



The Spoke'n Word

February 2020

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

E-bike means

Enjoy riding again

YES

RBC WELCOMES

E-bike Riders!

At this month's club meeting come learn
**"Everything You Always Wanted to Know
About E-bikes but Were Afraid to Ask."**

INSIDE THIS ISSUE:

- 2, A Note from Our President, Wheel Tales, and Ride Leader Awards
- 3, Event Calendar
- 4, Rose Parade Pix
- 5, Rose Parade Pix
- 6, What is an E-bike
- 7, Weekend MTB rides, & SART closure for five months
- 8, Get Well Wishes to Mike Hines & Get Will to Jesse Camacho Update & Andrew Holybee's RBC VIDEOS & Eric Lewis provided another night ride sag stop.
- 9, General Information
- 10, References & 2019 board
- 11, Membership Application

A Note from our President,



A new year has begun which opens up so many wonderful opportunities to ride and spend time with our friends. I hope everyone will get the opportunity to fulfill their New-Year's-goals when it comes to cycling. The Bicycle Club would like to help you fulfill those goals; perhaps you would like to become a stronger rider or maybe you would like to just be able to spend more time with your friends. We have all those opportunities and more.

At our last club meeting we heard about the opportunity to do some cycling tours with "Wheel Tales, bike adventures" from Mark Friis. Mark is the one who runs the tours and he has been part of our cycling community ever since he's been in California. Mark is someone that is very familiar with cycling and cyclist needs. A few people from the club have enjoyed previous tours and are going on the upcoming bike tours with Mark. I've heard nothing but wonderful things about the adventure; Lisa Reece spoke of her incredible adventure from last year and she said that Mark's whole idea is for people to develop friendships and have fun; and also that Mark is a wonderful cook!

You can learn more about "Wheel Tales Tours" from, Mark Friis, 909-800-4322, or www.wheeltales.com

Amazon gift cards, of \$25, were awarded to our 2019 Ride Leaders to show our appreciation.

If you lead rides for six month or more per year you will also receive the same, plus everyone's gratitude.

Contact Andrew Holybee if you would like to be a Ride Leader. (Pix below, Leaders in attendance)



Bob Dunning, T/Th night & Saturday D group. John Reece, Weekend B group, and John Hawksley, Sunday D & Beginner's ride.

Hopefully our monthly club meeting is something that will fit into your goals for the new year; it's just another opportunity to spend time with your friends and learn something maybe you didn't know. I know, for me, there are often-times that I learn something new.

John Hawksley

FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 RBC morning ride
2 RBC morning ride	3	4 RBC evening ride	5	6 RBC evening ride	7	8 RBC morning ride & Beginner's ride & Tour de PS
9 RBC morning ride	10	11 RBC evening ride	12	13 RBC evening ride	14	15 RBC morning ride
16 RBC morning ride	17	18 RBC evening ride	19 CLUB MEETING 7PM	20 RBC evening ride	21	22 RBC morning ride
23 RBC morning ride	24	25 RBC evening ride	26	27 RBC evening ride	28	29 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

Feb 8, RBC's BEGINNER'S RIDE. 10am, starts at Bonaminio Park on Palm Av near Mt. Rubidoux West parking lot. Learn to ride safely in a group.

Feb 8, Tour de Palm Springs, Presented by CVSPIN.

Feb 19, RBC club meeting, 7pm Riverside City Hall. Open to all. Learn All About E-bikes

Apr. 18, Hemet Double Century & Century, see <https://theweekendbicyclist.com/2019/11/06/hemet-double-century-2020/>



RBC Ride to Rose Parade 2020





We view the parade at the end of their route and we get to see things most people don't ever usually see. The tallest floats must fold down to drive under the freeway bridge.

Thank You to all that took pix; Andrea Clark Crider, Helen Baca, and Tracy & David.



Yes, E-BIKES are welcome in RBC

The club has no restriction on e-bikes.

We welcome all riders and all types of bikes to our club rides.

We only request that everyone rides safely and with courtesy.

WHAT IS AN E-BIKE?

https://en.wikipedia.org/wiki/Electric_bicycle

An electric bicycle, also known as an e-bike, is a bicycle with an integrated electric motor which can be used for propulsion. Many kinds of e-bikes are available worldwide, from e-bikes that only have a small motor to assist the rider's pedal-power (i.e. pedelecs) to more powerful e-bikes which are closer to moped-style functionality. All retain the ability to be pedaled by the rider and are therefore not electric motorcycles. E-bikes use rechargeable batteries and the lighter ones can travel up to 20 mph. Depending on local laws, while the more high-powered varieties can often do more than 28 mph. They are gaining in popularity. Depending on local laws, many e-bikes (e.g., pedelecs) are legally classified as bicycles rather than mopeds or motorcycles. This exempts them from the more stringent laws regarding the certification and operation of more powerful two-wheelers which are often classed as electric motorcycles. E-bikes can also be defined separately and treated under distinct Electric bicycle laws.



Trek Super Commuter



Some E-bike are so cool you don't even know they are E-bikes. Checkout this review on Orbea.
<https://electricbikeadvisor.com/orbea-gain-d40-e-bike-review-2019/>



Pegasus Premio E-bike.

