



The Spoke'n Word



January 2013



Riverside Bicycle Club

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

Join us for the

CLUB MEETING

on the third Wednesday of each
month at 7:00 p.m. at the



6951 Flight Rd. Riverside.

Come early, have a great meal

RBC Christmas Dinner Party at the Riverside Airport terminal



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RBC Club Meeting will be held here at
the Riverside Airport terminal
starting promptly at 7pm. Jan. 16, 2013

General Information for Group Road-Rides

- Non-members are welcome on all rides.
- Helmets are mandatory.
- Lights are required on all night rides.
- Riders are expected to bring the essentials. *See list bottom right.*
- All group rides will periodically stop if necessary to regroup so that no one gets dropped or left behind.
- Children under the age of 18 must be accompanied by an adult.
- "Average speed" is calculated by the Total distance ridden, divided by the Total riding time. Or, by consulting with your bike computer. That's easiest.
- *All speed listed below are guidelines.*

A Group — Ride lengths will be 45-60 miles with the pace averaging 19-21 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. Terrain includes moderate and steep hills. Focus on performance development; pace lining and climbing. Group riding experience expected. Regroups as necessary.

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 some group riding experience, basic bike handling and mechanical skills. Regroups as necessary.

D Group — Ride lengths will be 18-25 miles with the pace averaging 10-12 mph. Generally flat roads with some rolling to mild hills. This group welcomes beginning riders. Children are welcome when accompanied by parent or guardian (contact Ride Chair for details). Assistance and instruction will be provided in basic skills of fixing flats, bike handling, etc. Regroups often.

Be prepared to start on time and have an enjoyable ride. Then stick around to enjoy a soda or snack and good company after the ride.

For information on club rides please contact:

Road Ride Chair: Sean Cassady
(951) 201-5483,
cassady606@roadrunner.com

Team Dirty Work: Rhett (Doc) Nelson
(909) 229-6576, rhett@charter.net



Weekend road rides start;
8:00 Winter and 7:30 Summer.

*Please check the Ride Calendar page 3,
or website for exact dates & times*

Sunday is the best day to come ride the streets with us. We have 4 levels for you to choose from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 9th St. Park on University Av or at the old court house downtown Riverside.

Saturday isn't a beginner ride. *It's 35 miles to Redlands, average speeds of 16-18 mph. Route and speed vary according to riders. Regroups as necessary.* Ride leave from Canyon Crest Towne Center. Meet behind Starbucks by the East Coast Bagel shop, near *Anthony's Bike Shop Suite 303* (updated Feb, 2011)

Tuesday & Thursday evening rides meet at Bakers Burgers at 3522 Adam's Plaza, Adams Exit off 91 Fwy. start times are 6:30 pm Winter, and Summer

The 6:30 ride has 3 groups now!

Fast Group; 25ish miles, 16- up mph

Medium; 20ish miles, 15ish mph.

Not as Fast; 15ish miles, 11ish mph

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



TEAM DIRTY WORK is the mountain bike side of the Riverside Bicycle Club. All mountain bikers are welcome. Generally, almost all reasonably fit people can enjoy riding with Team Dirty Work. We offer a variety of rides each week. This is a great way to get involved in a mountain biking group. We enjoy having new riders join us.

Most of our rides start in the Canyon Crest Towne Center Parking lot in front of Rite Aid near Bank of America (corner of Central and Canyon Crest Drive). These rides are approximately 2 hours long through the Sycamore Canyon area. Some weekends bicycles are transported to other locations to ride. Please call R.C. Morton at 909-784-0459 for any last minute updates. Or visit our web site. <http://www.teamdirtywork.com>

Our mountain bike group rides are held each **Saturday & Sunday** morning. These rides are for experienced beginners and intermediates to advanced dirt riders. Evening rides are held on **Tuesday and Thursday** starting at 6:00 pm. and are designed for the more advanced dirt junkie.

Lights are required for night rides!

