

Sacramento Wheelmen Club Newsletter



2021, Issue 4

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Membership Update

NEW MEMBERS – HAPPY TO HAVE YOU!

Please join me in welcoming these new members to the club:

- Hector Chavez
- Bob Niblack
- Brandon and Zina Claunch (family members of Don Claunch)
- Thomas Piette

They joined at the exact right time as group rides will be restarting soon – let the good times roll!

Event Calendar Report

Get excited about the next Club Business meeting on Wednesday, July 14, 2021 at 6:30 PM. Put it on your calendar so you don't miss it!

Club Business Report

At the club's April 17, 2021 Board meeting, Walt Seifert reported that the Idaho Stop legislation proposed for California passed its first hurdle in a 10-4 Transportation Committee vote along party lines. The proposed legislation would allow cyclists in California to roll through stop signs when it is safe to do so, rather than legally requiring them to stop.

The bill now moves on to another committee, but with an added sunset provision for 2029, along with a required Highway Patrol review in 2028. Should it become law by being passed by the state legislature, California would join a host of western states who have already enacted a version of it.

In March, the Sacramento Wheelmen endorsed the legislation in a letter sent to the chair of the Transportation Committee. The Board decided to endorse the legislation ahead of the April Zoom meeting in order to lend our support in a timely way. At the April Zoom meeting, the endorsement passed unanimously. Bicycle clubs up and down the state have lent their support for this legislation which, if it becomes law, would decriminalize what cyclists already safely do.

Those attending the meeting also received updates on the club's finances and preparations for resuming group rides.

Treasurer Bob Storelli reported that the more expensive polo mileage shirts for 2020 cost the club about \$200 over budget thanks to donations that individuals made to supplement the budgeted amount. Membership dues are keeping pace with the cost of insurance, our Wild Apricot web site, and our RideWithGPS account.

Those in attendance were the first to hear about revised ride leader guidelines, last updated in 2009. Board members met with ride leaders on March 17 and reached a consensus on updating the guidelines. The revised guidelines are now available on our web site thanks to Dan Anglim.

Bob Storelli, standing in for Mabel Wong, also reported that although the Guerneville Zodiac has been cancelled, a large contingent of club members did not cancel reservations, choosing to ride together as a cohort anyway.

Looking ahead to when club rides resume, President Tom Adams called for members to bring their masks and wear them when congregating at the start location of rides and to adhere to social distancing guidelines as well should these precautions be expected of us by the State of California when we resume our normal group rides.

Ride Calendar Report

GREAT NEWS!!!

GROUP RIDES RESTART JUNE 15TH!!!

Get excited to restart group rides! Per the Governor, State-imposed COVID restrictions are scheduled to be lifted June 15th and therefore we are restarting group rides! Finally!

Our Ride Director Mabel Wong has had to navigate an extremely complex group ride environment and yet the Ride Calendar is as strong as ever! Find your next ride here:

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

In March of this year, the Board of Directors met with club ride leaders to go over proposed changes to the club's Ride Leader Guidelines & Suggestions which were last updated in June 2009. The revised guidelines were approved by all the ride leaders who attended that meeting held at East Portal Park. The revised guidelines are consistent with long-held club expectations of ride leaders and ride participants but needed to be revised to reflect the widespread use of and reliance on modern technology.

Before the revision, the existing guidelines were based on posting rides and communicating with the club and public through a printed publication mailed out to club members and distributed to the public through bike shops. These days, all club business is conducted over the internet.

At the turn of the century, everyone was using cue sheets. Cue sheets are good, but the trend for navigation now is routes downloaded to bike computers. The new guidelines ask ride leaders to provide links to GPS files created for rides so that members who use bike computers, such as Garmin, can download the routes and use the turn-by-turn guidance through their bike computers.

What hasn't changed is our use of the Ride Roster and the expectation that participants will sign in at the beginning of a ride and sign out at the end of the ride, or at least communicate with the ride leader if they are not at the start or coming back to it. Although by necessity we have dropped this expectation during the pandemic, all in attendance at the March meeting agreed that riding as a group and making sure all participants have returned safely is important for the health and well-being of the club, especially with regard to the experience of new members and guests.

