



# The Spoke'n Word



May, 2016



## Riverside Bicycle Club

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

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# Great Western Bicycle Rally

See page 3 & 6

## 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.*
- "Pace average" refers to the average on your computer at the end of a ride. If we say an average of 13 – 15 mph, you will be riding over 15 and under 13 at times, but the average at the end will be 13 – 15.
- All speed listed below are guidelines.

**A Group** – Ride lengths will be 45-60 miles with the pace averaging over 18 mph. Moderate to difficult terrain. Focus on performance, pace lining, climbing and endurance. Group riding experience, general mechanical skills expected.

**B Group** – Ride lengths will be 35-45 miles with the pace averaging 15-18 mph. Moderate to difficult terrain. Focus on performance development, pace lining and climbing. Group riding experience, general mechanical skills expected.

**C Group** – Ride lengths will be 25-40 miles with the pace averaging 13-15 mph. Mixture of flat/rolling hills with some moderate climbing. Riders should have group riding experience, basic bike handling and mechanical skill.

**D Group** – Ride lengths will be 20-35 miles with the pace averaging 11-13 mph. Mixture of flat/rolling hills with some moderate climbing. Regroup as necessary.

**E Group** – Ride lengths will be 15-25 miles in length. The pace will be according to the riding abilities of those riding that day. Some riding skills and comfort with road traffic involved. New riders always welcome and a good place to start. Assistance and instruction will be provided in basic skills of fixing flats, bike handling, and group riding. Regroups often.

**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.**

### Contact:

Road Ride Chair: Bob Dunning,  
951-318-3946  
[chiefdun@hotmail.com](mailto:chiefdun@hotmail.com)

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



### ROAD RIDE SCHEDULE

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

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

**Sunday** is the best day to come ride the streets with us. We have 5 levels for you to choose; from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 9th & Main. Park on University Av or at the old court house downtown Riverside.

**Saturday** rides leave from Canyon Crest Towne Center. Meet behind Starbucks by the East Coast Bagel shop.

- ◆ **Fast group;** 16-18 mph to Redlands.
- ◆ **New group;** 11-15 mph varied routes.

**Tuesday & Thursday** evening rides meet at Baker's Burgers at 3522 Adam's Plaza, Adams Exit off 91 Frw. starts 6:30PM Winter, and Summer This ride usually has 3 groups.

- ◆ **Fast Group;** 25+ 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.



### MOUNTAIN BIKING SCHEDULE

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

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

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

**Lights are required for ALL 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)

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Morning ride 7:30	2	3 Evening ride	4	5 Evening ride & IEBA ride-n-film festival	6	7 Morning ride 7:30
8 Morning ride 7:30	9	10 Evening ride	11	12 Evening ride	13	14 Morning ride 7:30 & Family ride
15 Morning ride 7:30	16	17 Evening ride	18 club meeting early 6:30p Ride of Silence 7:00p nationwide	19 Evening ride	20	21 Morning ride 7:30
22 Morning ride 7:30	23	24 Evening ride	25	26 Evening ride & GWBR	27	28 Morning ride 7:30
29 Morning ride 7:30	30 <b>MEMORIAL DAY</b>	31 Evening ride				

## START TIMES;

**8:00 a.m.** Weekend rides **Oct.-April.**

**7:30 a.m.** Weekend rides **May-Sept.**

**6:30 p.m.** Tuesday & Thursday evening rides.

**7:00 p.m.** Club Meeting, 3rd Wednesday each month.

Saturday mornings from Canyon Crest Town Centre.

Sunday mornings from Downtown, see page 2 for more info.

RBC CLUB MEETING 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!

Check out Team Dirty Work on Facebook for their current mountain biking schedule.

## UPCOMING EVENTS

5/5/16 IEBA FILM FEST, 4pm bike ride & dinner, 6pm at The Box Theater, Riverside, for ticket info contact; 909-353-4530, or email iebamohd@gmail.com

5/7/16 Pain is Temporary Tour—climbing series, by Neighborhood Cyclery; 3/5, 4/2, 5/7 & 6/4.

