



The Spoke'n Word



August 2013



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

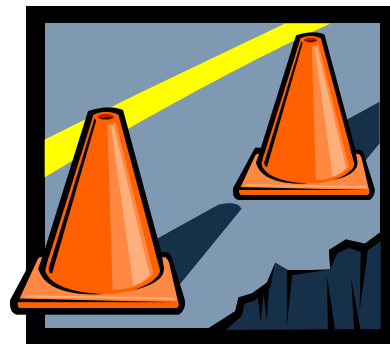


6951 Flight Rd. Riverside.

Come early, have a great meal

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Some Roads in Riverside

General Information for Group Road-Rides

- Non-members are welcome on all rides.
- Helmets are mandatory.
- Lights are required on all night rides.
- Riders are expected to bring the essentials. *See list bottom right.*
- All group rides will periodically stop if necessary to regroup so that no one gets dropped or left behind.
- Children under the age of 18 must be accompanied by an adult.
- "Average speed" is calculated by the Total distance ridden, divided by the Total riding time. Or, by consulting with your bike computer. That's easiest.
- *All speed listed below are guidelines.*

A Group — Ride lengths will be 45-60 miles with the pace averaging 19-21 mph. Moderate to difficult terrain. Focus on performance, pace lining, climbing and endurance. Group riding experience, general mechanical skills expected.

B Group — Ride lengths will be 35-45 miles with the pace averaging 15-18 mph. Terrain includes moderate and steep hills. Focus on performance development; pace lining and climbing. Group riding experience expected. Regroups as necessary.

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

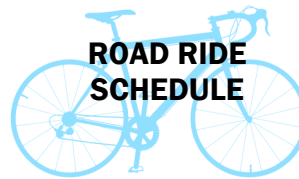
D Group — Ride lengths will be 18-25 miles with the pace averaging 10-12 mph. Generally flat roads with some rolling to mild hills. This group welcomes beginning riders. Children are welcome when accompanied by parent or guardian (contact Ride Chair for details). Assistance and instruction will be provided in basic skills of fixing flats, bike handling, etc. Regroups often.

Be prepared to start on time and have an enjoyable ride. Then stick around to enjoy a soda or snack and good company after the ride.

For information on club rides please contact:

Road Ride Chair: Sean Cassady
(951) 201-5483,
cassady606@roadrunner.com

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



Weekend road rides start;
8:00 Winter and 7:30 Summer.
*Please check the Ride Calendar page 3,
or website for exact dates & times*

Sunday is the best day to come ride the streets with us. We have 4 levels for you to choose from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 9th St. Park on University Av or at the old court house downtown Riverside.

Saturday isn't a beginner ride. *It's 35 miles to Redlands, average speeds of 16-18 mph. Route and speed vary according to riders. Regroups as necessary.* Ride leave from Canyon Crest Towne Center. Meet behind Starbucks by the East Coast Bagel shop,

Tuesday & Thursday evening rides meet at Baker's Burgers at 3522 Adam's Plaza, Adams Exit off 91 Fwy. start times are 6:30 pm Winter, and Summer

The 6:30 ride has 3 groups now!
Fast Group; 25ish miles, 16- up mph
Medium; 20ish miles, 15ish mph.
Not as Fast; 15ish miles, 11ish mph

Night rides will vary throughout the year depending on amount of daylight, number of riders and skill level.



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

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

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

Lights are required for night rides!