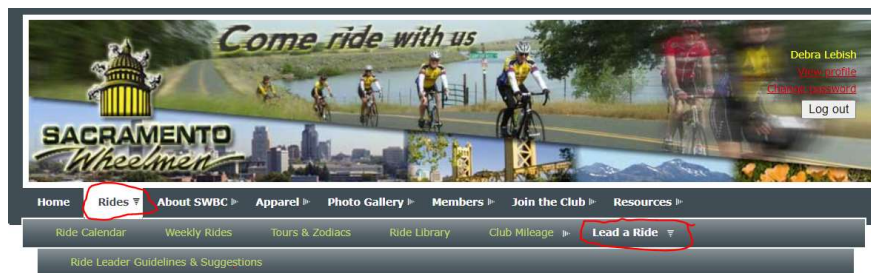
Helmets are mandatory. Restrooms at the start are desirable. Route options are encouraged. Ride leaders are asked to introduce guests, briefly describe the route, and mention hazards and tricky turns. Including regroup stops in rides is encouraged. Ride leaders should also address the availability of water, food, and restrooms on the route.

The club's Ride Leader Guidelines & Suggestions cover planning the ride, scheduling the ride, what to do at the start of the ride, during the ride, and after the ride. The guidelines include Information on waivers and accident reporting, too. To read the revised guidelines in their entirety, use this link to the club's web site: <https://sacwheelmen.wildapricot.org/UA-73702822-1>.

HAVE YOU EVER THOUGHT ABOUT LEADING A RIDE?

It's so easy with the help of the club's updated Ride Leader Guidance. As mentioned above, the guidance was recently updated to reflect our current practices and tools, such as Ride with GPS and publishing the ride calendar on our website rather than a paper-based calendar. The guidance is full of tips and pointers on how to select and lead a ride. Easily locate all the Forms and Guidelines (such as Ride Roster and Waiver forms) here:

<https://sacwheelmen.wildapricot.org/page-1141085>



Ride Leader Forms and Guidelines

If you're a club member, we urge you to lead a ride or two....or more! If you've never led a ride before, we have plenty of help for you. The Ride Director can help you select a route and give you pointers for a successful ride.

The ride roster and membership waiver have been updated to protect and indemnify the club (including members, board, agents, yada yada) from issues related to COVID. This is a common practice as many other cycling clubs and businesses have added COVID waivers and indemnifications as activities and operations head back toward "normal".

Travel Report – More AMAZING News!!

As you know, official Wheelmen Club group travel, both domestic and international, was put in the freezer. Club group travel will be defrosted June 15th, just in time for the Mt. Shasta Zodiac!

ZODIACS – Domestic Cycling Trips

Mount Shasta

Ride Leader Dale Johnson says that the Mt. Shasta area is a recreational paradise that touts low traffic roads, beautiful scenery, and cool tiny towns. How can anyone resist? The trip is scheduled for June 15 – 18. See the 2021 Tours and Zodiacs page on the Wheelmen website for more information (<https://sacwheelmen.wildapricot.org/page-1133433>) or contact Dale Johnson at davijohnslckr@comcast.net.

Guerneville

The May 2021 Guerneville Zodiac was cancelled and rescheduled for 2022. Thankfully, a private cycling trip to Guerneville was arranged so folks were still able to enjoy Guerneville by bike, just not as a Wheelmen Club Zodiac. The weather was incredible, and the Ferngrove Cottages were as charming as ever...big thanks to Steve and Sheila Forsberg for organizing and making it happen and Lesli Pletcher for coordinating with Ferngrove! Unfortunately, the trip wasn't roses and champagne for everyone and we wish quick healing to Glenn Moore and Steve Forsberg.

A special thank you to all the photographers who submitted photos for the newsletter, so much talent! Photos start on page 8 of the newsletter.

TOURS – International Cycling

And if you are lusting for Europe, the Italy trip is still a go!!

- If you haven't been to Europe before, this is your big chance for the perfect mix of cycling, sun, and fun! Roberto and his team at the Hotel Alexander (https://www.alexanderhotel.it/en/home_3.html) have demonstrated time and again their incredible hospitality, cycling leadership, and epicurean prowess. Oh, and there's wine!
- If you haven't been to Italy before, this tour is calling your name! As the world slowly opens, there may still be hesitancy to travel, especially internationally. But imagine the opportunity to explore Italy with fewer tourists and tour buses, no lines at attractions, and less cars on the road. The chance to experience Italy at "reduced capacity" won't come around soon (hopefully!).
- If you've never cycled in Italy then I'm sure it has a well-deserved place on your bucket list! Hotel Alexander provides excellent quality road bikes and the professional ride leaders know the local cycling roads like the back of their hand.

The tour is available as a 2- or 3-week trip – it begins on September 20 and ends on October 4 or 11. Get in touch with Sandy Yarrow (skybike2@gmail.com) for more information.

Note: This COVID stuff can change on a dime. See the Ride Calendar for official Wheelmen-sanctioned rides and travel.

