



The Spoke'n Word



August, 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

"Volun-told"

INSIDE THIS ISSUE:

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Lisa was told
she was VOLUNTEERED
See page 5

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.

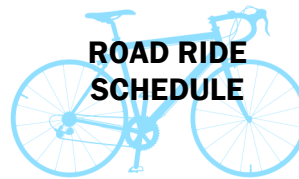
E Group – Ride lengths will be 15-25 miles in length. The pace will be according to the riding abilities of those riding that day. Some riding skills and comfort with road traffic involved. New riders always welcome and a good place to start. Assistance and instruction will be provided in basic skills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

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Evening ride	3	4 Evening ride	5	6 morning ride
7 morning ride	8	9 Evening ride	10	11 Evening ride	12	13 morning ride & Beginner's ride
14 morning ride	15	16 CLUB MEETING 7PM	17 CLUB MEETING	18 Evening ride	19	20 morning ride
21 morning ride	22	23 Evening ride	24	25 Evening ride	26	27 morning ride
28 morning ride	29	30 Evening ride	31			

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,

I was not able to attend the July club meeting, but from what I was told it was a great time learning about bike maintenance.

At Sunday's bicycle ride John Reese and Lisa Reese let me know that they are stepping up to the challenge of leading B group and the C group (respectively). I personally appreciate their desire to help the club, and I would hope everyone else would join me in thanking them. It takes more than a handful of people for our club to continue. This year we're celebrating 125 years. Our Club needs members that are willing to help the club move forward so we can last another one hundred and twenty-five years.

Written by, President John Hawksley

PINK JERSEY

The pink jerseys have been ordered and will be delivered the middle of September. We ordered a few extra so you will be able to buy one if you missed the order deadline.



TRADITIONAL
JERSEY IS ON
SALE THIS
MONTH

Contact VP Bruce Meeks.

JERSEY CARE, submitted by Eric Lewis

You probably paid a pretty penny for your kit (or not), and want to keep it in as best shape as possible for as long as possible! Am I right? Here are the do's and don'ts to keep your kit happy!

THE "DO" LIST:

- Close all fasteners (especially velcro!) and turn clothes inside out, before laundering.
- Match rinse temp to wash temp (warm for most items; warm or 'cold' for wool).
- Use an extra rinse cycle to remove all detergent residue, which clings to high tech fibers, making them less effective.
- Overfill your washer; clothing gets much cleaner when it has room to move around.
- Lay clothing flat or hang it up to dry: Dryer heat toasts grippers, erodes synthetic fibers, and may shrink wool.
- To perk up the H₂O repellent coating on a rain shell, you just need to toss it into the dryer for 15 minutes on "low heat".

THE "DON'T DO" LIST:

- Use woolite or fabric softener (liquid or dryer sheets). They contain hard-to-rinse additives that gunk up fibers. Stick to dye-free and scent-free detergents.
- Bleach anything. It not only will harm technical fabrics, it can also irritate skin.
- Wash arm/leg warmers, and water- or windproof shells after every wear.

GOT MUD?

Let it air dry, then shake or brush off residue. Spot treat with a dab of detergent. Set washer on heavy soil. Happy kit, happy rider!

Ride safe,
Sincerely,
Debi Grupe
www.ILoveRoadCycling.com

WHAT'S HAPPENING?

John Grundman, B group leader is stepping down

A note from John as seen on FaceBook July
Now that the word is out that I am stepping down as the B ride leader. Thanks for the well wishes. I just think it is time to get other people involved on leading the group. This will allow the new leader(s) to develop new or modify existing routes to do something different. To make this transition smoother I am providing a link to the route slips in .xlsx format. The format was initially developed by Hugh who was a ride chair for the club. So you can thank him for the clean and easy to read format. Download as needed. It also includes routes in Orange county i.e. Newport Back Bay, Shady Canyon, Diamond Bar etc. Some of the routes are in an older route slip format. As a disclaimer, review the

slip to be sure you know where it is going. I am still planning on riding with RBC. I may not be there every week.

