

DATE	START LOCATION	RIDE NAME	START TIME	RIDE DESCRIPTION
3-Mar	Sacramento, William Pond Park, Waynes Bench, @ Mile 13	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 Mile Zero ride will be starting at William Pond Park due to Jaboom Street bridge closure, and venture out to local coffee shops, etc. Rain Cancels.</p>
3-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
4-Mar	Loomis, Train Station, Horseshoe Bar & Taylor	Loomis to Auburn	9:00 AM	<p><b>Ride:</b> 42 Moderate Flexible</p> <p><b>Leader:</b> Tim Koch, 488-8218, mtkoch44@aol.com</p> <p><b>Description:</b> Let's ride from Loomis Train station to Auburn and back on some roads we haven't travelled on for awhile. We will have 2 regroupings on this ride with one of them as a lunch stop at Taco Bell in Auburn.</p> <p><b>Ride With GPS:</b> GPS maps <a href="https://ridewithgps.com/routes/24493715">https://ridewithgps.com/routes/24493715</a></p>
10-Mar	Sacramento, William Pond Park, Waynes Bench, @ Mile 13	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 Mile Zero ride will be starting at William Pond Park due to Jaboom Street bridge closure, and venture out to local coffee shops, etc. Rain Cancels.</p>
10-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
11-Mar	Loomis, Loomis Community Park, King Rd & Ong	Camp Far West	9:00 AM	<p><b>Ride:</b> 38-54-59 Moderate/Hilly Flexible</p> <p><b>Leader:</b> Dale Johnson, 284-5208, davjohnsckr@comcast.net</p> <p><b>Description:</b> A ride to Lincoln, Sheridan and Camp Far West Reservoir. We will be riding some familiar roads. Bring water and snacks as nothing is available after Sheridan.</p>