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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The reader-favorite Honest Nutrition Corner is having a newsletter break. People have discovered her amazing, results-oriented nutritional counseling and her business is headed to the moon! Her services are now covered by insurance (Anthem and Aetna) and are more accessible than ever. Do your health a favor and reach out to Diana!

Miscellaneous

BIG DADDY Needs a New Kit!! Order Custom Wheelmen Apparel via Voler.com

ORDERS DUE MONDAY, JUNE 7, 2021



Now is the time to order your Wheelmen cycling clothing to look sharp! The club has an arrangement with Voler.com for custom Wheelmen clothing and accessories. If you are a new member, you will want to order a club jersey and cycling shorts (the “kit”) which will be customized with the iconic Sacramento Wheelmen design. And as we all know, it’s great to have layers and options such as both long and short sleeve jerseys, thermal vest and a wind vest, cycle shorts and skinsuit ...well, you get the idea!



Reviewing the Custom Clothing Catalog

The Full Custom Catalog (<https://www.voler.com/browse/cat/?cat=All&vm=4>) on the voler.com website is a great resource for getting familiar with the Voler products. Here the garments can be seen on a person or a shape. Scroll through the catalog page, noting that there are several styles and fits from which to choose. Many members prefer the fit of the Pro and Peloton Collections, while the extra sleek trend toward Velocity and Tri. Note that each Collection has a different fit, for example the Pro is a Race cut and the Peloton is a Club cut (slightly less fitted).

Pricing is based on an order of 50 items. Note that accessories ordered must total at least 5 (any, don’t have to be the same) otherwise no accessories can be on the order.

Shipping

You may have the order shipped directly to you or you may have the order shipped to Sandy Yarrow (8978 Lake Ct., Granite Bay, CA 957460) and she will coordinate distribution. If you are ordering and going on the Oregon Zodiac then Sandy will distribute on the trip. Note that there is an additional fee to have it shipped directly to individuals. Items ship the week of July 12-16.

Experiencing Voler: See, Touch and Ask Questions

There are two (2) Sample Fitting meetings for you to touch and feel, as well as try-on samples, before ordering. The Voler representatives will be in attendance to answer all your clothing questions at the two Sample Fitting events:

Wednesday, May 26 – 6 PM
8978 Lake Ct., Granite Bay, CA 95746

Thursday, May 27 – 4 PM
1209 Ridgeway Dr., Sacramento, CA 95822



The Benefits of a Team Uniform

Wearing the Wheelmen kit is highly recommended for club rides and events. Donning the same club “uniform” has many benefits such as visual identification and feeling part of the group. Not to mention that the iconic Sacramento Wheelmen brand is known throughout the community and is good advertising to encourage new membership. From personal experience, it is much easier to find your group, or be found, when you are wearing the same jersey! And most important of all: we look cool if we match!

Sandy Yarrow is the Wheelmen liaison for Voler order, please feel free to reach out to her at Skybike2@gmail.com.

ORDERING (From Voler.com)

Welcome to the Voler Online Ordering System

Your team has decided to use the Voler Custom Online Order System for collecting and processing your cycling apparel order. Please follow the steps below to place your individual order for inclusion in the overall team order.

1. Click on this link to access your team order site: <http://www.voler.com/custom/ordering/li/39216>

2. Click on “LOGIN” to enter your Login/Billing Info. Click on “Create Account” to save the information and to create your new User ID and Password. You will automatically be directed to the home page for your team order. If you are a returning customer, please use your original Login and Password.

3. Click on “Begin Shopping” to gain access to the orderable products page. To place items in your shopping cart, click on the item you want to order, then the options you want to select, then the “Add to cart” button. You can choose to “View Your Bag” or “Continue Shopping” after adding each item. Repeat these steps for each item you want to order.

4. After placing the last item you want to order in your shopping cart, click on “View Your Bag” to display the items. Carefully review the items and make any necessary modifications or deletions. Because each item is custom built, refunds and exchanges will not be accepted. After you have confirmed your order is correct, click on “Proceed to Checkout” to complete the secure checkout process by entering your credit card payment information.

5. After you have completed the secure checkout process, an Order Confirmation will automatically be displayed and e-mailed to you for your records.

6. After the order deadline date has passed, you will no longer be able to access the order site. If you have not completed the checkout process for your order by this date, any items in your cart will be removed. The Order Deadline and the Order Ship Date are displayed on the order homepage. The Ship Date is the date that your order will be shipped from Voler.

Thank you for your order. If you have any questions, please call 800-488-6537 and ask for assistance from a Voler Customer Service Representative, or send us an email at sales@voler.com.

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PHOTOS FROM GUERNEVILLE









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