The Spoke'n Word

January 2014

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

D&D RIVERSIDE AIRPORT CAFE
(951) 688-3337

6951 Flight Rd. Riverside.

Come early, have a great meal

INSIDE THIS ISSUE:

2, General Ride Group Info

3, Event Calendar

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RIDE TO THE ROSE PARADE

See pages 5 & 6 for route slips and times

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: Robert J. Morgan
(951) 288-8604
robertsclients@outlook.com

Team Dirty Work: Rhett (Doc) Nelson
(909) 229-6576,
rhett.nelson@icloud.com

Group Rides
where & when

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)

January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 **RIDE to the ROSE PARADE**	2 RBC & TDW evening ride	3	4 RBC & TDW morning ride
5 RBC & TDW morning ride	6	7 RBC & TDW evening ride	8	9 RBC & TDW evening ride	10	11 RBC & TDW morning ride
12 RBC & TDW morning ride	13	14 RBC & TDW evening ride	15 **CLUB MEETING**	16 RBC & TDW evening ride	17	18 RBC & TDW morning ride
19 RBC & TDW morning ride	20	21 RBC & TDW evening ride	22	23 RBC & TDW evening ride	24	25 RBC & TDW morning ride
26 RBC & TDW morning ride	27	28 RBC & TDW evening ride	29	30 RBC & TDW evening ride	31	

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.*

1/1/14 Ride to the Rose Parade; 4 start locations, 104, 98, 56 & 26. see page 5 & 6
1/11/14 BEGINNER's RIDE. 8am at Bonaminio Park on Palm Av near Mt Rubidoux.
1/15/14 **RBC-**Club Meeting, 7pm. come earlier and have a meal with your friends at D&D Café
1/18/14 10th Annual Stagecoach Century, http://www.shadowtour.com/Century_Rides/Stagecoach.htm
2/8/14 Tour de Palm Springs, 100, 50, 25 & 5 mile rides, info; http://www.tourdepalmsprings.com/

WHAT'S HAPPENING

Musings from the Membership Chair

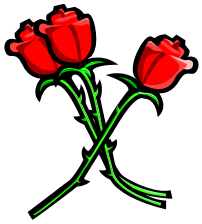
Our club membership numbers are up. We ended 2012 with183 members.
We are ending 2013 with 257!
Thank you to all for keeping your membership current.
If you have any trouble logging into our website or any questions regarding membership please let me know.

The Christmas party was a big success. If you did not see youself or your group in the slideshow, it's probably because you didn't send any pictures to Vicki. Please send her pictures throughout the year so they can be included in the 2014 slideshow.

Thank you,
Stirling Yearian
2014 Membership Chair
rexgaloure@msn.com

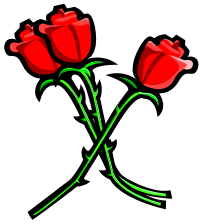
MOBILE 311

The City of Riverside is still offering smart phone applications to report problems. Use your phone (iPhone or Android) when you see a pothole, graffiti or other problem, open the application, take a photo with your phone, select the type of issue, and send. The photo (along with the address via GPS and date/time stamp) goes to the City's 311 Call Center and generates a service request.
http://www.riversideca.gov/mobile311/



RIVERSIDE BICYCLE CLUB
124 Years Old and founded in 1891

PASADENA ROSE PARADE RIDE
Since 1993



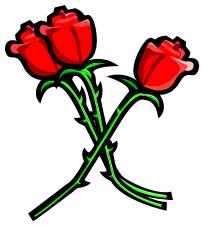
Route by James Allen Watrous
Start/Finish: **>> Note all distances are round trip**

Time	Distance	Location
7:45 AM	25.8 miles	Citrus College, Citrus Ave & Foothill Blvd, Glendora
6:35 AM	54.4 miles	Competitive Edge Bike Shop, 65 E. Foothill Blvd, Upland Just East of Euclid Ave
5:40 AM	97.5 miles	Rialto Community Center, Riverside Ave & San Bernardino Ave, Rialto
5:15 AM	104.4 miles	Mission Inn, Mission Inn Ave & Main St Mall, Riverside

TURN	AT	FOR	NAME
W	0.0	0.1	MISSION INN AVE
R	0.1	0.3	MARKET ST
R	0.4	0.1	3rd ST
L	0.5	6.4	MAIN ST >>> RIVERSIDE AVE
R	6.9	-----	SAN BERNARDINO AVE
			REGROUP & PICKUP RIDERS at Slower Pace RIALTO COMMUNITTEE CENTER NE CORNER OF SAN BERNARDINO & RIVERSIDE AVE
R (N)	6.9	2.0	RIVERSIDE AVE
L (W)	8.9	16.1	FOOTHILL BLVD
R	25.0	--------	JUST BEFORE EUCLID AVE
			REGROUP & PICKUP RIDERS at Slower Pace COMPETITVE EDGE BIKE SHOP 65 E. FOOTHILL BLVD JUST BEFORE EUCLID AVE, Upland
R	25.0	14.0	FOOTHILL BLVD
R	39.0	0.3	CITRUS AVE
R	39.3	-----	FOOTHILL BLVD Enter Parking Lot
			REGROUP & PICKUP RIDERS at Slower Pace CITRUS COLLEGE PARKING LOT CORNER OF FOOTHILL BLVD & CITRUS AVE GLENDORA
W	39.3	8.6	FOOTHILL BLVD >>> HUNTINGTON DR
R	47.9	3.6	COLORADO PL >>> COLORADO BLVD
-------	51.5	------	REGROUP -- REST ROOM PIT STOP AT SAN GABRIEL & COLORADO FAST FOOD RESTAURANT
W	51.5	0.4	COLORADO BLVD
R	51.9	0.3	SIERRA MADRE BLVD
	52.2		REGROUP AT SIERRA MADRE BLVD & FOOTHILL BLVD FIND VIEWING PLACE TO SEE PARADE