ESSENTIALS for riding with RBC

- ◆ **CYCLING HELMETS ARE REQUIRED ON EVERY RIDE!**
- ◆ **CELL PHONE**
- ◆ **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 AND EMERGENCY INFORMATION CARD**
- ◆ **YOU AND YOUR BIKE** (both in safe working condition)

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	HAPPY NEW YEAR	1 RIDE TO THE ROSE PARADE WITH RBC	2	3 RBC & TDW Evening rides	4	5 RBC & TDW Morning ride
6 RBC & TDW Morning ride	7	8 RBC & TDW Evening rides	9	10 RBC & TDW Evening rides	11	12 RBC & TDW Morning ride
13 RBC & TDW Morning ride	14	15 RBC & TDW Evening rides	16 RBC club Meeting 7pm	17 RBC & TDW Evening rides	18	19 RBC & TDW Morning ride
20 RBC & TDW Morning ride	21	22 RBC & TDW Evening rides	23	24 RBC & TDW Evening rides	25	26 RBC & TDW Morning ride
27 RBC & TDW Morning ride	28	29 RBC & TDW Evening rides	30	31 RBC & TDW Evening rides		

Oct through April weekend rides start at 8:00 a.m. May-Sept 7:30 a.m. unless otherwise posted.

*** (TDW) Team Dirty Work, Mountain-bike rides from B of A, every Tuesday & Thursday evenings and Saturday & Sunday mornings. And
* (RBC) Road group rides also every Tuesday & Thursday evening from Baker's and Saturday & Sunday mornings from Downtown, see page 2*

UPCOMING EVENTS

- *RBC CLUB MEETING* are the 3rd Wednesday every month, 7:00 pm at D&D Airport Café, 6951 Flight Rd., Riverside, (951) 688-3337. Come early, get something to eat. Gather near the back windows. Non members are gladly welcome to our meetings!
- *Special Rides* announced on our web, the message board and at weekend rides.

1/1/2013; We will ride to the Rose Parade, check Riverside Bicycle Club's web page

1/16/2013; RBC club meeting, promptly at 7pm in the Riverside Airport lobby.

1/26 & 1/27; IE Bike Alliance, MetroLink bike weekend. Biking & TRAINing, <http://www.iebikingalliance.org/>

2/9/2013; Tour de Palm Springs, www.tourdepalmsprings.com 103 miles, 55 miles, 25 miles

3/3/2013; Senorita Century, Women's ride, <http://senoritacentury.com> 62 miles, 40 miles

3/16/2013; Tour of Borrego, <http://www.julianactive.com/tour%20of%20borrego.htm> 80, 62, 40, & 22 miles

3/30/2013; Santa Clarita Century, www.santaclaritacentury.com 100 miles, 50 miles, 25 miles

WHAT'S HAPPENING

HIDDEN VALLEY SART



12/5/12
from Bob Mitchell on
Face Book;

The road is paved as of Tuesday in Hidden valley. I was told that the bicycle portion could be done by Friday

*** *** ***

12/13/12 New News on Santa Ana river Trail out in Hidden Valley. By Bob Mitchell

I spoke with the construction inspector (Justin) that is in charge of the final completion of that portion of the trail. The company that is doing the work is daily being penalized for not completing the work. It was suppose to be done same time as the road was. They did not make the grade proper nor did they put a drain culvert under that trail like was suppose to be done. So this is why the set back. One thing that is very GOOD is that instead of only being 7' across for only 2 lanes they are going to make it wider so it can be safer for all that use it. He said they are hoping to see this done in the next 6 to 8 weeks. The Riverside county is putting a lot of pressure on the construction company to finish the work.

12/13/12
from Face Book;
Kevin Carlson writes;

Hey Guys Gals, I took my Daughter on the Tag A Long though the river trail, and they have paved the access road just north of the bike path. So for the time being it IS possible to ride your road bike though without having to try to navigate the dirt. Also talked to a Ranger, she thought they might be paving the river trail next week. Here is a TOPO of the section I am talking about.



CLUB MEETING CHANGES BIGGER is BETTER!

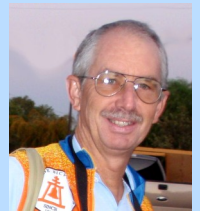
Same time - same place. ALMOST!
Still at Riverside Airport, 6951 Flight Rd. Riverside.

We will have our general club meets in the terminal lounge starting promptly at 7pm. Sitting in there will help everyone see and hear better. Everyone needs to pay their dinner bills before they leave the restaurant area. *No food or drinks allowed in there (as to prevent accidents.)*

OK! So, in January 2013 come early, maybe 6:00 for a yummy dinner with all your bike friends and socialize then move to the lounge at 7:00pm for the club meeting.
It's going to be a GREAT YEAR!

