

Sacramento Wheelmen Club Newsletter



2021, Issue 5

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Membership Update

NEW MEMBERS – Our Club is Growing!

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

- Linda Apodaca
- Dennis Belisle
- Betty Bennett
- Dennis Bennett
- Sarah Finley
- Kimberlie (Kiki) Flowers
- Niki Gamboa
- Andrew Hegenderfer
- Sean Mcmillan
- Jeff Pehrson
- Sam Taylor
- Keith Tochterman

Please say 'hi' to these new members if you see them on a group ride! Better yet, reach out and go for a ride together!

Event Calendar Report

A Club Business meeting took place on Wednesday, July 14, 2021, at 6:30 PM, via ZOOM of course. ZOOM has been GREAT for meeting attendance as more members consistently attend the meetings. Members say that while they miss the in-person interaction, they don't miss the traffic and love getting cozy at home in their PJs!

Club Business Report

The minutes for the May 12th meeting were unanimously approved. The meeting minutes were distributed via the Wheelmen's groups.io email list.

The agenda for the July 14, 2021, meeting is below:

1. Social time
2. Approval of May 12 minutes
3. Oregon Tour Update -- Tim Koch
4. Italy Tour Update -- Sandy Yarrow
5. RAGBRAI Tour Update -- Rod Farley
6. Ride Director Report -- Mabel Wong
7. Membership Coordinator report -- Bryan Stevinson
8. Mike Dodson Update
9. By-law amendment -- Tom Adams
10. Social time

Meeting minutes will be distributed separately.

Ride Calendar Report

It has been so fun to ride together on group rides! The Ride Calendar is strong but our Ride Director Mabel Wong is always looking to make it better! Check out the ride calendar here: <https://sacwheelmen.wildapricot.org/page-1658114> Don't see anything you like? Become a Ride Leader and create your own ride!

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 rosters, waivers and accident reporting, too. Read them here: <https://sacwheelmen.wildapricot.org/UA-73702822-1>. Easily locate all the Forms and Guidelines (such as Ride Roster and Waiver forms) here: <https://sacwheelmen.wildapricot.org/page-1141085>

RIDE REPORT - First Club Ride Out of William Pond in 12 Months



Sacramento Wheelmen gather at the William Pond Park start on June 15, 2021.

It is good to be riding together again, not as pandemic cohorts in groups organized through private channels, but as a club. June 15, 2021, was our first day back and a large contingent showed up at William Pond Park for an 8:30 am start. There was also a 9 am club ride out of the Westin Hotel parking lot off Riverside Blvd. And up north, Sacramento Wheelmen were riding together on Dale Johnson's Shasta Zodiac.

At William Pond Park, club members showed up and signed in. More joined the string of riders along the way as we headed east on the American River Bike Trail. In total, 30 members signed in. No guests or new members signed in. For everyone, there was the experience of seeing familiar faces for the first time in a long time.

Nick Hourigan was substituting for Dale as the ride leader out of William Pond. In accordance with the club's guidelines, participants lined up to print their names on the ride roster for the day. Michael Goble, our mileage coordinator, was at the start hoping everyone was doing their best to print legibly. He has to be able to read the roster when it is turned into him for crediting club miles. Before the ride date, Nick provided a cue sheet through groups.io. Ken Bell also provided a GPS file through groups.io. As we move forward, providing GPS files will supplant providing cue sheets. However, with a little computer elbow grease, guests and members can still create their own cue sheets from GPS files.

Although the club policy is to sign in at the start and sign out when you return to the start, that isn't practical when the ride leader rides his or her bike to the start as Nick did on June 15. What's the ride leader supposed to do? Nail the roster to a tree? Given the situation, it made sense on this

day for participants to initial out as well as sign in (printed) at the start and send Nick an email to report their miles after the ride.

It is important that you sign in so that the ride leader has something to refer to should he or she need to during the ride. This is particularly important when it comes to new members and guests. If you're not going to write your cell number on the roster, then make sure you have the ride leader's cell number. And if you're not going to return to the start or you choose to ride a different route than the one set for the ride, please be courteous enough to let the ride leader know. Ride leaders bear a certain responsibility for the welfare of members and guests on the ride. Don't make it hard or worrisome.

As our large group rolled out of William Pond Park and on to the bike trail we found ourselves sharing the road with a surprising number of other cyclists, walkers, and runners enjoying one of the cooler days of the week. The pandemic has really boosted usage of the American River Bike Trail. Riding single file, calling out "bike up" when the sight lines are short and "bike back" as riders going more than 18 mph pass on the left was required for safety. We used hand signals for slowing down as we approached cyclists and for passing them. Walkers and runners facing us were acknowledged with verbal and hand signals. Shouting out "slowing" prevents accidents when you slow down while riding in closely packed groups.