5/14/16 **RBC's Beginner's / Family Ride.** 10AM, starts at Bonaminio Park on Palm Av near Mt. Rubidoux West parking lot. We will make the ride as long or short as you wish. (:

5/18/16 **RBC general meeting SPECIAL START TIME 6:30p.** Short meeting in prep for Ride of Silence.

5/18/16 **Ride of Silence**, 7pm around Riverside, to honor and bring awareness to cyclist killed by cars. A 9 mile route on Brocton & Jurupa to Martha Mclean park and back to City Hall. See page 5.

**If you cannot ride please volunteer to drive either a lead or sweep vehicle.**

5/26-30 Great Western Bicycle Rally, weekend fun, Paso Robles, Ca. All of RBC is going, you should too!

6/11/16 **RBC's Beginner's / Family Ride.** 10AM, starts at Bonaminio Park on Palm Av near Mt. Rubidoux West parking lot. We will make the ride as long or short as you wish. (:

6/15/16 **RBC general meeting**, 7pm. Come early, have dinner with your friends D&D Airport Café, see p1.

6/25/16 **RBC's 125th Anniversary Celebration;** see page 4 for details.



## **A note from the president,**

At our last club meeting we had an excellent speaker, Matthew T. Poelstra Attorney at Law, Bike Tiger Law, California Bicycle Accident Attorneys, phone number 1-844-BIKE-TIGER. He was able to give us a lot of information about what we should do as cyclist when we are, God forbid, in an accident. He also had many tips and suggestions for us to ride more defensively when we are on the road.

I hope that you can come out to one of our club meetings and enjoy the fun times with your friends and hopefully get a little bit of information that will be helpful.

*Written by, President John Hawksley*

**Mark you calendars!!!  
Save the date!!!**

**RIVERSIDE BICYCLE CLUB  
IS CELEBRATING 125 YEARS!!!**

The club will have a celebration to mark  
**125 YEARS OF BICYCLING IN RIVERSIDE**  
on Saturday, June 25th. at Ryan Bonaminio Park.

There will be games, contests, fun ride activities, and prizes.

The event will be catered with a taco bar.

Look for more information in upcoming newsletters and on Facebook.

If you have any ideas for activities or would like to help out,  
please contact any board member.

# WHAT'S HAPPENING

May Club meeting special Event— 6:30pm— from City Hall

## RIDE OF SILENCE

*The mission of the worldwide Ride of Silence is to honor bicyclists killed by motorists, promote sharing the road, and provide awareness of bicycling safety.*

We will meet at Riverside City Hall 5/18/16 at 6:30, organize the group, and then start the **Ride of Silence** at 7pm in unity with riders all across the country, ride a 9 mile loop around Riverside with our procession and banners. We will be highly visibility. We will keep riders together. There will be no words spoken during the ride. Then we'll return to City Hall.

*The route will be mostly flat to draw persons who may not be hard-core cyclists, and haven't been on a bike in years, but simply wish to honor a family member or friend they've lost.*

Local officials will know what we are doing and why. We don't want the public and motorists to perceive us, a bunch of bicyclists just blocking traffic. We ARE a funeral procession for cyclists and will be accorded the same rights as a motorized funeral procession.

*We will provide RIDE OF SILENCE paper signs to pin to your RBC jersey.  
If you cannot ride please volunteer to drive either a lead or sweep vehicle.*

Please Attend this Nation Wide Event to Honor those Cyclist we have Lost.