J. Watrous New Version Dec. 22, 2013

Return Route



RIVERSIDE BICYCLE CLUB
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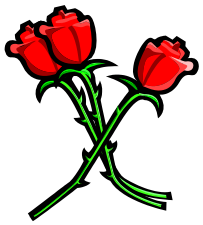
PASADENA ROSE PARADE RIDE
Since 1993
Route by James Allen Watrous



TURN	AT	FOR	NAME
------	52.2		REGROUP AT 12:00 PM or END OF PARADE WHICH EVER COMES FIRST SIERRA MADRE BLVD & FOOTHILL BLVD LUNCH TIME AT T BURGERS RESTAURANT!
E	52.2	5.5	FOOTHILL BLVD
R	57.7	-----	T BURGERS ON RIGHT REGROUP FOR LUNCH.
R (E)	57.7	1.0	FOOTHILL BLVD
R	58.7	0.8	MOUNTAIN AVE
L	59.5	5.3	HUNTINGTON DR >>> FOOTHILL BLVD
L	64.8	- - - - -	CITRUS AVE FOR 0.3 miles END OF CITRUS COLLEGE LOOP
or			THANKS FOR SHARING YOUR DAY WITH US
Straight	64.8	14.2	FOOTHILL BLVD >> ALOSTA >> FOOTHILL
X	79.3	0.1	EUCLID AVE
L	79.4	- - - - -	COMPETITIVE EDGE BIKE SHOP END OF UPLAND LOOP
or			THANKS FOR SHARING YOUR DAY WITH US
Straight	79.4	16.1	FOOTHILL BLVD
R	95.5	2.0	RIVERSIDE AVE
L	97.5	- - - - -	SAN BERNARDINO AVE RIALTO COMMUNITY CENTER
or			END OF RIALTO LOOP THANKS FOR SHARING YOUR DAY WITH US
Straight	97.5	6.4	RIVERSIDE AVE >>> MAIN ST
L @ T	103.9	0.1	3rd St
R	104.0	0.3	ORANGE ST
R	104.3	0.1	MISSION INN AVE
L	104.4	------	MAIN STREET MALL END OF RIVERSIDE LOOP THANKS FOR SHARING YOUR DAY WITH US

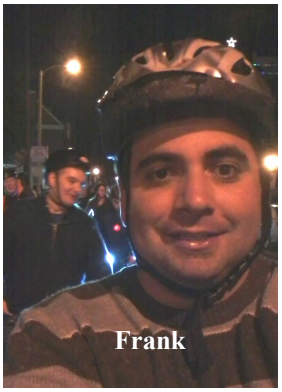
DISTANCES FROM GOOGLE EARTH

>>> = Street Name Changes; R = Right Turn; L = Left Turn; X = Passing A Cross Street
R @ T or L @ T Signifies that You can Only Turn Left or Right.
W = WEST; E = EAST; N = NORTH; S = SOUTH AND NE = NORTHEAST.

J. Watrous New Version Dec. 22, 2013

Mark Friis, Vicki & Mayor Bailey

Dec 13. IEBA arranged a fun, leisurely 5 mile cruise around downtown Riverside to look at Christmas light displays! IEBA's goal was 200, but over 300 people attended this fun ride! Looking forward to next years Christmas light ride in Riverside.



Frank

Kandi & Vicki

See all the pix on RBC's FACEBOOK page
https://www.facebook.com/media/set/?set=oa.621512534551792&type=1

CHRISTMAS DINNER PARTY PIX

Left column; some of the lucky raffle winners, Sharon, Kathy, Kathryn and Kandy.
Right column; owner of D&D Airport Café and RBC member Dave Pennington and his wife, daughter Theresa & William and two of three of his grandkids.

Thank You Dave, it was a wonderful party and the dinner was spectacularly scrumptious!!!

Group pic after dinner

Doug Church

Family portrait

Lillian

Vicki & Al

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

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

Riverside Bicycle Club Affiliations
IMBA International Mountain Bike Association
LAB League of America Bicyclists
Riverside County Trails Commission
USACYCLING United States Cycling Federation

2014 Board

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

Vice President; Bob Lopez
(714) 720-9541 rplopez@sbcglobal.net

Secretary; Doug Church

Treasurer; Allen Merrill
(951) 233-0606 allenmerrill@icloud.com

Road ride Chair; Robert J. Morgan
(951) 288-8604 robertsclients@outlook.com

Mountain bike Chair; Rhett (Doc) Nelson
(909) 229-6576 rhett.nelson@icloud.com

Public Relations; Jim Bartlebaugh

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

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

Webmasters:; *Stirling & Vicki Yearian , fodofixer@msn.com*
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;
PHONE APP 311
OR
(951) 826-5311

Membership Application

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

Year-round
365 days
from join date!

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
☐ 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.

_____ _____, _____ _____
(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 121 2014

Your membership expiration date is shown here