At Susie's, the breakfast ride destination out of William Pond Park on June 15, Sacramento Wheelmen sat down together as a large group again. Coffee Republic on the way back was the second stop. Carrying a mask continues to be a good idea although increasingly you may not need to use one. It was a good day to be back together cycling down the road as a non-racing peloton and then regrouping again after we spread out over the route.

Travel Report

TOURS – International Cycling

The Italy trip is a **GO!!**



Ride: Rolling/Hilly/Steep/Flexible

Leader: Sandy Yarrow, 916-802-0898, skybike2@gmail.com

Description: **We're going to Italy!**

Ride dates: **Sept 20th-Oct 4th**. Optional 3rd week ending Oct 11th. Fly in and out of Bologna (BLQ).

Join the fun and ride with your fellow Wheelmen. To expand our riding area, we'll start off staying at the Anusca Palace Hotel for two nights, then at the wonderful Hotel Alexander. During the first week we'll ride through the famous Enzo & Dino Ferrari autodrome, and have lunch there. A Bourghi & Castelli bike tour, a Beach Party and dinner in Gabicce, a S. Bartolo bike tour on the roads of the Giro d' Italia. And wine tasting at Tenuta Carlini.

The second week we ride to Senigallia and stay at the Hotel Bel Sit. Ride to the hermitage of Fonte Avellana, a 10th century monastery. The Camaldolese monks lived there, also Dante Alighieri, a great poet. We'll also visit the village of San Giovanni for lunch. And for the last day (of week 2) will be a bike out to Pesaro and boat back.



The third week we stay at the Hotel Alexander for 3 nights, then 2 nights at the Villa Polvese resort which has many rave reviews on the hotel, with very high marks for the food! A night in hilly town of Assisi, a province of Perugia and birthplace of Saint Francis. And also, a night in the medieval town of Gubbio.

Our guides will be with us throughout, and our luggage will be transported. There will be chances for you to do additional riding, go into town or catch the train and go for a day trip.



We will ride in groups of similar speed and distance ability. Each evening there is announcement of the terrain and distance for the next day, and then you sign up for the group you want.

Bring your own pedals. You can bring your own saddle, but not mandatory.

Trip Costs: The cost for 2 weeks double occupancy is approx. \$1800. Add \$250 for single supplement.

The cost for 3 weeks double occupancy is approx. \$2902. Add \$412 for single supplement.

This includes transportation to and from the BLQ airport, bikes, the guides, food and lodging. Airline flights (and anything else not mentioned) are not included.

You need to be a member of the Sac Wheelmen, so join and come along!

ZODIACS – Domestic Cycling Trips

The next domestic Zodiac is scheduled for January, 2022. Do **YOU** have an idea for a Zodiac? Get in touch with Mabel, the ride director, and get it on the Ride Calendar!

Around 20 members enjoyed this year's Mount Shasta Zodiac that took place June 15-18, 2021. Riders who rode all four days earned 150 club miles...there was lots of climbing to the surprise of no one! The area and routes were top notch, as evidenced by another bike club staying in the same hotel and campground at the same time as the Zodiac. The weather was perfect, the scenery was beautiful, and everyone had an amazing time. Big thanks to Dale Johnson for leading the trip!



And a few more fun pics:



May Was Bike Month!



In the annual Sacramento Region May is Bike Month (MIBM) Team Challenge, 39 Sacramento Wheelmen logged in 818 trips and amassed 22,564.1 miles.

That was good enough to be ranked fourth in the Team Challenge involving 212 teams, some of whom didn't contribute much, but it all counts in the region's grand total: 2,302 participants, 40,225 trips, covering 476,680.8 miles.

According to MIBM, we saved .3 million dollars and accumulated 193.4 tons in carbon dioxide savings. This must relate to the gasoline we would have otherwise burned to travel all these miles. As a region, we also burned off 24 million calories, according to MIBM.

MIBM ranks teams by the number of trips logged in, regardless of how short or long. However, if you rank teams by the number of miles accumulated during the month of May, the rankings change. When you do that, the top team is the Sierra Foothills Cycling Club with 42,846.8 miles by 84 participants. That's an average of 510 miles per person for the month. That's outstanding.

By that same measure, the Sacramento Wheelmen ranked second. Our average per person was even more impressive: 578.6 miles. That's due to some very heavy hitters in our club!

