

Sacramento Wheelmen Club Newsletter



2020, Issue 2

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Editor's Hello

Buongiorno Sacramento Wheelmen!

It is indeed an honor and a privilege to be the new Wheelmen Newsletter Editor! I have enjoyed being a Wheelmen lady for over 6 years and am delighted to give something back to the group.

My goal is to make the Newsletter a fun and informative resource for our club and community. Please reach out to me with feedback on what you would like to see, as well as any specific story or content that you would like included. All input is welcome!

Thank you to Dan Anglim, Ron Davies, and Tom Adams for their support throughout the creation of the Newsletter.

Cheers,

Debra Lebish

Membership Update

Please give a warm welcome to Steven King, our newest member! We look forward to riding with Steven once it is safe to do so.

Event Calendar Report

Next Club Business Meeting – September 16, 2020 at 6:30 PM – Remote attendance via ZOOM!! This is an exciting first for the club!

How to attend the club's Zoom Meeting –

- All club members should receive an email invitation to the Zoom meeting set for Sept. 16, 2020. If you have not received an email invitation by that date, contact Tom Adams by email: tompeggyadams@att.net.
- To join the meeting, click on the link which appears in the email.
 - If you already have the Zoom app on your device, you will be added to the meeting.
 - If you have never participated in a Zoom meeting, you will need to download the app on your device in order to join the meeting, but you can click on the link in the email to get that started. Start this process.
- If you know that the app is not downloaded on your device, then give yourself at least 30 minutes before the start time to comfortably complete the app download. Once added to the meeting, be sure that your audio and video are both on so that you can be seen and heard. If you do not have video capability, you can still participate: Your name will appear in the meeting.

Zoom works on computers, tablets, and smart phones. The computer's monitor may provide the best meeting experience. If you need assistance on Sept. 16, call Tom Adams at 916-764-7019.

10,000 Mile Challenge – October 2020 – The American River Parkway Foundation is having a FREE 10,000-mile challenge...virtual of course! The challenge will bring the community together (in spirit) to see how fast we can walk, run, bike, kayak and paddle to reach a collective goal of 10,000 miles of activity. Event details were still being finalized at the time of Newsletter release so stay tuned – we will get you more information when known.

Club Business Report

The Agenda for September 16, 2020 Club Business Meeting is below.

1. Constitutional Amendment

(Existing) Article 7: Meetings:

The CLUB shall have general business meetings monthly or as the Executive Board determines. A Special Meeting may be called at any time the President deems needed or shall be called upon request by written petition of ten percent of the membership. The place of the meeting shall be announced in advance of each meeting. **A quorum shall not be less than ten members at an announced meeting.**

(Proposed) Article 7: Meetings:

The CLUB shall have general business meetings monthly or as the Executive Board determines. A Special Meeting may be called at any time the President deems needed or shall be called upon request by written petition of ten percent of the membership. The place of the meeting shall be announced in advance of each meeting. **A quorum shall not be less than a majority of the board and at least 5 members present.**

To make the change, 10 members must be present and two-thirds of those present must vote for the revised proposal.

2. Report from donation committee regarding \$500 set aside for donation in 2019

The committee has recommended donating the entire amount to the American River Parkway Foundation.

3. Budget Report (Bob Storelli)

4. Pandemic Discussion

- Club rides (Mabel Wong)
- Club picnic
- Club banquet
- Virtual century in 2021

5. Discussion item: Wheelmen memorial(s)

Ride Calendar Report

We have a full September calendar, with rides every day of the week, including weekends, and several on weekdays. You can find the calendar on our website here:

<https://sacwheelmen.wildapricot.org/page-1658114?EventViewMode=1&EventListViewMode=2&SelectedDate=9/27/2020&CalendarViewType=1>

Because of COVID-19, ride leaders are still not announcing a starting place or time for their rides. As usual, to receive your Wheelmen miles, email your miles to the Ride Leader for the day you ride. Please stay safe and maintain social distancing.

Travel Report

Group travel, both domestic and international, are still cancelled for now. We can't wait to get out on the roads and in the planes again! Please enjoy these memories from past trips:



2019 France – Le Groupe



2019 France – Harold & Lela



2014 Northern Italy – Il Gruppo



'Merica – Circa 2012 - 2018



2019 France – Debbie made it to the top!



2019 France - Madame Sandy



2019 France - Rôti d'agneau

Please email your favorite Wheelmen travel pics to deb.lebish@gmail.com for inclusion in a future newsletter!

