



The Spoke'n Word



November 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

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RBC ELECTIONS NOVEMBER 20, 2013
ONLY MEMBERS CAN VOTE, YOUR BALLOT WILL BE MAILED TO YOU

Read page 5 to see what the candidates have to say.

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.nelson@icloud.com



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,

Tuesday & Thursday evening rides meet at Baker's 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)

November 2013

Sun Mon Tue Wed Thu Fri Sat

					1	2 RBC & TDW Morning rides
3 RBC & TDW Morning rides	4	5 RBC & TDW Evening rides	6	7 RBC & TDW Evening rides	8	9 RBC & TDW Morning rides & John's fun ride
10 RBC & TDW Morning rides	11 Veteran's Day	12 RBC & TDW Evening rides	13	14 RBC & TDW Evening rides	15	16 RBC & TDW Morning rides
17 RBC & TDW Morning rides	18	19 RBC & TDW Evening rides	20 7PM CLUB MEETING & VOTING	21 RBC & TDW Evening rides	22	23 RBC & TDW Morning rides
24 RBC & TDW Morning rides	25	26 RBC & TDW Evening rides	27	28 THANKSGIVING	29	30 RBC & TDW Morning 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.*

11/2 Solvang Prelude, 63/50/25/10m, a bunch of RBC are going to camp at Flying Flags or hotel-it. Come join us.

11/9 BEGINNER's RIDE. 8am at Bonaminio park on Palm Av near Mt Rubidoux. See page 6

11/9 Bike with the Mayor, 9am. Sycamore Canyon Wilderness Park, meet at Jenson USA, 1615 Eastridge Av. Riv. 92507

11/9 Tour de Foothills, Greatest ride in So. CA., <http://www.rocksportsllc.com/events/tour-de-foothills>

11/9 3rd Annual Palm Desert Century, http://www.shadowtour.com/Century_Rides/Palm_Desert.htm

11/20 **RBC-Club Meeting**, 7pm. come earlier and have a meal with your friends at D&D Café and see who is elected for the board

12/7 Covina evening Christmas parade, ANYBODY WANT TO ENTER AS A BIKING GROUP???

12/14 BEGINNER's RIDE. 8am at Bonaminio park on Palm Av near Mt Rubidoux.

12/14 Annual, Xmas Light Ride at night, Ontario. Dress up in Xmas lights to see & be seen. This is a family-friendly ride.

12/18 RBC Christmas party & slideshow, at D&D Café.

1/1/14 Annual, Rose Parade Ride; 3 start locations, 100, 50 & 25. More info soon.

1/18/14 10th Annual Stagecoach Century, http://www.shadowtour.com/Century_Rides/Stagecoach.htm

WHAT'S HAPPENING

RBC 2014 BOARD ELECTIONS NOVEMBER

All board positions are open to RBC members
So if you have the time, and the desire, to serve on the board for 2014,
contact Pam Smith psmith1928@aol.com

- **Nov 1**, Ballots will be mailed out to all members.
- **Nov 13**, Last day to mail-in your ballots.
Note; each "Family Membership" will be allowed two ballots.
- **Nov 20**, Election / Club meeting. Ballots may be handed in at the Nov. meeting. Extra ballots will not be distributed at the beginning of the Nov meeting. All ballots will be counted and the winners will be announced.
- **January 1, 2014** new board takes effect.

CLUB MEETING SPEAKER, on RETUL

Along with the regular good stuff that is always at our club meetings, our speaker was Paul Drake, Certified Retul Bicycle Fitter. He showed us his mobile 3D motion capturing bike fit system. Velo-Tron Ergo-Meter. The machine, with Paul's help tell you everything. The most memorable advise for me was; Try to pedal a circle, do not just pedal up and down like a piston.

Other notes; PAUL DRAKE, MS. Exercise Science,
Exercise Specialist (ACSM)
5850 W. Lawrence Ave. Chicago, IL 60630
773-627-8873 paul@first-cardio.com

October 9, 2013 Bill Morgan tender his resignation from the Riverside Bicycle Club board of directors. Bill said "I am grateful for having had the opportunity to serve on the board of this fine organization for the past 1 year and 9 months, and I offer my best wishes for its continued success. RBC has a rich history that everyone should be proud of and do their best to uphold the legacy of the club."