A message from your membership chair:

IS IT TIME TO RENEW?



Memberships are now good for a full year from the time you joined or last renewed. It's easy to find out when your renewal date is. For those of you receiving the printed version of the Spoke'n Word, your renewal date is printed on the address label. It can also be found on your current membership card. Or, you can login to our website using your email address and password, then click on "my profile". It will show your "renewal due on" date. If you wish to renew online just click on the "renew until ---" tab and follow the prompts. (We will send you a couple email reminders when it's time to renew.) Please let me know if you are having trouble logging into the website or are not receiving emails from the Riverside Bicycle Club. I can help.

Of course, you can still renew via US Mail. Send a completed membership form with a check or money order to the PO Box listed on the form. If you prefer to pay with cash, please give your completed membership form to any board member.

Thank you,

Stirling Yearian

rexgaloure@msn.com

Wednesday, Dec 19 RBC Christmas dinner party at D&D Café. We had a great turnout and the dinner and desserts were the best ever!

Pic left, Theresa and her dad Dave. **Pic top right**, Harry and Jeff. **Pic 2nd row left**, Vicki thanking Al for all the great deals Cyclery USA gives to the club. **2nd row right**, Kathy finding all the winning tickets. **3rd row**, Ride Chair Marty awards Ken for his extraordinary dedication as an RBC Ride Leader for the year. **3rd row middle**, Lovie won the lovely woman's jersey, not sure it will fit. **3rd row right**, Robert wins the most miles award for 2012. **Bottom row left**, Danny also receiving his award for his extreme dedication as Ride Leader. And last, William expressing everyone's feelings. (:





Jerady & Taylor



Brian and John



Carrie & Chuck



Samath & Doc



Shannon & Jim



**Protect
Your
Home**

James Joseph
V.P. - National Sales
phone: (951) 638-4ADT
email: jjoseph@plondo.com



Ask for members, friends & family discount

Welcome New Members;

Claude Brown
Jerry W. Burgess
William & Kate Hall
Holly Hall
Tom McFarland
Tom McMillen
Miguel Ramirez-Cornejo
Hans van Delft

We now have 207 members. Thank you to all.
We are working the bugs out of our new on-line membership.
Thank you for your patients.

Happy Birthday to;

Marty Vickers 01/09
Craig McCart 01/15
Jose Lopez 01/21
Lori Hoffman 01/21
Stirling Yearian 01/28

Only FIVE birthdays in January?!!!

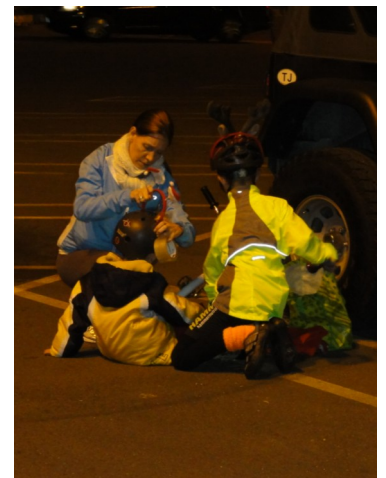
Don't be shy. Tell us your birthday.
*About 95 members don't have their birthday entered on their profile.
Be sure to fill in your birthday date when you signup online.*

Christmas Light Ride in Ontario



Pic left, Pam had very bright lights. **Pic right**, Conner & his dad Tom were red-nosed reindeer. *Redness provided by cold weather.* **2nd row left**, Frank has a great rack of antlers also. **Middle**, Stirling got a great workout on his goofy Gitane. **2nd row right**, Conner, his mom Jill & his brother Braden getting ready to ride. On route Chuck & Carrie joined our parade through the delightfully decorated neighborhoods. We met many new friends and got reacquainted with lots of old friends too. It is such a joy to ride in Ontario. We always have a wonderful time wishing hundreds of people Merry Christmas and receiving the same. I guess that is why we take the time and trouble to travel so far. It was so much fun that we are going to look into participating in a night-time Christmas parade next year! That will be super exciting! So, start thinking of grand Christmas bicycle float ideas now. (:

Photos by Cliff & Marilyn



Ride to Rose Parade





January 1st, first ride of the new year! Thankfully no rain, no wind and nice warm sunshine by the end of the afternoon. At 5:30AM Todd, Steve & Greg rode from Riv. and joined the rest of us at Citrus College for a few photos before we all rode over to the parade in Pasadena. (P.S. *Greg started from Redlands at 4AM. His round trip was 131 miles!*) Way to start the year GREG! Steve, **pic top left**, said it was not too cold. **Pic top right**, Marianne & Barry chatting with Sam before the ride. **Pic 2nd row left**, Marty rode over from the other side of the college parking lot and looked completely frozen. **Pic 2nd row right**, Pam decorated her helmet with "Happy New Year" sign and

Frank bought a new helmet just for this ride. Both are looking good!