Communication and Social Media Report

FACEBOOK

Keep posting to our Facebook page at <https://www.facebook.com/groups/SacWheelmen/>

MEETUP RIDES

Group Meetup rides are still discontinued due to the pandemic. We will restart them as soon as government guidelines allow.

NEWSLETTER

Keep sending in stories and pictures for the newsletters. Please send your input and notes of your adventures for the next newsletter to Debra Lebish (deb.lebish@gmail.com)

The Honest Nutrition Corner by Diana Price, MS, RDN

HONEST NUTRITION

*Empowering you to elevate
your health through
food and nutrition.*



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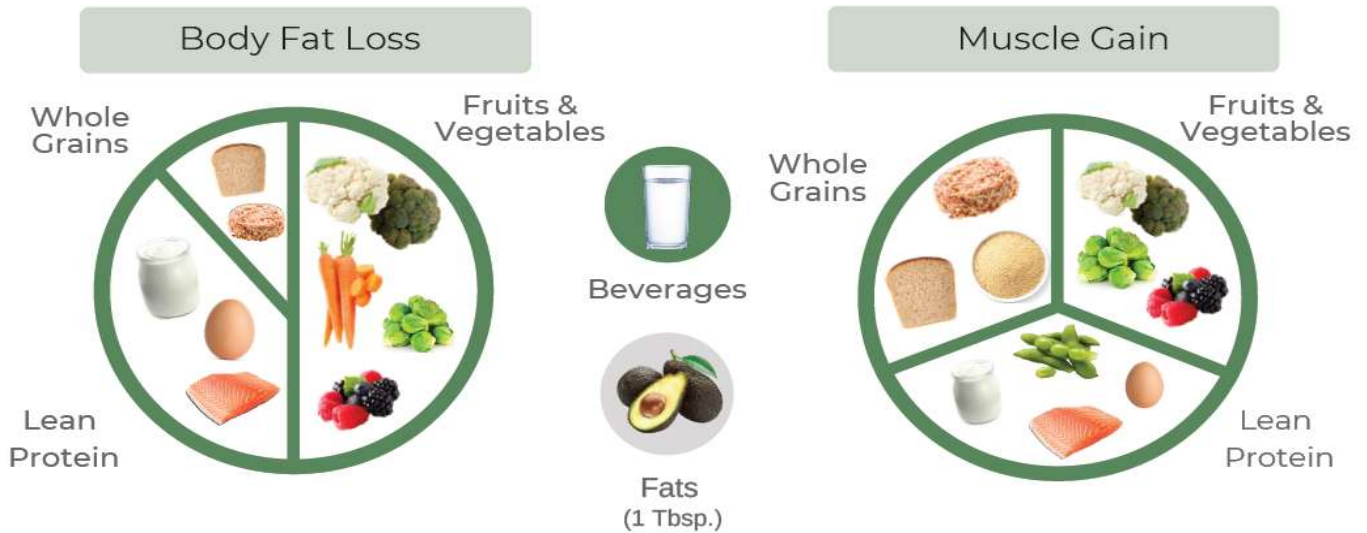
As mentioned in the previous Newsletter issue, proper nutrition before, during, and after exercise is critical to achieving your performance goals. Energy needs for exercise depend on a variety of factors, such as duration, intensity, and body weight/size. Use the following illustrations to build the Performance Plate that is right for you.

Easy Training / Weight Management



Hard Training / Race Day





Please reach out to Diana if you are interested in a personal nutritional consultation. Her company has helped individuals and athletes from the around the world meet their nutritional lifestyle and performance goals...call her for help in reaching yours!

Miscellaneous

WHEELMEN NECK GAITER

Available soon! Are you looking for a stylish and practical addition to your Sacramento Wheelmen wardrobe? Then look no further than the new Sacramento Wheelmen Buff neck gaiter! A neck gaiter protects you from sun in the summer, wicked weather in the winter, and serves as a mask in any season. A gaiter can also hide your goiter. We anticipate an overwhelming demand for this new piece of Wheelmen wear - please send an email to Debra Lebish (deb.lebish@gmail.com) if you are interested in purchasing the gaiter.