We are grateful for Bill's help, as he was instrumental in the implementation of our new website and online membership program. Thank you Bill for your services and the ideas you brought to the club.

GET WELL WISHES for;

Dick Gervias and John Hawksley.
During Sunday's ride, Oct 27, Dick had a fall when unable to unclip in-time and broke his finger.
On the same Sunday during his ride, John was tackled and knocked down by a large German Shepherd dog. Minor damage to John's bike. Major road-rash to John's arm, thigh and knee, and a cracked rib. No dog bites.

Get well quickly.

Read what the RBC candidates have to say

FOR PRESIDENT: Roger Van Matre

I was vice president in 2010 and 2011 and president in 2012 and 2013. In the last 2 years we have increased membership by about 20%. I would like to see us increase to about 300 members by the end of 2014, or about an additional 20%. However, bigger isn't always better. We have always been a close knit club. I want us to remain that way.

A number of members have told me that they would like to see more Saturday and holiday rides scheduled. I would also like that. We have had some great rides in the past such as Santa Barbara, Ventura, Ojai, or simply a ride on the Santa Ana River Trail to Huntington or Newport. I would like to bring those rides back and encourage more of our members to attend. I will be organizing rides in OC on some Saturdays. There are so many great places to ride in OC, let's explore them together.

I want to increase the number of ride leaders. This will increase the variety of rides and make them even more enjoyable.

I look forward to great rides and many social gatherings in 2014.

Roger Van Matre

FOR Mt. BIKE CHAIR: (Doc) Rhett Nelson

FOR PUBLIC RELATIONS:

Jim Bartlebaugh

Fellow Club Members,

My name is Jim Bartlebaugh. I'm running for the Public Relations seat on Riverside Bicycle Clubs board. I currently live in Riverside and have so far over 30 years along with my wife of 15 years and our two sons, Justin and Jacob. I'm new to the club and after hearing that there was open seats left on the board for 2014 and our current board members asking for members to step up and give back to the club, I felt compelled to do so.

With my enormous enthusiasm I have for bicycling and my experience I have dealing with the public, from being a part owner of a small business for many years, I feel the Public Relations seat would be a good fit for me.

I work and get along well with others and will always have the clubs best interest in mind when helping make decisions for our club. I will bring new ideas to club and will work hard to promote our club and work to make this one of the best bicycle clubs in the Inland Empire.

Your vote for me would be greatly appreciated.

Thank You,
Jim Bartlebaugh

FOR PRESIDENT: John Hawksley

The reasons I would like to be the president of the Riverside Bicycle Club. I would like to open the club up to more new members by creating and sponsoring events. Like the new group that will be meeting on the second Saturday of every month near the Santa Ana River Trail. I will be leading the ride and hopefully it will attract new riders that can learn the safest way to ride their bikes weather it is on the trail or the road that appeals to the rider. As well I know there is a place in our club for all types of riders all the way from the new rider to the A rider. There is an ever increasing segment of the population that are involved in triathlons we have room for them too. I believe as long as someone wants to ride a bike they belong with us.

John Hawksley

FOR TREASURER: Allen Merrill

I was the RBC Treasurer in 2011 and 2012. I am a certified public accountant (although my license is in inactive status as I do not practice public accounting while working for Lineage Logistics as Chief Administrative Officer). I introduced new financial policies (two signatures on all checks, frequent financial reports to RBC members, etc.) in my previous term as Treasurer and I look forward to building on these accomplishments in 2014.

Allen

FOR MEMBERSHIP: Stirling Yearian

I have been a member of RBC for 13 years. The past 8 years I have served on the board as membership chair. I was a strong supporter of our new website with on-line membership and renewal capabilities. I am looking forward to serving our members for another year on the RBC board.

