



The Spoke'n Word



April 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



6951 Flight Rd. Riverside.

Come early, have a great meal

DEADLINE to submit for this newsletter is the 22nd of the month
send to; fodofixer@msn.com.

INSIDE THIS ISSUE:

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NEW RIDE CHAIR!

See page 4

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: John Hawksley
(909) 653-BIKE
hawksley55@gmail.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)

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 RBC & TDW evening rides	2 REDLANDS CLASSIC STARTS & continues through 4/6/14	3 RBC & TDW evening rides	4	5 RBC & TDW morning rides
6 RBC & TDW morning rides & end Redlands Classic	7	8 RBC & TDW evening rides	9	10 RBC & TDW evening rides	11	12 Beginner's/ Family ride & RBC & TDW morning rides
13 RBC & TDW morning rides	14	15 RBC & TDW evening rides	16 CLUB MEETING 7PM	17 RBC & TDW evening rides	18	19 Grand Opening Neighborhood Cyclery & RBC & TDW morning rides
20 RBC & TDW morning rides	21	22 RBC & TDW evening rides	23	24 RBC & TDW evening rides	25	26 RBC & TDW morning rides
27 RBC & TDW morning rides	28	29 RBC & TDW evening rides	30	May 1	May 2	May 3 Queen Mary Ride

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.*

4/2-6 30th Annual Redlands Bicycle Classic, volunteers needed, <http://www.redlandsclassic.com/>

4/12/14 Beginner's / Family Ride, 10:00AM. Start at Bonaminio Park on Palm Av near Mt Rubidoux. Look for bikes at west end of parking lot.

4/16/14 **RBC-Club Meeting, 7PM.** come earlier and have a meal with your friends at D&D Café

4/19/14 Neighborhood Cyclery, **GRAND OPENING**, 11am to 2pm at 12226 Heacock St., Moreno Valley 92557.

Food, music, sales, and giveaways.
www.neighborhoodcyclery.com

5/3/14 **RBC Queen Mary ride, 9AM** start at Huntington State Beach, Brookhurst St. parking lot.

5/21/14 **RBC-Club Meeting, 7PM.** come earlier and have a meal with your friends at D&D Café

5/21/14 **RBC "Ride of Silence", 7PM** to honor our fellow cyclist that have lost their lives while cycling. Starts from D&D café right after a short club meeting. It will be a short ride of 8-12 miles. Bring your bike and lights. See page 5 for more details.

5/23-26 Great Western Bicycle Rally, scenic rides on Memorial weekend in Paso Robles.

6/13-15 TDW-camping biking weekend at Lake Silverwood, <https://www.facebook.com/groups/teamdirtywork/>

6/14/14 **RBC "Members Only" Ride:** rescheduled to June. Details soon.

6/14/14 Ride Around the Bear, <http://www.ocwheelmen.org/page/show/424130-about-the-ride>

7/12/14 **RBC Three Rivers Ride,**

WHAT'S HAPPENING

The board received and accepted Robert Morgan's resignation as Road Ride Chair 2014. Unfortunately, Robert had to take an out of town job and was unable to continue. The board held a special board meeting to interview those interested in volunteering for the position. The meeting was at 6:00 PM on March 19 at the Riverside Municipal Airport. Notice was given to all RBC members to attend if interested in volunteering. John Hawksley was interviewed and accepted.

This message from your new ride chair.

I am here to help the members of the club enjoy their cycling experience. If there are any issues or concerns please let me know. Together we can work them out to everyone's satisfaction.

John Hawksley
hawksley55@gmail.com
(909) 653-BIKE



Brian's booboos



Ken's booboos

GET WELL WISHES for;

Sandi Ah Sue, during the evening ride in March, hit some rough road and crashed. Sandi is OK but has some road-rash and is sore.

Brian Thomas, early last month, while riding with the C group to Redlands, was distracted by a honking car and took a spill resulting in the usual amount of road-rash. He was able to continue on the ride with a little maintenance on his bike. Brian is OK but his RBC Retro Red jersey now has a giant rip in the shoulder! Very tragic.):

Ken Mogi will be off the bike for a few weeks because he took a surprise tumble on the return trip from Tom's Farms while riding/racing with his restless retirees. Ken got a great deal of road-rash on his arm, leg, hip & head (thank goodness for helmets or it'd been his brains).

Allyson, while on an away-ride had a hard fall and broke her finger, it will require surgery to fix.

