

# Sacramento Wheelmen Club Newsletter



2021, Issue 7

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## Membership Update

Did you know that we have 317 Wheelmen members? 206 men and 109 women (2 decline to state). And our membership numbers continue to climb - please join me in welcoming Kurt and Marcie Mandich and Alex Ramos to the club!

## Event Calendar Report

The next Club Business meeting is scheduled for Wednesday, November 17, 2021, at 6:30 PM, via ZOOM of course. Here's the Zoom link:

Topic: Sacramento Wheelmen Meeting

Time: Nov 17, 2021 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/82649227261?pwd=dTVHa1Ird1JtZ3N4Yk4rcXhSMXhCdz09>

Meeting ID: 826 4922 7261

Passcode: 230770

## Meeting Agenda

1. Social time
2. October minutes – Debbie Finley
3. Board election for 2022 – Tom Adams
4. 2021 Awards banquet – Tom Adams
5. Mileage shirts – Tom Adams
6. Charitable donation – Mike Kersten
7. 2022 Oregon tour preview – Tim Koch
8. Social time

## **Club Business Report**

At the club Zoom meeting on October 13, Ride Director Mabel Wong reported that revisions to the ride leader guidelines have been completed and Mileage Coordinator Mike Goble shared the club's new ride roster.

The club's Ride Leader Guidelines and Suggestions now correspond to our heavy use of email and internet mediums of communications as well as our growing use of and reliance on GPS bike computer files. The club has been developing a GPS route library for ride leaders. Whether using a route from the club library or creating their own, ride leaders are encouraged to share the GPS link either on the ride calendar or by using the club's email account.

After printing your name on the new roster, you are now asked to initial in at the start of a ride. The initial-in serves as a signature and locks in \$25,000 of supplemental medical insurance and a \$5,000 accidental death benefit for club members for the ride. The previous roster stated that riders could not receive more mileage credit than the maximum miles in the ride description. That's gone. Miles ridden from home to the start and back home now count for club mileage along with the course miles. At the end of the ride, write down your actual miles if you are returning to the start. If not, email or text message the ride leader with your actual miles.

As a companion to the Ride Leader Guidelines and Suggestions, the club now also has a new document called "Riding With the Sacramento Wheelmen." This helpful document spells out what new members need to know about riding with the club. It includes how to join the email account, what to bring to a ride, the purpose of the ride roster, and how to report club miles. This document was shared in the club newsletter prior to the meeting and was met with approval when shared at the meeting.

All three of these documents are on the club's web site. Use the "Rides" tab on the home page.

In other business, Treasurer Bob Storelli reported final numbers for the budget year that ended on September 30 and presented a budget plan for the 2021-2022 budget year which began

Oct. 1 and ends on September 30, 2022. Although revenue was less than projected for 2020-21, the end of year deficit was only \$972. Expenses are expected to exceed income in 2021-22 by \$1,870. The club's reserve is about \$74,000. Pete Becker agreed to contact existing advertisers on our web site regarding compensation for the club.

Those in attendance voted to pay the cost of retaining the "Sierra Century" internet domain so long as the expense is no more than \$100. They also voted to hold a traditional end of year awards banquet on the last Saturday in January or the first Saturday in February, contingent upon sufficient volunteer support and so long as it is not in conflict with pandemic guidelines.

Existing board members were re-nominated for 2022. Tom Adams was nominated for club president, Debra Lebish for vice president, Mabel Wong for ride director, Debbie Finley for secretary, and Bob Storelli for treasurer. More nominations are welcome before and at the next board meeting in November. That's when the voting will occur.

## Ride Calendar Report

Looking for a Saturday ride with some "height"? Look no further, you'll be delighted to add this new weekly ride to your schedule:

**Ride:** 30 – 40 miles, Moderate / Hilly, Flexible

**Day/Time:** Every Saturday, 8:30 socialization, 9:00 pedals down.

**Start Location:** Granite Bay Community Park on the corner of Douglas Blvd and Barton Rd. Enter from Barton Rd. Meet in front of the bathrooms.