ESSENTIALS for riding with RBC

- ◆ CYCLING HELMETS ARE REQUIRED ON EVERY RIDE!
- ◆ CELL PHONE
- ◆ 2 WATER BOTTLES OR HYDRATION PACK and/or energy drink
- ◆ FLAT FIXERS (spare tubes, patch kit, tire irons and a pump or CO2)
- ◆ RIDE FOOD (energy bars, energy gel or snacks and some cash)
- ◆ ID CARD AND EMERGENCY INFORMATION CARD
- ◆ YOU AND YOUR BIKE (both in safe working condition)

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 RBC & TDW Evening rides	2	3 Tour de Big Bear & RBC & TDW morning rides
4 RBC & TDW morning rides	5	6 RBC & TDW Evening rides	7	8 RBC & TDW Evening rides	9	10 RBC & TDW morning rides
11 RBC & TDW morning rides	12	13 RBC & TDW Evening rides	14	15 RBC & TDW Evening rides	16	17 RBC & TDW morning rides
18 RBC & TDW morning rides	19	20 RBC & TDW Evening rides	21 CLUB MEETING 7PM	22 RBC & TDW Evening rides	23	24 RBC & TDW morning rides
25 RBC & TDW morning rides	26	27 RBC & TDW Evening rides	28	29 RBC & TDW Evening rides	30	31 RBC & TDW morning rides & FOILMAN

Oct through April weekend rides start at 8:00 a.m. May-Sept 7:30 a.m. unless otherwise posted.

*** (TDW) Team Dirty Work, Mountain-bike rides from B of A, every Tuesday & Thursday evenings and Saturday & Sunday mornings. And
* (RBC) Road group rides also every Tuesday & Thursday evening from Baker's and Saturday & Sunday mornings from Downtown, see page 2*

UPCOMING EVENTS

- *RBC CLUB MEETING are the 3rd Wednesday every month, 7:00 pm at D&D Airport Café, 6951 Flight Rd., Riverside, (951) 688-3337. Come early, get something to eat. Gather near the back windows. Non members are gladly welcome to our meetings!*
- *Special Rides announced on our web, the message board and at weekend rides.*

8/3 Tour de Big Bear

8/21 **RBC-Club Meeting, 7pm.** come earlier and have a meal with your friends at D&D Café

8/31 Foilman, Super-duper fun-athlon, info Edith RSVP edithkreasons@yahoo.com, see page 4 for more details.

9/7 Military Appreciation Picnic at March. Air Reserve Base, contact Roger Van Matre

9/18 **RBC-Club Meeting, 7pm.** come earlier and have a meal with your friends at D&D Café

9/28-10/5 Arthritis Foundation's Ca. Coast Classic

10/12 **RBC's STS** start/end at Yorba Regional Park; 100, metric & down the bike trail, light lunch at Lake park, big BBQ-potluck at Yorba Regional Park after the ride.

10/13 7:00 AM 6:00 PM. Citrus Classic Ride, Riverside Plaza. Contact; Sandra Ramirez, www.citrusclassic.com or sandramirez@gmail.com, 951-312-4031, Description; 102, 50, 28 mile rides, and a 7 mile family ride

10/16 **RBC-Club Meeting, 7pm.** come earlier and have a meal with your friends at D&D Café

10/26 Patriot Ride for our Heroes, Starting in La Quinta, CA. Benefits Charities related to: Military, Fire, Police.

10/31 Thursday evening FUN HALLOWEEN COSTUM RIDE lights are required

11/20 **RBC-Club Meeting, 7pm.** come earlier and have a meal with your friends at D&D Café and see who is elected for the board

WHAT'S HAPPENING

From RBC club member,
John Grundman;

The facts about arthritis are alarming. An estimated 50 million adults in the United States reported being told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Most people do not realize that there are over 300,000 children with arthritis and how difficult it is for them and their parents. New projections predict arthritis to be the epidemic of the future. This disease affects major life activities, such as working, going to school, enjoying sport activities or keeping house.

The good news is that arthritis research is making an impact on improving people's lives. The Arthritis Foundation devotes more than \$11 million annually to research and is leading the way to more successful treatments. The Arthritis Foundation also provides programs that help people with arthritis and their families better understand and cope with their disease.