12-Mar	Sacramento, AMTRAC Train Station	Train/Ride To Santa Cruz	7:00 AM	<p><b>Ride:</b> 100 Hilly Flexible</p> <p><b>Leader:</b> Gary White Phone: 707-688-7824 Email: garynrene@sbcglobal.net</p> <p><b>Description:</b> Take Amtrak from Sacramento to Jack London Square, then the Ferry to San Francisco Embarcadero.</p> <p>Amtrak Schedule Sacramento to Jack London Sq., Oakland</p> <table> <thead> <tr> <th>Depart</th> <th>Arrive</th> <th>travel time</th> <th>Fare</th> </tr> </thead> <tbody> <tr> <td>5:30 AM</td> <td>7:18 AM</td> <td>1 hr. 48 min.</td> <td>\$29</td> </tr> <tr> <td>6:20 AM</td> <td>8:10 AM</td> <td>1 hr. 50 min.</td> <td>\$29</td> </tr> </tbody> </table> <p>Ferry Schedule Oakland, Jack London Sq. to San Francisco Ferry Building</p> <table> <thead> <tr> <th>Depart</th> <th>Arrive</th> <th>Fare</th> </tr> </thead> <tbody> <tr> <td>7:35*</td> <td>8:05</td> <td>\$6.80</td> </tr> <tr> <td>8:40</td> <td>9:10</td> <td>\$6.80</td> </tr> </tbody> </table> <p>* Usually fills to capacity at the Alameda stop. Bike ride San Francisco, Ferry Building to San Cruz, Hotel Solare <a href="https://ridewithgps.com/events/49649-">https://ridewithgps.com/events/49649-</a> The ride distance is 86 miles with 5470 ft elevation.</p>	Depart	Arrive	travel time	Fare	5:30 AM	7:18 AM	1 hr. 48 min.	\$29	6:20 AM	8:10 AM	1 hr. 50 min.	\$29	Depart	Arrive	Fare	7:35*	8:05	\$6.80	8:40	9:10	\$6.80
Depart	Arrive	travel time	Fare																						
5:30 AM	7:18 AM	1 hr. 48 min.	\$29																						
6:20 AM	8:10 AM	1 hr. 50 min.	\$29																						
Depart	Arrive	Fare																							
7:35*	8:05	\$6.80																							
8:40	9:10	\$6.80																							
12-Mar	Santa Cruz, Hotel Solares, 600 Riverside Ave.	Santa Cruz Zodiac	9:00 AM	<p><b>Ride:</b> 200 Hilly Flexible</p> <p><b>Leader:</b> Clayton Boudreau, Dave Clifton</p> <p><b>Description:</b> The Santa Cruz Zodiac runs from Mar 12-15. Hotel Solares, 600 Riverside Ave, Santa Cruz, CA 95606. Phone (831) 458 9660, website <a href="http://www.hotelsolares.com">www.hotelsolares.com</a> The rate is \$99 per night 2 queen beds.</p> <p><b>Please note: Parking is free if you book direct by calling Hotel Solares or use their website, otherwise it is \$10 per day</b></p> <p>RIDE ITINERARY: Monday: Granite Creek-Scotts Valley Loop. 20 mi, 1489' climbing. Ride starts 1:00 PM at Hotel Solares <a href="https://ridewithgps.com/routes/4092585">https://ridewithgps.com/routes/4092585</a> Tuesday: Pescadero-Tunitas Creek, 55 mi, 6147' climbing. Ride starts at 10:00AM in Pacadero. <a href="https://ridewithgps.com/routes/7058148">https://ridewithgps.com/routes/7058148</a> Wednesday: Gizdich Loop. 49 mi, 2700' climbing. Ride starts at Hotel Solares. <a href="https://ridewithgps.com/routes/12488070">https://ridewithgps.com/routes/12488070</a> Thursday: Rodeo Gulch-Soquel Loop. 22 mi. 1298' climbing. <a href="https://ridewithgps.com/routes/4190108">https://ridewithgps.com/routes/4190108</a></p> <p>If you want a different ride than those listed above go to <a href="http://ridewithgps.com">ridewithgps.com</a>, click on 'find', in the 'keywords' box type Santa Cruz Zodiac, click 'search'. All of Sandy's rides (skybike) will come up, or you can search for rides in the Santa Cruz area. The after ride social will be in front of room 117, located by the patio and pool. (same room Sandy had for the past few years). There will</p>																					
15-Mar	Santa Cruz	Return from Santa Cruz	7:00 AM	<p><b>Ride:</b> 100 Hilly Flexible</p> <p><b>Leader:</b> Gary White Phone: 707-688-7824 Email: garynrene@sbcglobal.net</p> <p><b>Description:</b> Ride/Train return</p> <p><a href="https://ridewithgps.com/events/49649-">https://ridewithgps.com/events/49649-</a> The ride distance is 86 miles with 5470 ft elevation.</p>																					
17-Mar	Sacramento, William Pond Park, Waynes Bench, @ Mile 13	Mile Zero Ride	9:00 AM	<p><b>Ride:</b> 35-80 Flat/Rolling Casual</p> <p><b>Leader:</b> Dale Johnson, 284-5208, <a href="mailto:davijohnslckr@comcast.net">davijohnslckr@comcast.net</a></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 Mile Zero ride will be starting at William Pond Park due to Jaboom Street bridge closure, and venture out to local coffee shops, etc. Rain Cancels.</p>																					