Thank you,
Stirling Yearian

FOR LIBRARIAN: Vicki Yearian

I've been the Library Lady for 10 years and the club newsletter editor for most of that time and still enjoy serving the club in this way. Newsletter Editor is not a board position but it is a fine way of chronicling the club's events and bike related subjects that effect the cycling community. The two jobs go together well. I appreciate your continuing support.

Your bike friend
Vicki (;

FOR VICE PRESIDENT: Bob Lopez

This past year I was on the board of Riverside Bicycle Club as Treasurer. In that time I learned a lot about the club and I can use that knowledge in 2014. Being elected as Vice President I can give back to Riverside Bicycle Club for the many great times it has given me, different rides, BBQ's and much more. I can help the club grow and prosper into a bigger and better club.

Bob Lopez

FOR SECRETARY: OPEN

FOR ROAD RIDE CHAIR: Robert J. Morgan

Here is a brief background on myself and the reasons why I would like to contribute to the RBC board for 2014. I grew up in Denver, Co and started riding bicycles seriously when I was 13 years old and completed my first century at 14 years old. I was fortunate we had the DBTC (Denver Bicycle Touring Club). I see more and more young riders and they too could also join our club. I am a veteran of the U.S. Marines I am married and have 4 wonderful daughters.

To encourage more membership across the board let's have more structure, competitions within the club more often to test our training. With all the Strava folks we cannot say we are not competitive so let's raise the bar and get more fit, faster, stronger in 2014. Maybe for the serious riders we can even challenge another local bike club.

I believe that working with and continuing the "ride with the Mayor" is important. I also believe that teaching things like "riding safely on the streets" to new or younger riders will increase membership into our club. We are very fortunate here in Riverside, Ca to have a nice place to live and ride.

We/I can also give back to the local schools and maybe ride with a group to school or after school, maybe we can do some basic bicycle skills challenges within the community. More and more people are wanting to get healthy and we can all help each other. These are just some ideas I have and I am sure there's a lot more we can do, however we do it the best thing is we are on our BIKES!

I have many ideas and I know with the competitive spirit we all share we can ride more miles in 2014 than we ever have and have a lot of fun doing so.

It's time to send in the Marines, so I look forward to serving you on your club board for 2014.

Kind Regards,
Robert J. Morgan

BEGINNER'S RIDES

Second Saturday of each Month

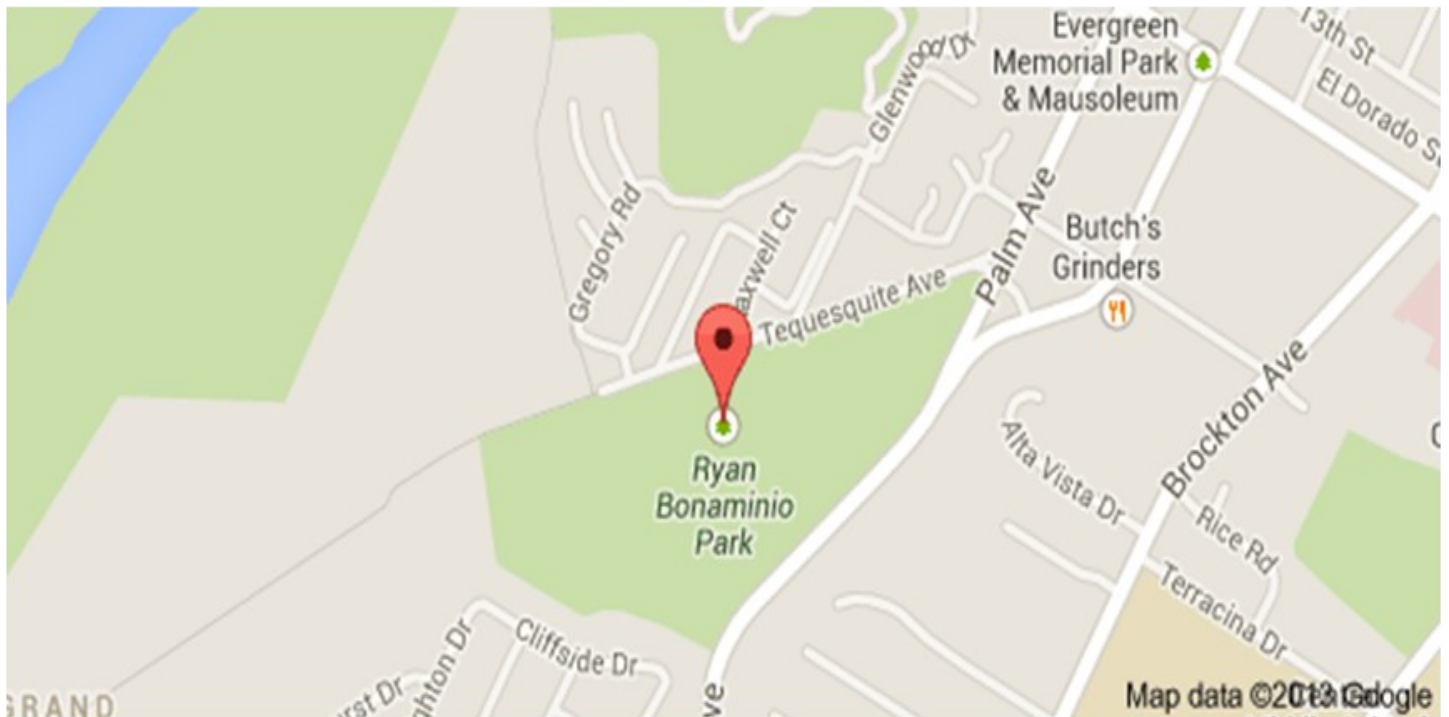
If you are just getting started riding,
or you haven't been riding since your childhood,
then these rides are for you!