<http://www.rideofsilence.org/faq.php>



### The Ride of Silence Poem

Tonight we number many but ride as one  
In honor of those not with us, friends,  
mothers, fathers, sisters, sons  
With helmets on tight and heads down low,  
We ride in silence, cautious and slow  
The wheels start spinning in the lead pack  
But tonight we ride and no one attacks  
The dark sunglasses cover our tears  
Remembering those we held so dear  
Tonight's ride is to make others aware  
The road is there for all to share  
To those not with us or by our side,  
May God be your partner on your final ride

- [Mike Murgas](#)

# WHAT'S HAPPENING

## The Great Western Bicycle Rally

On 4/21 club member, Roger Van Mater wrote on FB;



The GWBR s coming up on Memorial Day weekend in Paso Robles. It is a VERY fun weekend! Chris and I are arriving Wednesday night to sleep outside the gate of the fairgrounds so that we can be one of the first campers into the fairgrounds.

On Saturday, May 28th, I will be leading a ride in memory of our friend, Wade Reasons. Wade was our dear friend who passed away last July. Wade introduced us to a ride he called, Peachy Canyon. It is one of the most beautiful rides that I have been on.

There is a little over 2000 feet of climbing. It is well worth it and we will not leave anyone behind. Wade lived in Paso Robles as a child and his dad lives in San Miguel, which is a few miles north. We usually ride to the mission in San Miguel. Wade loved sharing this ride. As Kandi said, some of us were blessed to enjoy this ride with Wade.

I am pleased that we are going to have a good turnout for the GWBR. DO NOT miss the ride or the weekend. You will have the time of your life!

Rally info link; <http://www.greatwesternbicyclerally.com/#home-about>,



## GET WELL WISHES to;

R C Morton, long, long time member of Team Dirty Work. From FB, several entries from RC, he posted;

4/21, Well, I've been doped and scoped. The dope essentially put me out and I recall very little of that tube going down my throat. There will be one going up the other end in a few weeks. What was revealed clearly stood out; duodenal bleeding ulcer. They cauterized it while down the hatch with the hose. This should stop the dropping oxygen carrying part of my blood due to the bleeding. That's why I had no energy and was getting suddenly short winded. So that's the update. Pat can put the "trust" back in the safe...I'm gonna live!!



4/23, Made it home from Kaiser after a very complex discharge procedure. Still in a very weak condition. I can barely walk. But they cauterized the GI hemorrhage so as I build blood cells I will get better each day. Not a fun week for the RC! Hospital stays are horrible. I can sleep through carpet bombing but I couldn't sleep there. All night alarms going off, body wired up so every time I moved something got pulled, IV irritation, and blood draws every four hours. Not to mention hospital beds were designed for dwarfs and engineered by the same guy who dreamed up water boarding. When I have the strength to get in my own shower I may find religion. So there is a little update on things around here.

4/25, I'm on the mend but my red blood count got so low from the GI hemorrhage it will take some time to build up oxygen carrying cells. Mean while I am extremely worthless when trying to do anything that requires effort.

I had a mostly wonderful experience with Kaiser, as usual. The health care was excellent. From the moment I went into the ER I was given every needed test and treatment in a very timely manner. The scope down the throat to identify and cauterize the bleeder is what did the trick.

Tracy says

*Thank You*  
For All the  
Get Well  
Wishes



She should be  
back riding  
her bike again  
very soon



## GET WELL WISHES to;

David Cain

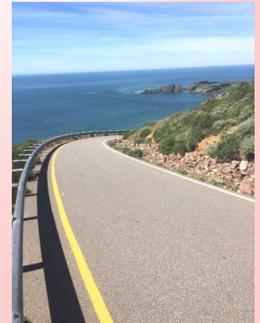
4/22, Couple of rough (sleepless) nights in a row landed me in the ER department. Norco Urgent Care handed me off to Loma Linda after EKG / Stress tests came back.



4/23, You can face any of life's challenges when family pulls together. My fibrulating heart may only be at 25% output, but it's

100% filled with love from precious daughters. Awaiting the cardiologists plans to put Humpty Dumpty back on his bike!

