

## Sacramento Wheelmen's Ride Schedule & Newsletter

# WHEELMEN IN FRANCE

by Dan Taylor

It's 5:15 am on a late August Thursday morning—Sacramento International Airport. 35 sleepy but excited Wheelmen with their bikes

Dordogne region, the Loire River Valley before we wrapped things up with an eventful couple of days in Paris.



On Top of Tourmalet

tucked away in collapsible cardboard boxes are braving the check in lines for United Flight to Washington DC, the first leg of a 24 hour trip to Geneva Switzerland. What followed was an epic trip throughout the countryside of France that produced great biking, wonderful food, beautiful scenery and stories to last a lifetime.

Wheelmen cycled, bused and sightsee'd in a great circle that started with a quick overnight stay in Annecy, France and then on to northern Provence, the Pyrenees, the Lot River/

NORTHERN PROVENCE—wow, where did all of these hills come from?

The ancient city of Digne Les Bains was our first stop. Tucked in the foothills of the Alps this ancient Roman hot springs provided for some spectacular day trips to surrounding villages and towns like St. Andre, Sisteron and Sault which was the jumping off point for our first major climb

of the trip, Mont Ventoux. We couldn't have been luckier with the weather for the Ventoux climb. Bald Mountain has been the site of 14 climbing stages of the Tour de France and all will attest to the challenge to the legs and minds of cyclists. Capped with barren limestone rock the road ahead just keeps going up and up. Finally the top arrives—pictures to take, mementoes to buy and then a killer descent back to the bus.

PYRENEES—Fantasy Camp for would-be TdF riders!

*continued on page 2*

# SIERRA CENTURY 2013



by Bud and Jeanne Leland, Sierra Century

Directors 2013

Save the date, Saturday, June 15, 2013. After last year's success we are returning to Amador and El Dorado counties for our 38th Sierra Century. The Amador County Fairgrounds in Plymouth will be available for tent and RV camping on Friday, June 14. Online registration will be with [www.active.com](http://www.active.com). Mail-in registration is still an option. Registration is scheduled to open in early February. This event is limited to 1500 riders.

This year our goal is to make improvements to an already great event. We will offer the same challenging routes: 65 miles/4500 ft., 102 miles/7400 ft., and 122 miles/10,000 ft. Last year we had little, if any, conflicts with riders and drivers, a great outcome if the event is to continue and to be welcomed in the area. Safety and compatibility continues to be an important goal. Our event's success allowed us to make a number of donations to organizations in the Amador and El Dorado area.

*continued on page 2*

### Look what's inside . . . .

3	Presidents Report	5	Club Calendar	12	February Ride Schedule
3	Ride Director	7	Weekly Rides	16	March Ride Schedule
4	Paso Robles Zodiac	8	January Ride Schedule	21	Zodiac Schedule



PO Box 15739  
Sacramento, CA 95852

President  
**Mike Kersten**  
swpresident@gmail.com

Vice President  
**Jim Dodds**  
swvicepres@gmail.com

Ride Director  
**Dan Anglim**  
swridedirector@gmail.com

Secretary  
**Laura Choate**  
swsecretary1@gmail.com

Treasurer  
**Dale Johnson**  
swtreasurer5@gmail.com

Sierra Century Directors  
**Bud and Jeanne Leland**  
swsierracentury@gmail.com

Membership  
**Dave Storm**  
sacmembership@gmail.com

Mileage Compilation  
**Mike Snyder**  
riderosters@gmail.com

Marketing/Special Events  
**Sandy Yarrow**  
swmarketing3@gmail.com

Community Affairs/Gov. Liaison  
**Dennis King**  
swcommunityaffairs@gmail.com

Email List Administrator  
**Kerry Wilson**  
swelistperson@gmail.com

## FRANCE . . .CONTINUES

After a 12-hour bus trip west to Argeles Gazost nestled in the high peaks of the Pyrenees we check in to our hotel and got ready for five days of unforgettable riding. First up was Col de Tourmalet, the most famous climb of the Tour. Since 1947, the Tour has crossed the summit 47 times, plus a stage finish at the summit in 1974. After Tourmalet the group tackled Col de Aubisque, Pont d'Espagne, Hautacam and Luz-Ardiden. Each of these climbs was a challenge and a thrill—just thinking what these tough climbs must feel like with a million screaming fans still gives me chills. Making it seem even more real were the names of famous riders painted on the narrow, generally very smooth roads—Schleck, Evans, Contador, Hushovd, and that notorious rider from Texas—what's his name again? Our very own Tom Goodwin smoked all these climbs and made news becoming the most senior cyclist to make it up all of the big ones. Way to go Tommy!

