

DATE	START LOCATION	RIDE NAME	START TIME	RIDE DESCRIPTION
4-Aug	Bell Rd P&R by I80	Grass Valley Out & Back	Sometime over the weekend	<p><b>Ride:</b> 30-60 Hilly Very Flexible</p> <p><b>Leader:</b> Dan Anglim, 797-0337, djanglim@surewest.net</p> <p><b>Description:</b> This is a repeat of last weekend's ride. It was too smoky for me then. Hopefully things will be better now. This is a ride for those going to Italy (and those wishing they were going to Italy). Ride from Bell P&amp;R out Bowman, Lake Arthur/Placer Hills/Dog Bar Rd as far as you want Saturday or Sunday to get miles. If you go as far as Grass Valley, its about 50 miles and 4000 ft. (RWGPS route is one way.) Send your miles to me by Monday. RidewithGPS: <a href="https://ridewithgps.com/routes/27825145">https://ridewithgps.com/routes/27825145</a></p>
4-Aug	Folsom, Lifetime Fitness, 110 Serpa Way	Loomis Basin Ride	7:45 AM	<p><b>Ride:</b> 30-50 Moderate/Hilly Flexible</p> <p><b>Leader:</b> Gilbert Martinez, 524-7608, look4gilbert@icloud.com</p> <p><b>Description:</b> Join us for a ride in the Loomis Basin.</p>
4-Aug	Marin County Fairgrounds, 10 Avenue of the Flags, San Rafael, CA	Marin Century & Mt Tam Double Century	5:00 AM	<p><b>Ride:</b> 60-100-135-200 Mountain Flexible</p> <p><b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net</p>
4-Aug	Sacramento, Discovery Park Bike Trail at Mile 0	Mile Zero Ride	9:00 AM	<p><b>Ride:</b> 35-80 Flat/Rolling Casual</p> <p><b>Leader:</b> Mary Moore, 284-1905, Mary-Moore@surewest.net</p> <p><b>Description:</b> Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc.</p>
4-Aug	Oregon, Near Ashland	2018 Oregon Crater Lake Club Tour	9:00 AM	<p><b>Ride:</b> 400 Hilly Flexible</p> <p><b>Leader:</b> Tim Koch, 488-8218,mailto:mtkoch44@aol.com</p> <p><b>Description:</b> Dates : August 4, Saturday - Commute day from home to Eugene August 5, Sunday - Day 1: Eugene to Philomath (46.5 miles) August 6, Monday - Day 2: Philomath to Lincoln City (68.3 miles) August 7, Tuesday - Day 3: Layover Day August 8, Wednesday - Day 4: Lincoln City to Waldport (41.2 miles) August 9, Thursday - Day 5: Waldport to Reedsport (56 miles) August 10, Friday - Day 6: Reedsport to Elkton (40.7 miles) August 11, Saturday - Day 7: Elkton to Eugene (55.2 miles) August 12, Sunday - Commute day from Eugene to home</p> <p>You will have time to ride the sand dune buggies along the way as we travel down the coast of Oregon. Cost of tour is \$300 and that includes all your food, drinks, sag vehicle and trucks to transport camping gear. We are camped at all schools this year which, unlike campgrounds, allows us to visit small town Oregon in the evenings.</p>
5-Aug	Loomis, Loomis Community Park, King Rd & Ong	Virginiatown	9:00 AM	<p><b>Ride:</b> 45 Rolling Flexible</p> <p><b>Leader:</b> Dale Johnson, 284-5208, davjohnslckr@comcast.net</p> <p><b>Description:</b> We will do some local roads: down Ridge, Virginiatown, back up Wise, Newcastle, Auburn Folsom and back to the Park. Rain Cancels (what are the chances of that?).</p>