4/24, Last ride pic before the Ticker Tocked. Goal is to be back here again soon once modern medicine is done with this old bag 'o bones...



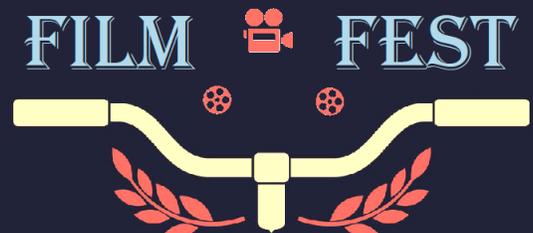
# IEBA BIKE

THE BOX THEATER  
RIVERSIDE, CA

MAY 5, 2016 6PM  
IEBIKE.ORG



# FILM FEST



# 4 Ways Your Tire Pressure Is Wrong

[http://www.bicycling.com/repair/tips/4-ways-your-tire-pressure-is-wrong?cid=NL\\_BIK\\_-01252016\\_&smartcode=YN\\_0000710896\\_0001540389](http://www.bicycling.com/repair/tips/4-ways-your-tire-pressure-is-wrong?cid=NL_BIK_-01252016_&smartcode=YN_0000710896_0001540389)

## How to dial in the biggest influence on your bike's ride quality and handling

Jan 21, 2016, By [joe lindsey](#)

The single biggest [performance improvement](#) you can make on your bike isn't a lighter set of wheels or [electronic shifting](#). In fact, it isn't an upgrade at all—and it won't cost you more than some time and, maybe, what you'd spend on a new roll of bar tape. It's [tire pressure](#). And if you don't pay attention to it, yours is probably wrong. Here are four main issues riders often have with tire pressure and how to fix them. (Interested in learning more about easy DIY bike maintenance? Take our [online course](#) developed by *Bicycling* Test Editor Mike Yozell.)

### You don't actually know your pressure

If you're inflating your tires with a [floor pump](#), that pump probably has a gauge. The bad: It's not that accurate. Floor pump gauges measure pressure at the gauge, so they're measuring air pressure inside the pump, not the tire. And gauge quality varies; it may be off only by a few PSI for a standard road pressure, but we've seen pumps that are off by 10-15PSI. The good: Most gauges are at least consistent even if they're not totally accurate. So at least you're inflating to the same pressure each time. The fix: Get a separate gauge. There are several pricey digital gauges out there if you want to go that route. But you don't need to. A good needle-type Presta gauge from Meiser is about \$25 (bike shops may stock them; hardware stores can order them, and of course [Amazon](#) has them in stock). Bonus: Meiser makes low-PSI versions (30 or 15PSI) for use with mountain, cyclocross, and [fat bikes](#) for better resolution. Meiser gauges are simple, cheap, accurate and durable. I've used one for years with zero issues.

### You're using the same pressure front and rear

It's pretty common to simply inflate front and rear tires identically. But your weight balance isn't 50-50 front to rear. For road riders, it's more like 40 percent front, 60 percent rear in most cases, according to a study at the University of Colorado. But it can vary; CU's study found a range from 33-67 to 45-55 across the athletes they tested. If you're curious where you fall, there's a simple test:

**Step 1:** [Weigh yourself](#) holding your bike and

wearing your kit (including shoes),

**Step 2:** Put the scale under one wheel and a block of the same height under the other. Have a friend hold you up, then read the scale.

**Step 3:** Swap to the other wheel.

The total amount should match your static weight from step 1, and the weight from steps 2 and 3 give you the percent of total weight on each wheel. The bad news: I know of no scientifically backed formula for adjusting tire pressure based on weight distribution. This is an instructive test because it tells you what your weight balance is, but it won't give you a firm equation to adjust tire pressure.

The truth is that whatever pressure you prefer is going to depend on a variety of things including your tire choice and riding style. But it's also clear that you shouldn't run the same pressure front and rear. If you weigh 150 pounds with a 40-60 weight distribution, that's 90 pounds on the back wheel and 60 on the front. So it stands to reason that you should be running proportionately less pressure up front. It won't be 50 percent less, but it's not unreasonable to think it could be 15-20 percent less.

### You're not checking it regularly

Tires leak air over time. Butyl tubes (the most common kind) leak far less than lighter-weight latex versions, but they still lose a few PSI a week (loss rates increase with pressure). You probably don't need to check every ride, but at least once a week, grab that new gauge you bought and see whether the tire has lost any air. One instance in which you'll certainly need to re-inflate: if you repaired a flat recently with [CO<sub>2</sub>](#). Carbon dioxide is highly soluble in butyl rubber (nitrogen and oxygen, which make up 98 percent of our atmosphere, are far less so), so it basically permeates right through the tube wall, and fast. If your last ride included a CO<sub>2</sub> repair, definitely get the pump out before you head out again. In fact, if you flat early in a ride and fix it with CO<sub>2</sub>, check the tire again after an hour or so; it will probably need topping off.

**It's probably too high** Our bias is almost always to overinflate. The maximum pressure listed on the sidewall is generally too high—plus, it doesn't take into account any of the factors that influence your tire pressure: rider size, terrain type, and more.

For years, we were told by coaches (and, ahem, cycling journalists) that higher pressures offer less rolling resistance. And higher pressures also reduce the likelihood of pinch flats. But especially if you've moved to wider tires, you should lower your pressure. Here's why:

- Wider tires have a higher volume, so you should decrease pressure proportionately. They also have less sidewall deflection, which lowers rolling resistance compared to narrow tires at a given pressure.

- Rolling resistance does increase with lower pressure, but several studies show that across various road tires, rolling resistance increases only slightly, on the order of a few [watts of power](#), even at pressures down to 60 PSI on standard road tires. Then, consider that rolling resistance makes up only a tiny fraction of the forces we have to overcome (most is either wind resistance or, on hills, gravity). The biggest differences in rolling resistance aren't in pressure, but the actual tire you're using.

- A lower pressure increases cornering grip, partly by increasing contact patch. A lower-pressure tire also deforms more around the road surface—that's partly what's responsible for the increase in rolling resistance. But a tire inflated very high will tend to feel chattery, particularly on a chip-seal type surface, because it's literally bouncing off of every imperfection in the road surface. Bonus: In addition to increasing grip, that lower pressure also feels much nicer.

Experiment with tire pressure by deflating front and rear, say, 5 percent each (percent, not PSI, because remember, front and rear are different and should be changed proportionately). Go ride and take note of how it feels; don't be afraid to drop a little more. Ideal tire pressure gives you a comfortable ride with a confident feeling in corners. Once the front wheel starts to feel the least bit squirmy in hard cornering, add a few PSI back in. Measure front and rear with your gauge and write it down, but remember—that exact pressure may change if you switch tire sizes or brands.

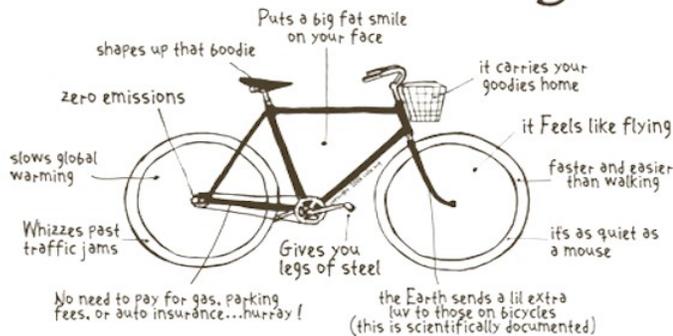
Editor's note; Thank you Eric Lewis for suggesting this informative article.

# 10 Reasons to Commute to Work on Bike

October 28, 2014 by [Aaron Robson](#),

<http://www.ilovebicycling.com/10-reasons-commute-work/>

## Benefits of a Bicycle



shirts by [BikeNow.org](#)

Biking to work is more popular than ever before in North America, but in case you need a little extra motivation, here are 10 reasons to reach for your bike lock instead of the car keys as you leave for work in the morning.

### Better substitute for coffee

There is nothing quite like a morning ride to blow out the cobwebs and get your mind and body going in the morning. It also gives you some precious time to let your mind wander between the hectic morning routine at your house, and the inevitable pile of messages waiting to be answered when you arrive at work.

### Multitasking your daily exercise

Everyone knows that a little exercise every day has huge health benefits, but many of us struggle to find the time to get to the gym, or just lack the motivation to go after a long day at work. Commuting is what I like to call efficient exercise – sure it might take you a little longer than it would to drive (or maybe not, depending on how bad traffic is), but it provides an easy way to get some exercise in, without needing to work up the motivation and block out the time for a gym visit.

### Boost your mood

I can't count the number of times that I have woken up grouchy and grumpy, only to be all smiles at work after twenty minutes on the bike. Exercise releases endorphins, the natural 'feel-good' chemicals that our body produces, and morning is the best time to start them flowing.

### Save on gas and parking

On the practical side of things, biking to work can save you a decent chunk of change, especially if you work downtown in a big city. If your work doesn't offer free parking (and many companies are moving towards this as a means of encouraging other methods of transportation) parking fees can be hundreds of dollars a month, on top of \$\$\$ for gas. That will buy you a new bike each year if you want, or give you a nice stash of beer money if that is more your preference.

### Do your part to reduce congestion

Traffic in cities seems to get worse and worse every year, as growth

rates outpace our ability to build new roads. We are also running out of space to put these roads in the densely populated urban cores. Alternative means of transportation are the best way of reducing congestion and improving air quality, and there is no better option than commuting to work on a bike.

### Get back in touch with your surroundings

In a car, you get whisked along in an isolated, air conditioned bubble, largely cut off from the sights, sounds and smells around you. Biking puts you smack in the middle of all of it, and gives you a chance to connect with your environment – something experts say contributes to overall well-being and happiness.

### Show off your new bod

You've been riding seriously for a few months now. The pounds falling off, and your body no longer fills the round hole in the sofa it once occupied every night. Maybe you want to show off a little bit – it's only natural. There's no better way to display the fruits of your labour than a long walk through the office in your bike gear. Sure you will get a few stares, but really – they are just jealous!

### An excuse to buy another bicycle

Following the rule that the correct number of bicycles to own is one more than the number you already have, commuting to work gives you the perfect opportunity to add to your stable of rides. Perhaps a nice custom made steel frame, properly equipped with matching metal fenders, racks and an old-school leather saddle...

### Prius owners can no longer brag about their MPG

55 miles per gallon is pretty good, but nothing compares to a bicycle in terms of energy-efficient transportation. It is a little tricky to compare since humans don't run on premium unleaded, but studies that have compared the energy use per person per mile for bikes and other means of transport have always put bikes at the very top – anywhere from 10 to 100 times more efficient than even a fuel-efficient hybrid.

### The opposite sex likes it

There is no denying it – green is in right now, and I'm not talking about the dark leafy shade of that new shirt you just bought. Environmentalism has taken off, particularly amongst the hip, young, educated people that dominate the social scene in most major cities in North America, and bike riding has gone hand in hand with it. Taking your bike straight from work to happy hour might not just help save the planet, but your love life too!

Editor's note; Thank you Eric Lewis for suggesting this fun article.

## Bicycle Shop Discounts

One of the advantages of being a member of the Riverside Bicycle Club is the courtesy discount on parts and accessories offered at participating local area bike shops. Please show your RBC membership card when you ask for the discount.

