



# The Spoke'n Word

## April 2020

# Riverside Bicycle Club

Founded in 1891 P.O. Box 55160 Riverside, CA 92517 [www.Riversidebicycleclub.com](http://www.Riversidebicycleclub.com)

ALL CLUB MEETINGS ARE SUSPENDED UNTIL THE CORONAVIRUS IS OVER

**DEADLINE** for newsletter is the 20th of the month  
send to; [fodofixer@msn.com](mailto:fodofixer@msn.com)

# YES WE CAN STILL

# RIDE TOGETHER!

In spite of the Covid-19 coronavirus. See page 4

### INSIDE THIS ISSUE:

- 2, A Note from Our President, & Ride Chair Andrew gives notice on the CORONAVIRUS
- 3, Event Calendar,
- 4, We Can Ride Together with Zwift & Mike Hines Update
- 5, Jen Orr, 24hrs on Zwift
- 6, Great Time to Buy an E-Bike by A. J. Hawkins & T. Ricker
- 7, Buy an E-Bike continued
- 8, Walter Hutchens, SART pix
- 9, General Information
- 10, References & 2020 board
- 11, Membership Application



## A Note from our President,



During these difficult times when we are told by our government “not to congregate in groups” it makes it very difficult for the social-animals that cyclists are. I have been trying to cycle myself with a small group but that is difficult. I see on Facebook that many of our members are finding opportunities to ride and that's fantastic! I wish I had more. But, most importantly, we need to keep ourselves and our loved ones safe; be sure to follow recommendations by our local state and national governments to protect yourselves. I'm sure many of us have opinions on whether we are or are not susceptible to the virus, I would prefer that all the members abide by the rules and not end-up as a statistic. We should soon be back on the road as one group again enjoying the breeze in our hair and the sunshine on our face.

John Hawksley

## COVID-19 CORONAVIRUS



It's with a heavy heart that we need to announce a suspension to officially endorsed club rides.

We want to encourage you to still get out and ride as that is how most of us keep sane.

To keep updated for Riverside County; book mark this page <https://www.riversideca.gov/press/information-regarding-covid-19-coronavirus>

Road Ride Chair Andrew Holybee

# April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2		4 RBC morning ride
5 RBC morning ride	6	7	8	9		11 RBC morning ride & Beginners Ride
12 RBC TOM'S FARMS RIDE	13		15 RBC CLUB MEETING	16	17	18 RBC morning ride & Hemet DC
19 RBC morning ride	20	21	22 Redlands Classic-26th	23	24	25 RBC morning ride & Plain Wrap ride
26 RBC morning ride	27	28	29	30		

## 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 evening monthly.
- ♦ Saturday mornings from Canyon Crest Town Centre.
- ♦ 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-arranging with friends. See Team Dirty Work on Facebook for their schedule.

## UPCOMING EVENTS

## ALSO COMING UP!

- Apr. 11, 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.
- Apr. 5, TOM'S FARMS all-levels RBC group-ride to Tom's Farms with staggered-start locations.
- Apr. 15, RBC club meeting. 7pm Riverside City Hall. Open to all.
- Apr. 18, Hemet Double Century & Genent. see <https://theweekendbicyclist.com/2019/11/16/hemet-double-century-2020/>
- Apr. 25, Plain Wrap Ride
- Apr. 22-26, Redlands Classic.
- May 20, Ride of Silence
- Swap-meet in June,
- Taco ride to celebrate our club birthday in June,
- Queen Mary ride in July,
- Smoked Surf club ride in Sept,
- Burn-off the Turkey ride Nov.
- Christmas party Dec.

# YES, RBC can still ride TOGETHER!

Its easy to ride with all your RBC friends on Zwift, just download Zwift app & Zwift companion onto your phone and sign-up for Zwift. You'll need a bike, a trainer, and a speed sensor, at minimum to get started. Then go see who is riding. Check our RBC FB page to find the next RBC group ride on Zwift.



<https://www.facebook.com/groups/riversidebicycleclub/>

March 28, Bob Dunning posted a ZWIFT VIRTUAL RIDE on FB: Any D Level folks who would like to join me for a ZWIFT ride Mar 28th, please give me the name you use on Zwift and I will send you an invite for a nice “no drop” 60 minute ride around Watopia. Start time will be 9:00 am. Hope to see you there.