From July 8, FB. Danny Morrison wrote; Thank you John. Your leadership and help will be missed greatly. If you see John thank him for his years of hard work. For it is hard work, ask anyone who has done it. John was always very efficient as ride leader and very helpful to all who showed up for his rides. Many of the rides that we have on file were researched, mapped out and submitted by John. Again thank you John for all your tireless work for the club.

Pat Hawk, FB. Thanks so much John. I just hope you continue to ride with us. We promise not to ask you to lead.

Shannon Oliver, FB. Thank you John, for all the years of fun and well-planned rides. You did a great job, and we all really appreciate your expertise and dedication.

Hope to ride with you soon !

Bob Dunning "SUGGESTED" B Group Route for Sunday July 10th. Until the B Group has a new formal leader, I will attempt to post a "suggested" ride route (when I can) and will solicit for a ride leader for the ride during the ride announcements on Sunday. The Group can either use the "suggested" route, choose a route of their own or ride with the C Group. Your choice



JOHN REECE & LISA REECE ARE STEPPING UP!

John Reece led the medium Saturday morning group in 2015 and then took over for Dale to lead the Sunday morning C group. Now he will be the leader of the B group! Thank you John for your kind and caring club service.

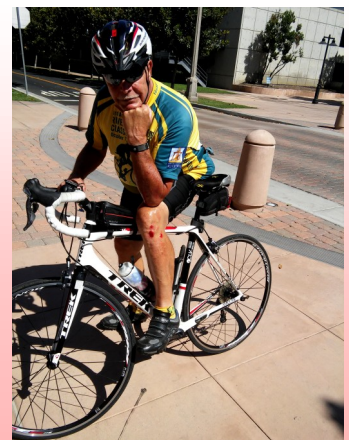
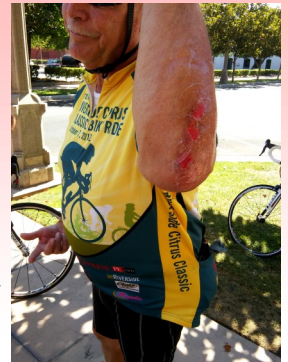
John's wife Lisa was happy to be volunteered for the job of C group leader. Lisa is excited to start with a new bunch of folks as most of the current C group has gotten much stronger and faster than the described averages listed in the ride guide and they will probably move up to the B's with John. Thank you Lisa! I know a lot of people are going to enjoy your group!



GET WELL WISHES TO; on Sunday's ride, Harry Ketza grabbed the front brake while taking pix.

Harry lost a little skin but he got the picture he wanted. Great job Harry, and hope you heal quick and feel better soon.

P.S.
The bike
is
OK!



What's Your Max Heart Rate?

▼ USE THIS

**211 MINUS
64% OF
YOUR AGE**

This new formula to determine maximum heart rate is based on a study of more than 3,000 men and women ages 19 to 89. Though it's not quite as simple, researchers say it is more reliable than the previous one (at right).

▼ NOT THIS

**220
MINUS
YOUR AGE**

Notoriously inaccurate, this equation can underestimate maximum heart rate by more than 35 beats per minute among older adults. In fact, it may already be useless by the time you reach the age of 30.

SOURCE *Scandinavian Journal of Medicine & Science in Sports*

Editor's note; Nice article suggested by Arnold Rowe

In this Caltrans News Flash, join District 12 Public Information Officer Yvonne Washington for a look at a memorial sign dedication ceremony along the I-405 to see how every sign has a story. She'll take you to a 5-mile section of highway renamed for former Westminster Chief of Police James Mitchell "Mitch" Waller, and speaks with his widow Sally Waller on how distracted driving changed her family's life forever.

Find out more by viewing the video at: <https://youtu.be/mW7VbPcenZM>

Production Credit: District 12 Public Information Office

This News Flash will also be shared today with the media and the public via social media and the news release below.

Caltrans Memorial Sign Honors Retired Westminster Police Chief James Mitchell "Mitch" Waller

Caltrans calls on all drivers to not text while driving

IRVINE – The California Department of Transportation (Caltrans) recently honored retired Westminster Police Chief James Mitchell "Mitch" Waller with a memorial sign dedication ceremony to rename a 5-mile stretch of Interstate 405. The northbound sign is near the SR-133, and the southbound sign is between Jamboree Road and Culver Drive.