LOT/DORDOGNE REGION—is this Amador County?

Moving north we sampled the great roads and beautiful villages from our basecamp in Cahours. Great rollers and vegetation similar to areas in the Sierra foothills helped make the area feel like home. As the world's center for foie gras production we rode by farms filled with curious geese—we didn't have the heart (or liver) to share with these guys how it's all going to end.

THE LOIRE RIVER—Chateaus anyone?

With more than two weeks of pretty serious riding under our belts, the generally flat terrain of the Loire Valley and those amazing Chateaus all along the river were just the ticket for more relaxed cycling. We saw how the 1% in Renaissance France must have lived back in the Day. After four days of riding we packed up the bikes and got ready for our last stop for sight seeing and strolling in . . . .

PARIS—Wheelmen style

The City of Light was our Grand Finale and while it didn't disappoint it did provide some unpredictable stories. Thanks to our original hotel

not being available we were relocated to a very, very budget hotel beyond the metro system out toward Charles De Gaulle Airport. This was a side of Paris you don't see if what you only visit the Champs-Elysees, the Eiffel Tower and the Louvre. It was the rough and tumble Paris. Ask a Wheelman France veteran about Bus #350 and you'll get an immediate response. This route into the City must have been used in a 1980's Bruce Willis "Die Hard" movie—but thankfully no one was injured or taken hostage!

The entire 23-day trip was a truly wonderful experience—600 miles on the bike, 110 villages and towns, 48 roundabouts, 88 barking dogs, eight mountaintops, countless croissants and bottles of wine enjoyed, six chateaus, great dinners and lunches and very few spills on the bikes. Priceless. A special thanks goes to the leader of our pack – Sandy Yarrow who did a wonderful job putting together and leading our group, the ride planning and logistics teams, Henk and Gerrie . . . . . our Dutch guides and in house medical team and Peit our driver who marshaled the bus and bike trailer along roads sometimes hardly wider than the American River Bike Trail. Can't wait for the next overseas adventure. ☺

## SIERRA CENTURY . . .CONTINUES

For Club members who wish to ride the routes, our volunteer PreRide is Sunday, June 2. More information will be forthcoming. We realize that not everyone is available but hope that the majority of our Club members will volunteer and continue their commitment to making this a well-run event. If you had a volunteer position last year, contact your Captain for details on this year's activities or you may contact us at swsierracentury@gmail.com . We will be sending out periodic informational emails to our membership.

Help us get the word out by letting your cycling friends know about the ride. For more information as our plans develop, please visit our website at [www.sierracentury.org](http://www.sierracentury.org) . ☺

# PRESIDENT'S REPORT

by Mike Kersten

As 2013 president-elect, I want to be among the first to thank outgoing president George Neill for his exceptional leadership and service to the club during the past two years. Besides fully supporting my role as vice president, he has brought his contagious enthusiasm for cycling to every aspect of club activity, whether it be weekday breakfast rides, zodiac tours, the Oregon tour, website improvements, and various volunteer activities and community events. During the coming year, I look forward to working with a very experienced team of incumbent club officers, as well as the new vice president, Jim Dodds, the only new member of the executive board. I intend to continue to promote the rich variety of cycling opportunities that the club has provided during the past several years and to enhance the transparency of board and membership deliberations and actions.