**September 28
- October 5**

Proudly sponsored by
AMGEN

This is the 4th time I have signed up for the California Coast Classic Bicycle Tour to raise funds for the Arthritis Foundation. This is an incredible personal challenge that I'm deeply committed to. I hope you will help me in my quest hit my fundraising goal by making a tax-deductible donation in any amount to the Arthritis Foundation. Thank you in advance for your help.

to visit my personal web page and help me in my efforts to support Arthritis Foundation, Pacific Region

<http://afcabikeclassic.kintera.org/faf/donorReg/donorPledge.asp?ievent=1043332&supid=229104252>

Thank you for supporting Arthritis Foundation, Pacific Region.
Your contribution is greatly appreciated.

John Grundman.

Mark your calendars for this "must-attend" event:
Summer never ends with Labor Day --
--it ends with the

2013 FOILMAN

Super-Duper Sprint Fun-athlon

When: August 31, 2013

Where: Wade & E's

What: Speedwalk, bike race & laps in the pool
Awards, burgers & beer after, and sodas.

Registration: Starts now; FREE

RSVP; edithkreasons@yahoo.com

RBC BOARD ELECTIONS **ARE COMING UP IN NOVEMBER**

All board positions are open to RBC members

We need 3 people for the Nomination Committee;
duties, receive nominations and find club members that have the
desire, and the time, to serve on the board for 2014.

DATES TO REMEMBER

Last day to mail-in ballots. Nov 13

Ballots may be handed in at the Nov meeting, all will be
counted and the winners will be announced. Nov 20.

January 1, 2014 new board takes effect.

BIKING VIDEOS WANTED

& photos for the
YEAR'S END
SLIDESHOW



Contact Vicki; fodofixer@msn.com

SANTA ANA RIVER BIKEWAY DETOUR UPDATE

The Santa Ana River Interceptor Line (the SARI Line) Project is a large-scale brine and sewer pipeline project. The project is located in the south embankment of the Santa Ana River between the San Bernardino/ Orange County boundary to SAVI Ranch. The SARI Line project required a temporary detour of the Santa Ana River Class I Bikeway to allow for the installation of the new pipeline. The detoured bikeway (located between Gypsum Canyon Road and Coal Canyon) remains open to the public during construction.

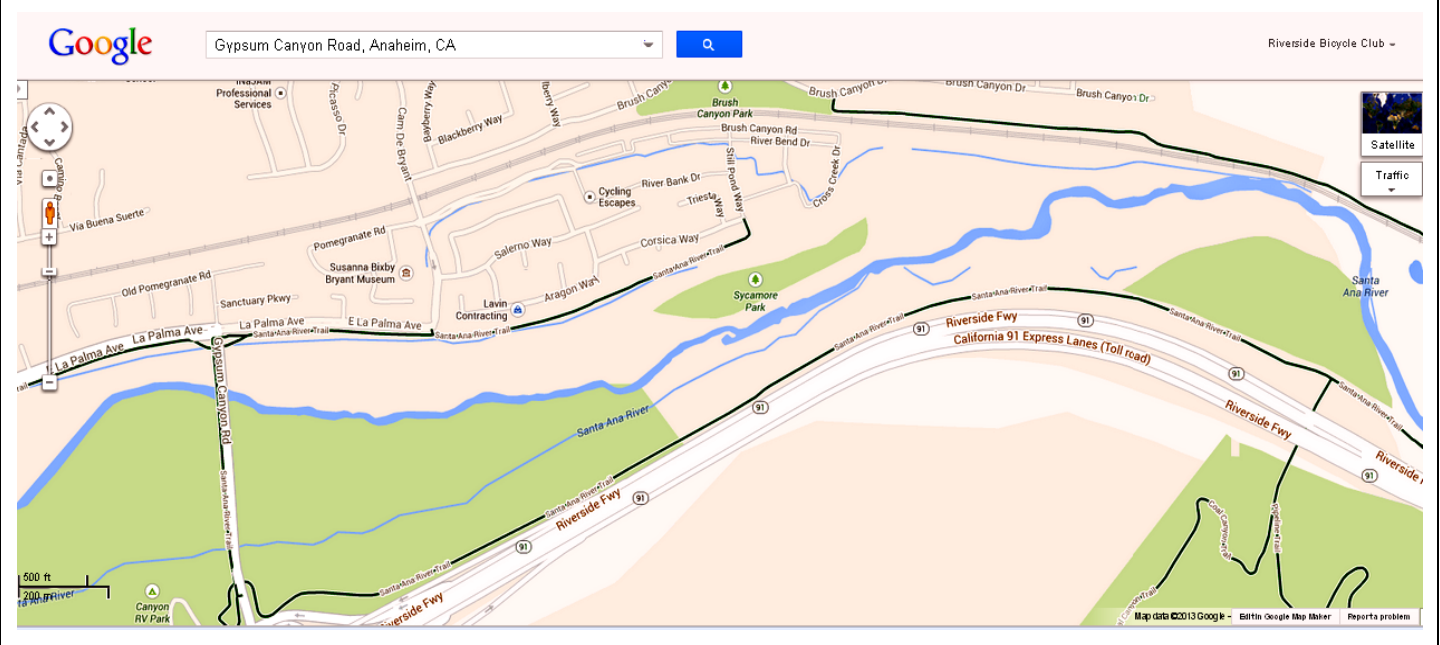
At different times during the day, project construction vehicles must cross the bikeway. During those times flagmen are provided by the contractor to briefly stop bikeway users until the vehicles can safely cross. Recently, a few bikeway users ignored requests by construction staff to stop at a vehicle crossing. Although no collisions between cyclists and contractor vehicles have occurred, we need your help to encourage the bikeway community to comply with the following:

- 1. Watch for vehicles at all construction crossings of the bikeway**
- 2. Come to a complete stop when requested to do so by construction staff**
- 3. Limit speed to 10 miles per hour**

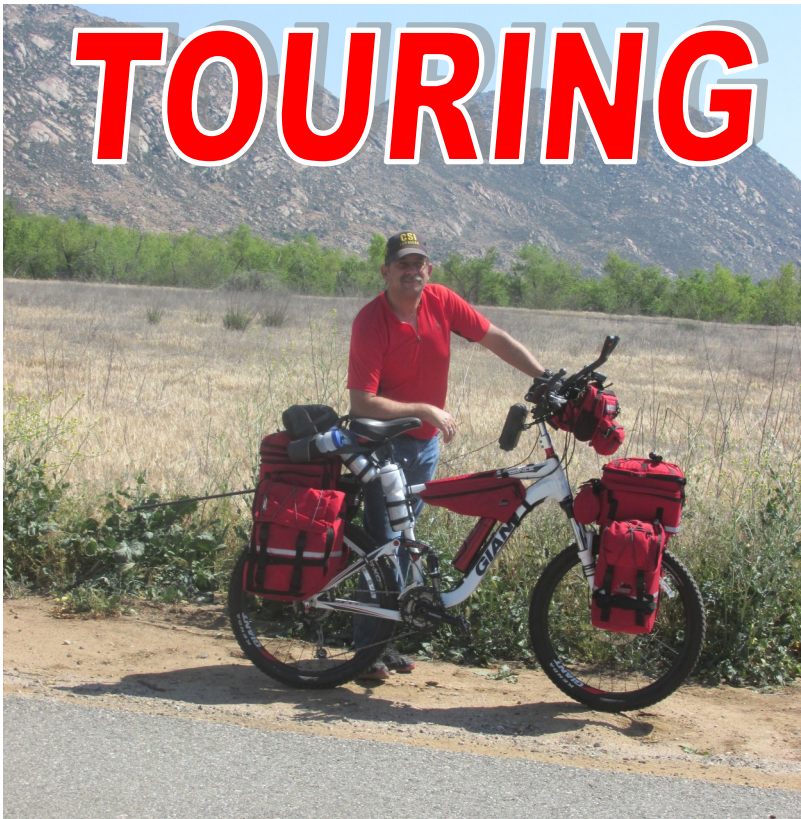
Should you have any questions regarding this request, or have any comments or concerns about the bikeway detour, please contact Ms. Michelle Tuchman at 949.854.1443 (O), or 949.689.3056 (C). You are also welcome to email or call me at 714-647-3937. Feel free to forward this email to anyone else who may be interested.

