The Spoke'n Word

October, 2017

Riverside Bicycle Club

Founded in 1891 P.O. Box 55160 Riverside, CA 92517 www.Riversidebicycleclub.com

Join us for the

CLUB MEETING

on the third Wednesday of each month at 7:00 p.m. at the

D&D Riverside Airport Cafe (951) 688-3337

6951 Flight Rd. Riverside.

Come early, have a great meal

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

Weekend rides start at 8:00AM Oct. — April

See pages 3

A note from the President,

If you weren't at our last club meeting you missed a great opportunity to learn about cycling safety. Greg Cziko, from Cycling Savvy, gave us a most inspiring and education presentation and the opportunity to ask questions about the different techniques on how to feel empowerment to ride anywhere with confidence.

RBC elections are coming up soon! November is when we vote for our Board. So, if you feel you would like to serve the club in that capacity please volunteer as a board member. You can let any one of our existing board members know you would like to run to get your name on the ballot. Please do so before November 2017.

John Hawksley

A note from CyclingSavvy

EMPOWERMENT FOR UNLIMITED TRAVEL

Dear Riverside Bicycle Club Member,

Thank you for attending the CyclingSavvy presentation last Wednesday, September 20. The event was made possible by a grant from Caltrans' Active Transportation program to the Western Riverside Council of Governments (WRCOG) and the cooperation of the Riverside Bicycle Club.

While we were able to consider many important topics for safe and confident individual and group cycling, the CyclingSavvy program covers *many* more essential topics than what we could include last Wednesday. So here are some ways for you to continue your CyclingSavvy education to become an *empowered* cyclist who can go anywhere by bike with safety and confidence.

Go to CyclingSavvy.org. Play this five-minute introduction to the online CyclingSavvy Mastery course. It will provide a good overview of the goals and methods of CyclingSavvy. There are three other free online lessons that you may also want to view:

1. CyclingSavvy (Basic)
2. Traffic Law: Bicyclist Position on the Roadway (6:06)
3. Reducing Your Risk: Sidewalk & Sidepath Operation (4:12)

CyclingSavvy Mastery — Hacking Traffic Flow (12:11)

Consider purchasing one or both online CyclingSavvy courses. As I mentioned on Wednesday, the two courses are on sale as a bundle for $50 through the end of September at which time they will be available for $100. This will provide you and your family with lifetime access to the lessons whose completion is sure to make your a safer and more confident cyclist. When one considers how much dedicated cyclists pay for their bikes and accessories, I think you will find this one of the best investment values you can find in cycling.

CyclingSavvy also includes on-bike training: (a) Train Your Bike and (b) Tour of Your Community.

Thanks again for giving me the opportunity to introduce CyclingSavvy to the Riverside Bicycle Club.

Sincerely,
Gary Cziko

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 RBC morning ride **8:00 AM**	2	3 RBC evening ride	4	5 RBC evening ride	6	7 RBC morning ride
8 RBC morning ride	9	10 RBC evening ride	11	12 RBC evening ride	13	14 RBC morning ride & Beginner's ride & Citrus Classic
15 RBC morning ride	16	17 RBC evening ride	18 *CLUB MEETING 7:00PM*	19 RBC evening ride	20	21 RBC morning ride
22 RBC morning ride	23	24 RBC evening ride	25	26 RBC evening ride	27	28 RBC morning ride
29 RBC morning ride	30	31 Halloween RBC 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 schedule.

UPCOMING EVENTS

10/14, RBC's BEGINNER'S RIDE. 10AM, starts at Bonaminio Park on Palm Av near Mt. Rubidoux West parking lot. Learn to ride safely in a group.
10/14, Citrus Classic
10/18, CLUB MEETING 7:00pm see page 1, bring you bike ideas to share with the head of the Bike Advisory Committee, Nathan Mustafa.
10/31, Halloween ride from Baker's
11/5, RBC DONUT RIDE
11/11, Tour de Foothills
11/18, RBC Veterans Day (Ride to Riv. Parade)
11/25, RBC TURKEY BURN RIDE
12/20, RBC CHRISTMAS PARTY
12/23, RBC CHRISTMAS LIGHT RIDE Ontario