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Editor’s note: Very fun ride! I love all the great pix you took, and the big yellow Arrow over your head makes it easy to find you in a large crowd. Thanks Bob for setting this ride up, and thanks Teresa Marrujo for joining us. Looking forward to the next ride!

## MIKE HINES UPDATE

3/26/2020, Sherry from White Bike’s wrote on FB:

Update on our friend Mike. Mike started working at our shop, Whites Bikes, 20 years ago.

In Dec. of 2019 Mike was diagnosed with Acute Myeloid Leukemia. He was admitted to Riverside Community hospital shortly after this diagnosis. He received intense Chemo for 6 weeks and was then released to home care and isolation. Receiving daily chemo pills to take. It has been a daily fight for him.

However as of a couple of day's ago-- I am happy to report, that he looks strong, and his mental outlook is positive. He is such an inspiration to me and should be for all of us. Last text I got, yesterday, he is again hoping to get out and ride his bicycle.



Yes our lives have been interrupted because of the Coronavirus Pandemic, but when you feel overwhelmed I want you to think of our friend, loyal employee and little brother Mike and his courage.

# Jen Orr, 24 HOUR ZWIFT

Yes, you recognize her name from the cover page of last month's issue:

## “JEN ORR; 2020 RAAM WOMAN SOLO RACER”

“Come meet Jen at our March 18, Club meeting.”

(sadly, our meeting got canceled due to coronavirus)

**But, cyclist always carry-on!**

*March 27, Jen Orr wrote on FB:*

I am going to do a 24 hour Zwift ride Friday, March 27 at 9:00 pm. I will be riding the “Tempus Fugit” route in Watopia at a goal pace of about 2.0 W/kg. Why? To encourage my fellow cyclists to be socially responsible by riding their bikes indoors, or solo, so that we can flatten the curve, slow the spread of COVID-19, and save lives. Feel free to ride with me for as long as you'd like. Any company is appreciated. Please follow me on Zwift. My new profile is “Jen Orr #rideinside”. If you aren't on Zwift but have a trainer, ride indoors and post or send a picture. The sooner we do our part by minimizing exposure to others, the sooner we can go back to riding outside, sitting in coffee shops and restaurants, go to work, go shopping without wondering if there will be toilet paper or eggs, etc.

### What is RAAM RACE ACROSS AMERICA?

RAAM is not a **stage race**. It is one continual stage, once the clock starts it does not stop until the finish line. It's the world's longest time trial

**RAAM** spans 3000 miles, climbs 175,000 feet, crosses 12 states starting in Oceanside, under one of the longest piers in California, and finishes at City Dock in Annapolis, Maryland.

June 20, 2020.

[www.raceacrossamerica.org/about.html](http://www.raceacrossamerica.org/about.html)

**Bob Dunning wrote on FB March 28: Rode with Jen Orr for about an hour tonight. When I left her she only had one hour to go to make 24 hours! Awesome!**

Zwifters Nearby		
-1:24	3.5 w/kg	10.4MI
⌄		<b>A.Dyck</b> 🇨🇦
-0:59	2.1 w/kg	31.8MI
		<b>y.konishi</b> 🇯🇵
-0:48	2.5 w/kg	31.7MI
📄		<b>Esselstrom/Form+Data</b> 🇺🇸
-0:42	2.3 w/kg	21.0MI
⌄		<b>Y.Imaeda</b> 🇯🇵
-0:31	2.9 w/kg	31.6MI
📄		<b>S.Austin</b> 🇺🇸
-0:00	1.6 w/kg	54.0MI
		<b>J.Tan</b> 🇺🇸
-0:00	1.7 w/kg	4.1MI
📄		<b>B.Dunning</b> 🇺🇸
	1.5 w/kg	0.0MI
👤📄		<b>J.Orr #rideinside</b> 🇺🇸
+0:00	1.2 w/kg	442.0MI
		<b>R.DeBow</b> 🇺🇸
+0:32	0.0 w/kg	20.5MI
		<b>D. Wesner</b> 🇧🇪
+1:24	2.8 w/kg	52.6MI
		<b>D.Halliday</b> 🇺🇸
+1:29	0.0 w/kg	20.0MI
⌄		<b>R.Lu</b> 🇺🇸
+1:37	0.9 w/kg	9.5MI
📄		<b>F.Tamez</b> 🇺🇸
+1:56	0.0 w/kg	9.4MI
		<b>...</b>
		<b>+2044 more</b>