But for you to fully participate in and enjoy these opportunities for cycling fun and adventure, you need to stay informed. Reading this quarterly WheelNews is a start, but club plans like the weather often change due to unforeseen circumstances. The club website at [www.sacwheelmen.org](http://www.sacwheelmen.org) will carry a more up-to-date schedule of events, but the best way for you to fully benefit from what the club has to offer is to subscribe to and stay in contact with our e-mail list on Yahoo Groups. This e-mail list is for members only and will provide you with the most accurate and up-to-date information quickly. If you have not enrolled and show up at a ride start only to find no other riders there, you probably did not receive or check for the club e-mail disclosing that the ride was canceled, postponed, or left a half hour earlier. With only about half the club membership currently enrolled, I regret to report that this unfortunate personal experience has not been

uncommon. So please stay in touch through our e-mail list on Yahoo Groups. To subscribe, go to the website and click on E-Mail. If you need help with enrolling, contact Kerry Wilson, the E-Mail List Administrator, at [swelistperson@gmail.com](mailto:swelistperson@gmail.com)

Ride safely this winter and I hope to see you on the road. ☺

## RIDE DIRECTOR

by Dan Anglim

Please join us on February 2nd at the Annual Wheelmen Banquet to recognize the Ride Leaders who made 2012 a great year for cycling. Thanks to them, we have a strong and vibrant club.

Ok, so it's cold outside! As long as it's not raining, bundle up, get on the bike and join us on a ride. Spring is right around the corner, and we need to be cycle-fit and ready for it. The Esteemed Ride Leaders listed below have generously contributed to a really great Ride Schedule, with lots of options to fit your location, distance, and degree of difficulty. There are plenty of weekend rides to choose from, and weekday rides every day except Monday. If you don't see a ride you were hoping for, lead one yourself next quarter. To learn how to lead a ride, go to our Ride Leader Guidelines and Suggestions link on the website at [www.sacwheelmen.org](http://www.sacwheelmen.org), Rides, Lead a Ride. If you need more information, I'm here to help.

Second quarter 2013 rides may be submitted now through February 1 for the months of April, May, and June on our website at [www.sacwheelmen.org](http://www.sacwheelmen.org). Go to the Rides dropdown, and select "Lead a Ride". All of the rides led over the past three years are included

## Patriot Bicycles



Visit us at our NEW LOCATION  
7441 Madison Ave. Citrus Heights, CA  
(corner of Madison and San Juan)

Scott Barrette, Owner

**916-961-9646**

M-F 10am to 6pm  
Sat. 10am to 6 pm  
Sun 12pm to 4pm

in the Rides Archive. I suggest you print a copy of your rides, and then use the new Ride Submittal Form to send them in. If it's a new ride you have in mind, that's ok too. There's a new form for that also. Our club depends on a deep and varied offering of rides, and so we depend on YOU to step up and lead rides. You can create your own ride, or choose one from the Ride Library found on the website. Additionally, please submit 2013 Tour and Zodiac dates so that our members can plan ahead.

### 4TH QUARTER ESTEEMED RIDE LEADERS

Dan Anglim	Joe McCormick
Hal Baker	Mary and Glenn Moore
Shelly Barrette	George Neill
Joni Bauer	Dick Nussbaum
Doug Beisner	William Poulton
Barbara Bravos	Gerry Rohlfes
Dave Clifton	Pam & Robert Samms
Jeannie Ennis	Dick Shultz
Tom Gardner	David Storm
Tom Goodwin	Doug Souvignier
Paul Gunkel	Fred Turner
Nick Hourigan	Deborah Walburg
Dale Johnson	Sandy Yarrow
Dennis King	Linda and Richard Zeiszler
Tim Koch	
Stan Leff	
Bob Maben	

# LOADED TOUR TO PASO ROBLES ZODIAC

by Mary Moore

Not for the faint of heart! We joined this gnarly group in San Jose on their way to Santa Cruz and Watsonville. The loaded bikes, excluding rider, weighed in at 65-85 lbs. I could not even lift Bob Evan's bike. It was an absolutely beautiful ride, one of the few that I was able to keep up with guys! Clear days, strawberry fields, and the Pacific Ocean – what more could a cyclist ask for? This group of



Dave Clifton (left, ride leader, Bob Evans, Paul Gunkel, Ralph Waller, Mary Moore (unloaded), Mike Dodson, Clayton Boudreau and Dale Tudor. Absent from photo: Jerry Adams and Glenn Moore (photographer)

Wheelmen displayed incredible strength and stamina. Glenn and I have a new respect for people who do loaded touring. We now have a bob for sale – cheap!