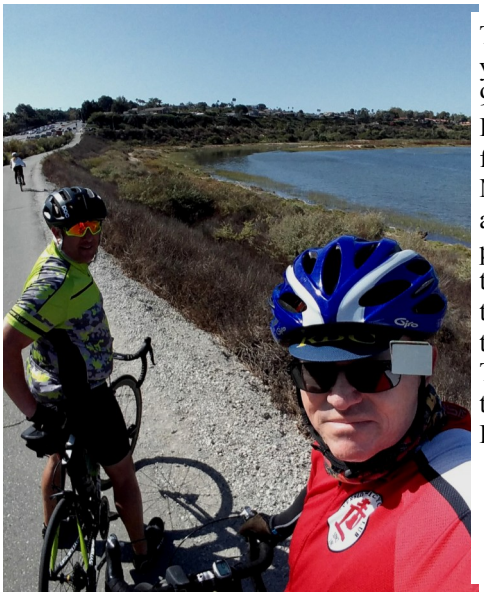
RIVERSIDE CITRUS CLASSIC

October 14 is the 8th Annual Riverside Citrus Classic ride for Education. This fun bike ride has 4 course options including 7 mile (for beginners and families), 28 mile, 50 mile (Half Century) and 100 mile (Century) routes. All rides start and end at the Riverside Plaza and include bike paths, and scenic highways around Riverside.
NEW FOR 2017, Half Century and Century riders will have the option for a time trial segment and a KOM/QOM segment, adding an element of fun and challenge.

Visit our website to register www.riverside-citrus-classic.com

Registrations before Friday, October 6 will receive a free shirt!

SMOG to SURF



The Smog to Surf ride this year was wonderful! 9/23/17 Great routes! Loved that all groups met for lunch in Newport at McDonalds at same time and then all shared a good portion of the ride back together. Fun riding with the other groups and chatting on the way back! This was the perfect Smog to Surf!
Kudos to Bob Dunning.

MY FIRST CENTURY

FaceBook, 9/24/17,
Rico Quinones wrote; I want to take a minute to share my appreciation to RBC in all levels, and to everyone that helped me complete my first Century Ride! I especially want to thank David & Trang for being supporting and attentive to my needs Also appreciate the great pictures, they are invaluable. Thank you also to Ali Ismailjee for encouraging that I could do the century ride and setting up my garments before the ride. And thank you Joey Marroquin for setting up my bike to help me complete the century ride! And for posting the nutrition facts to complete the century run.

Trang Pham replied; That's what the RBC family is all about. We were happy for your accomplishment!

8) Want respect? Act respectably.

Be considerate of your fellow road users. But also demonstrate respect for yourself. Control your space by default and help motorists pass you when appropriate. Offer a friendly wave when others are respectful of you. When motorists arrive before you at a red light, stop behind them. Don't pull to the front of the queue and make them have to get around you after the intersection.

One road. Many Users. All of us are traffic.

9) Let it go: don't escalate harassment.

You will be passed uneventfully by thousands of considerate citizens for every one jerk who yells or honks. So, when someone does honk or yell at you, let it go. Smile and wave (with all five fingers), or pretend you heard nothing. They will simply move on with their negative self and you can remember the nice person who smiled and waved you through a lane change a few minutes before.

10) Keep it fun!

Bicycling offers a higher trip quality than most other forms of transportation. This is true whether you ride on quiet streets or share the road with motor traffic. Interacting with other road users is a dance you lead. The better you are at communicating and operating predictably, the better your dance partners will be. Those of us who ride mindfully, with a friendly attitude toward our fellow road users, seldom experience close calls or hostility.

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CyclingSavvy

EMPOWERMENT FOR UNLIMITED TRAVEL

Cycling Savvy is a traffic cycling course developed for the Florida Bicycle Association, and now offered in cities throughout the U.S. The course teaches the principles of Mindful Bicycling:

- empowerment to act as confident, equal road users;
- strategies for safe, stress-free integrated cycling;
- tools to read and problem-solve any traffic situation or road configuration.

The course is offered in three 3-hour components: a bike-handling session, a classroom session and an on-road tour.

