

Sacramento Wheelmen Club Newsletter



2023, Issue 3

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Event Calendar Report

NEXT CLUB MEETING

The next Club Business meeting is scheduled for Wednesday, June 14, 2023, at 6:30 PM, via ZOOM. The Zoom link follows.

Topic: Sacramento Wheelmen club meeting

Time: Apr 19, 2023 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88591280276?pwd=ei91WGRYRHFwM1VCWkxkM0pzQ3p6QT09>

Meeting ID: 885 9128 0276

Passcode: 878545

The Zoom call “opens” at 6 PM; the meeting begins at 6:30 PM.

Meeting Agenda

1. Approval of April 19 club meeting minutes (Debbie Finley)
2. Membership Update (Caron McMillan)
3. Mike Dodson sentencing (Linda Lasswell)
4. Apparel Clearance Sale (Ron Davies)
5. Guerneville Zodiac report (Lesli Pletcher)
6. Santa Cruz Zodiac Update (Tom Adams)
7. May is Bike Month report and rewards (Debbie Finley)
8. Tentative: Constitutional Amendment ideas (Tom Adams)
9. Social time

APRIL MEETING REPORT - ZODIAC, CLEAN-UP, MIBM UPDATES, FIRST AID LECTURE

The club's April 19 Zoom meeting consisted of a lot of updates on activities past and future and ended with a first aid lecture by James Margolis, a member of the American River Bike Patrol.

New Membership Coordinator Caron McMillan reported that we were at 343 members, including four new members in the previous 19 days. McMillan has been in the process of a thorough review of our membership data and procedures. Mike Kerstin suggested that club officers consider issuing new Honorary and Lifetime memberships on an annual basis.

Exceptionally bad weather resulted in the cancellation of the Napa Zodiac in January and the postponement of the Santa Cruz Zodiac in March. The Santa Cruz was rescheduled for early August. The Winters Zodiac in April was offered as a lightly loaded tour to Winters and back with a day of riding in the area in between. Seven Wheelmen did that and stayed at the Hotel Winters two nights. They were joined by three Wheelmen on the way to Winters and another three Wheelmen on the day-two local ride.

Debbie Finley showed up with three dozen donuts at the Upper Sunrise location for the American River Parkway Foundation's Clean-Up Day on April 15. That was our club's designated spot and 25 of us were there picking up debris of all kinds. We didn't eat all those donuts, but they were appreciated by others working beside us. Guess what? We discovered and removed garbage left behind by illegal campers (aka homeless campers) in the wooded area on the south side of the bike trail in the parkway we frequent on a regular basis.

Guerneville Zodiac Ride Leader Lesli Pletcher provided an update prior to the May event. As she promised, GPS files arrived shortly thereafter. There were a lot of routes to choose from. At the meeting, a Guerneville promotional slide show with music failed to utter any sound. Next time. At the Zodiac, Co-Ride Leader Steve Forsberg took charge of organizing groups of riders at the start and staggering the starts to prevent large groups from causing congestion on the highway out of town.

Club Secretary Debbie Finley also reported on our preparations for May is Bike Month. If you registered with MIBM in the past, your account remained active. However, every year you have to re-register for the yearly challenge in May. On top of that, we were asked to join the Sacramento Wheelmen “Group” as opposed to the “Team” (which doesn’t exist). Kind of complicated, which explains why the club had significantly fewer members registered for the 2023 Challenge than were registered with the MIBM web site. Although the miles ridden by those not registered for the 2023 Challenge and/or not registered with the 2023 Sacramento Wheelmen Group will not show up in our group total on the MIBM site, Finley and Mileage Coordinator Mike Goble have vowed to include their MIBM miles in the club’s mileage records. Club members remain responsible for logging their miles on the MIBM calendar. May mileage not logged into the MIBM calendar or not submitted by a club ride leader for a ride designated on the Wheelmen May calendar will not be counted in the club’s record keeping.

Margolis gave generously of his time in making a very comprehensive presentation on cycling first aid procedures and supplies. We also have his recommendations in printed form. Contact President Tom Adams if you would like a copy. American River Bike Patrol members are carrying a lot of emergency supplies in case they are first responders when a serious accident occurs on the American River Parkway. Margolis assured us that Bike Patrol members are “fully trained.” Margolis recommended that the club designate a “medical officer” on club tours. Also, we should have sufficient medical supplies on hand: bandages, antiseptic, gloves, scissors, sugar cubes, electrolyte tablets, tweezers and more. Asked about treating someone for a venomous snakebite, he said “no sucking, no tourniquet.” Clean the wound, provide a sterile dressing, and keep the victim calm until paramedics arrive.