Learn SAFE Riding skills on the bike trail and the streets.
Fun and informative for the whole family, and it is free.
The rides will be led by John Hawksley. So come enjoy a fun morning.

Even if you have years of experience come on out and ride with us. This is a great opportunity to help others get started the right way.

PLEASE BRING; YOUR BIKE, A HELMET, WATER BOTTLE, & ID card.

We'll see you the Second Saturday of each Month
8:00AM at Ryan Bonaminio Park on Palm Av. near Mt. Rubidoux.
Contact (951) 601-9660



Brockton bike lane plan rolls forward

From the Press Enterprise, October 22, 2013; page A2
By: Alicia Robinson

Riverside will take a step toward becoming more bike-friendly by restriping Brockton Avenue to add bicycle lanes from Riverside Plaza to downtown, the council voted Tuesday, Oct. 22.

The plan was controversial when introduced last spring, and council members said Tuesday they'd heard about equally from people who thought it would worsen traffic and clog side streets, and others who said it would make Brockton safer for cars and bikes alike.

That split was reflected in residents' comments before the council vote, which was 5-1, with Paul Davis dissenting. On the pro side, residents said the change will force cars to slow down, reduce pollution and encourage people to be healthier by riding bikes.

"Bike lanes help riders and drivers share the road civilly and safely," said John Alfred.

Arguing against the plan, others said more cars would cut through neighborhoods when traffic backs up on Brockton, and they noted that few cyclists use the road now.

With the bike lanes, traffic "will undoubtedly spill over onto Magnolia (Avenue), where I live, and other nearby streets," said Jenn Bowles.

The restriping will affect 2.35 miles of Brockton, from Beatty Drive on the west end to Mission Inn Avenue on the east end. It will reduce what is now two driving lanes in each direction to one lane each way with a center lane for left turns, plus bike lanes and street parking.

The block between 14th Street and Tequesquite Avenue, where Riverside Community Hospital sits, would remain at four lanes to allow more traffic flow by the hospital. Major concerns have included increased traffic back-ups and pollution, more cut-through drivers on residential side streets and loss of business at shops along the bike lane route.

Supporters of the plan argue that more people will ride bikes if they feel safe, thus reducing vehicle pollution. A state grant will pay for all but 10 percent of the \$466,700 project. Work should be completed by spring 2014.

Council members have noted that if the restriping is a failure, the road could be returned to its four-lane configuration because it's not physically being narrowed.



