

Sacramento Wheelmen Club Newsletter



2021, Issue 3

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Membership Update

NEW MEMBERS – HAPPY TO HAVE YOU!

On March 6th, the Club Board of Directors welcomed new club members at an outdoor gathering at East Portal Park. The purpose of the meeting was to connect with new members because there have been no group rides due to COVID. During the gathering, each board member described their experience and the benefits of the club while new members explained why they joined and what they are seeking. The club is lucky to have such an impressive and eager group of new member cyclists, many of whom volunteer within the community. The fresh coffee and homemade baked goods (thank you Deb Finley!) were enjoyed by all.



Ron Davies & Tom Adams, Past and Current Pres * New member Tim Mosberger tells it! * Deb Finley shows off Nick's new bike.



New members Jim Passadore, Charlie, Chris, Tim Mosberger, Ken Murray, Mike Price, and Don Claunch

Event Calendar Report

Don't miss the next Club Business meeting - Wednesday, April 14, 2021 at 6:30 PM – via ZOOM.
The ZOOM meeting invitation follows:

Topic: Sacramento Wheelmen Bus/Gen Meeting

Time: Apr 14, 2021 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/81573082504?pwd=Z1dKYXNrYlQ5Tkh6eFINMkZBWUNwZz09>

Meeting ID: 815 7308 2504

Passcode: 451030

Meeting Agenda

- February minutes - Debbie Finley
- Treasurer's Report - Bob Storelli
 - Mileage shirt expenses
- Membership Report - Bryan Stevenson
- AB-122 Support (action item) - Tom Adams
- Ride Director Report - Mabel Wong
 - Updated ride leader guidelines
 - Guerneville update
- When club rides resume: a discussion led by Tom Adams
 - Masks
 - Social distancing
- Social time on Zoom

Club Business Report

Top Honors at Awards Presentation go to Lebish & Wong

Debra Lebish, Sacramento Wheelmen vice president and editor of the club's newsletter, was named 2020 Volunteer of the Year at the awards presentation ceremony on Feb. 17. Mabel Wong, the club's ride director, was named 2020 Wheelmen of the Year.

Following social time, the Zoom ceremony kicked off with a photo slide show made up of member contributions. As music played in the background, those in attendance watched as unmasked group photos from early in the year were followed by shots by individuals riding alone or in cohorts. Photos from Jim Dodds, Harold Alves, Steve Forsberg, Peter Rabbon, Tom Gardner, Debbie Finley, and Sandy Yarrow were captioned with their comments.

After the top female rider, top male rider, top tandem riders, and top ride leader recognitions, club President Tom Adams revealed his choices for Volunteer of the Year and Wheelmen of the Year. These awards can be given to Wheelmen in recognition for service over a number of years or for outstanding service in a single year.

"When I thought about 2020, about this year so altered by the pandemic, and asked myself, 'Who has done the most to sustain the club, to boost morale, and maintain a sense of community?' I immediately thought of this person," Adams said of Debra Lebish who was awarded the Volunteer of the Year perpetual trophy for 2020 in large part because of the excellent club newsletter which has kept us connected.

"Her energy, enthusiasm, and sense of humor are just what this club needed in 2020," Adams continued. Besides editing the newsletter, Lebish personally contacts all new members. Before the pandemic, she got the club active on Meet Up.

The Sacramento Wheelmen of the Year award for outstanding contribution to the club went to Mabel Wong in recognition of her service as ride director during a difficult year.

"The pandemic again had a lot to do with my decision," Adams said of this recognition. "When I asked myself, 'Who has the club relied on during this pandemic? Who has borne the weight of it?' I quickly made

my decision. Mabel has been in the pandemic hot seat. Our club's pandemic ride schedule is a board decision, but Mabel has been the volunteer who has implemented it, who has been the face and voice behind it."



He went on to say that members want to get back to normal, that pandemic fatigue is a real thing, and that he has been anxious to offer something to guests and new members who haven't been riding with people they have known for years. None of these pressures were anticipated at the start of the year.

"Throughout the pandemic, Mabel has had one priority: our safety," Adams said. "She has been level-headed, kind, and firm. When it is safe to do so, she will be the first person lobbying for ride leaders to return to their traditional roles. Until then, she will do her best to protect us, from ourselves if need be."