17-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
17-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
18-Mar	Ione Plaza Market parking lot, Ione, CA	Sierra Century Excerpts	9:00 AM	<p><b>Ride:</b> 47-63 Hilly Flexible</p> <p><b>Leader:</b> Tom Adams, 764-7019, tompeggyadams@att.net</p> <p><b>Description:</b> Ride Description if its a new Ride: Two routes to choose from: 63 miles and 4,440 feet of climbing and 47 miles with 4,243 feet of climbing. The longer route is the Sierra Century metric century, only starting and finishing in Ione instead of Plymouth. For the first 25 miles, both routes go through Sutter Creek, Volcano, and up Rams Horn Grade. The shorter route returns through Sutter Creek. The longer route returns through Fiddletown and Plymouth. Designated regroupings. Long route: <a href="https://ridewithgps.com/routes/19613859">https://ridewithgps.com/routes/19613859</a> 2nd route: <a href="https://ridewithgps.com/routes/21471341">https://ridewithgps.com/routes/21471341</a></p>
24-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
24-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
24-Mar	Sacramento, William Pond Park, Waynes Bench, @ Mile 13	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 Mile Zero ride will be starting at William Pond Park due to Jaboom Street bridge closure, and venture out to local coffee shops, etc. Rain Cancels.</p>

25-Mar	Plymouth, CA, Main St. Park	Slug Gulch Practice Ride	9:00 AM	<p><b>Ride:</b> 49-63 Mountainous Flexible</p> <p><b>Leader:</b> Tom Adams, 764-7019, tompeggyadams@att.net</p> <p><b>Description:</b> Sierra Century Slug Gulch pre-ride: 63 miles and 5,638 feet of climbing or 49 miles and 4,516 feet of climbing. Both routes go through Fiddletown and Mt. Aukum. We start climbing Slug Gulch at mile 23.5. The shorter route heads west on Omo Ranch Rd. and back to the start. The longer route heads east on Omo Ranch Rd. and descends on Shake Ridge Rd. for 20 miles. Designated regrouping spots. Long route: <a href="https://ridewithgps.com/routes/26608055">https://ridewithgps.com/routes/26608055</a> 2nd route: <a href="https://ridewithgps.com/routes/26607981">https://ridewithgps.com/routes/26607981</a></p>
31-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when the other Saturday ride Series returns to Mile 0.</p>
31-Mar	Sacramento, Belle Cooleedge Library, Semas @ Land Park	South Sac Saturday Ride	9:00 AM	<p><b>Ride:</b> 25-50 Flat/Rolling Casual</p> <p><b>Leader:</b> Richard Rusconi, 385-1823, hjhater@yahoo.com Bob Maben, 455-5715, rcmaben@surewest.net</p> <p><b>Description:</b> Please join us for an easy paced ride (14-17 mph). We will try different rides each Saturday, usually stopping mid-ride at a coffee shop. Rain or serious threat of rain will cancel ride. This ride Series will end when</p>
31-Mar	Sacramento, William Pond Park, Waynes Bench, @ Mile 13	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 Mile Zero ride will be starting at William Pond Park due to Jaboom Street bridge closure, and venture out to local coffee shops, etc. Rain Cancels.</p>



12-Mar

CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707- 688-7824 Email: garyrene@ sbcglobal.ne t	<b>Ride:</b> 100 Hilly Flexible <b>Leader:</b> Gary White Phone: 707-688- 7824	12-Mar
------	--	---------------	---------	---	---	--------

24-Mar

RR03 Sacramento South Sac Si 9:00 AM Richard Rus **Ride:** 24-Mar  
Belle Coolidge Library, Semas @ Land Park **Flat/Rolling Casual**

**Leader:**







CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garynrene@ sbcglobal.ne  
t **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garynrene@ sbcglobal.ne  
t **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garynrene@ sbcglobal.ne  
t **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento  
, AMTRAC  
Train  
Station

RR03 Sacramento South Sac St 9:00 AM Richard Rusk **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac St 9:00 AM Richard Rusk **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac St 9:00 AM Richard Rusk **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac St 9:00 AM Richard Rusk **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**





Train/Ride Time: 7:00 AM  
Gary White  
Phone: 707-688-7824  
Email: garynrene@sbcglobal.net  
**Ride:** 100 Hilly Flexible  
**Leader:** Gary White  
Phone: 707-688-7824  
12-Mar