Get "Dirty" on the Weekend (8:30am)

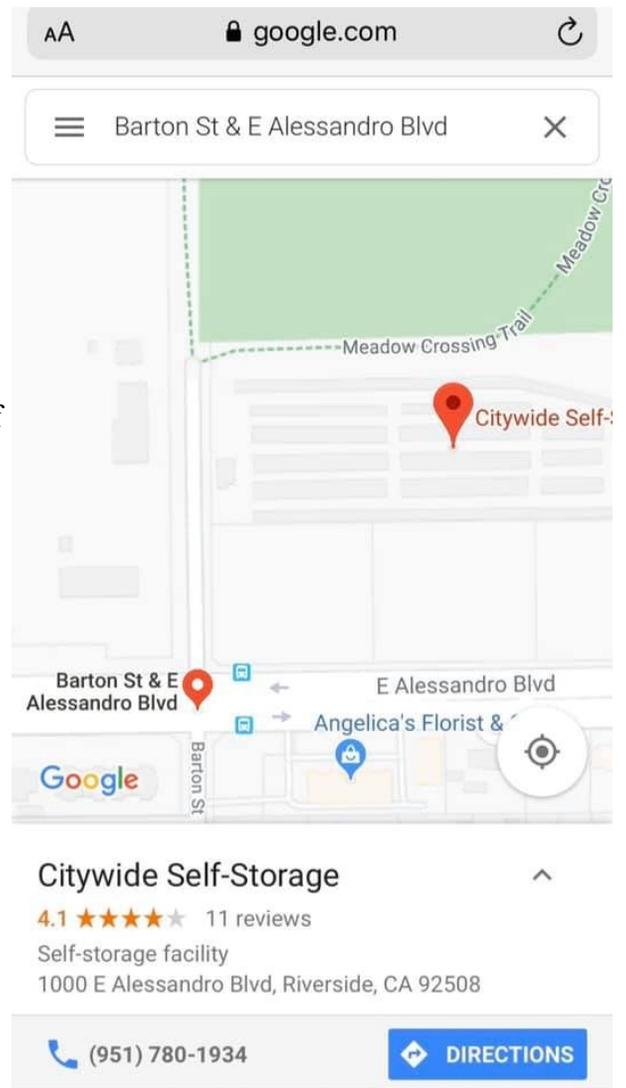
Joey Marroquin, posted 1/25/20 Facebook page;

Many of us do MTB (mountain biking) come on out if you want to try some nice MTB at ALL levels.

We have been meeting at **Barton St** in Riverside which is the entrance to the trailhead of Sycamore Canyon at 8:30am Saturdays and Sundays.

Remember Team Dirty Work (the MTB peeps) are a friend of RBC and are found on the monthly newsletter. Rhett B. Nelson is their contact for any questions or information about more MTBing.

Come join us for some good fun!



SART will be closed 2/17—7/10/2020

Posted on our Facebook 1/24/20
[Mary Hight-Diaz](#) Oh wow thanks
for the share [Chad RaderVelo Loco](#)

The SART will be closed between Mt. Vernon and E St. for repairs to the floodwalls and levee.

The San Bernardino County Regional Parks apologizes for any inconvenience.

SANTA ANA RIVER TRAIL CLOSED FOR REPAIRS



The Santa Ana River Trail will be closed between Mt. Vernon Avenue and E Street, February 17 - July 10, 2020 for repair to the floodwalls and levee. We apologize for any inconvenience.



GET WELL WISHES TO: Mike Hines

At Thanksgiving our friend Mike Hines, the bike mechanic at White's Bikes for 20 years, was diagnosed with AML, that is a type of Leukemia. Mike is in the fight for his life. He was admitted into the hospital for treatment through Christmas and will hopefully be going home early in Feb. after his final treatments on Chemo His spirit is good even though it has been a really hard fight. We are asking for prayers of support, and positive thoughts for a full recovery for our friend Mike.

Get well quick, looking forward to seeing you on the bike again Mike!



The last part of Dec. we got everyone from the Sunday morning ride to sign a Get-Well T-shirt for Mike.



Be sure to watch all of Andrew Holybee's VIDEOS on our Facebook page which promotes everything RBC!

Big THANK YOU to Eric Lewis for putting on a night-ride SAG 1/21/20.

Tracy says; "Better SAG than Tour de Palm Springs!"



GET WELL WISHES TO: Jesse Camacho.

Yesterday, I rode from my house to my mom's in Pico Rivera. Great route my brotha David made for me. Didn't quite make it back all the way. Hit a big pot hole about five miles from home. I broke three ribs, 20% of my right lung collapsed, and some internal bleeding. Looks like I'll be here for Christmas.

Also broke my seat post and got banged up pretty good.



Jesse update:
1/7/20 from
Joey Marroquin

Around Christmas, our friend and fellow cyclist Jesse Camacho went down hard and suffered some broken ribs and a few internal injuries. This week he had a relapse and is at the hospital trying to recover.

Many of us who've been through some heavy trauma know that being visited and feeling the love from our cycling community has been instrumental in encouraging the heart and promoting healing.

If you can do so, please visit him, if you can't then please send him all the love and messages, good vibes and prayers his way. Thank you guys, I know he'll feel the love soon. University Health System Hospital

1/20/20, UPDATE

Jesse wrote on Facebook:

I just want to say "thank you so much" for your prayers and **best wishes**. I'm at home now and will return to work next week. On my way to getting better and on my bike. Can't wait to see and ride with y'all. Thank you so, so much.

All of RBC is wishing you a speedy and complete recovery Jesse!

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; Bob Dunning

(951) 318-3946 chiefdun@hotmail.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.