**Leader:** Stephen Forsberg, 916-801-8295, Sfforsberg@comcast.net

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

Linda Lasswell, 916-204-8739, lindalasswell@comcast.net

**Description:** Weekly 30 - 40 mile rides in the foothills of Placer and El Dorado counties. Moderate pace (14 - 15 mph average). Generally 1,000 -- 2,000' of elevation gain. Ride at your own pace. Each ride will have at least one regroup or rest stop along the way. Routes will be provided electronically via the Wheelmen io group email system utilizing Ride with GPS format. Cue sheets can be copied/pasted from the Ride with GPS link. Printed cue sheets will NOT be provided.

Rain cancels! A notification will be sent out by 8 am on the morning of the ride in the event of a cancellation.

Do you like bike riding? Then be a 'Yes Man' (or woman!) and be a Ride Leader! Mabel the Ride Director makes it so easy, everything you need to make it happen is already on the Wheelmen website (<https://sacwheelmen.wildapricot.org/>), click on the Rides tab then select Lead a Ride.

# Travel Report

## TOURS – International Cycling

### ITALY HOTEL ALEXANDER TRIP REPORT

By Debra Jean Lebish

For those of you that did not book the trip, this report will make you wish you did because this year's Italy tour with Hotel Alexander was outstanding! I won't sugar coat it – you missed a great one! An incredible mix of culture, cuisine, and cycling did not disappoint.



The riding was spectacular, as always. The weather was perfect, the roads were as smooth as silk, and the scenery was lush and diverse. One day you're riding the "Panoramica" road which hugs the cliffs overlooking the Adriatic, and the next you're huffing it through a castle town on the hilltop, meandering through fig and pomegranate trees. Routes were mostly between 35 and 60 miles, with plenty of climbing. Riders were organized into two or three groups loosely based on speed and fitness and each group had 1-2 guides/ride leaders. The guide leadership (Sandro, Fabio, and Fabrizio) was professional and friendly and all of the guides knew the roads well and were able to make route modifications on the fly as necessary.



The food was somehow fresher, more flavorful, and more delicious than ever before. This year the group enjoyed breakfast and dinner at the hotel, with lunches a mix of special group lunches at a winery or other unique location, or DIY lunch. Robert, the Hotel Alexander proprietor, organized luxury, siesta-style meals...incredible multi-course feasts where your only worry is how are you going to pedal yourself home ....truffles shaved and served with reckless abandon...you get the idea.



What was new and exciting about this year's tour were the "Mini-trips". This is when you ride to or from a town around 50 miles away, spend a few nights, and then ride back to Hotel Alexander. Roberto and team transport your luggage to and from the temporary hotel. The mini-trips really kept the Gabicce Mare experience fresh, and we enjoyed riding in and experiencing new areas. We had three such expeditions during the three-week tour.



The first "mini-trip" was in Castel San Pietro, a small city and commune in the city of Bologna. Highlights included cycling to and touring the Ferrari racetrack, viewing racing driver Ayrton Senna's memorial, and gorging on castrated goat. Debbie Finley said that she prefers uncastrated, but it was yummy none-the-less.



The second of the “mini-trip” locations was to Scapezzano, ~ 45 miles south of Gabicce. The Hotel Belsit was well situated on a hill with views of the ocean and rolling countryside, lovely indeed. Every day’s ride ended with the steep hill (10% +) that exhausted whatever energy you had left. This hotel took the whole Eco Green movement to another level and diners were requested to save their dinner napkin in a labeled envelope, to be used by the same diner the next night. We were still allowed to take showers. All kidding aside, it was a wonderful location and a fun excursion from Gabicce.



The last mini-trip was during the final week and the group went to Unesco World Heritage city Assisi. Originally, the group was to cycle there but the weather turned so cold the bike ride was aborted for motor bus and we enjoyed yet another incredible lunch followed by a basilica tour and then walking around the beautiful walled city. The weather soon turned beautiful and the next day’s ride meandered through the area’s villages, towns, and castles, maybe the best route of the entire trip.