MAY IS BIKE MONTH REPORT!!

By Debbie Finley



May is Bike Month is a city wide, month-long “challenge” from the folks at Love to Ride and Sacramento Area Bicycle Advocates to get more people riding bikes. This is the 17th annual MIBM in the Sacramento region. (However it has been around from coast to coast ever since 1956!) It is all about swapping cars for handlebars. Riding bikes helps all of us achieve our health, wellness, and sustainability goals. It boosts our physical and mental health and keeps us connected to the world. It helps the planet.

Once again, the Sacramento Wheelmen enthusiastically participated. This year we had 84 members log in at least a mile during the May challenge on the Love to Ride website. In addition, wow, you did not disappoint. Here is a rundown of our accomplishments.

- We logged in a whopping 40,301 miles! We were just shy of our goal of 43,432 miles.
- Ken Bell amazingly rode 30 out of 31 days and logged in 1566 miles. And yes, the energizer bunny is still pedaling.
- We had 5 members log in over 1000 miles. Besides Ken, that achievement goes to Linda Lasswell, Art Oliver, Paul Gunkel and Tom Gardner.
- Overall there were 41 members who each rode over 400 miles in May. Wow.
- We challenged the club to see who could ride the most miles in one day. Well, you spent a lot of hours in the saddle. 12 members all had at least one 100+ mile day. And Tom Gardner rode 100+ miles THREE days in May. However, the award for the Wheelmen who almost forgot to come home goes to Art Oliver. He rode 140 miles in one day!
- Our next challenge was to see who could have the biggest percentage increase in mileage from last year. We had 29 members ride more miles this year than they did last year. And the award for the largest Wheelmen increase goes to....our very own Dr. Dave!! He rode 491.5% more this May than he did in May 2022.
- We had one century on our ride calendar that was well attended. Shall we do more next year?
- Our two main friendly local rivals are the Sacramento Bike Hikers and the Sierra Foothills Cycling Club. The stats were just updated as this review was being written and drumroll please....I can congratulate the SFCC for coming in FIRST place with 40,614 miles. The Wheelmen were a very close SECOND place with 40,301 in the "Groups Category" competition this year! Awesome.

The Club used gift cards to incentivize riding. Art Oliver won the coffee gift card for the most miles in one day. Dr. Dave won the coffee gift card for the largest percentage increase in mileage over last year's MIBM. The third gift card winner will be drawn randomly from all members who logged miles on the MIBM site. It will be announced at our next Wheelmen meeting on June 14.

Thanks so much to all who participated and for helping to motivate me to ride farther. I had fun!



Big turnout for the Coffee Ride. Regrouping at the top of Brittany Way.



Our 106 mile club ride just north of the Dunnigan Hills.



New Member Tom Sanz crushing it. Feeling no pain!

Social Media Report

Please continue to RSVP for rides that are posted on Meetup. Rides that have a high number of RSVPs are well-attended by members and future members.

Travel Report

ZODIACS – Domestic Cycling Trips

2023 Guerneville Zodiac

The Guerneville Zodiac is a favorite of the membership, enjoyed by 37 people this year. The weather was unfortunately rainy; however, some of our group toughed it out and rode every day. The best day of riding was Thursday - clear blue skies and not a lot of wind. Several people went hiking at Armstrong Redwoods State Park and gave it rave reviews! On Wednesday, a group drove over to Jenner and had lunch at Cafe Aquatica (recommended by Fern Grove staff) which was really nice - it had protected outdoor seating where you could look at the Russian River heading to the ocean. Lesli Pletcher, zodiac co-leader, said everyone had a great time regardless of the weather!

The Guerneville Zodiac has been taking place at the Fern Grove Cottages since the zodiac's inception. The property was recently purchased and is now known as The Grove at Dawn Ranch. The new owners renovated the cottages and are making other facility improvements. The group received a significant discount in return for our feedback on the changes that have been made so far.

Zodiac Co-leader Steve Forsberg did a great job of organizing the Wednesday night team dinner. After he and team had dried all the outdoor tables and chairs and were getting ready to sit down a sudden and huge downpour came! The staff made room at the check-in building and we were all able to have dinner together in the living room / fireplace area! As in previous years, the outdoor fire pit area was well used during those moments when it wasn't raining.

Lesli is currently shopping around for other places for the group to stay in addition to "The Grove". Shoot her an email if you have any ideas! Enjoy the following pictures from the trip:





