



The Spoke'n Word



July, 2016



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

WINNER!!!

INSIDE THIS ISSUE:

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See pages 5-9 for pix & details

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.

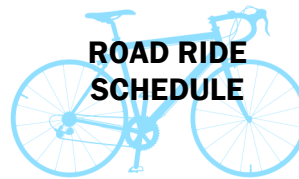
E Group – Ride lengths will be 15-25 miles in length. The pace will be according to the riding abilities of those riding that day. Some riding skills and comfort with road traffic involved. New riders always welcome and a good place to start. Assistance and instruction will be provided in basic skills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

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 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.



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)

▶ July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Morning ride
3 Morning ride	4	5 Evening ride	6	7 Evening ride	8	9 Morning ride & Beginners ride
10 Morning ride	11	12 Evening ride	13	14 Evening ride	15	16 Morning ride
17 Morning ride	18	19 Evening ride	20 Club meeting 7pm	21 Evening ride	22	23 Morning ride
24 Morning ride	25	26 Evening ride	27	28 Evening ride	29	30 Morning ride
31 Morning 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

- 7/9/16 **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. (:
- 7/20/16 **RBC general meeting,** 7pm. Come early, have dinner with your friends D&D Airport Café, see p1.
- 8/6/16 Tour de Big Bear, 4 rides, http://www.tourdebigbear.com/Tour_de_Big_Bear.html
- 9/24/16 Lighthouse, best sag food ever! <http://www.slobc.org/lighthouse/>



A note from the president,

At the last club meeting our speaker didn't show which gave us an excellent opportunity to hear from Eric about some grants for new bike trails in the Moreno Valley Perris area. We had our hundred and twenty-fifth anniversary party and it was fantastic! I'm sure everyone got a chance to see the photos on Facebook. Also see them on pages 5-9. It was a great opportunity to spend time with friends and play some games.

Written by, President John Hawksley

JERSEY SALE

We now have an online Team Store with our jersey vendor.
Every 30 days or so we will have a different jersey featured.
This month it is the beautiful Pink jersey. Choose; jersey, jacket, vest or all.
The more we buy, the lower the price!
The RBC Team Store will be open until July 18th for The Pink.



125th logo will be on the rear pocket



Next is the Traditional jersey.

THANK YOU everyone for taking time out of your busy day to attend the meeting at City Hall, 6/28/16. The city is honoring the bike club's 125th year as the oldest continuous club west of the Mississippi.



Photos by Claudia Church



125 Anniversary party stats

66 Registered for lunch, 28 rode the 125 kilometer, 23 rode the 125 minute ride, about 15 played games.

MINI CRIT RACE— all at once, fastest one wins.

Doug 1st, Lisa 2nd, Eric 3rd.

SLOW RACE— all at once, slowest one wins.

Eric 1st, Doug 2nd, Doc 3rd.

RIBBON RACE— timed event, fastest time wins.

1st place to Doug & Doc 25.6

2nd place to Jake & Mike 34.6

3rd place to William & Theresa 37.1

FIX-A-FLAT RACE— all at once. Fastest wins.

1st place Eric, 2nd place Doug, 3rd place Mike.

DONUT EATING RACE— all at once. **MUST** whistle out loud before crossing the finish line.

1st place Eric, 2nd place Ranian, 3rd to John H.

SHOE RACE— all at once. **MUST** ride/wear your own across finish line. 1st William, 2nd Theresa, 3rd Doug.

High point and winner of the \$125 cash was Doug Church! Congratulation! (:



Mini Crit Race, Doug and Lisa battling for first place with the rest of the pack in hot pursuit!

Photo by Claudia Church

The Rides

125 K. Started at 6am from Ryan Bonaminio Park. Nice and cool. In the group; Allen D., Allen M., Eric, Everardo, Hector, Jacob, Jason W. Joe V. John R. Jon, Lorraine, Marianne, Michael C., Peter, Sam, William S. Jin, Eugene, Jesus, Josh, Kenny V. Nick, Curt, Richard, Vy, Tien,

The 125 minute ride started at the park also but at 9:25. Included in this group; Arnold, Debbie, Doug, Elaine, Ivonne, Jim, John H., Jon, Ken, Lorraine, Michael, Nickolas, Phyllis, Rhett, Robert A., Bob, Sandy, Sharon, Sherry P., Steve, Theresa, Victor, William P., William S., Jake, Everado, Darrell, Joel, Wilson.

A big THANK YOU to all for pitching in and helping. Like they say "Many hands make light Work" Also many thanks to; Bob D. Andrea, Bruce, Tammi, Joey, & Lisa.
Photos by Bob Dunning





Lunch & Cake



The Games



THE SHOE RACE



THE RIBBON RACE



THE RIBBON RACE

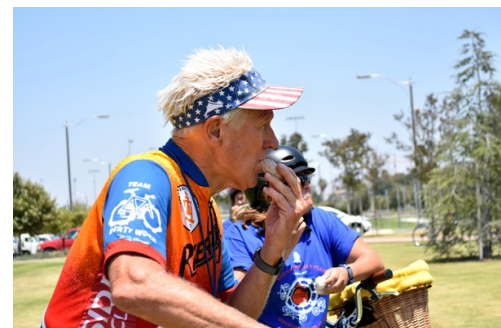


THE SHOE RACE

125



THE DONUT RACE



Photos by Lorraine Robles

bonus page

These are bonus pix, not seen in the printed version.

This is the Donut eating race. We had a lot of enthusiastic eaters, very fast racers, but the dry donuts proved too much for most and not many were able to whistle out loud before crossing the finish line.



Try as they might, no whistle comes out. Notice in the pic above, John Hawksley is still at the table enjoying a SECOND donut. To everyone's amazement John got 3rd place!



bonus page



The amazing thing about this cake, besides it is beautiful, it is individual cupcakes! Very clever idea. Thank you Treasurer Andrea for making all the arrangements for this special cake. It was yummy too!
John wanted to get a little lift on the cake for a good picture, almost lost the whole thing. We might not have been able to forgive him for that. Luckily not a crumb was lost. (:



bonus page



Eric catching some air as he jumps into his shoes during the Shoe race.



“THIS GUY LOOKS LIKE HELL”



<http://seattlerando.org/C1200/>

Pictured above, Doug Church

“I went to WA. The ride was 96 hours, 800 miles with 33,000 feet of elevation.

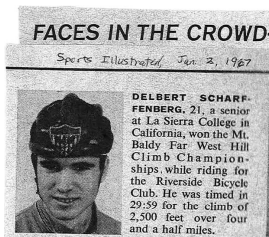


High temp was around 100, low was around 30. Lots of weather.”



“I met Del Scharffenberg on the ride. He saw my RBC jersey and that’s what got the conversation started. He was a member of RBC back in the sixties. He grew up in Riverside and went to La Sierra Academy.”

Regards,
Doug



Del won the Mt. Baldy hill climb challenge for RBC. Time 29:59, 4 1/2 miles, 2,500 feet of climbing. Article from Sports Illustrated, 1967 .



**TRACY IS BACK!!!
FULLY RECOVERED & RIDING AGAIN!**



Tracy rode with the evening group after 3 month recovering from a bad fall over the handlebars. She suffered 8 fractured ribs and a broken clavicle. After hugs and cheers from everyone Tracy was truly moved by the warm welcome back into the group!



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

Citrus Cyclery, (951) 444-7353

9022 Pulsar Court, Corona, CA 92883
www.citruscyclery.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, 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

Norco Cycle, (951) 739-0787

3250 Hamner Ave. #204, Norco, Ca 92860

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>



FRIENDS of RBC

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

2016 Board

President; John Hawksley

(909) 653-BIKE hawksley55@gmail.com

Vice President; Bruce Meeks,

951-377-1941 bmeeks1198@gmail.com

Secretary; Brad Markin

(951) 675-0852 nikram58@yahoo.com

Treasurer; Andrea Evans

(909) 645-4480 Tennixxone@hotmail.com

Road Ride Chair; Bob Dunning,

951-318-3946 chiefdun@hotmail.com

Mountain Bike Chair; Rhett (Doc) Nelson

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

Public Relations; Eric Lewis

(951) 902-9019 eric_denise@yahoo.com

Membership; Stirling Yearian

(951) 505-0074 rexgaloure@msn.com

Communications; Vicki Yearian

(951) 943-1747 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

TDW Webmaster: Malcolm Bader, Mbader@slauson.com,

Newsletter Editor: Vicki Yearian, 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

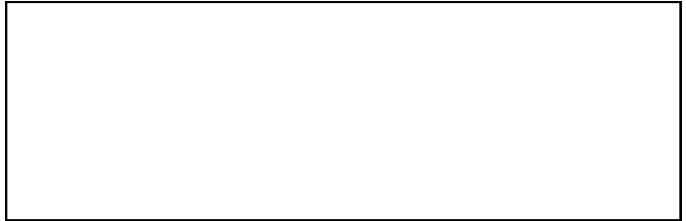


Riverside Bicycle Club, Inc.
P.O. Box 55160
Riverside, Ca 92517-0160



v 151, July, 2016

Your membership
expiration date is
shown here



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:
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.