Thank you,

Jeff Dickman, Trail Coordinator
County of Orange, OC Public Works



TOURING



Let's see where to start?

My name is Mark Wynne and I started biking in the mid 70's. Around 1973 or so I started cross country running and biking, this was good training for me for the following years, both with the military and for the rest of my life. Around 1974 I biked from Garden Grove Ca. to O'Neal Park, going up Chapman Blvd. and the Long Hill up on my old Schwinn 10 speed was A-LONG-HILL-UP! I liked the ride and the country along the way, the ride down was nice, about 45-50 miles. I was hooked and the rest is History.

I would ride to the beach and all over Southern California. Years past, after the Air Force first tour, I bought a Schwinn Voyager 11.8 and all the bags to go along with it. I rode all around from Santa Barbra to San Diego to Redlands and back. Camping at times and hotels the rest. I just rode and rode over the years, also running, to keep in shape. Many times I ran for "Jerry and the Kids" to raise money for them. Also in later years, did two runs down in Mexico, Rosa Rita 10K runs to represent the U.S. Army, Fun.

Anyway, as I got older and my body began to change a bit, I started to get more into touring and doing long distance type of biking and using a heavier bike and trailer. I love this type of biking. It dose really get you into shape even with some problems with age or body issues. I used to ride every day to and from work, one way would be around 15 miles, did this for about 2 years along with running about 5 to 10 miles every other day or so, this was back in 1980 to '82, and a few more years after. I do remember, I did get stopped and was given a speeding ticket one time going down to Long beach because I was going over 45 miles an hour in a 35 zone, funny on a bike... At that Time I had Legs....

All was great until one day a driver did not stop for a stop sign and I hit the driver's door doing about 40 MPH and almost went through the driver's door glass head first. Jumped straight up but my feet where tied to my pedals, did not get too far and turned and took the rain gutter to the back. I tried to jump over at impact, but the bike said NO. So goes the lower back for the rest, put me in the hospital for over a week and a life time reminder of some bad drivers. Over the years my body has taken a lot more damage but I keep going, just the way I am, Go, no matter what. I will finish, never give up. It just hurts for a little time; I will only get stronger and become a better person.

I love the outdoors and love to take my mountain bike; I ride now out to the country and ride all over to see the back country, hike, bike and camp. To me it is the only way to see life out there, explore what there is in our world and enjoy this with good friends. This to me, brings people closer to each other and to the world. Life is so short, we must do everything we can to see and do what makes us happy and gives us good health, and biking to me, can and dose do this for me. Being free, exploring, seeing all and what's around us and being with good friends. Can't ask for more than that.

Anyway, I love being with this Club, having people that do the same thing pushes me a bit harder now in my later years. Great fun! I may not be the fastest, but I used to be, and I will finish even with the heaviest bike in the Club. Most of the riders I see out there have the lightweight fast race bikes. I ask one thing, one can go fast but, can you go heavy and long. Find the power and train to a higher level. This is where you will find your inner self, past the pain and miles.

I found something here in Riverside Ca., a good club to ride with and can't ask any more than that.

Mark Wynne,
New RBC member.



began in mid-2009. The bridge re-opened to traffic in September, Romo said. Construction crews later tore down the old Van Buren Bridge, portions of which were built in 1939. Earlier this week, crews were working on the landscaped median, repairing sidewalks damaged by the construction and planting trees on the dirt shoulder.

The work should be done in August, Romo said.

The bridge replacement was mostly paid for with \$21.5 million in federal money earmarked for safer bridges. The old Van Buren Bridge was deemed seismically unsafe by the State Department of Transportation in 1997. State and local dollars also helped pay for the project.