## Now is a great time to buy an e-bike

Social distance over greater distances

By Andrew J. Hawkins and Thomas Ricker Mar 27, 2020,  
<https://www.theverge.com/2020/3/27/21195561/ebike-coronavirus-social-distance-reasons-to-buy-traffic>

If you've been thinking about buying an electric bike but have been hesitant to pull the trigger, now may be the best time to go through with a purchase.

**COVID-19** has completely upended how we get around on a daily basis. Public transportation is seen as too risky. Shared bikes and scooters probably are, too. You're most likely staying at home or sheltering in place, so you don't have too far to travel to run errands or get some fresh air. Walking is fine — for a while. Eventually, there's going to be diminishing returns, especially as you wear out all of your available routes. You could haul out your old bike for a ride — and you should — but why not go electric?

Let's look at all of the reasons why e-bikes are really the best mode of transportation for our new pandemic way of life and why this is a very good time to get one for yourself (if you're fortunate enough to still be employed).

**Social distancing:** Experts advise that you stay at least six feet away from other people to minimize the spread of infection. It's a blunt response to the immediate crisis that will last weeks, likely months, and possibly longer if there's a resurgence before a vaccine can be found.

Cycling is an excellent way to adhere to social distancing guidelines — as long as you're riding alone. Racing is an excellent group activity, but it's probably not the best type of cycling for the present moment, so leave the spandex at home. An e-bike, with its varying levels of assist, is the perfect way to get outside, feel the breeze on your skin, watch the pavement rush past underneath, and still get that shot of endorphins in your brain without expending too much effort.

An e-bike also lets you ride farther to escape the congested hearts of most cities where crowded bike paths, especially in Europe, can still pose a risk. Most e-bikes will travel at least 25 miles with 50-plus miles possible when fitted with bigger batteries or when dialing back the assisted power level. And if the battery does die, you can often pop in a spare or pedal home for some much-needed exercise.



**Owned, not shared:** The shared scooter and bike startups thought they could stick it out during the pandemic, but it appears many are scaling back as ridership fizzles and operations become more difficult and expensive. Infectious disease experts say the risk of contracting coronavirus from a shared vehicle is low even though early studies show it hanging about on surfaces like plastic and stainless steel for a few days. Naturally, many aren't willing to take the risk. In a recent video conference, micromobility analyst Horace Dediu said the novel coronavirus could accelerate the shift from shared vehicles to personally owned ones. We tend to agree.

**Car traffic is plummeting:** People are staying at home and avoiding unnecessary travel, demand for ride-hailing is fizzling, and the streets have never been more inviting for cyclists. INRIX says road traffic is down 30 percent in the US cities it tracks. And it could go even lower: Italy, the first nation to institute a coronavirus "lockdown," is seeing a 65 percent drop overall and 70 percent in personal vehicle travel. Of course, this doesn't mean it's clear sailing for cycling. Cyclist injuries in New York City were up 43 percent between March 9th and March 15th, according to the NYPD. Cities need to do more to protect cycling by banning car traffic from some streets and expanding their bike lane network. But for experienced cyclists or those who live in places with a robust cycling infrastructure, the time has never been better.

Rules are relaxing: New York City is one of the few cities worldwide to prohibit the use of e-bikes, but the pandemic is bringing some much-needed relief. After encouraging New Yorkers to avoid public transportation during the crisis, NYC Mayor Bill de Blasio said he was suspending the police department's ongoing crackdown on immigrant food delivery workers who

use e-bikes. It will likely be very difficult for the city to resume enforcement of its ban after the pandemic subsides, so why not take advantage of this new permissive culture and buy an e-bike.

**The weather is improving:** In case you hadn't noticed, it's springtime in the Northern Hemisphere. What better excuse do you need to get off your ass and into the saddle for a ride? Regular bikes are motivating in their own right, but e-bikes are the perfect all-weather-but-especially-springtime vehicles, allowing you to haul picnic or hiking gear over long distances without breaking a sweat (unless you want to).