From Assisi, the group rode to Gubbio, where the group would stay the last night before departing for the Bologna airport the next day. Cycling to Gubbio was mandatory because the only motor vehicle (van) we had was filled with luggage, no room for bikes. Unfortunately, the weather rapidly changed

with temps dropping to 40-42 and it was tough, chilly slog but Wheelmen perseverance shined and everyone made it!

This year's Italy trip was a smashing success in every way and it was amazing to get away internationally for the first time since COVID. Thanks to Sandy Yarrow for organizing and the Hotel Alexander for making it special. Look for more information on the Hotel Alexander in a Q1 2022 newsletter.

## DONNA'S LUGGAGE

By Rod Farley

### Planes, Trains and Automobiles

Some of the many pleasures of traveling in Italy and Europe are the abundance of efficient trains and relatively cheap and interesting rental cars. We rented the 2021 Alfa Romeo Giulia sedan for a week in Nice for less than \$200! The same week my little brother rented a Kia something at SMF that busted his bank account for nearly \$600. Italy apparently didn't sell off its rental fleets during the Fauci Flu. The hour and half train ride from Bologna Central Station to Gabicce Mare (Cattolica) was \$19. The one mile taxi ride to the hotel was \$10. All were efficient and comfortable.



Unfortunately, they no longer rent the 1964 Giulia I owned in my youth.

### Offensive Luggage

So....the plan was for Donna to meet us in Gabicce Mare and spend a few days at the Hotel Alexander and then the two of us would move on to southern France for a couple of weeks. Everything went well, for me, but due to a red light flashing on the panel of the United 737 during taxi out of Sacramento her Chicago flight was rebooked to Denver at the last minute. That's all fine...But, her 72 hour COVID test requirement to enter the Euro Zone would expire, requiring a retest somewhere along the way and waiting for the results. So she got rebooked and sprinted to the next flight to Zurich. All good....Except for the luggage, that didn't make the flight. Soooooo, if you have heard Harold's late Italy luggage adventure from a previous trip then you kinda know how this is going to go. Except...the airline has a 5 day liability window to get your luggage to you. My experience in the USA has been that it usually gets delivered to your house or hotel the next day. Easy Breezy....but this is Italy, which has an atmosphere similar to Mexico when it comes to efficiency. So after four days of greatness in Gabicce it was time to travel to St. Tropez, and multiple calls to the airline by the helpful and patient Elanora, the bag still hadn't arrived by the 4<sup>th</sup> day. Well, could we just pick it up at the airport on the way through?

NO, it is at the transport company and their information is confidential and won't be released. At this point we had no other option than leave and let the luggage come to the Hotel Alexander after we departed, which it did on the 5<sup>th</sup> day, after we left. Well, after the Wheelmen leave the hotel closes for the season and we were staying in a couple of different private condos in France and had no idea what the forwarding address was and if/when it would get there. So Donna paid \$300 to have the suitcase sent back to Sacramento and we bought a new suitcase and essentials in Bologna. So far, so good.....

But....When the airline's baggage forwarding company is used, the luggage becomes treated the same as a "carry on" piece. Thus, it can't contain any liquids, swords, pepper spray or machine guns etc. and of course she got a message it was unshippable after an X-ray showed several restricted items. Ummmm, now what, well due to liability issues the transfer company won't open the suitcase and take items out, so back to the hotel it goes, Elanora sweetly agreed to meet the driver, even though they were closed and take out the offending electric toothbrush and shampoo and repack it for the shipper. Well....three weeks after we arrived back in Sacramento, UPS delivers the suitcase, missing all of the medications, anything liquid, a COVID home test kit we planned to use at the Nice airport, hair dryer, running shoes and several other "restricted" items. Apparently, somewhere along the way they actually do open the luggage. Its all good now, and at least next time Donna is in Gabicce she won't have to pack a toothbrush!



By the way....The COVID testing in the Nice Airport was really easy and the results were available on our phones in about 15 minutes. As a group we got tested in Gabicce 48 hours before departure to the USA. Based on extensive research of confusing and conflicting information I didn't think we needed a test to go from Italy to France, turned out that we indeed did need one. We needed another one to leave France for the USA and much to our surprise, we needed a printed negative test result to rent a hotel room the night before leaving Nice.