OTHER PROBLEMS

Safety issues aren't the only complaints being voiced about the new bridge.

The biggest challenge now for construction crews is the vandalism and graffiti on the new bridges, Romo said.

"Things have gotten worse since the lighting went in," Romo said. "Vandals are ripping out the wires."

The poles of the stylish gas-lamp-style lights that line the walkway have been wrapped in plastic to keep graffiti taggers at bay. Earlier this week, crews wielding power washers worked to eradicate the graffiti marring the underbelly of the structures.

"It's an ongoing struggle," Romo said.

When construction is complete, the cities of Jurupa Valley and Riverside will maintain the structure.

Romo said the project was nominated by Riverside County for the Outstanding Civil Engineering Project Improvement Award given by the San Bernardino and Riverside Counties Branch of the American Society of Civil Engineers.

From the Spoken Word Editor; I have heard that there will be a wide shoulder on Van Buren bridge. The shoulder will not be a "bike lane" because that would require maintenance, but the bridge's shoulder will be painted with white diagonal lines and this should be good enough for us. Right?

VAN BUREN BRIDGE: treacherous for bicyclists

From PE.com in July

The new Van Buren Bridge at Riverside's western edge provides a safe crossing over the Santa Ana River for tens of thousands of vehicles every day.

Pedestrians and bike riders also are benefiting – to a point.

New sidewalks separated from traffic with concrete barriers and decorated with soaring streetlights span both sides of the 1,000-foot long bridge. Sidewalks on the Jurupa Valley, or north side, connect seamlessly to the bridge. But those on foot or bicycles coming from Riverside to the south find themselves on a dirt shoulder with nothing between them and traffic.

The lack of a sidewalk forces pedestrians, including mothers pushing baby strollers and those in wheelchairs into the street, dangerously close to cars and trucks barreling by at 50 mph or more.

"What on earth is a person in a wheelchair supposed to do," resident Harvey Clark wrote in a letter to The Press-Enterprise. "Someone could get killed from this design."

Claudia Emestica, who lives in Riverside's Arlanza area, discovered the hazards earlier this week while bicycling to Jurupa Valley.

"Someone honked at me," she said.

"There's no space for bicycles," she said, referring to the part of Van Buren Boulevard approaching the northbound bridge. Riverside Public Works Director Tom Boyd said it is up to his city to build a third

lane, which would include curb, gutter and a sidewalk leading to the bridge walkway.

City Councilman Ken Gutierrez, whose Ward 3 includes the bridge, said walkways across the bridge were new additions during the project that ended in September. Riverside will solve the problem, but Gutierrez could not say when.

"We are going to work to get a sidewalk approved," Gutierrez said.

Juan Perez, director of Riverside County's Transportation Department and Patricia Romo, the department's assistant director, said meetings were held during the planning with Riverside officials, including engineers.

"So much of the project was in Riverside's jurisdiction," Romo said. "They knew what the plans were."

REGIONAL PROJECT

Commonly known as the Van Buren Bridge, the structure is actually two parallel bridges that cross the Santa Ana River, connecting Riverside to the young city of Jurupa Valley.

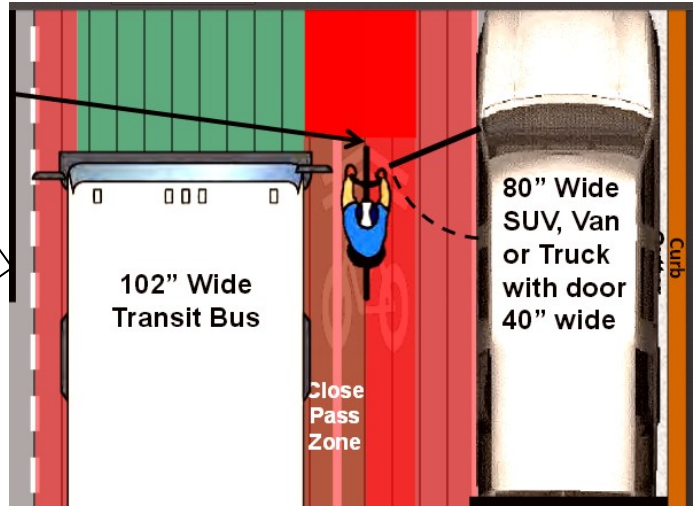
About 200 feet of the bridge lies within the boundaries of Jurupa Valley. The rest is in Riverside.