This course is designed to show students simple strategies to eliminate such barriers, and ride with ease and confidence in places they might never have thought possible. Look for a course in your area:

www.CyclingSavvy.org

Online Courses

now available at

online.CyclingSavvy.org

For group classroom and on-bike courses contact
Gary Cziko
CyclingSavvy Instructor
Los Angeles, CA
gcziko@gmail.com

You can go *anywhere!*

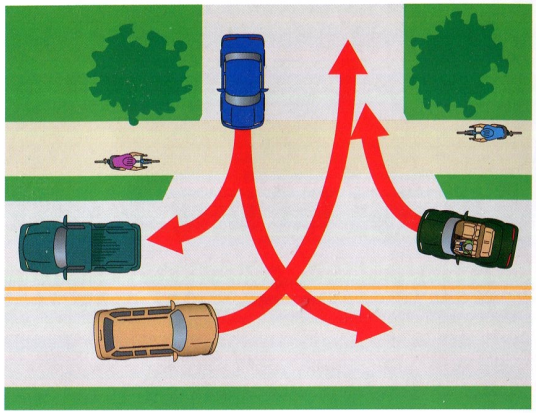
10 tips for safe & easy bicycling around town

CyclingSavvy

EMPOWERMENT FOR UNLIMITED TRAVEL

1) Ride on the road.

Adult bicyclists do not belong on the sidewalk. Sidewalk cycling increases conflict for cyclists, motorists and pedestrians. Sidewalk cycling is not only inconvenient and slow, it actually increases your risk of being hit by a car.



Think about where each of these motorists is looking before crossing the sidewalk.

2) Know and follow the rules.

The rules of the road are for everyone. They exist to make us all predictable to one another. Bicyclists who violate the rules are not only far more likely to be hit by a car, they are disruptive and breed animosity among fellow road users. The basic rules:

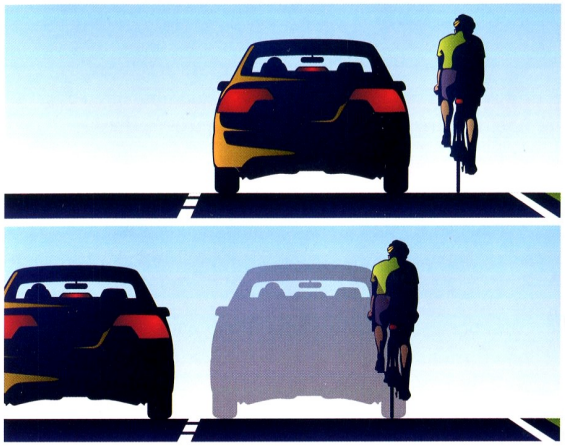
- First come, first served.
- Always ride the same direction as traffic.
- Yield to traffic before entering a road.
- Yield to overtaking traffic when changing lanes.
- Obey all traffic control devices.

3) Integrate in the intersections.

- Always use the lane that serves your destination.
- Turn left from left turn lanes.
- Never ride straight in a right-turn-only lane.
- When approaching an intersection in a wide lane or a bike lane, merge left into the main traffic flow or lane.
- The crosswalk is the WORST place to cross a busy intersection.

4) Ride Big.

Many roads have lanes that are not wide enough to be safely shared by cars and bikes operated side-by-side. You are allowed the full use of a lane that is not wide enough to share. Communicate that the lane is not wide enough for a motorist to squeeze past you by riding far enough left that there clearly is not room for the width of a car between you and the lane line.



Most close passing is a result of the motorist thinking he can squeeze past without changing lanes. Make sure a driver can clearly see that his car won't fit within the same lane.

Riding big makes you visible and encourages motorists to give generous passing clearance. It also gives you someplace to go if a motorist does come too close.