Wong was also recognized as the Top Female Rider. Her 8,162 club miles from December 1, 2019 through November 2020 were more than any other female in the club. She has won this perpetual trophy three of the last four years. She and husband Bob Storelli were also recognized as the top tandem riders at that same mileage mark.

Gary White received the Top Male Rider perpetual trophy, first awarded in 1988, for the 8,677 miles he rode in 2020. White joins an exclusive club. Ken Bell has won it 13 times, Dick Nussbaum six times, Dale Johnson three times, and Clayton Boudreau won it three times, too, winning it the last time in 2019 before he passed away suddenly in 2020.

Of the award going to White, Adams said, "This is a very poetic result since Gary and Clayton were good friends who spent a lot of time riding together. Clayton was a cycling mentor to many of us, but perhaps especially to Gary."

Dale Johnson was recognized as the Top Ride Leader. Unlike previous years, on the days they are responsible for, ride leaders during the pandemic have been gathering all the mileage data sent to them by email or text message, compiling it, and forwarding it on to Mike Snyder, the mileage recorder. In the process, Johnson accumulated 81,925 club miles in 2020, more than any other ride leader. Not one to sit around, he also rode 7,838 miles himself in 2020.

In addition to these recognitions, Adams also recognized Dan Anglim for his volunteer work managing the club's web site, Dick Shultz for his help in purchasing new club liability insurance after our insurer dropped us in 2020, Bryan Stevenson for maintaining our membership database, and Bob Evans and Sandy Yarrow for their help with this year's mileage polo shirts, designed by Sandy.

"Without Bob Evans, the mileage shirts don't get made. I was blown away by the database he has created solely for this purpose. You probably have no idea. Take my word for it," Adams said.

Evans and Rich Percival were also recognized for their help when Yahoo announced that its group email service was being terminated. Evans and Percival researched alternatives, recommended groups.io, and took the lead in helping members make the transition.

"The importance of a group email account has only been magnified during the pandemic. What would we have done without it?" Adams said.

Mike Snyder, who has tendered his resignation as mileage recorder effective April 1, was recognized for his years of service transferring hand-written information from ride rosters to the club's mileage database. In 2018, he was recognized for this service over a number of years with the Volunteer of the Year award.

Ride Calendar Report

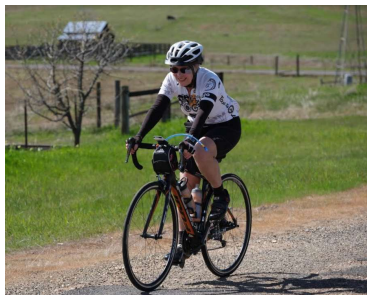
Check out the Club's calendar on our website for the up-to-date ride information:

<https://sacwheelmen.wildapricot.org/page-1658114>

As a reminder, please keep a mask handy for coffee stops and mind social distancing etiquette.

Travel Report

Group travel, both domestic and international, is still on hold. The March Santa Cruz Zodiac was "officially" cancelled and the Guerneville Zodiac will also not be club trip. Please see the Club Ride Calendar for "officially sanctioned" bike travel trips and stay tuned for updates. In the meantime, friends are still gathering to ride together outside.



Tom Adams, Tom Mullaly, Steve Barry & Deb Finley on Beach St. in Aptos



The Honest Nutrition Corner by Diana Price, MS, RDN

HONEST NUTRITION 

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



Diana Price, MS, RDN | Functional Nutritionist
925.290.7499 | dp@honestnutritionusa.com | www.honestnutritionusa.com

Let's Celebrate National Nutrition Month!

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but it still rings true. National Nutrition Month stresses the importance of a balanced diet and exercise.

Five Realistic Ways to Celebrate National Nutrition Month



☐ Choose food over supplements: Dietary supplements are no match for a nutrient-dense diet. Food supplies vitamins, minerals, phytonutrients, and antioxidants in the most bioavailable form. Meaning your body can use these nutrients immediately. Foods probably also contain beneficial compounds we have yet to discover - not to mention fiber!



Opt for color: There is little disagreement that eating a rainbow of fruits and veggies is beneficial for your health. Strive to get all the colors into your daily diet - red, orange, yellow, green, blue/purple, white/brown.



Go, go, H₂O! 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.