CLUB AMBASSADOR

The American River Bike Trail is busier than ever!! In case you haven't heard, bike stores are sold out and many new cyclists are enjoying the bike trail and roads. When wearing your Sacramento Wheelmen jersey please consider yourself an ambassador for the club by reaching out to new riders with friendliness and putting in a good word for the club. Be a model of safe riding by always wearing a helmet, passing with care, and being respectful of the rules. New club members are always welcome!

CYCLING INSPIRATION

Keith Morical set a world record on July 16, 2020 when he biked into Kittery, having cycled 7,100 miles in 31 days through all continental states. Read all about it here:

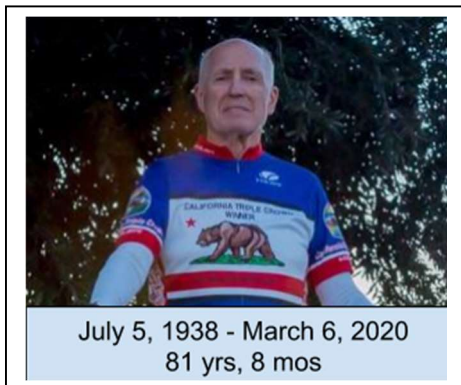
https://www.newscentermaine.com/article/news/local/207/pedaling-with-a-purpose-through-48-states-in-one-month/97-469c1526-f131-453d-87cc-099ead8fa34?fbclid=IwAR3q0h3rHvCZFwrcRq4OA8Oy1ROVV3_2aK3eGTFv4L3J2IUPUvqcTnhVHI

Did you know that a Sacramento area cyclist from Roseville will participate in the 2020 Tour de France? Neilson Powless is a 23-year-old from Roseville and will be one of only three Americans to ride in this year's Tour. The bike race was delayed by nearly two months because of the pandemic. Read more about it in the Sacramento Bee:

<https://www.sacbee.com/sports/article245331015.html>

This year's Tour de France started on August 29, 2020 in Nice, France.

OTHER ANNOUNCEMENTS



MILEAGE CHAMP LAID TO REST by Pete Becker

July 28, 2020 - Hughson, CA

The ashes of Clayton Boudreau, Sacramento Wheelmen's 2019 high mileage winner, were carefully placed by his son Bryan in the mausoleum wall at Lakewood Memorial Park. Only 83 miles from Sacramento, Clayton would just as soon have ridden his bike down there, if only he could. Clayton died at home March 6th of an apparent heart attack after a moderate bike ride. His wife, Betty, was with him at the time.

Clayton won the high mileage award 3 times. The highest was in 2013 when he logged 17,222 club miles. For the last 11 years he averaged 9,529 miles per year. In 2012 he completed the California Triple Crown- 3 Double Centuries, then did a 4th double that same year. That summer he turned 74. He also did 2 qualifying doubles in 2009. He is forever in a select group of senior Sacramento Wheelmen record holders and power riders such as Ken Bell and Dick Nussbaum, who are still active riders today.

Clayton was known for his easy-going manner and positive attitude. He also had an interest in foreign language - Greek & Portuguese. He impressed me by recreating Outback Steak House's Bloomin' Onion. He was a machinist by trade and enjoyed designing and producing various parts in his shop. He was a humorous soul with an inexhaustible supply of puns and quips. At the internment, Ron Burzese, the blind cyclist who often rode tandem with Clayton, told of the time when they were riding along and Clayton said to Ron, "We need to make a U turn up here,"

but then added, "Did you know that really only a Ram can make a Ewe turn?" Ha, ha, that's a good one, Clayton!

Clayton's service was attended by his wife, Betty, and son, Bryan, by other family members, and by the following Sacramento Wheelmen:

Ron & Judi Burzese
Jerry & Sharon Adams
Joe & Marsha McCormick
Dave Swedberg
Scott Rasmussen
Pete Rabbon
Peter Becker

Executive Board Members

Bob Storelli- Treasurer
Mable Wong- Ride Director

MISSED ALREADY

Former Wheelmen member, Jennie Babich passed away Sunday August 23 after a long battle with cancer. She was active in the Wheelmen until her diagnosis. She was loved by all who knew her and will be missed by her Wheelmen family. A memorial will be planned for the spring. See the beautiful obituary published in the Sacramento Bee:

<https://www.legacy.com/obituaries/sacbee/obituary.aspx?n=jeanne-babich-jennie&pid=196715612>