Ride Leader Dave Clifton said, “The ride was four days long and 244 miles, the shortest day was 52 miles with 3,000 ft. of climbing. The longest day was 75 miles and 5,000 ft., loaded. Maybe we'll do it again next year?” “The best weather I've experienced on the coast,” said Paul Gunkel. Mike Dodson agreed and was glad there was no fog or wind. All the campgrounds along the way were good.

The loaded tour ended in Paso Robles for our annual Zodiac. All were tired but most of them got back in the saddle to ride the coast again on Tuesday. The rain came on Wednesday and Thursday which brought our Zodiac to an early close. Hope to see you next year! ☺

## WHEELMEN ELECTIONS HELD

The Sacramento Wheelmen elections were held at the Club's November 15 General Meeting. The Nominating Committee of (Hal Baker, Marilyn Floyd, Scott Pierce) forwarded some new as well as some familiar names as nominees for Board positions for the assembled membership.

**TREASURER - DALE JOHNSON,**  
swtreasurer5@gmail.com

**SIERRA CENTURY DIRECTORS  
2013 – BUD & JEANNE LELAND,**  
swsierracentury@gmail.com

**SIERRA CENTURY DIRECTOR  
2014 & 2015 – to be determined**

### CLUB OFFICERS FOR 2013

**PRESIDENT – MIKE KERSTEN,**  
swpresident@gmail.com

**VICE PRESIDENT - JIM DODDS,**  
swvicepres@gmail.com

**RIDE DIRECTOR - DAN ANGLIM,**  
swridedirector@gmail.com

**SECRETARY - LAURA CHOATE,**  
swsecretary1@gmail.com



## Welcome New Members

August 16 to November 15, 2012



Sanjeev Birrla      Debbie Layton

Debra Csore      Greg Prouty

Monty Davis      Ryan Prouty

Kim Doda      Greg Pryor

Tim Doda      Theresa Pryor

Debbie Finley      Glen Smith

Lura Franzella      Tom Storelli

David Gamboa      Carol Whittaker

Bill Jackson      Frank Whittaker

**2013 Sacramento Wheelmen Club Calendar**  
Club Meetings, Social Events, Volunteer Opportunities, & Deadlines

Date	Event	Contact
January 5	December Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
January 14	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikekersten@aol.com
February 1	Apr, May, Jun Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
February 2	Annual Awards Banquet	Mary Moore, bike.moore@yahoo.com
February 5	January Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
February 15	April WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
February 18	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikekersten@aol.com
March 5	February Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
March 21	<b>General Membership Meeting**</b>	Jim Dodds, 515-9812, jmdodds@surewest.net
April 5	March Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
April 8	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikekersten@aol.com
May 1	Jul, Aug, Sept Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
May 1-31	Bike to Work Month, mileage competition	Sandy Yarrow, swmarketing3@gmail.com
May 5	April Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
May 15	July WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
May 16	<b>General Membership Meeting**</b>	Jim Dodds, 515-9812, jmdodds@surewest.net
May	Florin Elementary Bike Rodeo Volunteers	Mary Moore, bike.moore@yahoo.com
June ?1	Locker Cleanup Volunteers	Carl Northeimer, 730-2666, cwnorte@aim.com
June 5	May Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
June 14-15	Sierra Century Volunteers	Bud & Jeanne Leland, swsierracentury@gmail.com
June	Support the Parkway Rex Ride Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
June 10	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikekerstern@aol.com
July 5	June Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
July 18	<b>General Membership Meeting**</b>	Jim Dodds, 515-9812, jmdodds@surewest.net
July 19-20	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
August 1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
August 5	July Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
August 12	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikekersten@aol.com
August 15	September WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
September 5	August Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
September 19	<b>General Membership Meeting**</b>	Jim Dodds, 515-9812, jmdodds@surewest.net
September 29	Club Picnic	Sandy Yarrow, swmarketing3@gmail.com
September	Mustard Seed Spin Volunteers	Linda Zeiszler, 457-8815
October 1	September Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
October 14	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikekersten@aol.com
November 1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
November 1	October Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
November 15	January WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
November 21	<b>General Membership Meeting**</b>	Jim Dodds, 515-9812, jmdodds@surewest.net
November 22	Run to Feed the Hungry Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
December	Families First Bike Assembly Volunteers	Dick Nussbaum, 424-0933
December	Sac Police Activities League Volunteers	Dick Nussbaum, 424-0933
December 5	November Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
December	Foster Santa Party Volunteers	Dick Nussbaum, 424-0933
December 9	Photography Contest Deadline	Marilyn Floyd, 300-3595