Move your body: The benefits of living an active lifestyle have been known since ancient times. Cicero said, “it is exercise alone that supports the spirits, and keeps the mind in vigor.”



Find inspiration: Feeling stale in the kitchen? Check out my Instagram and Facebook pages @HonestNutritionUSA for gluten-free meal and snack ideas. You don't need to be following a gluten-free diet to enjoy these recipes, but if you are, you will never need to make any

modifications.  gluten-free.

Miscellaneous

My Story: If it Happened to Me, it Could Happen to Anyone!

By Rod Farley, written ~ March 1, 2021

We thought that we had this COVID 19 thing beat. Our eight-person bubble was intact, all of us older than sixty, we had four complete Pickleball teams with all the enthusiasm that comes with newbies. We had two soft spots in our bubble. Donna is a Dental Hygienist and the California Dental Association (CDA) requires them to dress like astronauts which makes it a very safe environment. My older sister Marilyn is a manager at Whole Paycheck (WF) in Folsom and we were concerned about her exposure to so many randos, but WF has a lot of strong protocols that she strictly maintained, as a Dallas Cowboy fan, as she has no immunity to frustration. I hosted a football playoff party with our bubble buddies for God's team, the awesome world champion Green Bay Packers, vs. the Tampa Bay Buccs. Donna fell asleep during the game, which isn't so unusual, but later got dominated at Skipbo, so we suspected something was off. She tested positive the following morning, and six more of us tested positive a day later. Our team of Bubble Buddies shared two bottles of Opus One that night as it could have been our last supper.

It's very strange how the virus affects everyone differently. I hadn't been this sick and sore since I tried to bunny hop Ralph and Kris LeMurs tandem on the bike trail 15 years ago. I was very sick with major flu-like symptoms and major muscle aches. Every pain I've ever had came back to check in with me and say hello, and some pains I had never had came with them. The power went out for three days in Arden Park and I wore out my sofa laying around in a snowmobile suit to stay warm. I don't remember much about that first week except eating uncooked Costco tortellini out of the bag. My Bro-In-Law Larry, who is a month younger than me and more fit, spent a week in the hospital. At this writing exactly a month later, he is home sucking down the oxygen and getting over pneumonia. Larry is a Vikings fan, so it's not unusual that his rebuilding efforts are taking a long time. The rest had a bad flu for two weeks and none of us have much energy even now. My sister Ann, who won her age group at the Tour of Nevada City many years ago, is back on her bike, and my seven-year-old granddaughter was positive but never had any symptoms.

We think that the virus came from an asymptomatic dental patient, but in reality, it could have come from the drive-up window at Taco Bell or just about anywhere. Every day is Blursday since I got it and it will likely be April 1st or so till I am 100% and get to test my antibodies. It's time to start training for the Italy trip. I planned to lose ten pounds last year ...I still have fifteen to go. My Bubble Buddies have been a great team, and I wouldn't trade any of them.

4/7/2021 UPDATE: It was a month of full-blown COVID and another month to recover fully. However, now I blame every ache and pain on COVID recovery. I got a Johnson & Johnson vaccine last weekend and was totally sick with COVID again for 24 hours...all good now...was a very interesting journey. The rest of the Bubble team recovered fully as well, but we traded my Bro-in-Law Larry for a future draft choice.

AB-122: Proposed Change to Required Stops for Bicycles

At the behest of Sacramento Wheelmen member and California Bicycle Coalition volunteer Walt Seifert, the Sacramento Wheelmen Bicycling Club has submitted letters of support for proposed legislation which would decriminalize rolling stops for cyclists in California. The legislation, AB 122, was to be heard in committee in March. Seifert asked the Sacramento Wheelmen to support the proposed legislation ahead of that committee meeting.

In his letter to the club, Seifert wrote, "For those unfamiliar with this law, it changes the Vehicle Code to require bicyclists approaching a STOP sign to slow to a reasonable speed, yield to other traffic, and then proceed through the intersection without coming to a complete stop. That is, as a DePaul University study found, the existing behavior of 96 percent of the bicyclists observed in Chicago. It has been the law in Idaho since 1982, so for nearly forty years."

Crashes in Idaho (and now Delaware) decreased after the law was changed there.

