

Sacramento Wheelmen Club Newsletter



2020, Issue 3

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Membership Update

Membership numbers were stable for this month, many members renewed their membership.

Event Calendar Report

Next Club Business Meeting – Wednesday, October 14, 2020 at 6:30 PM – Remote attendance via ZOOM!! The ZOOM meeting invitation/details are below and will also be emailed.

Oct 14, 2020 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85789023999?pwd=UDJIZDd1UG95S1FoZ2FtR2hwMVdHdz09>

Meeting ID: 857 8902 3999

Passcode: 573598

One tap mobile

+16699006833,,85789023999#,,,,,0#,,573598# US (San Jose)

+13462487799,,85789023999#,,,,,0#,,573598# US (Houston)

Dial by your location

- +1 669 900 6833 US (San Jose)
- +1 346 248 7799 US (Houston)
- +1 253 215 8782 US (Tacoma)
- +1 301 715 8592 US (Germantown)
- +1 312 626 6799 US (Chicago)
- +1 929 205 6099 US (New York)

Meeting ID: 857 8902 3999

Passcode: 573598

Find your local number: <https://us02web.zoom.us/j/85789023999>

If you need ZOOM assistance on October 14, call Tom Adams at 916-764-7019.

The tentative agenda for this meeting includes:

- Approval of Minutes (Feb 19th, July 29th, and Sept 16th) Debbie Finley
- 2021 Budget Report (Bob Storelli)
- Nomination of Board Officers (Ron Davies)
- Constitutional Amendment (Ron Davies) *
- Sacramento County 2020-21 Active Transportation Plan (Tom Adams)
- Yearend awards (Ron Davies)
- 2020 Mileage Shirts (Ron Davies)

Please submit any additional agenda and discussion items to Ron Davies (rjdaviesca@gmail.com) **by October 12th.**

*At the September 16th business meeting, the vote on the proposed Constitutional Change to define what constitutes a quorum at the Club board meetings was postponed to the October 14th meeting.

Wheelmen Picnic – October 2020 – Our annual picnic is postponed for now due to the pandemic.

Club Business Report

A Club Business Meeting was held on September 16, 2020. The meeting report is below:

The Club's first Zoom board meeting on Sept. 16 was attended by 25 club members, some on cell phones, some on tablets, most on desk computers. The meeting proceeded very much like it would have had we all made it to a physical meeting place like REI.

To attend a Zoom meeting, you must receive a link from the meeting host which is typically sent out in an invitation by email. A significant number of those present on Sept. 16 either could not

find the original email sent to them or never received it, but they contacted the host as instructed in the meeting reminder email and received a link to the meeting.

The meeting was conducted similar to our physical meetings. Members raised their hands to be recognized to speak and to count votes. The best part of a virtual meeting is that no one had to battle freeway traffic driving to a location like REI in order to attend. Sandy Yarrow actually attended from Wyoming. Although there were bandwidth issues on occasion during the meeting, only one person left the meeting for that reason.

We moved through the agenda, postponing a vote on a constitutional change to redefine what constitutes a quorum at club board meetings, voting to give \$500 to the American River Parkway as budgeted for previously, and discussing several topics: the club picnic, the club banquet, the possibility of a virtual Sierra Century, and the possibilities for Wheelmen memorials of some kind.

The proposed constitutional amendment to redefine a board meeting quorum from 10 members to 5 and which must include a majority of the board, was postponed to allow for more members to learn how to access Zoom and be in attendance to vote. The next meeting agenda may also include an alternative amendment proposal designed to enable the board to conduct business without 10 members being present.

We're all eager to return to our normal club life of actually riding together, but the pandemic "new normal" persists at this time. Ride Director Mabel Wong said she is monitoring county and state health orders on the lookout for the go-ahead signal. The pandemic is also casting a dark shadow over our annual picnic and banquet. Given current restrictions, no reservation has been made for an indoor banquet. The board is waiting to hear whether Placer County will issue a permit for our traditional picnic spot in Loomis.

The idea of a virtual Sierra Century was briefly discussed and Mike Kersten agreed to look into the possibility and report back to the board. We are aware of a number of virtual events that are primarily fundraisers for a cause, as opposed to fundraisers for a club or organization.

The passing of Clayton Boudreau sparked a renewed interest in recognizing Wheelmen who are no longer with us with a memorial of some kind such as a park bench. However, there is no consensus at this time on what to do or who should be included or excluded. There is also the matter of considering the wishes of surviving family members.

Ride Calendar Report

We have a full October 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>

As usual, to receive your Wheelmen miles, email your miles to the Ride Leader for the day you ride. Because of COVID-19, ride leaders are currently not announcing a starting place or time for their rides. But COVID-19 doesn't have to stop all our fun! Check out this article from Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385#:~:text=BBQs%20and%20outdoor%20potlucks.,when%20not%20eating%20or%20drinking>

Travel Report

Group travel, both domestic and international, are still cancelled for now but the future looks bright! The Oregon Tour is officially on the calendar for 2021!!