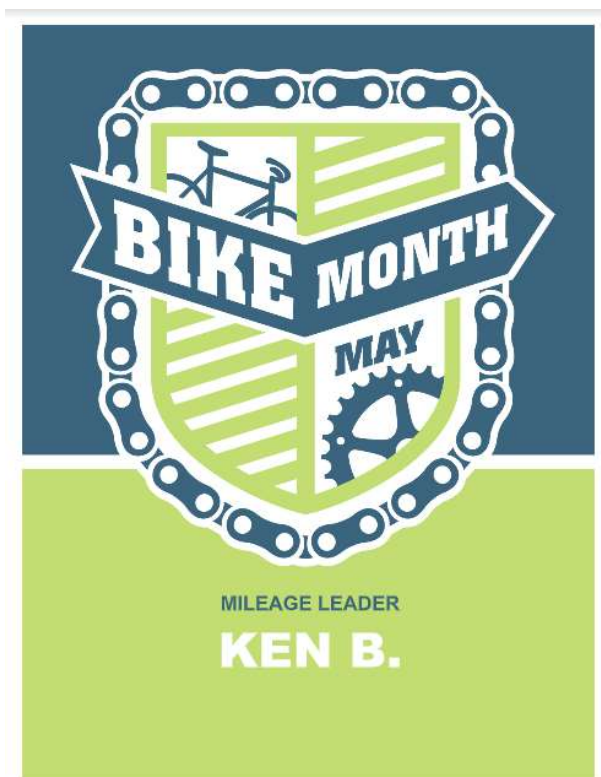
The Sacramento Bike Hikers was right behind us in miles with 21,639. With 65 members participating, they averaged 333 miles per team member.

Continuing with the mileage rankings, the Lincoln Hills Cyclists were fourth, with 35 team members riding a total of 16,354.6 miles; Bridging the Gap fifth with 8,885.6 miles by 24 team members; University Covenant Church, Davis, sixth with 5,962 miles by 31 team members; CalSTRS Velocipders seventh with 5,684.6 miles by 19 team members; Yuba Sutter TriClub eighth with 5,479.8 miles by 22 team members; Cycle Folsom ninth with 5,117 miles total from 11 riders; and the Davis Bike Club tenth with 3,592.8 miles accumulated by 10 riders.

On the Sacramento Wheelmen MIBM team, four individuals each rode more than 1,000 miles during the month of May. MIBM only lists first names and the first initials of the last names. If you have been with the club for a while, you can probably figure this out. The club individual mileage leader is Ken B. who rode 1,619 miles in May. He is followed by Paul G, 1,096 miles; Linda L., 1,076 miles; Bob S., 1,072 miles; and Mabel W., 935 miles. Tom S. and Michael D. were neck and neck with 893 and 895 miles for the month of May. A two-headed creature Nick/Helen H. rode 1,738 miles during the month.

As a team, we burned 1,128,204 calories. That's 1,524 double Quarter Pounders or 9,401 glasses of wine!!

Congratulations to Ken B, the Sacramento Wheelmen Mileage Leader!



Miscellaneous

SENIOR RIDE

On June 26th, a group of Wheelmen gathered at the Chateau on Capitol, a senior assisted living facility, in midtown Sacramento. The purpose of the visit was to inspire the residents of the Chateau to pedal their stationary pedal machines – they were in a competition with other facilities to pedal the most miles. Our visit began with several laps of a mock criterium around the block followed by a short presentation. Debbie Finley stumped the residents with cycling trivia and Sandy Yarrow followed with inspiring words and wisdom to “keep moving”!



The star of the show was undoubtedly Fred Pfeffer, who dazzled the residents with Dutch stories and led them in a rousing rendition of “On a Bicycle Built for Two”. It was a fun event for both the Wheelmen and the seniors.



MIKE DODSON UPDATE



On Tuesday, June 29, 2021, Mike was cycling on the American River Bike Trail with fellow Wheelmen when he was struck by a car, critically injuring him. The person at the vehicle wheel was a drunk driver with a blood alcohol level of 3-4 times the legal limit. As of July 20, he remains in ICU at UC Davis. Please keep Mike in your prayers and thoughts. If you would like to express your concern and condolences to Mike and his family, please send them to:



Mike Dodson & Family
9483 St. Louis Way
Rancho Cordova, CA 95827

If you are able, please consider giving blood in Mike Dodson's name at a Vitalant Blood Donation Center.

A very special thanks to Steve Barre for keeping us updated with Mike's status and progress.