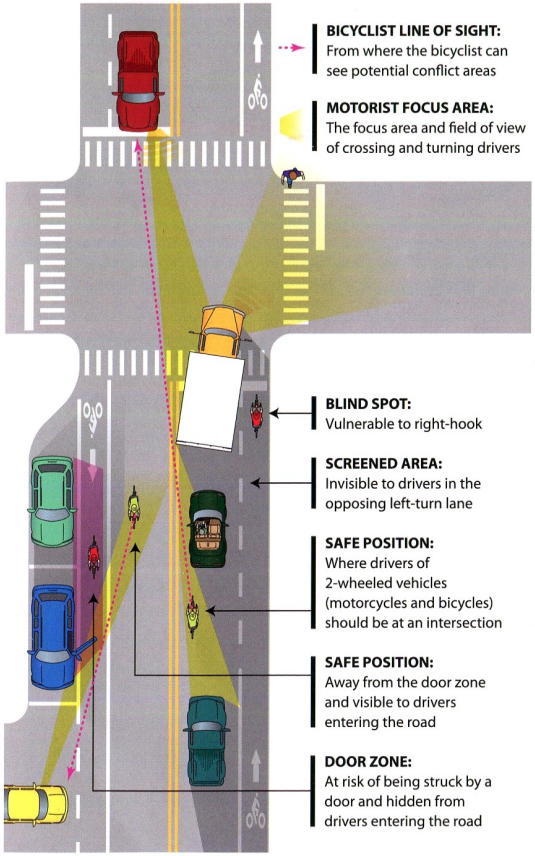
5) Communicate.

You are part of the system, you need to be predictable to others. Communication makes you predictable. Signal turns and lane changes. When motorists know what you want to do, most of them will try to help you out!

6) Be mindful of your surroundings.

Markings on the roadway are static. Traffic is dynamic. As a result, bike-specific markings sometimes put you in the wrong place. You MUST take your cues from the whole environment. ***Never let paint think for you.***

- Make sure you are visible to crossing and turning traffic. This often means leaving a bike lane and moving to the left side of the general use lane.
- Never ride within 5ft of a parked car. This area is called the "door zone." A suddenly-opened car door can be deadly. Many bike lanes are striped entirely within the door zone.
- Passing a queue of stopped traffic on the right can expose you to many crash hazards. Sometimes it's better just to wait in the queue.
- Never, ever pass a large truck on the right!



The most common reasons to leave a bike lane.

7) Understand how traffic flows.

If you understand traffic flow, you can anticipate and place yourself in a position which makes things easier for yourself and your fellow road users. In the CyclingSavvy course, we teach you in detail about how traffic controls and road features influence traffic flow, and how you can take advantage of this.

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We Need You!!!

TO BE A RIDE LEADER

The club is in need of Ride Leaders for the Sunday C and E Groups as well as the Tuesday/Thursday Casual (D/E) Group. If you think you may be up to the challenge, please contact Bob Dunning at chiefdun@hotmail.com. Thanks for making our club a great place to ride!

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 terrahttps://wclink.co/link/10393/29305/3/31453in. 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

Group Rides
where & when

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 A/B/C;** 16-18 mph to Redlands.
- **Casual group D/E;** 11-15 mph varied per 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, A/B Group**; 25+ miles, 16 & up mph
- **Medium, C Group;** 20ish miles, 15ish mph.
- **Casual, D/E Group;** 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)

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
24318 Hemlock Ave, Suite A3, Moreno Valley, 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/

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

2017 Board

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

Vice President; Lisa Reece
(909) 747-4833 lreece70@msn.com

Secretary; Robert Pincus
(909) 633-9969 rpincus0@gmail.com

Treasurer; Andrea Evans
(909) 645-4480 Tennisxone@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) 287-8235 rexgaloure@msn.com

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

Weekend, A Ride Leader. Michele Hampton
Weekend, B Ride Leader: John Reece
Weekend, C Ride Leader: OPEN
Weekend, D Ride Leader: John Hawksley
Weekend, E Ride Leader: OPEN
T/Th evening A/B group; Andrew Holybee
T/Th evening C group: Wilson K.
T/Th evening D/E group:
Saturday morning Fast A/B/C group: Danny Morrison
Saturday morning Causal D/E 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 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

Year-round from join date!

Membership in the Riverside Bicycle Club, Inc. is open to everyone. It is a fun way to meet others who share the enjoyment of cycling. Whether you are a seasoned racer, mountain biker or recreational rider, you will find others in the club that can help you achieve your goals to ride safer, faster, further, and smarter. We have multiple rides at different paces and terrain, off road rides, monthly membership meetings, and other social events throughout the year. Your RBC membership includes the monthly newsletter, The Spoke'n Word, and discounts at local bike shops. All memberships are for one year and are renewable on the anniversary date. 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.

OFFICE USE ONLY

*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 166, Oct. 2017

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.

10 tips for safe & easy bicycling arou