2021 OREGON TOUR

NOTE: This description is the same as 2020 Oregon Tour that was cancelled due to COVID-19.

The 2021 Oregon Tour will be held from Sunday, July 25th to Saturday, July 31st. The day before and after these dates will be commute days to the starting point at the Glendale High School located in Glendale, OR. We have no layover day this year and therefore we will ride all 7 days. We will try something different this year. We will have 2 nights in motels in Cottage Grove and Coos Bay. We will have a block of rooms reserved at the hotels for our group. Every rider will be responsible for their hotel costs and the dinner that night and the next morning's breakfast. The hotels might furnish us with a morning breakfast. The reservation information for the hotels will be emailed out at a later date when we are sure this tour will not be cancelled due to COVID-19. The other days will be similar to our prior Oregon Tours with 3 meals/day included and drinks (beer, sodas & wine). All campsites will have showers. The route goes from Glendale H.S.>South Umpqua H.S.>Glide H.S.>Cottage Grove motel>Elkton H.S.>Coos Bay motel>Powers State Campground>back to Glendale. Cost is \$325. Make checks payable to "**SACRAMENTO WHEELMEN**". Don't miss out on the fun!

Copy and paste the link below to see the exact route for the Oregon 2020 Tour.

https://ridewithgps.com/collections/773?privacy_code=6ZTVYqgTNhIxSFE6

The first opportunity to sign-up for the Oregon Tour will be at the November Club Meeting (because of COVID-19 it is likely to be a Zoom meeting). You may also contact Tim Koch by email or text message his cell phone to reserve a spot if you are unable to attend the meeting.

Tour Leader: Tim Koch, mtkoch44@aol.com, Cell: 916-952-9026 (leave a text or message)

In the meantime, enjoy these wonderful pictures of past riding trips - so AMAZING!:



2017 Austria – Die Gruppe



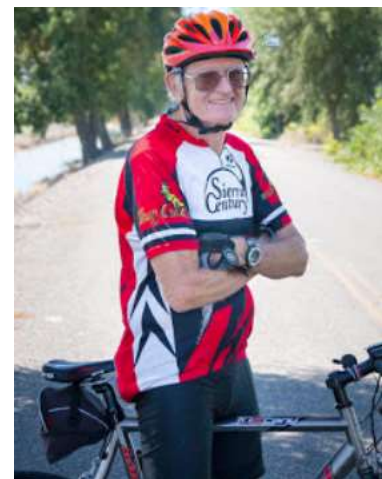
Guerneville, CA – 2016



2016 Gabicce Mare, Italy – Favorite Guide Sandro



'Merica, 2016



The Man, the myth, the legend

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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HYDRATION: THE BASICS (PART 1 OF 2)

Your body uses and loses water through most of its work - detoxification, lubrication, temperature regulation, nutrient absorption. You can literally see a lot of your water losses through sweating and elimination daily. Proper hydration is the key to unlocking optimal health.

You are a body of water. Approximately 65 percent of you is water. If you are not hydrated, everything else you do to stay healthy (exercising, eating right, stress management, sleep) is undermined. Your health and youthfulness are directly linked to how much water gets into your cells. Aging is accelerated as we dry out.

Critical Functions: Water helps keep our body in homeostasis

- Water promotes cell function. Water is like an irrigation system. It helps bring nutrients (vitamins, minerals, phytonutrients) and oxygen in and out of every cell. Without water, cells will die.
- Water helps maintain temperature regulation. When our body temperature rises, we produce sweat that cools the body down.
- Water gets rid of our waste products through urine and sweat. It also helps rid our bodies of poop.
- Water is a great lubricant. It helps absorb shock. It acts like grease for our joints and tissues. It protects our organs. It cradles our brain in our skull. It lubricates our eyes, nose, and mouth, making it easier to cry, breathe, and eat.
- Water is essential for our body's chemical and metabolic reactions. Water helps breakdown proteins, lipids, and carbohydrates. Basically, water helps us break down everything we need from food into energy and helps us eliminate what we don't need.

Hydration: When it comes to drinking enough water, quantity is not necessarily quality. It's all about absorption. Drinking too much water can flush out vital nutrients and electrolytes from your cells and tissues. The widely known 8-glasses-a-day recommendation is traced to a government recommendation, which gave hydration guidelines based on total ounces. The surprise is that in those original guidelines, 45 percent of those ounces came from food. Over the year, the recommendation has morphed into ounces from water only. Drinking half your body weight in ounces is a good starting point.