"Reforming existing law would decriminalize behavior that is safe (performed millions of times a day by cyclists across the country). It would limit arbitrary and sometimes discriminatory enforcement. It would promote bicycling, and in my opinion, create a cultural change amongst the general public and political decision-makers by changing "scofflaw" bicyclists into respectable law-abiders," Seifert wrote.

Sacramento Wheelmen Government Liaison/Community Affairs representative Dennis King worked with Seifert in composing a letter which was signed by Club President Tom Adams after all board members agreed to send a letter in support of AB 122. The letter follows on the next page.

The Honorable Laura Friedman
Chair, Assembly Committee on Transportation
1020 N St, Room 112
Sacramento CA 95814

Re: Support—AB 122 (Boerner Horvath), Safety Stop

Dear Chair Friedman,

The Sacramento Wheelmen Cycling Club supports Assembly Bill 122. The bill would allow bike riders to treat a stop sign as a yield sign. This extremely common, safe practice should not be illegal. Nearly 40 years of experience in Idaho demonstrates changing the law is safe and practical. Idaho intersections with stop signs operate exactly like similar intersections in California.

Delaware, Arkansas, Colorado, Oregon and Washington have all passed versions of this law. Delaware, the state where the law has been in effect the longest after Idaho saw a 23 percent reduction in crashes at stop sign controlled intersections. North Dakota, New Jersey, New York, Oklahoma, Utah and Virginia are all considering similar legislation. California law should be consistent with that of its West Coast neighbors.

Encouraging more trips by bike is state policy as demonstrated by a Caltrans goal to triple trips by bike. Bicycling is good for public health and essential to combat climate change and air pollution. Bike trips reduce traffic congestion and government costs. More trips by bike makes streets safer for everyone, including motorists, pedestrians and other bike riders.

Current law, if followed, makes trips by bike more arduous and less convenient, and less likely to be made. Coming to a complete stop instead of coasting through stop signs requires expending 25 percent more energy. Existing law is less safe for bike riders. It increases bike riders' exposure time to cross traffic and impedes traffic flow for everyone by increasing wait times.

Current stop sign law makes bike riders scofflaws even though safely yielding causes no harm to others and occurs millions of times a day without incident across the country. Current law is subject to arbitrary and inconsistent enforcement and allows racial profiling. Enforcing current law takes away enforcement of truly dangerous behavior. Fines for those cited are the same as for motorists even though the dangers created are far less.

Please help increase respect for all laws by reforming a bad law. We urge your support of AB 122.

Sincerely,

Tom Adams
President, Sacramento Wheelmen

cc: Assembly Member Tasha Boerner Horvath
Capitol Office, Room 4130
P.O. Box 942849, Sacramento, CA 94249-0076

In-Stock Wheelmen Apparel

Are you looking to upgrade your Sacramento Wheelmen Club apparel? It's so easy! Members can purchase in-stock apparel by contacting Ron Davies (rjdaviesCA@gmail.com). He's waiting by the computer for your email!

| | Inventory Men | Inventory Women | Inventory Price |
|------------------------|--------------------------------------|--|------------------------|
| JERSEYS | | | |
| Short Sleeve Hid Zip | Medium (1) | Small (1) Medium (1) Large (1) XLarge (1) | \$59.00 |
| Short Sleeve Full Zip | Small (1) Medium (1) | Medium (1) Large (1) | \$59.00 |
| Long Sleeve Hid Zip | Medium (1) | Small (1) Medium (1) Large (1) XLarge (1) | \$69.00 |
| Long Sleeve Full Zip | | Small (1) Medium (1) Large (1) XLarge (1) | \$69.00 |
| WIND VESTS | Small (1) Medium (1) Large (1) | | \$49.00 |
| WIND JACKETS | Small (1) | | \$59.00 |
| VELOCITY SHORTS | XLarge (1) | Medium (1) Large (1) XLarge (1) | \$93.00 |
| VELOCITY BIBS | Small (1) Large (1) XLarge (1) | | \$103.00 |
| SOCKS | Large (9-13) | | \$ 5.00 |

Pre-Order Apparel Process

You can also order club apparel – its purchased through Voler Cycling Apparel when we have commitments for certain number of orders. Club orders include a discount. Voler Cycling Apparel (<https://www.voler.com>) offers men, women and youth clothing and accessories in a variety of sizes and fit. Shop Voler's website and request your order with Ron today.