The following is a list of participating bike shops:

**AJ's Bicycles**, (951) 674-6161

31861 Mission Trail, Lake Elsinore, CA  
[www.ajsbikes.com](http://www.ajsbikes.com)

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

9022 Pulsar Court, Corona, CA 92883  
[www.citruscyclery.com](http://www.citruscyclery.com)

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

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**, [www.donsbikeshop.com](http://www.donsbikeshop.com)

384 S. Riverside Av, Rialto, (909) 875-7310  
700 E. Redlands Blvd. #B1, Redlands, 909-792-3399

**Neighborhood Cyclery**, (951) 485-0910

12226 Heacock St. Moreno Valley, Ca 92557  
[www.neighborhoodcyclery.com](http://www.neighborhoodcyclery.com)

**Pedals Bike Shop**, (951) 683-5343

3765 Jurupa Ave. # L. Riverside, CA 92506  
[www.pedalsbikeshop.com](http://www.pedalsbikeshop.com)

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

23750 Alessandro Blvd. Moreno Valley  
<http://www.whitesbicycles.com>

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

16960 Van Buren Blvd. Riverside, CA

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

34844 Yucaipa Blvd. Yucaipa, CA  
<http://www.yucaipabikecenter.com>

FRIENDS of RBC  
Inland Empire Biking Alliance  
<http://iebikingalliance.org/>



## 2016 Board

**President;** John Hawksley

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

**Vice President;** Bruce Meeks,

951-377-1941 [bmeeks1198@gmail.com](mailto:bmeeks1198@gmail.com)

**Secretary;** Brad Markin

(951) 675-0852 [nikram58@yahoo.com](mailto:nikram58@yahoo.com)

**Treasurer;** Andrea Evans

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

**Road Ride Chair;** Bob Dunning,

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

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

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

**Public Relations;** Eric Lewis

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

**Membership;** Stirling Yearian

(951) 505-0074 [rexgaloure@msn.com](mailto:rexgaloure@msn.com)

**Communications;** Vicki Yearian

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

**A Ride Leader.** Wes Hendershot

**B Ride Leader:** John Grundman

**C Ride Leader:** John Reece

**D Ride Leader:** John Hawksley

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

**T/Th evening Fast group:** Wilson K.

**T/Th evening NSF group:** Ken Mogi

**Saturday morning Fast group:** Danny

**Saturday morning Causal group:** Bob Dunning

THANK YOU RIDE LEADERS!

**Webmasters;** Stirling & Vicki Yearian, [fodofixer@msn.com](mailto:fodofixer@msn.com)

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

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

Newsletter submittals deadline, day after general meeting.

### 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. Your membership fee helps to underwrite the expense of club insurance and registration, administrative expense (copying & postage for the newsletter and lots of other fun events throughout the year. So we thank you for your generous support of our club.

*(Please print clearly)*

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

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

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

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

### Please check all that apply;

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

### What are your biking interests?

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

### How did you hear about us?

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

### HELMETS ARE REQUIRED ON ALL RIDES

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

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

### DUES;

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

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

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

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

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

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

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

### Check answers;

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

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

# THE SPOKE'N WORD

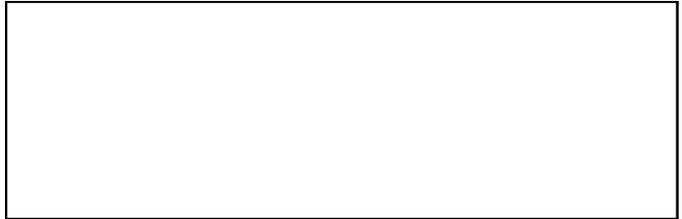


Riverside Bicycle Club, Inc.  
P.O. Box 55160  
Riverside, Ca 92517-0160



# v 149, May, 2016

Your membership  
expiration date is  
shown here



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

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

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

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

### Recycle this newsletter!

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

The *Spoke'n Word* is the official publication of *The Riverside Bicycle Club, Inc.* **DEADLINE TO SUBMIT** for the newsletter is 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:  
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.

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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.