*Travels with Farley*

## ZODIACS – Domestic Cycling Trips

The next domestic Zodiac is scheduled for January 2022 and we go to Napa. The Napa Zodiac is January 11th – 13th, a super fun zodiac with a total mileage of 150 miles – a great way to start out the cycling year! The first day of the Zodiac is riding from Winters or Sacramento to the hotel in Napa (~52 miles of hilly-flat and ~85 miles of flat-hilly-flat, respectively). The middle day of riding is usually 50 miles of flat, with optional climbing at rider discretion. On Thursday the 13th, ride back to Sacramento or Winters. Contact Harold or Mary to sign up for the Zodiac. Contact the hotel directly for reservations. Hotel Details: Chablis Inn, 3360 Solano Ave, Napa. (707)257-1944. Nightly rates are \$129++for a king and



\$139++ for two queens. 72-hour cancellation notice. Ride Leaders: Harold Alves - h\_alves@comcast.net, Mary Moore - bike.moore@yahoo.com

Do **YOU** have an idea for a Zodiac? It's fun to plan a Zodiac trip - as leader you get to pick a place **YOU** want to go, when **YOU** want to go... Is there a location where you've always dreamed of riding? Plan a zodiac! If you don't feel like planning a brand new Zodiac, no worries – the club has a full library of previous Zodiac destinations ready to be deployed. Make it happen, Mabel is waiting for your call!

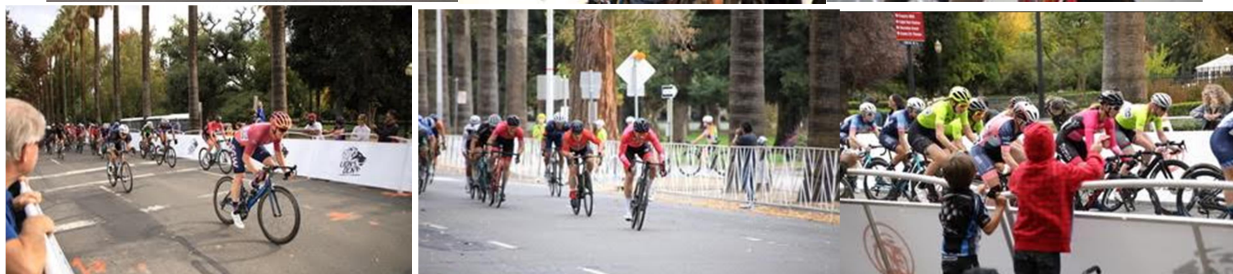
## Miscellaneous

### 'Into the Lion's Den' Roared in Downtown Sacramento

The fastest criterium cyclists in the U.S. and beyond came together in downtown Sacramento to compete at the inaugural Into the Lion's Den powered by SRAM race and cycling festival on Saturday, October 30, 2021. Olivia Ray of the Rally Cycling team won first place in the women's race. Justin Williams (team L39ION from Los Angeles) won the men's pro race. The winners each earned a \$15,000 purse.

The event had a huge \$100,000 prize purse for a total of 140 minutes of racing with the prize money split evenly between the men's and women's field. The racing took place on a one-kilometer circuit around the California Capitol grounds, with the Start/Finish line located on 11th Street and N Street.

Neato Alert: Bruce Finley (Deb's husband) was the Chief Judge for the racing event and worked in conjunction with the finish camera company. Bruce managed the primes and the finish order. Pretty cool, huh?



## Annual Wheelmen Picnic

A huge thank you to Sandy Yarrow and Tim Koch for spearheading the return of the Annual picnic! The 33-mile ride and semi-potluck picnic were well attended, with approximately 75 folks enjoying the day. Attendees brought a side dish, salad, or dessert, and the picnic organizers supplied the rest. The event was postponed by a few weeks because of a ginormous storm on the original date but attendance did not appear to suffer from the scheduling change. Thanks to everyone that volunteered to support the ride and picnic!



