



The Spoke'n Word

March 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**



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JEN ORR; 2020 RAAM WOMAN SOLO RACER

Come meet Jen at our March 18, Club meeting.

There will be some good discussion on ultra-distance cycling!

From Jen's Facebook page; "On November 3-4, 2017, I participated in the 6-12-24 Hour World Time Trial Championships (WTTC) in Borrego Springs, CA. I went in with minimal experience or event-specific preparation, and therefore minimal pressure or expectation. After 24 hours, I had managed to ride 392.4 miles and qualify to participate in Race Across America (RAAM) as a solo racer. In that moment, I had no intention of pursuing RAAM, but over the subsequent days and weeks I found myself thinking and talking about RAAM more and more and ultimately decided to start my Quest for RAAM."

A Note from our President,



February seemed a little bit colder to me than usual but it has been a great start to the New Year.

I know that everybody can't come to the club meeting and unfortunately, I too was unable to attend this last one. I wish I had though, I hear it was filled with a lot of information about the new innovations in electric bicycles and riding safely within mixed groups of electric bikes and standard bikes. I want to thank Clint Sandusky for a great presentation and Cyclery USA for bringing out some spectacular Ebikes. Also thanks to Andrew Holybee for sharing his folding Monster! (Read below a little more about Ebikes.)

I know there are a few people that do ride electric bikes in our club and I have never seen any issues as far as cycling etiquette, but of course as the electric bikes become more popular it may become an issue; it is something that we need to talk about as a club. As far as I'm concerned anybody on a bicycle, any kind of bicycle, with a helmet is more than welcome to ride with me. If anyone wants to feel more comfortable riding with a group I will help them become better riders, electric or not. As I know the rest of the club will also.

We do have some new and exciting things coming up this year, like the; all-levels group-ride to Tom's Farms with staggered-start locations in April, Ride of Silence in May, Swap-meet in June, Taco ride to celebrate our club birthday in June, Queen Mary ride in July, Smog to Surf club ride in Sept, and Burn-off the Turkey ride in Nov. plus lots more. You can find more info on these on Calendar page 3, on our web page calendar and on our Facebook page.

Hope to see you on all of these fun events.

John Hawksley

Clint Sandusky just got back from CABDA West Bicycle Trade Show, where E-Bikes were everywhere! Clint present 2 seminars on "Selling *eBikes* to Law Enforcement," and also talked with Redlands Water Bottle Authority on the Ebikes. He is also part of Cycling Saavy.

Clint Sandusky, Riverside Community College District PD (ret.), CA POST Bike Patrol Instructor, IPMBA e-Bike Task Force member, E-Bike Presenter & Instructor, (951) 906-1468 cell.

Great Resources on understanding your Ebike and safety:
www.trekbikes.com/us/en/_US/new-to-e-bikes/
www.ebikeschool.com/electric-bicycle-safety-tips/
www.velonews.com/2020/02/culture/its-happening-now-e-bikes-at-gran-fondos-and-group-rides_504324



March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 RBC morning ride	2	3 RBC evening ride	4	5 RBC evening ride	6	7 RBC morning ride
8 RBC morning ride & Spring Forward Or you'll be early	9	10 RBC evening ride	11	12 RBC evening ride	13	14 RBC morning ride, & Beginner Ride
15 RBC morning ride	16	17 RBC evening ride	18 CLUB MEETING 7pm	19 RBC evening ride	20	21 RBC morning ride
22 RBC morning ride	23	24 RBC evening ride	25	26 RBC evening ride	27	28 RBC morning ride
29 RBC morning ride	30	31 RBC evening 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

Mar 14, 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.

Mar 18, RBC club meeting, Come meet Jen Orr 2020 woman solo RAAM contestant. 7pm Riverside City Hall. Open to all.

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

Apr. 22-26, Redlands Classic.

Apr. 25, Plain Wrap Ride.

Apr. all-levels RBC group-ride to Tom's Farms with staggered-start locations.

Ride of Silence in May,

Swap-meet in June,

Taco ride to celebrate our club birthday in June,

Queen Mary ride in July,
Smog to Surf club ride in Sept,
Burn-off the Turkey ride Nov.
Christmas party Dec.



Set your clock ahead or you'll be an hour early for the ride.



RBC at TOUR de PALM SPRINGS

A good number of RBC participated in TdPS. Thank you for sharing photos; Helen Baca, John Grundman, Tracy & David, and Joe Ganino.





HEMET DC

Bicycle Tour

100 and 200 mile
timed tour

Watrous Cycling Enterprises

THE EVENT: The double century is a giant figure eight type route composed of two 100-mile loops (centuries). The start/finish and lunch are at the center of the figure eight at MOTEL 6. The 100-mile option is available for either loop. However, the first loop is a Great Beginners Century having more gradual climbs. The second loop has a steep climb for the first 13 miles of the 97 mile loop. The double century has an eighteen-hour soft time limit. There is a lunch stop and six rest stops with a wide selection of food, sport drink and water. Hot food is included in the second loop

at rest stops five (5) and six (6). Each rest stop has rest rooms. Support vehicles monitor the progress of riders and render assistance or sag riders back to the MOTEL 6. Accurate route maps and route slips are provided to each rider, as well additional copies available at rest stops. This event is NOT a RACE.