\* 5:30 PM No host dinner, 6:00-8:00 PM Board & Business Meetings, Hoppy Brewing Company, 6300 Folsom Blvd., Sacramento, Board members and committee chairs are expected to attend, all members are welcome.

\*\* 6:30 PM Socialize, 7:00 PM General Membership Meetings, SMUD Building, 6201 S Street, Sacramento, all members are encouraged to attend; guests and prospective members are always welcome to attend.

# 1ST Quarter 2013 Ride Calendar

January 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NEW YEARS W3, W4	2 W1, W6, W11	3W1, W8, W9	4 W1, W10	5 Sacramento 20/35/60
6 Penryn 45 Davis 60/80	7 W1 Sacramento 35/70	8 W1, W3, W4	9 W1, W6, W11	10 W1, W8, W9	11 W1, W10	12 Sacramento 20/35/60 Davis 35/50 Hawaii Tour
13 Rancho Murieta 40/60 Carmichael 39/44 Hawaii Tour	14 W1  Hawaii Tour	15 W1, W3, W4 Napa Zodiac  Hawaii Tour	16 W1, W6, W11 Napa Zodiac  Hawaii Tour	17 W1, W8, W9 Napa Zodiac  Hawaii Tour	18 W1, W10  Hawaii Tour	19 Sacramento 20/35/60  Hawaii Tour
20 Loomis 40/50 Davis 47/70 Hawaii Tour	21 W1 Sacramento 54/80 Hawaii Tour	22 W1, W3, W4  Hawaii Tour	23 W1, W6, W11  Hawaii Tour	24 W1, W8, W9  Hawaii Tour	25 W1, W10  Hawaii Tour	26 Sacramento 20/35/60 Citrus Hts 23-107 Hawaii Tour
27 Folsom 20/40/53 Carmichael 30/60 Elk Grove 50/61	28 W1	29 W1, W3, W4	30 W1, W6, W11	31 W1, W8, W9		
February 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 W1, W10	2 GROUNDHOG DAY Sacramento 20/35/60
3 Loomis 43/54 Sacramento 46/65	4 W1 Sacramento 55/95	5 W1, W3, W4	6 W1, W6, W11	7 W1, W8, W9	8 W1, W10	9 Sacramento 20/35/60
10 El Dorado Hills 37/42	11 W1 Sacramento 56/75 Borrego Springs Zodiac	12 W1, W3, W4 Borrego Springs Zodiac	13 W1, W6, W11 Borrego Springs Zodiac	14 VALENTINE'S DAY W1, W8, W9 Borrego Springs Zodiac	15 W1, W10	16 Sacramento 20/35/60 Irvine 198
17 Loomis 50 Sacramento 85/97	18 PRESIDENT'S DAY W1	19 W1, W3, W4	20 W1, W6, W11	21 W1, W8, W9	22 W1, W10	23 Sacramento 20/35/60 Citrus Hts 23-107 Linden 25/65
24 Folsom 31/45/53 Carmichael 35/50 Yuba City 70	25 W1 Sacramento 46/65	26 W1, W3, W4	27 W1, W6, W11	28 W1, W8, W9		
March 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 W1, W10	2 Sacramento 20/35/60 Davis 30/53
3 Loomis 30/41/60	4 W1 Winters 66	5 W1, W3, W4	6 W1, W6, W11	7 W1, W8, W9	8 W1, W10	9 Sacramento 20/35/60
10 DAYLIGHT SAVINGS Rancho Murieta 40/60 Gold River 45/60	11 W1 Sacramento 86 Santa Cruz Zodiac	12 W1, W3, W4 Santa Cruz Zodiac	13 W1, W6, W11 Santa Cruz Zodiac	14 W1, W8, W9 Santa Cruz Zodiac	15 W1, W10 Santa Cruz 86	16 Sacramento 20/35/60 Citrus Hts 23-107
17 Gold River 40/50 Sacramento 40/68	18 W1 Rancho Cordova 48/68	19 W1, W3, W4	20 SPRING W1, W6, W11	21W1, W8, W9	22 W1, W10	23 Sacramento 20/35/60 Buelton 198
24 Shingle Springs 33/44/53	25 W1 Sacramento 50/74	26 W1, W3, W4	27 W1, W6, W11	28 W1, W8, W9	29 W1, W10	30 Sacramento 20/35/60
31 EASTER Loomis 39/60 Winters 35/50						

# First Quarter 2013 Weekly Rides

•event	•description	•grading
<b>(W1) MONDAY – FRIDAY COMMUTE RIDE</b>	Commute to work and gain Club miles. Submit your plan to the Ride Leader. Your plan must include to/from locations and RT mileage. Send a weekly note to the Ride Leader listing the days you rode. <b>Fred Turner, 962-2626, ft58@sbcglobal.net</b>	10-50 Flat Flexible
<b>(W3) TUESDAY BREAKFAST RIDE</b> 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. <b>Tom Goodwin, 362-1780, tgoodwin0703@att.net</b> <b>Nick Hourigan, 487-0993, helnick@sbcglobal.net</b>	25 to 75 Rolling Flexible
<b>(W4) TUESDAY BREAKFAST RIDE DOWNTOWN</b> 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. <b>Bob Maben, 455-5715, rcmaben@surewest.net</b> <b>Dave Storm, 665-2169, dlstorm@worldnet.att.net</b>	25 to 75 Flat Flexible
<b>(W6) WEDNESDAY BREAKFAST RIDE</b> 9:00 AMt Sacramento West of Playground at Grant Park on C St. near 22 <sup>nd</sup> St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. <b>Joe McCormick, 448-1032, mccormickjm@att.net</b> <b>William Poulton, wpoulton@sbcglobal.net</b>	25 to 75 Flat Flexible
<b>(W11) WEDNESDAY SOUTH COUN- TY RAMBLE</b> 9:00 AMt Elk Grove It's a Grind Coffee House, Elk Grove Blvd & Waterman Rd	A new weekly ride for our South County and Elk Grove folks. We will ride 30 to 50 miles each week mostly in the Delta and foothills. We will stop halfway through from coffee/refreshments. Rain cancels. <b>Tom Gardner, 685-4085, tbgardner@surewest.net</b>	30 to 50 Flat/Rolling Flexible
<b>(W8) THURSDAY BREAKFAST RIDE</b> 8:30 AM Sunrise Bridge PL & Bike Trail 9:00 AM Gold River Shopping center, southeast corner of Sunrise and Gold Country	A social group ride to a different breakfast spot each week with two groups to allow for varied distances, paces and abilities. We usually offer an extended ride option after breakfast depending on the area and the weather. Away starts are periodically planned in addition to the Sunrise start, and will be announced at the Tuesday Breakfast ride or earlier, and by email. <b>Dick Shultz, 853-1011, dieseldick@sbcglobal.net</b> <b>Sandy Yarrow, 791-3426, skybike@surewest.net</b> <b>Dave Clifton, 354-1137, superdave911@sbcglobal.net</b>	45 to 75 Rolling Flexible
<b>(W9) THURSDAY BREAKFAST RIDE, SOUTH</b> 9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. <b>Gerry Rohlfes, 422-7711</b> <b>Bob Maben, 455-5715, rcmaben@surewest.net</b>	30 to 60 Flat Flexible
<b>(W10) FRIDAY BRING YOUR OWN BREAKFAST RIDE</b> 9:00 AMt Sacramento West of Playground at Grant Park on C St. near 22 <sup>nd</sup> St	Goal is to ride in all 4 directions in a month, if possible-yes this means 15mph or slower on the bike path.! This ride will be a good transition for newer riders who mostly ride the bike path to branch out to ride bike lanes and roads with Wheelman who have experience in traffic and are comfortable with traffic. Winter rides will tend to be 2 hours or 30 miles in length with a few exceptions for great weather days being longer. Bring a snack to eat along the way. <b>Joe McCormick, 448-1032, mccormickjm@att.net</b> <b>William Poulton, wpoulton@sbcglobal.net</b>	30 to 75 Flat Casual