## Sacramento County Active Transportation Plan

Sacramento County's draft Active Transportation Plan (ATP) promises "new or upgraded bicycle and pedestrian facilities that increase the level of comfort and safety for people of all ages and abilities" in the unincorporated parts of the county.

Published in October 2021 for comments, the plan calls for 338 more miles of shared-use paths, 629 more miles of bike lanes, 36 more miles of buffered bike lanes, and 54 miles of "bicycle boulevards" on top of what already exists in the unincorporated areas.

The American River Parkway is a shared-use path. A buffered bike lane includes a striped area between the bike lane and car traffic or between the bike lane and parked cars. Bicycle boulevards are "[r]outes on low speed, low volume streets where roadway space is shared with people driving [but] enhanced with traffic calming features or other treatments to prioritize the comfort of people biking." Pavement markings, wayfinding signs, traffic circles, curb extensions, pinch points, speed bumps, and "full diverters" are among the bike boulevard options. Full diverters block the flow of car traffic in one direction but allow bikes to continue in that direction.

The ATP also has earmarked 145 miles of "Study Corridors." According to the ATP, "Due to constraints within the built environment (such as limited available roadway width), these corridors require additional study... Additional studies will typically identify the roadway changes that would be necessary in order to install a bicycle facility. These changes may include removal of street parking or removal of vehicle traffic lanes."

Beginning on page 187 of the draft ATP, specific cycling improvements or areas of study are spelled out street by street. Want to take a look? Use this link:

<https://sacramentodraftreview.altago.site/#/>

Besides improving cycling and walking facilities, the ATP recommends educational programs for both cyclists and car drivers. The ATP also supports programs which put more bikes in the hands of young people who otherwise wouldn't have them.

Finally, and essentially, the ATP has targeted funding to pay for it all. If you have ever wondered about the estimated cost per mile of the various cycling "facilities," the ATP has that info too. Spoiler alert: Bike lanes are the least expensive.

## Governor Vetoes Bicycle Safety Stop Bill

Despite support from bicycle organizations across the state, including the Sacramento Wheelmen, Governor Newsom vetoed the Bicycle Safety Stop Bill that would have legalized the practice of safely rolling through stop signs instead of coming to a complete stop. In vetoing the bill, Newsom referenced the failure of cyclists to stop at a stop sign as a frequent cause leading to injuries.

Although we will undoubtedly continue to roll through stop signs, let's be sure to do so safely for our sake. And let's not take another's right of way unless they insist upon it, just as we expect others to respect our right of way.

Below is Newsom's letter to the California State Assembly regarding his veto:

"Oct. 8, 2021

"To the Members of the California State Assembly:

"I am returning Assembly Bill 122 without my signature.

"This bill would allow a person riding a bicycle to proceed through a stop sign as if it were a yield sign until January 1, 2028.

"While I share the author's intent to increase bicyclist safety, I am concerned this bill will have the opposite effect. The approach in AB 122 may be especially concerning for children, who may not know how to judge vehicle speeds or exercise the necessary caution to yield to traffic when appropriate.

"Fatalities and serious injuries have been on the rise on the state's roads since 2010. The Statewide Integrated Traffic Records System shows that, since 2015, there were 3,059 crashes involving bicycles at an intersection in which the primary collision factor was failure to stop at a stop sign. The data indicates bicyclists were determined to be at fault for 88 percent of the collisions resulting in fatalities and 63 percent of those involving injuries.

"I fully support safe and equitable access to the state's transportation network for bicyclists. The California Climate Action Plan for Transportation Infrastructure describes how the state will invest in the transportation network to create safe and accessible bicycle and pedestrian infrastructure. The Department of Transportation (Caltrans) and the California State Transportation Agency are increasing active transportation investments and will release design guidance on traffic calming measures this year to encourage more walking and biking through a safe systems approach. For these reasons, I am returning this bill."

Happy Birthday 90-X, Tom!

Tom Goodwin celebrated his 96<sup>th</sup> birthday surrounded by friends, many of whom are Wheelmen.