CB04 Sacramento Train Station  
Train/Ride Time: 7:00 AM  
Gary White  
Phone: 707-688-7824  
Email: garynrene@sbcglobal.net  
**Ride:** 100 Hilly Flexible  
**Leader:** Gary White  
Phone: 707-688-7824  
12-Mar

CB04 Sacramento Train Station  
Train/Ride Time: 7:00 AM  
Gary White  
Phone: 707-688-7824  
Email: garynrene@sbcglobal.net  
**Ride:** 100 Hilly Flexible  
**Leader:** Gary White  
Phone: 707-688-7824  
12-Mar

CB04 Sacramento Train Station  
Train/Ride Time: 7:00 AM  
Gary White  
Phone: 707-688-7824  
Email: garynrene@sbcglobal.net  
**Ride:** 100 Hilly Flexible  
**Leader:** Gary White  
Phone: 707-688-7824  
12-Mar









<p><b>Ride:</b> 100 Hilly Flexible</p> <p><b>Leader:</b> Gary White Phone: 707-688- 7824</p>	<p>12-Mar</p>	<p>CB04</p>	<p>Sacramento Train/Ride Tr , AMTRAC Train Station</p>	<p>7:00 AM</p>	<p>Gary White Phone: 707- 688-7824 Email: garyrene@ sbcglobal.ne t</p>	<p><b>Ride:</b> 100 Hilly Flexible</p> <p><b>Leader:</b> Gary White Phone: 707-688- 7824</p>	<p>12-Mar</p>	<p>CB04</p>	<p>Sacramento Train/Ride Tr , AMTRAC Train Station</p>	<p>7:00 AM</p>	<p>Gary White Phone: 707- 688-7824 Email: garyrene@ sbcglobal.ne t</p>	<p><b>Ride:</b> 100 Hilly Flexible</p> <p><b>Leader:</b> Gary White Phone: 707-688- 7824</p>	<p>12-Mar</p>	<p>CB04</p>	<p>Sacramento Train/Ride Tr , AMTRAC Train Station</p>	<p>7:00 AM</p>	<p>Gary White Phone: 707- 688-7824 Email: garyrene@ sbcglobal.ne t</p>	<p><b>Ride:</b> 100 Hilly Flexible</p> <p><b>Leader:</b> Gary White Phone: 707-688- 7824</p>	<p>12-Mar</p>
--	---------------	-------------	--	----------------	--	--	---------------	-------------	--	----------------	--	--	---------------	-------------	--	----------------	--	--	---------------







CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train Hilly  
Station Email: Flexible  
garyrene@  
sbcglobal.net **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train Hilly  
Station Email: Flexible  
garyrene@  
sbcglobal.net **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train Hilly  
Station Email: Flexible  
garyrene@  
sbcglobal.net **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr  
, AMTRAC  
Train  
Station

RR03 Sacramento South Sac Si 9:00 AM Richard Rusi **Ride:** 24-Mar  
. Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac Si 9:00 AM Richard Rusi **Ride:** 24-Mar  
. Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac Si 9:00 AM Richard Rusi **Ride:** 24-Mar  
. Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac Si  
. Belle  
Cooledge  
Library,  
Semas @  
Land Park







7:00 AM	Gary White Phone: 707-688-7824 Email: garyrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible	12-Mar	CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707-688-7824 Email: garyrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible	12-Mar	CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707-688-7824 Email: garyrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible	12-Mar	CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707-688-7824 Email: garyrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible
		<b>Leader:</b> Gary White Phone: 707-688-7824							<b>Leader:</b> Gary White Phone: 707-688-7824							<b>Leader:</b> Gary White Phone: 707-688-7824							<b>Leader:</b> Gary White Phone: 707-688-7824