Waller was killed by a distracted driver in 2013. The long-time police officer, city manager and Eagle Scout was with a friend on his typical Friday morning 50-mile bicycle ride on State Highway 133 toward Laguna Beach when the tragedy occurred.

According to the US Department of Transportation, Waller was one of 3,157 people killed in 2013, in cases of distracted driving. In 2014, distracted drivers killed 3,129 people.

Caltrans calls on all drivers not to text while driving or drive while distracted.

Editor's note; Thank you Danny Morrison for this interesting article

Bike Traffic Lights Installed in Downtown Los Angeles. The new lights are part of the mayor's plan to end traffic fatalities by 2025

By [Hanna Horvath](#), June 22, 2016

KNBC-TV

Bike traffic lights are spread out from South Alameda Street to East 1st Street in downtown Los Angeles. They will work similarly to regular traffic lights.

The ribbon was cut Thursday to celebrate the installation of four new bicycle traffic lights in downtown Los Angeles, part of a city bike safety initiative.

The bike traffic lights are spread out from South Alameda Street to East 1st Street, and will work similarly to regular traffic lights. They are designed to keep bikes from weaving across traffic and cars from turning into bikes, said Jose Huizar, the city councilman behind the legislation.

"In the past, we always saw transit as how do we get people from point A to point B as quick as possible," said Huizar, "but now it's about creating safe destinations and experiences."

The City Council, Department of Transportation, and the Public Works Commission also noted some other cycling infrastructure improvements since April. Improvements included resurfaced current bike lanes across the city and added physical buffers against cars in certain areas. These projects all together cost \$750,000. These changes fall under the Vision Zero plan, a plan spearheaded by Mayor Eric Garcetti to eliminate all traffic fatalities by 2025.

"We need to start prioritizing pedestrians,

bikes, and public transport just as much as cars," said Rick Coca, spokesperson for Huizar.

These policy changes come at a time when people, especially young adults, are moving away from cars and toward other forms of transportation, said attorney Josh Cohen. Cohen specializes in bike law, and deals mostly with personal injury. Cohen said though these changes are progressive for LA, they are something that "many cities take for granted."

Just like any traffic light, all cyclists need to follow it to make intersections safe.

When asked if he thought bikes would follow the light's instructions instead of simply riding off, Coca said that was besides the point.

"Whether you are in a car or bike you need to obey our traffic laws. No one get a pass when they are in a particular mode of transportation," he said.

Coca did admit that there would be a period of learning as all parties got adjusted to the new system, though he said eventually bike traffic lights would become "the new normal."

LA Department of Transportation spokesman Bruce Gillman said drivers would also not have to worry about potential added traffic with an extra traffic light. He said it helps to visualize the signal times for a traffic light as a pie.

"What we did was, we didn't cut down the

pie at all, just carved a little out of what was already there, for this new light," he said.

Though attorney Cohen thinks the bicycle traffic lights are a good idea, "maybe even more effective than car traffic lights," he isn't too worried about business yet.

"Not enough has happened to decrease [number of cases]. There are still going to be accidents. I get cases from all over, and I don't think just four traffic lights downtown are going to make a huge impact," Cohen said.

For now, these four traffic lights are just the beginning of a wave of legislation to protect current riders and encourage new rides to try biking without feeling unsafe. "We need to be innovative and creative in our approach to meet the multimodal transportation needs of the future," said Coca, "and this is the direction we are taking."

Editor's note; Thank you Danny Morrison for this interesting and informative article.



RAILS-TO-TRAILS in RIVERSIDE???

