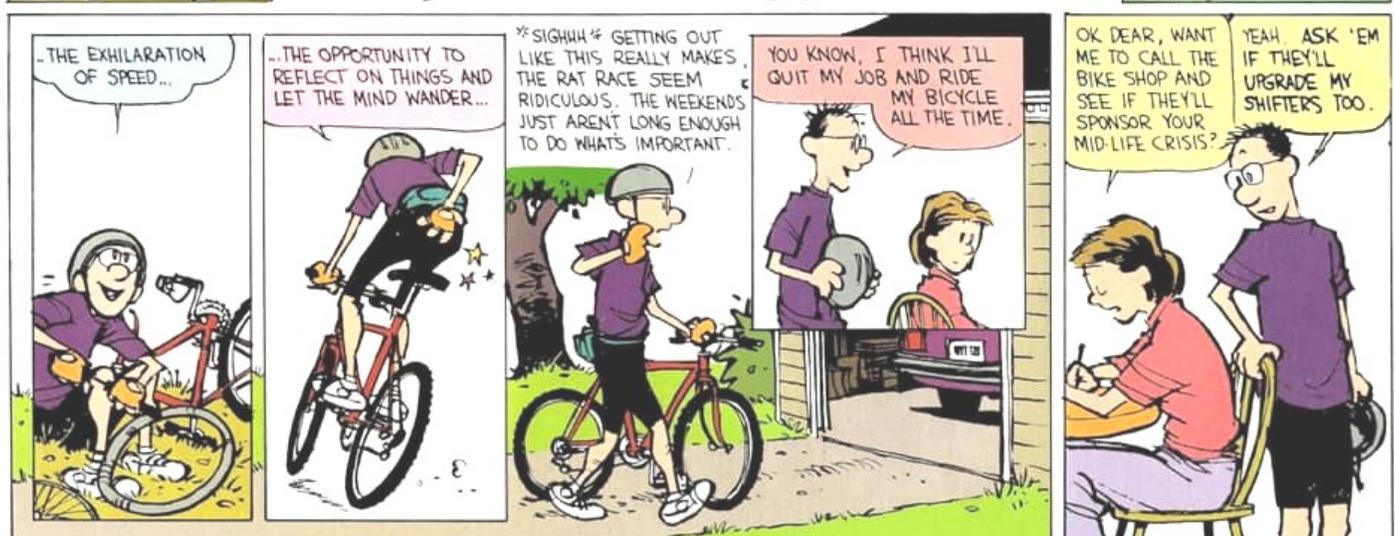
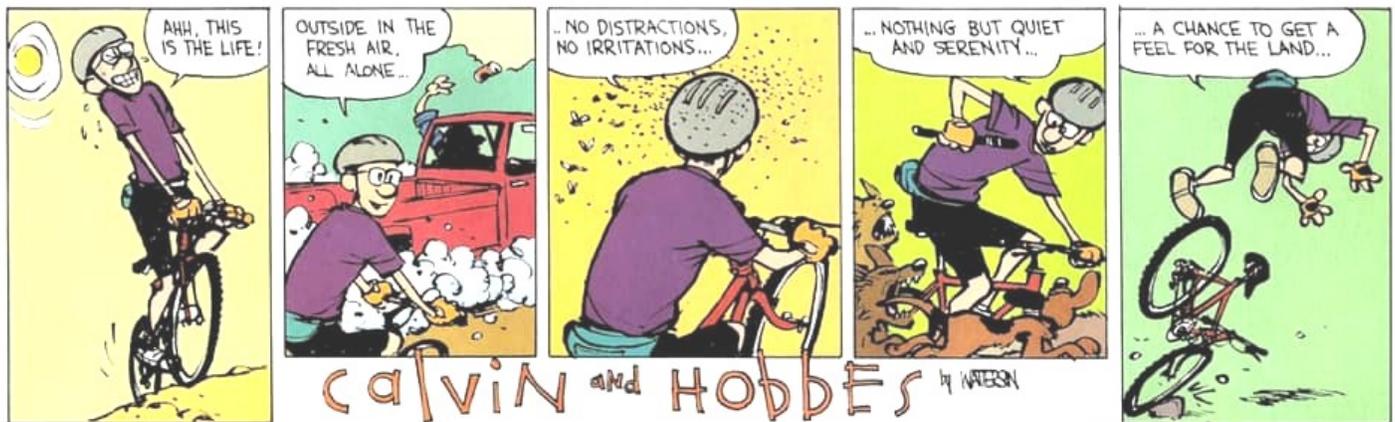
See you all back in the saddle in two weeks !

I just wanted to share what I've learned in the past week.

Over the past month every time I'd push my heart monitor on a ride above 160 I would get heart burn. I'd drop back into the 130's pop a few Tums and it would go away. Then last week I got heartburn really bad off the bike. So I decided to see my doctor for something to cure this problem.

Last Thursday I went through a series of test, they did not find much. A small indicator in my blood and EKG but very slight indicators. Friday I had an Angiogram, they found 80% blockage in my Right Coronary Artery! They put a stent in and sent me home.

They could not believe I was able to ride with that blockage. I was lucky, riding a bike may have saved my life.



Official RBC Ballot

OFFICES	NOMINEES	VOTE
PRESIDENT	John Hawksley	
VICE PRESIDENT	Lisa Reece	
SECRETARY	Bob Dunning	
TREASURER	Andrea Evans	
ROAD RIDE CHAIR	Andrew Holybee	
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. 18. 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 weekend Group Road-Rides

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.

Contact:

Road Ride Chair: Andrew Holybee,
951-743-8966
unchew@mac.com

Team Dirty Work: Rhett (Doc) Nelson
(909) 229-6576,
rhett.nelson@icloud.com

IMPORTANT!

- ◆ Helmets are mandatory.
- ◆ Anyone under 18yrs must be accompanied by a parent/guardian.
- ◆ Lights required on all night rides.
- ◆ “Pace average” refers to the overall averaged speed. If we say, average of 13-15mph, you will need to ride faster than 15mph most of the time.
- ◆ All speed listed here are guidelines.
- ◆ Be prepared to start on time.
- ◆ Riders are expected to bring “NEEDED ITEMS. See list bottom right column.
- ◆ Non-members are always welcome on all rides!



ROAD RIDE SCHEDULE

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

Sunday's are 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, see Guide left. Look for the cyclists on the Pedestrian Mall at 11th & Main. Park near the old court house downtown Riverside.

SATURDAY

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.
- ◆

EVENING

Tuesday & Thursday evening rides; meet at Stater Bro's parking lot off Mary & Lincoln starts 6:30PM Winter, and Summer, usually has;

- ◆ **Fast, A Group;** 25+ miles
- ◆ **B Group;** 20+ mph
- ◆ **C Group;** 20ish miles, 15ish mph.
- ◆ **Casual, D/E Group;** 12ish miles

Night rides will vary throughout the year depending on amount of daylight, number of riders and skill level.

ADDITIONAL

Thursday morning; D/E pace ride from Bonaminio Park, 9am. Only meets in winter.

Beginner's Ride: Second Saturday each month. Bonaminio park, see page 3

MOUNTAIN BIKING SCHEDULE

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.

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

3396 Tyler St. Suite A. 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

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; Andrew Holybee

951-743-8966, unchew@mac.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 group: Andrew Holybee

T/Th evening 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.