11-Aug	Sacramento, Discovery Park Bike Trail at Mile 0	Mile Zero Ride	9:00 AM	<p><b>Ride:</b> 20-35-80 Flat/Rolling Casual</p> <p><b>Leader:</b> Linda Zeiszler, 457-8815, lzeiszler@surewest.net</p> <p><b>Description:</b> Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc.</p>
12-Aug	Loomis, Loomis Community Park, King Rd & Ong	Christian Valley Looper	9:00 AM	<p><b>Ride:</b> 40-50 Moderate/Hilly Flexible</p> <p><b>Leader:</b> Dale Johnson, 916-284-5208, davjohnslckr@comcast.net</p> <p><b>Description:</b> The ride goes up to Auburn, out Bowman to Lake Arthur Road, then over Hillside and down to Meadow Vista before going through Christian Valley and out to North Auburn. Then out Dry Creek to Mt Vernon, down Baxter Grade before working its way back to Loomis Park. The shorter version skips the big climb above Meadow Vista. 50 miles/4400 ft or 40 miles, 3000 ft.</p>
18-Aug	Sacramento, Discovery Park Bike Trail at Mile 0	Mile Zero Ride	9:00 AM	<p><b>Ride:</b> 35-80 Flat/Rolling Casual</p> <p><b>Leader:</b> Dale Johnson, 284-5208, davjohnslckr@comcast.net</p> <p><b>Description:</b> Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc.</p>
19-Aug	Yountville, Veteran's Home	Tour of Napa Valley	7:30 AM	<p><b>Ride:</b> 35-40-65-100 Rolling/Hilly Flexible</p> <p><b>Leader:</b> Sandy Yarrow, 791-3426, skybike2@gmail.com</p> <p><b>Description:</b> This is a beautiful ride around Napa Valley with options for 35, 40, 65 or 100 miles. Registration is required and can be completed at <a href="https://www.bikereg.com/40th-annual-tour-of-napa-valley">https://www.bikereg.com/40th-annual-tour-of-napa-valley</a> Registration is limited. There is NO day of registration. The event is hosted by Eagle Cycling Club. For more information, go to <a href="http://eaglecyclingclub.org/tour.html">http://eaglecyclingclub.org/tour.html</a>. Please remember to find the club sign in sheet at the start/finish and wear your Wheelmen clothing to get club mileage.</p>
25-Aug	Wherever	Up The Hill	Sometime over the weekend	<p><b>Ride:</b> 25-50 Hilly Very Flexible</p> <p><b>Leader:</b> Dan Anglim, 797-0337, djanglim@surewest.net</p> <p><b>Description:</b> This is a ride for those going to Italy (and those wishing they were going to Italy). Ride up Auburn Folsom Rd Saturday or Sunday at least as far as Indian Hill Rd to get miles. Send your miles to me by Monday.</p>

25-Aug	Salinas Valley Fairgrounds, 625 Division Street, King City, CA	Carmel Valley Double Century	4:00 AM	<p><b>Ride:</b> 200 Mountainous Flexible</p> <p><b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net</p> <p><b>Description:</b> The course starts and ends at the Salinas Valley Fairgrounds in King City. In the morning, riders will ride north toward Greenfield climbing Cahoon Summit to Carmel Valley through the famous golden hills of California and through some of the richest agricultural areas in America. From Carmel Valley, the course continues northwest toward the world-renowned Carmel-by-the-Sea, then heads south on the beautiful rugged stretch of California coastline, State Route 1. To the east, the Santa Lucia Mountains provide a breathtaking border, and to the west, there is nothing but steep cliffs, hidden beach coves, and ocean as far as the eye can see. Point of interests are Bixby Creek Bridge, Pfeiffer Canyon Bridge, and Grimes Point Scenic Overlook. Lunch will be served in Big Sur at Mile 103. After lunch riders will continue heading south on State Route 1 toward Lucia, then will climb the famous Nacimiento-Fergusson Road, the only road across the Santa Lucia Range, connecting State Route 1 and the Big Sur coast to U.S. Route 101 and the Salinas Valley. The road heads east from the Pacific Ocean into the high country of Big Sur; after 7 mile scenic ascend it reaches the summit at an altitude of 2,780 feet. The road descends through the heavily forested eastern side of the ridge, passes through the U.S. Army's Fort Hunter Liggett, and ends at Mission Road in Jolon. Riders will then continue east onto Jolon Road toward a 20 mile out-and-back 'Lockwood-Hesperia-Lockwood' segment before heading north to finish in King City. Total mileage will be 201 miles with ~14,000 ft. of elevation gain. Must wear Wheelmen Jersey to get Club Mileage.</p>
25-Aug	Sacramento, Discovery Park Bike Trail at Mile 0	Mile Zero Ride	9:00 AM	<p><b>Ride:</b> 35-80 Flat/Rolling Casual</p> <p><b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com</p> <p><b>Description:</b> Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc.</p>
26-Aug	Sly Park, Pollock Pines (Jenkinson Lake)	Mormon Emigrant Trail and Beyond	8:30 AM	<p><b>Ride:</b> 48-70 Mountainous</p> <p><b>Leader:</b> Carrie Sundahl, 916-802-8128, 2cdsundahl@comcast.net</p> <p><b>Description:</b> There are 3 options:</p> <ol style="list-style-type: none"> <li>1. Climb Mormon Emigrant Trail (MET) from Jenkinson Lake to top where it Ts into Hwy 88 then turn around and go back to car (48 miles, 5,500, +/-) No food or water on this route.</li> <li>2. Climb MET to Hwy 88, turn left and ride down to Kit Carson Resort (Silver Lake). Access is just after crossing the dam at Silver Lake. It's a bit more than ½ mile from the highway. Water is available at the Silver Lake West Campground about 1/10 mile past the dam on the left side of the highway (63.5 miles, 6,797 feet of climbing, +/-).</li> <li>3. Or you can keep going all the way to Kirkwood on Hwy 88 where there is a deli with great food and water. (70 miles, just under 8,800 feet).</li> </ol>