**A boost for small businesses and health workers:** With many restaurants and small businesses turning to delivery to keep things afloat during the pandemic, the need for a fleet of efficient, fast-moving delivery workers is greater than ever. There is likely more supply than demand at the moment, with many gig workers turning to delivery to help offset losses in other jobs. But there's no question that bikes, and especially e-bikes, are the best way to transport packages and food deliveries to customers.

Some cities are even recognizing that they have a role to play to encourage more delivery workers to use bikes: New York City's comptroller released a report recently encouraging the city to subsidize "frontline workers" who may be interested in purchasing e-bikes to help speed up their work.

In the UK and parts of the US, bicycle shops selling electric and standard bikes have been granted "essential" status during the COVID-19 lockdown. In London, Brompton bicycles is loaning 200 of its folding bikes to members of the National Health Service (NHS), while many shops across the country are offering NHS staff free repairs. In Scotland, charity organization Forth Environment Link is providing free e-bike loaners to dozens of NHS staff so that they can move between hospital sites and home without using public transportation.

**Good e-bikes at all price ranges:** E-bike sales are booming globally, which is helping to drive down purchase prices. Local governments are also stepping in with subsidy programs, tax breaks, and other schemes to help drive adoption.

**E-bike sales are booming globally:** Good e-bikes can now be had for less than \$1,000. Even premium e-bikes that offer more features and greater peace of

mind can be found for less than \$2,000. VanMoof, for example, recently dropped the price of its excellent Electrified S2 and X2 e-bikes to €1,798 in Europe and \$1,998 in the US. Likewise, an exceptionally promising new e-bike from Muto has just started sales in Europe for an introductory price of €1,549. And Rad Power Bikes' ridiculously fun RadRunner utility bike can now be had for \$100 less at \$1,199.

Many countries in Europe offer e-bike incentives to promote their green initiatives. In the Netherlands, for example, a government-backed scheme introduced in January allows employees to lease an electric bike for less than the cost of a Netflix subscription. A €3,000 (about \$3,260) e-bike can be leased through employers for about €7 (\$7.60) per month.

The US is not nearly as forward-thinking, but perhaps a pandemic will spur a much-needed change in how we see e-bikes.

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EDITORS NOTE:

Thank you Ride Chair Andrew Holybee for suggesting this most interesting article.

## Walter Hutchens on FB answering the question; Is SART open?

As of a 3/20, it was still closed from Waterman to the highway but was open from above Mt. Vernon to Riverside and then on to Arlington.

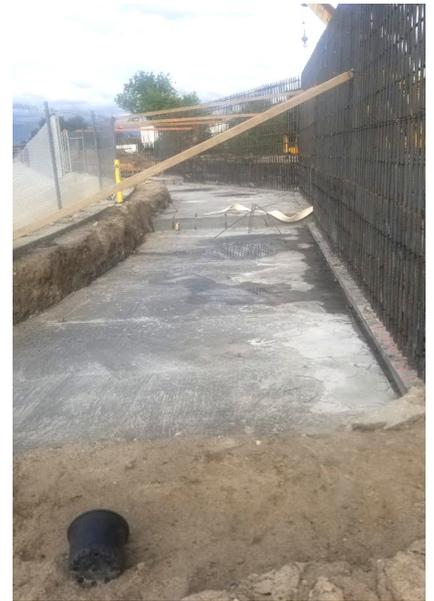
I'd passed the La Cadena parking/bathroom spot many times on the trail but never before parked there, since I usually start at Waterman. But I've used it lately because of the closure up to Waterman. Going from La Cadena to both current ends of the trail gets you about 38 miles. The bathroom doors at La Cadena are sealed shut. Can't make a left turn into it (I drove across the bridge spanning the wash and came back).



March 7th,



March 14th,



March 21st.