/FILE PHOTO The view on Riverside's Brockton Avenue looking north toward Tequesquite Avenue, part of the stretch where officials plan to restripe for bike lanes.

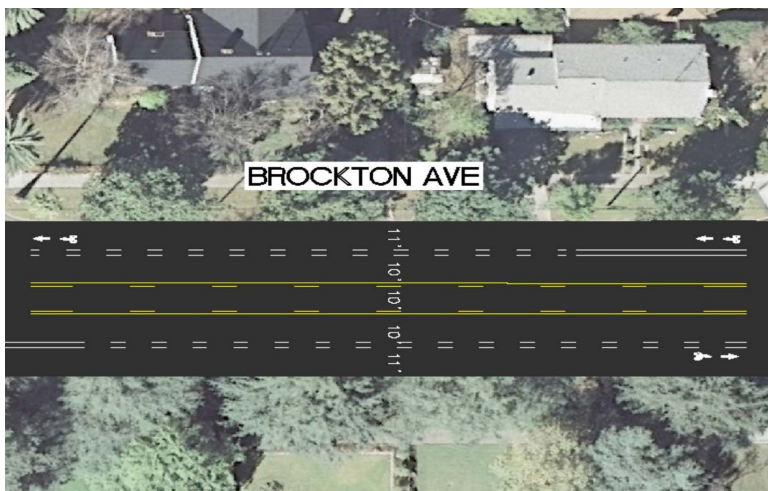
Councilman Davis worried that with bike lanes already added on Palm Avenue, Magnolia would be the only north/south thoroughfare left with multiple lanes each way, and that is potentially planned as a streetcar route.

Also, he said, "What if (cyclists) don't use it? Did we just waste half a million dollars?"

But Councilman Mike Gardner, who said more than half the project is in his ward, countered that the restriping will benefit drivers too. "If this were just a bicycle project I would not be in favor of it because I don't think there is enough demand, ... but I believe Brockton is an unsafe street as it is today."

Brockton proposed

Below pictures from The Sopken Word, April, 2013 page 5



Smog to Surf



Century ride start



Metric century start



The Smog to Surf started from the beautiful Yorba Regional Park this year and was for RBC members-only. We got 20 new members to sign up in the last 30 days and several re-news just for these reasons. That is great! **STATS:** Century--9, Metric--25, SART--21, Other--4. Total--59 preregistered. A lot of members were able to attend, last-minute. We must give a big THANK YOU to; Roger for staying at YRP to send and receive all the riders. And to Cliff, Bob & Kathy for serving the "just right" lunch at Lake Park. Thank you guys & gal for sacrificing your ride to help

make the STS a truly fun and flawless event. You are all the GREATEST!



SART group start

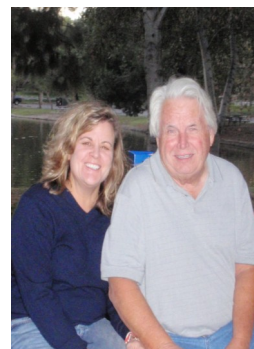


The Addams Family



What do these guys have in common?

Yes, these RBC members did the STS. Yes, they got back safely to Yorba Regional Park. What do they have in common that makes them look so serious?..... They are HUNGRY!!!!..... Check it out! See all the happy faces in the pix below? BBQ smell = big smiles! Thank you Roger & Stirling for BBQ perfection. Although not everyone that had signed up for the BBQ was able to attend, we had good potluck dinner and some fierce competition at the Corn Hole games.



Oct 13, 2013 City of Riverside CITRUS CLASSIC

RBC member, Victor had the lightest bike there. Vicki & Stirling want to thank everyone who stopped by the RBC booth we had there that day.



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

B-RAD'S Bike Stop, (951) 444-7353
9022 Pulsar Court, Corona, CA 92883
www.B-RadsBikeStop.com

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

2013 Board

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

Vice President; Open

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.nelson@icloud.com

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: Roger Van Matre

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:

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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.

Deadline, day after the club mtg

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THE SPOKE'N WORD



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