**VOLUNTEERS
ARE NEEDED**

Please volunteer for; lunch station, rest stops, sag, and registration. email: jawatrous@earthlink.net

Plain Wrap April 25

The Redlands Bicycle Classic and The Plain Wrap Ride are excited to announce they are partnering to bring you

PLAIN WRAP RIDE #9

This year's 62 & 37 mile routes take you over some of the iconic segments from the Redlands Classic including Sunset Loop, Calimesa and East Highland.

As in past years, \$10 of your registration will be donated in your clubs behalf to a cycling related charity or advocacy group. You will also receive a \$5.00 voucher to use in the vendor village after your ride. All this for \$30!

Registration is now open at the ImAthlete website. Type in Plain Wrap Ride #9.

After the ride:

Kids Races! Pro Races! Huge Vendor Village.

**COME FOR THE RIDE -
STAY FOR THE FUN!**

PLAIN WRAP RIDE

APRIL 25, 2020

HELD IN PARTNERSHIP WITH THE REDLANDS BICYCLE CLASSIC

REGISTER ONLINE @ IMATHLETE.COM

START/FINISH:
DOWNTOWN REDLANDS / CITRUS AVENUE & SIXTH STREET, REDLANDS, CA

19 MILE **37 MILE** **62 MILE**

COME FOR THE RIDE STAY FOR THE FUN!

REDLANDSCLASSIC.COM

- KIDS RACES
- POSSIBILITY PAWS-CYCLE CATERING
- NUMEROUS PRO CATERING
- BEERS FOR CATERING
- AND OTHER EVENTS

REGISTRATION & CHECK IN
\$30 single and \$45 Tandem through April 15
Non-ride Registration: \$40 single and \$45 Tandem
Pre-ride check in and online day registrations 6:30 A.M.
If approved start for 62, 37 and 19 mile routes start @ 8:00 AM

WHAT YOUR REGISTRATION FEE PROVIDES
• 62, 37 and 19 mile routes
• Heat maps for 62 & 37 mile routes
• All Riders: Vehicle support, route turn sheet and crew assisted scribe

WHERE YOUR REGISTRATION FEE GOES
Your registration supports local activities and groups supporting cycling in the L.A. such as: Cycling Connection's Christmas Bike Give-Away, Our Move Move - Bike for Kids, Kids Tomorrow's Adventure, Children's Health & Safety Expo, The National Bicycle Alliance, and Heritage Cycling's Operation Hope, and more.

QUESTIONS?
Contact Greg Armstrong (909) 944-4921

VENDOR EXPO
INCLUDING BEST PAID LOCAL CRAFT BEERS & MORE

Facebook: [FACEBOOK.COM/REDWRAP/PLAINWRAP#/](https://www.facebook.com/REDWRAP/PLAINWRAP#/) Instagram: [PLAINWRAP](https://www.instagram.com/PLAINWRAP/)

Redlands Bicycle Classic Volunteer Opportunities

Redlands Water Bottle Transit Authority, (RWBTA) April 22-26, 2020

In its 36th year, the **Redlands Bicycle Classic** is the longest continuous running invitational, professional stage race in American bike racing and attracts elite racers, many who move onto the Olympics, Tour de France and World Championships.

The Classic is **"Where Legends Are Born!"**

The race is entirely supported by volunteers...**over 800 of them!**

Whether it is a race marshal helping with traffic at intersections, setting up or tearing down course barriers and safety equipment or housing cyclists during the event, **your participation is critical to the success of the race.**

RWBTA would love for you to join them as part of this incredible event.

Please visit www.RedlandsClassic.com and click on the **VOLUNTEER** tab.

http://redlandsclassic.com/?fbclid=IwAR2zq5yVRiyjr4zMdPsQ6-Ehj65D7M95iH-Uz_sGt3dcFm3X5dFzedeOVEA

If you'd like to be a race marshal, click MARSHAL REGISTRATION and you may sign up online. Or, if you'd like to help with host housing instead, click HOST HOUSING and contact one of the host housing volunteers listed under the information. If you click on their name, it will open an email screen for you so you can send your message right away. If something else is your passion, chose the ABOUT at the top of the home page and then CONTACT for the DIRECTORY and list of contacts is listed and their positions. Once again, clicking on their name will take you to an email format. Just send a message and let them know how you will help!

Thanks in advance for your support. It can't be done without you!

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.

SAN BERNARDINO COUNTY Regional Parks

Congratulations



To John Hawksley and Sosie Zaragoza on your wedding day, 2/02/2020 at Thee Olde Chapel in Riverside. It was a beautiful ceremony!



And the cake cutting and balancing was quite impressive, with none dropped!



Congratulation again to the lovely couple.

Bob Dunning welcoming



OUR NEW C group Weekend Ride Leader: Joe Ganino Jr.

We live in Moreno Valley. Hoping to get a little support from the local cycling community. Thanks!

My daughter has cerebral palsy and epilepsy. She is entered in a contest to win an adaptive bike. She can't stand or walk, but with this bike, we would be able to go on bike rides, together! I hope you will help her win this bike by taking a few seconds of your time to vote. You can only vote one time. ♥

There is a public post on my FB page that can be shared. It would be greatly appreciated! ♥ Link to vote; <https://www.greatbikegiveaway.com/Evan>

Please vote before 3/4/20



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: Joe Ganino

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: Joe Ganino

Tuesday evening D/E group: Bob Dunning,

Saturday morning Fast A/B/C group: OPEN

Saturday morning Casual D/E group: Bob Dunning

Monthly Family / Beginner's ride: John Hawksley

THANK YOU RIDE LEADERS!

Webmasters; Stirling & Vicki Yearian , fodofixer@msn.com

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.