Bottom left, Bill rode with Marty. **Middle pic**, John H. is back and really, really happy to see everyone! "Hugs for all!" Glad you are living in the area again and looking forward to John and Stephanie riding with RBC again. **Pic bottom right**, LOOK! Harry can smile for the camera! Great job Harry! (:



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:

CLUB RESOURCES

AJ's Bicycles, (951) 674-6161
31861 Mission Trail, Lake Elsinore, CA
www.ajsbikes.com

Bicycle Warehouse, 6611 Arlington Riv.
Sad to say Bicycle Warehouse is CLOSED.

California Cyclery Riv. Schwinn, (951) 682-1392
3747 Central Ave, Riverside, CA 92506
<http://www.calcyclery.com>

Cyclery U.S.A., Inc. www.cycleryusa.com
10000 Magnolia, Riverside, (951) 354-8444
415 A Tennessee, Redlands, (909) 792-2444
7890 Haven Ave. Suite 9, Rancho Cuca, (909) 466-5444

Cyco-Path, (951) 695-4823
29760 Rancho California Rd., #107, Temecula, CA 92591
<http://cycopath.com/index.cfm>

Don's Bikes of Rialto, (909) 875-7310
384 S. Riverside Av, Rialto, CA
www.donsbikeshop.com

Norco Cyclery, (951) 808-9617
1825 Hammer Suite H. Norco, CA

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>

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

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

2012 Board

President; Roger Van Matre
(714) 305-3151, roger_vanmatre@yahoo.com

Vice President; Bill Morgan
(949) 689-7138, Morganw351@gmail.com

Secretary; Kathy Lopez
(951) 368-4853, k.s.lopez@sbcglobal.net

Treasurer; Bob Lopez
(714) 720-9541, rplopez@sbcglobal.net

Road ride Chair; Sean Cassady
(951) 201-5483, cassady606@roadrunner.com

Mountain bike Chair; Rhett (Doc) Nelson
(909) 229-6576, rhett@charter.net

Public Relations; Cliff Luchsinger
(951) 505 0477, Cliff1_1@charter.net

Membership; Stirling Yearian
(951) 505-0074, Rexgaloure@msn.com

Librarian; Vicki Yearian
(951) 943-1747, fodofixer@msn.com

Webmasters; Bill Morgan, Stirling & Vicki Yearian

TDW Webmaster: Malcolm Bader, Mbader@slauson.com,
www.teamdirtywork.org

Newsletter Editor: Vicki Yearian,
Fodofixer@msn.com Deadline day after general meeting.

Bike Lanes Representative: Pete Staylor, Dadswaycool@aol.com

A Ride Leader. Open

B Ride Leader: Open,

C Ride Leader: Open

D Ride Leader: Ken Mogi, cell # (951) 313 6015

Street or bike trail issues;
(951) 826-5311

Riverside Bicycle Club Affiliations

IMBA International Mountain Bike Association

LAB League of America Bicyclists

Riverside County Trails Commission

USACYCLING United States Cycling Federation



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.

(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;

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 ☐ Single speed
☐ Mountain biking ☐ Velodrome
☐ Touring ☐ Collecting
☐ Tandem ☐ Restoring
☐ Racing ☐ 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.

(Signature)

(Date)

(Spouse / other adult family member or legal guardian if under 18)

(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.

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.

OFFICE USE ONLY

CK # _____ ck date _____

Date received _____

Card(s) issued _____, excel _____

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.***

We are the oldest 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 mailed to all current club members.

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.

Deadline, day after the club mtg

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Opinions of the authors do not necessarily reflect the views of the RBC, Inc.

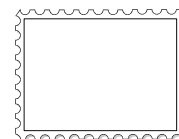
Anonymous articles are published at the discretion of the editor.

THE SPOKE'N WORD



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

v 109 Jan. 2013



**Your membership
expiration date is
shown here**