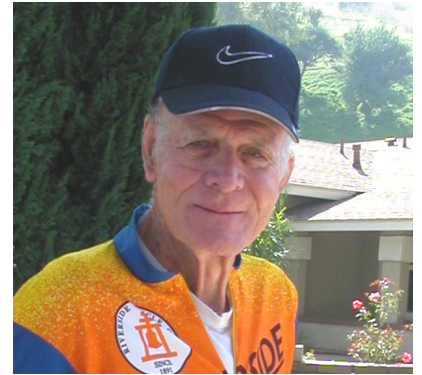
Get well to you all !!!

WHAT'S HAPPENING

NOTES FROM the MARCH GENERAL CLUB MEETING;

- ◆ John Hawksley was introduced as our NEW Road Ride Chair, see page 4 for the rest of the story.
- ◆ Treasurer Allen, reported the club is still solvent and all is well.
- ◆ Allen also reported the By-Laws committee will have results in two to three months on the rewriting of the club bylaws.
- ◆ RBC member Jerry Burgess shared details of a very clever electronic safety device which keeps track of your location, it's called SPOT. Talk with Jerry for more info.
- ◆ Our main speaker of the evening was Karla Corona, an independent team "Beachbody Coach". She gave us lots of great tips on how to prevent injury and we all practiced some fun self-message treatments with tennis balls.
- ◆ The 50/50 big money winner at \$47 was Bob Lopez, and Chris Van Matre won the \$20 gift card from JensonUSA, Check them out.
- ◆ <http://www.jensonusa.com/>

It was a great meeting.
See y'all next month (;



VISIT DWIGHT

Dwight Davis, long-time RBC member, has moved from Riverside to Redlands. Dwight would very much enjoy a visit from you. He is right on our usual bike route to Redlands. Stop in and see him.

Contact Editor Vicki Yearian for details,
fodofixer@msn.com

THE RIDE OF SILENCE

WHEN: May 21st 7:00PM. during National Bike Month.

WHERE: Starts from D&D café right after a short club meeting.

WHY: The ride is a chance to show respect and to honor the lives of those cyclists who have been killed or injured.

The ride is a free. No sponsors, no registration fees.
It asks its cyclists to;

- ◆ Ride no faster than 12 mph,
- ◆ Wear helmets,
- ◆ Follow the rules of the road and
- ◆ Remain silent during the ride.



Notice of Annual Report

The 2013 Annual Report of the Riverside Bicycle Club, Inc. is available to all members that request a copy. If you would like a copy of the Annual Report when it is published, please send an e-mail to Allen Merrill, Treasurer, at allenmerrill@me.com

REGION: Santa Ana River Trail riddled with gaps

By Cassie MacDuff, staff columnist,
March 26, 2014; 10:32 PM
<http://www.pe.com/local-news/columns/cassie-macduff-headlines/20140327-region-santa-ana-river-trail-riddled-with-gaps.ece>,

People have been talking about a continuous biking, walking and equestrian path from the San Bernardino Mountains to the Pacific shore for more than 40 years.

The Orange County portion from Green River to Huntington Beach has long since been completed.

But the segments through Riverside and San Bernardino counties are still riddled with gaps.

About 55 trail enthusiasts from both counties got an update on progress completing the Santa Ana River Trail and Parkway at a seminar this month at UC Riverside's Center for Sustainable Suburban Development.

They could be forgiven if they came away unsure when they'll be able to bike, hike and horseback ride from the mountains to the sea.

Fourteen years ago, Inland residents were told the dream of the Crest-to-Coast trail might be just a few years away.

A series of government grants held the promise of completing the trail through San Bernardino County by 2007. But as the date drew near, completion receded into the future.

Segments were completed in two phases in south San Bernardino and Colton by 2010. But the route from San Bernardino to Mentone is still pending.

A cycling club from Redlands hauls its bikes to the trailhead at Waterman Avenue just north of Interstate 10 in San Bernardino to get on the trail heading west. But then they can ride only as far as Norco before they hit another roadblock. The narrow passage through the Santa Ana River Canyon between Riverside and Orange counties is known as the "pinch point."

Flood control improvements to the Prado Dam, lane-widening on Highway 91, railroad tracks, State Route 71, and now a dispute over the route through the Chino Hills State Park stand in the way of completing the trail.

Design work to complete the gaps in

Riverside and Redlands is done; the projects are pretty much shovel-ready. The segment east of California Avenue in Redlands through Mentone has numerous challenges, including habitat for the endangered kangaroo rat, woolly star and other rare species, said Redlands Councilman Jon Harrison. Private property, whose owners may not grant easements to allow hikers and riders to pass along the riverbank, presents a challenge in Redlands, said Harrison, a longtime trails advocate. The trail may be pushed onto surface streets in those areas.