12-Mar	CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707-688-7824 Email: garynrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible <b>Leader:</b> Gary White Phone: 707-688-7824	12-Mar	CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707-688-7824 Email: garynrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible <b>Leader:</b> Gary White Phone: 707-688-7824	12-Mar	CB04	Sacramento , AMTRAC Train Station	Train/Ride Tr	7:00 AM	Gary White Phone: 707-688-7824 Email: garynrene@sbcglobal.net	<b>Ride:</b> 100 Hilly Flexible <b>Leader:</b> Gary White Phone: 707-688-7824	12-Mar	CB04
--------	------	-----------------------------------	---------------	---------	---	---	--------	------	-----------------------------------	---------------	---------	---	---	--------	------	-----------------------------------	---------------	---------	---	---	--------	------









Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garyrene@  
sbcglobal.net  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garyrene@  
sbcglobal.net  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
, AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garyrene@  
sbcglobal.net  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM  
, AMTRAC  
Train  
Station

Sacramento South Sac S: 9:00 AM Richard Rus: **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library,  
Semas @  
Land Park  
  
Flat/Rolli  
ng  
Casual

**Leader:**

RR03 Sacramento South Sac S: 9:00 AM Richard Rus: **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library,  
Semas @  
Land Park  
  
Flat/Rolli  
ng  
Casual

**Leader:**

RR03 Sacramento South Sac S: 9:00 AM Richard Rus: **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library,  
Semas @  
Land Park  
  
Flat/Rolli  
ng  
Casual

**Leader:**

RR03 Sacramento South Sac S: 9:00 AM  
, Belle  
Cooledge  
Library,  
Semas @  
Land Park





Gary White **Ride:** 12-Mar  
Phone: 707-100  
688-7824 Hilly  
Email: Flexible  
garyrene@  
sbcglobal.ne  
t  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM  
, AMTRAC  
Train  
Station

Gary White **Ride:** 12-Mar  
Phone: 707-100  
688-7824 Hilly  
Email: Flexible  
garyrene@  
sbcglobal.ne  
t  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM  
, AMTRAC  
Train  
Station

Gary White **Ride:** 12-Mar  
Phone: 707-100  
688-7824 Hilly  
Email: Flexible  
garyrene@  
sbcglobal.ne  
t  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM  
, AMTRAC  
Train  
Station

Gary White **Ride:** 12-Mar  
Phone: 707-100  
688-7824 Hilly  
Email: Flexible  
garyrene@  
sbcglobal.ne  
t  
**Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

Richard Rusk <b>Ride:</b> 25-50	24-Mar	RR03	Sacramento , Belle Cooledge Library, Semas @ Land Park	South Sac S:	9:00 AM	Richard Rusk <b>Ride:</b> 25-50	24-Mar	RR03	Sacramento , Belle Cooledge Library, Semas @ Land Park	South Sac S:	9:00 AM	Richard Rusk <b>Ride:</b> 25-50	24-Mar	RR03	Sacramento , Belle Cooledge Library, Semas @ Land Park	South Sac S:	9:00 AM	Richard Rusk <b>Ride:</b> 25-50	24-Mar
Flat/Rolling Casual						Flat/Rolling Casual						Flat/Rolling Casual						Flat/Rolling Casual	
<b>Leader:</b>						<b>Leader:</b>						<b>Leader:</b>						<b>Leader:</b>	







CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garynrene@ sbcglobal.ne  
t **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:** 12-Mar  
AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garynrene@ sbcglobal.ne  
t **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

CB04 Sacramento Train/Ride Tr 7:00 AM Gary White **Ride:**  
AMTRAC Phone: 707-100  
Train 688-7824 Hilly  
Station Email: Flexible  
garynrene@ sbcglobal.ne  
t **Leader:**  
Gary  
White  
Phone:  
707-688-  
7824

RR03 Sacramento South Sac St 9:00 AM Richard Rus **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac St 9:00 AM Richard Rus **Ride:** 24-Mar  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**

RR03 Sacramento South Sac St 9:00 AM Richard Rus **Ride:**  
, Belle 25-50  
Cooledge  
Library, Flat/Rolli  
Semas @ ng  
Land Park Casual

**Leader:**