Benefits of Hydration:

- Better concentration
- Energy will soar
- Improved digestion, elimination, and toxin removal as the cellular function will be more effective
- Better and deeper sleep
- Improved flexibility as your joints and muscles will be adequately lubricated
- Improved weight loss
- Eliminate bloating and swelling
- Radiant and younger-looking skin
- Eliminate inflammation as your waste system improves

Dehydration: Some doctors think as many as 75 percent of Americans are dehydrated as in low-grade dehydration. The processed foods we eat makes our bodies work harder to metabolize. The lack of hydrating greens and fruits keeps us dried out all the time. Immobility also slows down water delivery into our cells as well as the important outflow of waste particles. The top two signs of chronic dehydration are fatigue, especially the afternoon crash and brain fog. Right behind those are headaches, stiffness and joint pain, irritability, and low mood.

Dehydrating Foods:

- Alcohol
- Sugar
- Grains and starches
- Meats and cheeses
- Coffee

Work with Me: Food is such an important part of our health. How we fuel our body affects everything - energy levels, weight, immune system, hormones, all of it! A few simple dietary tweaks can make a world of difference in how you feel. If your diet needs a Reset, mark your calendar for November 8-12. This whole foods Reset includes:

- A full meal plan with recipes, so you know exactly what to eat at every meal.
- A proven protocol that can help you drop weight, sleep better and get more energy in just a week.
- New fall recipes featuring nutrient-dense, whole foods ingredients.
- Tons of support from me and our Reset Community via our members-only Facebook forum.

For more info, follow the link for the [5-Day Reset](#) details. I also offer one-on-one consulting and meal plans. If you're interested in elevating your performance through food and nutrition, book a consult with Diana Price, MS, RDN by calling 925.290.7499 or reach out by email - dp@honestnutritionusa.com.

Tune in next month for **Hydration Part 2: How Can We Do It Better?**

Sources: *Quench* by Dana Cohen, MD, and Gina Bria

The Fourth Phase of Water ~ Beyond Solid, Liquid, Vapor by Gerald Pollack;
<https://journals.physiology.org/doi/full/10.1152/ajpregu.00365.2002>

Miscellaneous

WHEELMEN NECK GAITER

The design for the Wheelmen Neck Gaiter is in and it's a beauty! The new Wheelmen gaiter will be available in classic black and will coordinate with all your cycling kits. A picture of the preliminary design follows. The gaiter might just be your most important piece of cycling garb.... don't be left out - send an email **TODAY** to Debra Lebish (deb.lebish@gmail.com) to get yours!



*Glasses not available for sale

CALIFORNIA BICYCLE LICENSE PLATE



Have you heard about the new CAL Bike Plate? This is a new specialty license plate (similar to Breast Cancer and other awareness plates) that lets you show you are a bicycle super fan! Your purchase of the California Bike Plate will generate grants to promote cycling as a physical activity, fund bike skill development and nutrition education at the elementary school level and create safe places to ride through cycling advocacy.

The program requires that it receive at least 7500 pre-paid applications prior to the DMV producing them. Prices are very reasonable, as low as \$50.00, and it is giftable! If the Club buys 60 or 100 license plates then our Sacramento Wheelmen logo will be placed on <https://calbikeplate.com/> as a “Metric” or “Century” supporter!

To learn more about the program and order your CAL Bike Plate, visit <https://calbikeplate.com/>

SACRAMENTO COUNTY 2020-21 ACTIVE TRANSPORTATION PLAN

Sacramento County wants to know what can be done to improve “walking, biking, and rolling” in the county. This is an opportunity for experienced recreational cyclists like members of the Sacramento Wheelmen to make recommendations so that safety conditions are improved where they are most needed. At this time, the county is conducting a community survey. The goals of the project are to:

- Solve infrastructure problems for people who walk, bike, and roll
- Create new routes for people to walk, bike, and roll
- Make walking and biking easier, safer, and more comfortable for people of all ages and abilities

Following the community survey, the county will begin working on a final plan, scheduled to be completed in the Fall of 2021. At this time, you can take an online survey and provide improvement recommendations by using an interactive county map. Use this link: <https://walkbikesaccounty.net/>.

The survey is easy. The interactive map, called the Public Input Map, is what you want to use to let the county know about specific problems and how to solve them. One problem you may have is using the right browser. If Safari fails, try the Chrome browser. When the Public Input Map is working, you should see a map of the county, not a blank screen

The Public Input Map allows you to draw on a map of Sacramento County and comment, and you can look at what others are saying about certain county roads or bike paths. So, for example, if there is a particular stretch of road which needs to be made safer for cyclists that you're aware of, you can trace it on the map and suggest what needs to be done. Those of you familiar with RideWithGPS will easily use the mapping tools. Everyone should do the quick tutorial and check out the legends.

Let your voice be heard - opportunities like this don't happen every day!

OTHER ANNOUNCEMENTS

10,000-MILE PARKWAY CHALLENGE – **It's not too late!**

The American River Parkway Foundation is doing a 10,000-mile Parkway Challenge. This is a FREE virtual challenge. It starts October 1st and ends October 31st. Our club is one of the sponsors of this event. Let's sign up and see how many miles we use the trail in October.

The 10,000 Mile Parkway Challenge: October 1 - 31, 2020

Registration: <https://arpf.org/events/parkway-challenge/>