Worse, the tangle of jurisdictions at the Orange-Riverside-San Bernardino counties "pinch point" could take months, if not years, to work out. By the time the Santa Ana River Trail is completed, more than \$100 million will have been spent to build a continuous track — half asphalt for bikes and walking, half decomposed granite for horses — to link to trail at the Orange County line.

Why is the trail so important for the Inland area?

Because the Inland counties are park-poor, said Patricia Lock-Dawson, principal consultant to the Santa Ana River Trail and Parkway Partnership, a coalition of local elected leaders planning to complete the 110-mile trail. (Harrison is a member; he also spoke at the UCR seminar.)

Thirty percent of residents don't live near enough to a park to walk to one, Lock-Dawson said.

The Inland region has high rates of obesity, diabetes and heart disease documented in study after study — the result of the lack of exercise, she said. Healthy communities, Lock-Dawson said, need a way for people to safely exercise in natural surroundings.

"Humans need to connect to nature," she said.

Lock-Dawson, an environmental and governmental consultant, has been working on the trail plan for years. It's a personal as well as a professional mission for her.

"I want my kids to have more to do than go to the movies or mall," she said.

Many Inland parents probably concur.

Alesandra and Steven Wilson, of Redlands, formed Ride Yourself Fit, a family-oriented bicycling club, to encourage Steven's patients — he's a family physician — to enjoy staying healthy.

"The idea started because we just wanted to get our patients moving," Alesandra Wilson said.

"Fun, fitness and fellowship" is the motto, she told me. "Focusing on fun and fellowship, fitness followed."

The club organizes Saturday morning rides every other week, often picking up the Santa Ana River Trail in San Bernardino and riding down to Norco — or driving to the Green River staging area and riding the trail down to the beach, she said.

"It would be nice if the trails in Redlands were finished, but they're not," she said. Until they are, the group must carry the bikes to a staging area to launch the 10-, 20- and 30-mile rides.

Lock-Dawson said that, because urban development threatens the environment and residents' health, trail supporters formed the trail and parkway partnership to make sure the open space along the Santa Ana River is preserved and the trail is completed.

The plan got a boost in 2005 when voters passed Prop. 84, setting aside \$45 million for the Santa Ana River Trail. The money is being held by the Coastal Conservancy and doled out as portions of the trail get planned and are ready to be built. The Wildlands Conservancy has provided millions in matching funds. Other sources also have been tapped.

The Riverside County Transportation Commission, for example, recently allotted \$2.4 million from \$152 million it got in federal and local funds toward building the trail in Riverside.

So all systems go, right?

Not so fast.

Complicating completion is a dispute between Riverside County and state parks officials over the route for the trail through Chino Hills State Park.

State officials want the trail to be built along a flood control levee the county will build near Prado Dam.

County officials want the route where it was originally planned — deeper inside the park following an existing dirt road.

(Continued on page 7)

(SART riddled with gaps, Continued from page 6)
County officials and trail advocates recently met with the state parks director to plead their case. No decision has been made.

"The money's there, the will is there," said county parks director Scott Bangle. "There are always new obstacles. We just keep picking away at them until we can overcome them."

Contact Cassie MacDuff at 951-368-9470 or cmacduff@PE.com

BILLS THAT MAY HELP

Santa Ana River Trail and Parkway officials have asked local residents to contact their state legislators and urge them to support the following bills.

SB 1390, state Sen. Lou Correa, D-Santa Ana: Would establish a Santa Ana River Conservancy and create a fund to pay for conserving the land along the river through Orange, Riverside and San Bernardino counties.

SB 1086, state Sen. Kevin De Leon, D-Los Angeles: Would help finance safe neighborhood parks and rivers, and protect coastal areas, through a bond issue.

SB 848, state Sen. Lois Wolk, D-Davis: Urgency statute would replace the Safe, Clean, and Reliable Drinking Water Act of 2012 and allow issuing of \$6.8 billion in bonds, subject to voter approval.

CASSIE MACDUFF
COLUMNIST

From THE LEAGUE OF AMERICAN BICYCLIST

TRAFFIC SKILLS 101

Photo by Jeff Scher,
photo not of RBC



Hi all, just wanted to share with you; Stirling & I took the class "TRAFFIC SKILLS 101" last month in Rancho Cucamonga and enjoyed it greatly. The majority of the information was basic bicycle knowledge but was well worth the morning and afternoon. I really liked the obstacle avoidance drills. They were fun to practice while riding a mountain bike but I would have been pretty nervous trying them on a road bike. We received a lot of written study material and also an official award stating we passed the class. Anyway, if you get a chance I suggest you take one, or all, of the classes offered by the League of American Bicyclists.