Because of the structure's regional significance, Riverside County's Transportation Department assembled the funding and oversaw the planning and construction of the \$32 million project, Romo said.

Romo said crews will grade a path at Riverside's end of the walkway to provide some sort of access for pedestrians, bicyclists and those in wheelchairs.

Work on the bridge replacement project

This graphic shows how scary it can get while riding your bike in traffic!



Cycling where "SHARROWS" are painted on the street IS much more calming and pleasant. Sharrows make drivers aware that cyclist are permitted to ride in the lane.

Long Beach, CA

14' is close to optimum 14.5'

LE 1.5'

Effective Lane = 6'

Door Zone 4' width

Close Pass Zone

80" Wide SUV, Van or Truck with door 40" wide

From http://www.dot.ca.gov/hq/LocalPrograms/bike/cbac/CBAC_SLM_and_BL_Best_Practices.pdf

Sharrows are on Riverside cyclist's wish list

Good News on Some Roads in Riverside

There has been a lot of road construction and repairs going on in Riverside lately and here are a few I have noticed;

- ◆ Palm Av. Re-stripped with large bike lane added, near Boniminio Park.
- ◆ Orange St, between Russell & Spruce, repaved! (Leroy thanks you)
- ◆ Victoria Av., many intersections near Mary St. are repaved.
- ◆ Meridian Pkwy, between Van Buren & Alessandro.

And ALL have SMOOTH asphalt transitions!!!

A few older road projects I really appreciate and enjoy riding are;

- ◆ Watkins, between Spruce & Central.
- ◆ Jefferson, between Victoria & Arlington
- ◆ Magnolia RR underpass near Central.
- ◆ Victoria, between Myrtle & Central.

Thanks you City of Riverside and keep up the good work!

What are your favorite roads, and why?

GET WELL WISHES

To 9 year old Connor Erlandson

*(I asked Tom how his son was doing.
He had this to say.)*

We were camping at Rancho Jurupa Regional Park over the 4th with friends. Jill, one of her co-workers and 4 boys (Connor & Braden along with the other gal's 2 boys) were making one last trip over to the water park at about 7pm. Connor was riding his new Fuji Ace 650 road bike (he was wearing his helmet) and they were in the parking area for the water park. Connor was hit broadside by a gal driving too fast through the lot from his right. Luckily, no broken bones, just a bunch of skin donated - mostly his left arm and chest, and spent the evening at Kaiser getting Xrays done. His bike is repairable, bent rear rim, bent bars, helmet cracked, trashed left pedal etc. He is doing well and the only visible evidence remaining is his left hand.

Thanks for inquiring,

Tom

July 3, Kandi DeCarlo and her Train & Tri Team rode Victoria Av with Mayor Rusty Bailey. It was a large group as you can see in the **pic right**. It was a wonderful evening ride, with cake & chocolate milk after. Perfect! Thanks Kandi.



July 24, the 4th, BIKE with the MAYOR was a family fun evening 4 mile ride from the Riverside Plaza. They had a huge turnout and a lot of new friendships were started and possibly some people will begin a lifelong love of cycling too.