# January Rides

•event	•description and grading
<b>1</b> <b>TUE</b>	Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>2</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble (W11)
<b>3</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>4</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
<b>5</b> <b>SAT</b>	<p><b>Ride: 20-35-60 Flat/Rolling Casual</b></p> <p>Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge.</p> <p><b>Mary Moore, 284-1905, bike.moore@yahoo.com</b></p>
<b>6</b> <b>SUN</b>	<p><b>Ride: 45 Rolling Casual</b></p> <p>Local Ride on all of our favorite roads in the area. Rain cancels ride</p> <p><b>Jeannie Ennis, 205-2225, jeanniebike@att.net</b></p>
<b>6</b> <b>SUN</b>	<p><b>Ride: 60-80 Rolling Flexible</b></p> <p>A flat and sometimes rolling loop through the farmlands near Dixon, Winters, Esparto, Knights Landing, and Woodland.</p> <p><b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b></p>
<b>7</b> <b>MON</b>	<p><b>Ride: 35-70 Flat Flexible</b></p> <p>A flat ride to Winters for brunch. The short ride stops in Davis and returns.</p> <p><b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b></p>
<b>7</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1).
<b>8</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>9</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble (W11)



# January Rides *Continued*

•event	•description and grading
<b>10</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>11</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>12</b> <b>SAT</b> <b>Winters &amp; Cantelow</b> 9:00 AM Davis Davis High School, Oak Ave. next to Athletic Field	<b>Ride: 35-50    Flat /Rolling    Flexible</b>  A ride to Winters via Cantelow and Pleasant Valley Roads <b>David Storm, 665-2169, dlstorm@frontiernet.net</b>
<b>12</b> <b>SAT</b> <b>Mile Zero Ride</b> 10:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60    Flat/Rolling    Casual</b>  Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net</b>
<b>12-26</b> <b>SAT-SAT</b> <b>Hawaii Tour</b> 9:00 AM Kona	<b>See Tour/Zodiac Schedule for details.</b>
<b>13</b> <b>SUN</b> <b>Rancho Murieta to Sutter Creek</b> 9:00 AM Rancho Murieta South Gate, Riverview Park	<b>Ride: 39-44    Rolling    Flexible</b>  Description: Bike trail to Beals Point and a brisk ride to Roseville for coffee and good snacks. Rain cancels ride. A Groupo ride. <b>Dave Clifton, 354-1137, superdave911@sbcglobal.net</b>
<b>13</b> <b>SUN</b> <b>Coffee Ride</b> 10:00 AM Carmichael Five Points Shopping Center, Fair Oaks & Arden Way	<b>Ride: 39-44    Rolling    Flexible</b>  Bike trail to Beals Point and a brisk ride to Roseville for coffee and good snacks. Rain cancels ride. A Groupo ride. <b>Stan Leff, 488-2563, swleff@surewest.net</b>
<b>14</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>15</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>15-17</b> <b>TUE-THUR</b> <b>Napa Zodiac</b> 9:00 AM Winters Putah Creek Café	<b>See Tour/Zodiac Schedule for details.</b>
<b>16</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble (W11)

# January Rides *Continued*

•event	•description and grading
<b>17</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>18</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>19</b> <b>SAT</b>  <b>Mile Zero Ride</b> 10:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b>  Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Your name could be here. Contact Robert Samms, 996-2413, Robert_samms@yahoo.com</b>
<b>20</b> <b>SUN</b>  <b>Foothill Frolics -</b> <b>Nick's Foothills</b> 9:00 AM Loomis Train Station, Horseshoe Bar & Taylor	<b>Ride: 40-50 Rolling/Hilly Flexible</b>  Loomis exit onto Horseshoe Bar Rd. and go north into Loomis. Cross Taylor and into the Train Station parking lot. We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 2000 ft. of climbing. <b>Nick Hourigan, 487-0993, helnick@sbcglobal.net</b>
<b>20</b> <b>SUN</b>  <b>Davis Loop</b> 10:00 AM Davis Davis Shopping Center PL, Mace & Chiles	<b>Ride: 47-70 Flat Flexible</b>  A loop from El Macero to Dixon then Winters, north to Woodland and back to Davis. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>21</b> <b>MON</b>  <b>Sutter Loop</b> 10:30 AM Sacramento Walgreens PL, Florin & Riverside	<b>Ride: 54-80 Flat Flexible</b>  Up the river to Nicolaus, east to the Natomas Canal, and south through Sacramento. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>21</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>22</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>23</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble (W11)
<b>24</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9)..
<b>25</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).