### 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.



Regional Parks

## 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](mailto:unchew@mac.com)

Team Dirty Work: Rhett (Doc) Nelson  
(909) 229-6576,  
[rhett.nelson@icloud.com](mailto: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](http://www.ajsbikes.com)

**Citrus Cyclery**, (951) 444-7353

9022 Pulsar Court, Corona, CA 92883

[www.citruscyclery.com](http://www.citruscyclery.com)

**Cyclery U.S.A., Inc.** [www.cycleryusa.com](http://www.cycleryusa.com)

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](http://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](http://www.pedalsbikeshop.com)

**White's Bikes**, (951) 242-4469

23750 Alessandro Blvd. Moreno Valley

<http://www.whitesbicycles.com>

**Woodcrest Bicycle Center**, (951) 780-4988

16960 Van Buren Blvd. Riverside, CA

**Yucaipa Bike Center**, (909) 790-1551

34844 Yucaipa Blvd. Yucaipa, CA

<http://www.yucaipabikecenter.com>

FRIENDS of RBC

Inland Empire Biking Alliance

<http://iebikingalliance.org/>



### Riverside Bicycle Club Affiliations

IMBA International Mountain Bike Association

LAB League of America Bicyclists

Riverside County Trails Commission,

USACYCLING United States Cycling Federation.

## 2019 Board

**President;** John Hawksley

(909) 653-BIKE [hawksley55@gmail.com](mailto:hawksley55@gmail.com)

**Vice President;** Lisa Reece

(909) 747-4833 [lreece70@msn.com](mailto:lreece70@msn.com)

**Secretary;** Bob Dunning

(951) 318-3946 [chiefdun@hotmail.com](mailto:chiefdun@hotmail.com)

**Treasurer;** Andrea Evans

(909) 645-4480 [Tennisxone@hotmail.com](mailto:Tennisxone@hotmail.com)

**Road Ride Chair;** Andrew Holybee

951-743-8966, [unchew@mac.com](mailto:unchew@mac.com)

**Mountain Bike Chair;** Rhett (Doc) Nelson

(909) 229-6576 [rhett.nelson@icloud.com](mailto:rhett.nelson@icloud.com)

**Public Relations;** Eric Lewis

(951) 902-9019 [eric\\_denise@yahoo.com](mailto:eric_denise@yahoo.com)

**Membership;** Stirling Yearian

(951) 287-8235 [rexgaloure@msn.com](mailto:rexgaloure@msn.com)

**Communications;** Vicki Yearian

(951) 943-1747 [fodofixer@msn.com](mailto:fodofixer@msn.com)

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

**Weekend, B Ride Leader:** John Reece

**Weekend, C Ride Leader:** 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:** Ed Williams

**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](mailto:fodofixer@msn.com)

**TDW Webmaster:** Malcolm Bader, [Mbader@slauson.com](mailto:Mbader@slauson.com),

**Newsletter Editor:** Vicki Yearian, [Fodofixer@msn.com](mailto:Fodofixer@msn.com)

Newsletter submittals deadline, by the 20th of the month.

**Riverside County;** Mark Brewer, Park Planner, (951) 955-4316, Dan Nove, Asst Park Planner, (951) 955-6998

**Riverside City;** Jenna Combs, Public Utilities Rep, (951) 826-5847, General Info or issues, (951) 826-5311 or 311 app

**San Bernardino County, Regional Parks Dept.** Paul Krause, (909) 387-2346, (909) 384-2052 fax



# Membership Application

P.O. Box 55160, Riverside, CA 92517-0160  
www.riversidebicycleclub.com



Membership in the Riverside Bicycle Club, Inc. is open to everyone. It is a fun way to meet others who share the enjoyment of cycling. Whether you are a seasoned racer, mountain biker or recreational rider, you will find others in the club that can help you achieve your goals to ride safer, faster, further, and smarter. We have multiple rides at different paces and terrain, off road rides, monthly membership meetings, and other social events throughout the year. Your RBC membership includes the monthly newsletter, The Spoke'n Word, and discounts at local bike shops. All memberships are for one year and are renewable on the anniversary date. Your membership fee helps to underwrite the expense of club insurance and registration, administrative expense (copying & postage for the newsletter and lots of other fun events throughout the year. So we thank you for your generous support of our club.

*(Please print clearly)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Your Phone (\_\_\_\_)\_\_\_\_-\_\_\_\_ I.C.E. phone (\_\_\_\_)\_\_\_\_-\_\_\_\_  
*Incase of emergency*

**For Family Memberships, please list all names and birth dates of participants below; (up to 6)**

Name \_\_\_\_\_ (dob) \_\_\_\_\_,

Name \_\_\_\_\_ (dob) \_\_\_\_\_,

Name \_\_\_\_\_ (dob) \_\_\_\_\_,

### Please check all that apply;

- Yes, it's OK to share this info with the Club.
- No, do not share my info.
- Yes, I am interested in being a ride leader.