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:

CLUB RESOURCES

AJ's Bicycles, (951) 674-6161
31861 Mission Trail, Lake Elsinore, CA
www.ajsbikes.com

B-RAD'S Bike Stop, (951) 444-7353
9022 Pulsar Court, Corona, CA 92883
www.B-RadsBikeStop.com

California Cyclery Riv. Schwinn, (951) 682-1392
3747 Central Ave, Riverside, CA 92506
<http://www.calcyclery.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, (909) 875-7310
384 S. Riverside Av, Rialto, CA
www.donsbikeshop.com

Norco Cyclery, (951) 808-9617
1825 Hammer Suite H. Norco, CA

Pedals Bike Shop, (951) 683-5343
3765 Jurupa Ave. # L. Riverside, CA 92506
www.pedalsbikeshop.com

White's Bikes, (951) 242-4469
23750 Alessandro Blvd. Moreno Valley
<http://www.whitesbicycles.com>

Woodcrest Bicycle Center, (951) 780-4988
16960 Van Buren Blvd. Riverside, CA

Yucaipa Bike Center, (909) 790-1551
34844 Yucaipa Blvd. Yucaipa, CA
<http://www.yucaipabikecenter.com>

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

San Bernardino County, Regional Parks Dept.
Paul Krause, (909) 387-2346, (909) 384-2052 fax

2013 Board

President; Roger Van Matre
(714) 305-3151, roger_vanmatre@yahoo.com

Vice President; Bill Morgan
(949) 689-7138, Morganw351@gmail.com

Secretary; Kathy Lopez
(951) 368-4853, k.s.lopez@sbcglobal.net

Treasurer; Bob Lopez
(714) 720-9541, rplopez@sbcglobal.net

Road ride Chair; Sean Cassady
(951) 201-5483, cassady606@roadrunner.com

Mountain bike Chair; Rhett (Doc) Nelson
(909) 229-6576, rhett.nelson@icloud.com

Public Relations; Cliff Luchsinger
(951) 505 0477, Cliff1_1@charter.net

Membership; Stirling Yearian
(951) 505-0074, Rexgaloure@msn.com

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

Webmasters; Bill Morgan, Stirling & Vicki Yearian

TDW Webmaster: Malcolm Bader, Mbader@slauson.com,
www.teamdirtywork.org

Newsletter Editor: Vicki Yearian,
Fodofixer@msn.com Deadline day after general meeting.

Bike Lanes Representative: Pete Staylor, Dadswaycool@aol.com

A Ride Leader. Open

B Ride Leader: Open,

C Ride Leader: Roger Van Matre

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

Street or bike trail issues;
(951) 826-5311

Riverside Bicycle Club Affiliations

IMBA International Mountain Bike Association

LAB League of America Bicyclists

Riverside County Trails Commission

USACYCLING United States Cycling Federation



Membership Application

P.O. Box 55160, Riverside, CA 92517-0160
www.riversidebicycleclub.com



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

(Please print clearly)

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;

Name _____ (dob) _____

Name _____ (dob) _____

Name _____ (dob) _____

HELMETS ARE REQUIRED ON ALL RIDES

RELEASE: With full knowledge and appreciation that bicycle riding may be a hazardous activity, I/we hereby release and hold harmless the Riverside Bicycle Club, Inc. Including prior to, during or after such activity. This release covers myself and all parties named herein, and all heirs, executors or administrators thereto, and is given in full awareness of its content and in consideration of acceptance of my/our membership. I/we also attest that I/we are physically fit and acknowledge that the Riverside Bicycle Club, Inc. recommends the wearing of an ANSI or Snell approved bicycle helmet when riding a bicycle during any club activity.

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

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

DUES:

- Individual.....\$30
 - Family.....\$40
 - Booster.....\$50
- ("Booster" is an extra donation to support the club and you will receive a notation on your membership card.)*

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

- Individual SAVER\$25
- Family SAVER\$35

TOTAL ENCLOSED \$ _____

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

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

Check answers;

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

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

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 _____

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.

The *Spoke'n Word* is the official publication of *The Riverside Bicycle Club, Inc.*

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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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.

Deadline, day after the club mtg

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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.

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



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



v 116 Aug. 2013

Your membership
expiration date is
shown here