Your bike friend,
Vicki

P.S. a big thank you to our instructor;
Robert Neiuber
LCI #3991
909-749-4170

The classes are taught by certified League Cycling Instructors (LCI).

Class Descriptions

Traffic Skills 101

Traffic Skills 101 (TS101) is a fast-paced class that will give you the confidence to ride safely and legally in traffic or on the trail. You will learn how to conduct bicycle safety checks, fix a flat, on-bike skills and crash avoidance techniques. We recommended this class for adults and children above age fourteen.

Traffic Skills 201

Traffic Skills 201 (TS201) is designed for advanced riders. This class covers topics such as fitness and physiology, training for long rides, advanced mechanics, paceline skills, advanced traffic negotiation and all-weather riding.

Group Riding

Group Riding is for experienced riders who are interested in group rides.

Commuting

Commuting is for adult riders who are interested in commuting to work or school by bike. This follow-up class to TS101 covers topics including route selection, dealing with cargo and clothing, bike parking, lighting, reflection, and all-weather riding.

Check out their website for lots of tip, tricks and videos at;
<http://www.bikeleague.org/content/take-class>



A donut stop during John's Sunday morning ride near Lincoln and Van Buren. The Apple Fritter was delicious!

Top left, Bob Dunning, on bike guard duty while we all went in to get donuts. Good job Bob!

Top right, Stirling, happy with our choice of donut, although I can't remember a donut he did not like. (:

Bottom left, Steve Grafstrom. We are happy you are back from your vacation Steve and that you are riding with us again. Congratulation on your recent retirement.

Bottom right, Shawn is riding with us after taking a ride with the "Beginner's / Family Ride a few weeks ago. You did great today Shawn! Hope you become a regular.

DIAMOND VALLEY LAKE RIDE

A big Thank You to Frank Ramirez for leading the unofficial Diamond Valley Lake Gravel Grind March 15! Such a beautiful backdrop for our ride! Stirling as-



tounded us with his historical knowledge of the lake and it's history! — at Diamond Lake 23 Mile Mountain Bike Ride. Comments by RBC member David Cain **picture top left**.

It was a GREAT RIDE! Lots of fun, good weather, great friends and of course a lovely lunch after. Thanks David for taking the beautiful pix and sharing. And THANK YOU Frank Ramirez for setting up this ride. (: Comments by Vicki Yearian. **Picture top right**, Stirling, Vicki and Frank.

Fun events last month

Wish we had some photos submitted
to share



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

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 Cucamonga, (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

Neighborhood Cyclery, (951) 485-0910

12226 Heacock St. Moreno Valley, CA 92557

www.neighborhoodcyclery.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>

New Shop

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

(714) 235-2455 vwbusguy.dc@gmail.com

Treasurer; Allen Merrill

(951) 233-0606 allenmerrill@icloud.com

Road ride Chair; John Hawksley

(909) 653-BIKE hawksley55@gmail.com

Mountain bike Chair; Rhett (Doc) Nelson

(909) 229-6576 rhett.nelson@icloud.com

Public Relations; Jim Bartlebaugh

(909) 376-6173 jmbartlebaugh@gmail.com

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

Riverside Bicycle Club Affiliations

IMBA International Mountain Bike Association

LAB League of America Bicyclists

Riverside County Trails Commission

USACYCLING United States Cycling Federation

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.

(Please print clearly)

Please check all that apply;

Name _____

☐ Yes, it's OK to share this info with the Club.

Address _____

☐ No, do not share my info.

City _____ State _____ Zip _____

☐ Yes, I am interested in being a ride leader.

Email _____ Birth date ____/____/____

What are your biking interests?

Your Phone (____) _____ - _____ I.C.E. phone (____) _____ - _____
Incase of emergency

- | | |
|--|--|
| <input type="checkbox"/> Road riding | <input type="checkbox"/> Single speed |
| <input type="checkbox"/> Mountain biking | <input type="checkbox"/> Velodrome |
| <input type="checkbox"/> Touring | <input type="checkbox"/> Collecting |
| <input type="checkbox"/> Tandem | <input type="checkbox"/> Restoring |
| <input type="checkbox"/> Racing | <input type="checkbox"/> Social riding |

For Family Memberships, please list all names and birth dates of participants below;

Name _____ (dob) _____,

How did you hear about us?

Name _____ (dob) _____,

- ☐ Bike shop
☐ Web
☐ Friend
☐ Other _____

Name _____ (dob) _____,

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.* **DEADLINE TO SUBMIT** for the newsletter is 22nd of the month. 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.

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THE SPOKE'N WORD



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v 124, 2014



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