6/20, FB. [Inland Empire Biking Alliance](#) Over the weekend, we went and checked out the abandoned rail right-of-way that is slated to become the newest trail in Riverside. When complete, it would connect the northeast corner of the city and the Box Springs area to downtown. We're happy to report that it's in relatively good condition and mostly just needs to be paved. Hopefully, this is a project that can move forward quickly to provide the community with another opportunity for travel and recreation and we urge you to **reach out to your elected officials and let them know that you want to see it happen.**

7/3, FB. the corridor for the rails-to-trails opportunity in Riverside is ripe and ready to be paved over to provide a pristine connection to the [Downtown Riverside Metrolink Station](#) and other points around the area. However, the land is currently owned by the [Union Pacific Railroad](#) and needs to be appraised. And that's where you come in. We need to raise quite a few dollars to get the appraisal done so that the land can be purchased and used for the trail. So please follow the link below to make your tax-deductible donation and help make this vision a reality. <http://ow.ly/HeyR301SomL>

July 7, FB.

[Kandi DeCarlo](#) How much money do we need to raise?

[Inland Empire Biking Alliance](#) The appraisal has been quoted at \$19,000.

[Gail Wesson](#) Is this the track that was just taken out--crosses Chicago at the 215-60 near Spruce St, and on Third St, near Vine/Highway 60, by downtown? Trying to picture the route

[Inland Empire Biking Alliance](#) Correct. The appraisal is being based on the track in the picture below from 3rd St. to Atlanta, but the right-of-way still remains from earlier abandonment south/west of 3rd St. and they are also abandoning the sections from Marlborough all the way to the Santa Ana River.

MAP

[Kandi DeCarlo](#) [Inland Empire Biking Alliance](#) Once the appraisal is done and we know how much the land costs, are we going to raise money for that?

or does the city help with funds? or are their grants? Rails-to-Trails?

[Inland Empire Biking Alliance](#) Yes [Kandi](#), we're really hoping that the City would be willing to buy it and pursue it further. It sounded like they were initially interested before, but their estimate and UP's estimate of value were off by a factor of 10, so it was recommended that an independent appraisal be conducted. If the City doesn't buy it, then we're not sure what the next step would be and ultimately, it might be prudent to set up a nonprofit that focuses solely on getting that trail corridor built and maintained. We did contact Rails-to-Trails and they were the ones to recommend the appraisal.

[Kandi DeCarlo](#) Isn't this route in the city's master plan?

[Ryan Devine](#) Are you referring to the section of track that UP abandoned some years back going near the Hunter Park station? If so, that would be great to have a bike path there since it's unlikely a train will ever go down that track again.

[Inland Empire Biking Alliance](#) The portion that we heard about specifically is between 3rd. St. and Atlanta, but we are aware that the entire line has been abandoned through High Grove and Grand Terrace all the way to the Santa Ana River.

[William Cobb](#) Why won't the city of Riverside pay for this?

[Mike Sampson](#) City currently is in tough spot with budget.



- #1 An existing bridge over University Ave would connect it with the Downtown Riverside Metrolink Station in Riverside.
- #2 Looking north from Mission Inn.
- #3 Looking north from 3rd St.
- #4 Looking towards downtown southwest of Kansas Ave.



- #5 Looking west from Kansas/Massachusetts intersection.
- #6 Looking northeast from Massachusetts Ave.
- #7 Looking towards Massachusetts Ave. from Durahart St.
- #8 Looking towards Chicago Ave. 215-60 from Durahart St.
- #9 Looking toward Spruce St.
- #10 Looking toward Chicago Ave. 215-60.
- #11 Looking northeast from Spruce St.

Pictures from Inland Empire Biking Alliance's posts in timeline photos.



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://](http://www.yucaipabikecenter.com)

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 Reece

C Ride Leader: Lisa 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, by the 20th of the month.



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

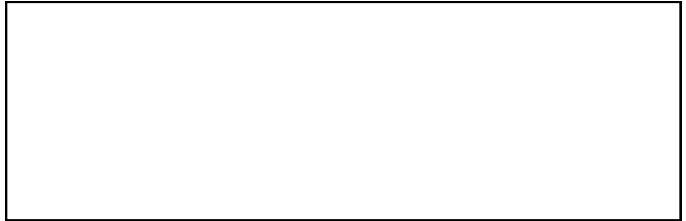


Riverside Bicycle Club, Inc.
P.O. Box 55160
Riverside, Ca 92517-0160



v 152, Aug, 2016

Your membership
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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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