### What are your biking interests?

- Road riding
- Mountain biking
- Touring
- Tandem
- Racing
- Single speed
- Velodrome
- Collecting
- Restoring
- Social riding

### How did you hear about us?

- Bike shop
- Web
- Friend
- Other \_\_\_\_\_

### HELMETS ARE REQUIRED ON ALL RIDES

**RELEASE:** With full knowledge and appreciation that bicycle riding may be a hazardous activity, I/we hereby release and hold harmless the Riverside Bicycle Club, Inc. Including prior to, during or after such activity. This release covers myself and all parties named herein, and all heirs, executors or administrators thereto, and is given in full awareness of its content and in consideration of acceptance of my/our membership. I/we also attest that I/we are physically fit and acknowledge that the Riverside Bicycle Club, Inc. recommends the wearing of an ANSI or Snell approved bicycle helmet when riding a bicycle during any club activity. I give my permission to Riverside Bicycle Club and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document me in the activities of this club. I give permission for any photographs or video material to be used in publicity about the club and organization in or on website, promotional materials, newspaper/magazine articles, etc.

\_\_\_\_\_  
(Signature) (Date) (Spouse / other adult family member or legal guardian if under 18) (Date)

### DUES:

- Individual.....\$30
- Family.....\$40
- Booster.....\$50

*("Booster" is an extra donation to support the club and you will receive a notation on your membership card.)*

The following options allow you to save \$5 but you must acquire the newsletter via the web.

- Individual SAVER .....\$25
- Family SAVER .....\$35

**TOTAL ENCLOSED \$** \_\_\_\_\_

Make Check Payable to;  
Riverside Bicycle Club  
and mail to;

**RBC Membership**  
P.O. Box 55160  
Riverside, Ca. 92517-0160

### Check answers;

- I'm a NEW member.
- I'm renewing.
- My info has changed.
- My info has not changed.

<u>OFFICE USE ONLY</u>	
CK # _____	ck date _____
Date received _____	
Card(s) issued _____	excel _____

# THE SPOKE'N WORD



Riverside Bicycle Club, Inc.  
P.O. Box 55160  
Riverside, Ca 92517-0160

## RIVERSIDE BICYCLE CLUB [www.Riversidebicycleclub.com](http://www.Riversidebicycleclub.com)

The Riverside Bicycle Club is for all bicyclists; commuters, off-road riders, recreational riders, tourists or just plain cyclists who ride a bicycle for fun, health, or competition, and anyone who interacts with them.

Our purpose is to provide companionship, bicycle education and training, and a bit of bicycle advocacy. To do this we will:

- Provide companionship by having monthly meetings for people with a love for bicycling who want to meet people with the same interests, to share ideas, to talk about ride routes and to discuss bicycling.
- Encourage participation of people who are interested in starting to ride a bicycle.
- Have educational programs to assure that bicyclists can enjoy their riding experience to the fullest.
- Publish a monthly newsletter (12 issues/year) to inform members of club activities, rides, and general bicycling information.
- Provide weekly rides of different levels, so that everyone can share the bicycling experience
- Advocate with local, regional, state and government agencies as to the needs of bicyclists, to encourage services for the bicycling community, and for inclusion of bicycling needs in infrastructure design and development of roads that can be shared by both motor vehicles and bikes.

### Recycle this newsletter!

Leave it at your barber/beauty shop, the doctor's or dentist's office, wherever you think another cyclist will read it and discover the *Riverside Bicycle Club*. Photocopy it and pass it around.

The *Spoke'n Word* is the official publication of *The Riverside Bicycle Club, Inc.* **DEADLINE TO SUBMIT** for the newsletter is 20th of the month. The oldest continuous bicycle club west of the Mississippi. RBC was founded in 1891.

The *Spoke'n Word*, the voice of and for the cyclists of Riverside and surrounding communities, is published monthly and is available to all online as well as past issues.

Please send articles, comments, letters to:

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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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