# January Rides *Continued*

•event	•description and grading
<b>26 SAT</b> <b>Mile Zero Ride</b> 10:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Pam Samms, 396-6471, pamsamms@yahoo.com</b> <b>Robert Samms, 996-2413, Robert_samms@yahoo.com</b>
<b>26 SAT</b> <b>In-N-Out Century</b> 8:00 AM Citrus Hts., C-Bar-C Park, Oak Ave @ Signal 1/2 mile east of Fair Oaks	<b>Ride: 23-107 Flat/Hilly Flexible</b> Choose a ride from five related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from six related Sierra Foothills routes heading East with up to 6,250 ft. climb to the Auburn In-N-Out Burger, and return. See <a href="http://home.surewest.net/g/century.html">http://home.surewest.net/g/century.html</a> for more information. <b>George Neill, 722-8592, geor63@jps.net</b>
<b>27 SUN</b> <b>Fab Fifties - Hills &amp; Coffee</b> 9:00 AM Folsom Auburn Folsom Rd & Folsom Lake Crossing. Parking lot across from Folsom Bike.	<b>Ride: 20-40-53 Rolling/Moderate Training</b> We'll ride over the new bridge to the foothills. The main climbs are Salmon Falls Rd and Lotus. Shorter options and opportunities for a coffee stop including at the start. The Folsom Grind opens early. 4500 ft. on long route. <b>Sandy Yarrow, 802-0898, skybike@surewest.net</b>
<b>27 SUN</b> <b>Last Sunday of the Month - Flower Farm</b> 10:00 AM Carmichael Five Points Shopping Center, Fair Oaks & Arden Way	<b>Ride: 30-60 Rolling Flexible</b> We'll meet at Five Points Shopping Center on the corner of Arden Way and Fair Oaks Blvd. We are going to ride to the Flower Farm in Loomis taking the bike trail to Beals Point, then Auburn Folsom Road to the Flower Farm for coffee. You can extend or return to Five Points. Rain cancels ride. Mary Moore, 284-1905, bike.moore@yahoo.com <b>Glenn Moore, 524-7785, mooreg@surewest.net</b>
<b>27 SUN</b> <b>Clay Station Loop</b> 10:00 AM Elk Grove Safeway PL, Franklin & Laguna	<b>Ride: 50-61 Flat Flexible</b> A mostly flat loop south then east to Clay Station and back through Lodi and Thornton. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>28 MON</b>	Commute Ride. See Weekly Ride Schedule (W1).
<b>29 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>30 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble (W11)
<b>31 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).

# February Rides

•event	•description and grading
1 FRI	Commute Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
2 SAT <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b> Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. <b>Mary Moore, 284-1905, bike.moore@yahoo.com</b>
3 SUN <b>Foothill Frolics In Search of Road-kill</b> 9:00 AM Loomis Wild Chicken, Webb St. of Taylor PL	<b>Ride: 43-54 Rolling/Moderate Flexible</b> Come out for Post Ground Hog Day and help Tim celebrate his birthday and honor the highly acclaimed and prognosticating Groundhog. The ominous search for Groundhog road-kill will provide invaluable information for the season. If no road-kill is found, then without a shadow of doubt, there will be 6 more weeks of winter. We'll search Loomis/Folsom/Roseville for signs of the roguish rodent while avoiding auto traffic. Regroup at the 27/16 mile point at Coffee Republic in Folsom. 2100/3200 ft. of climbing. <b>Tim Koch, 488-8218, mtkoch@surewest.net</b>
3 SUN <b>Double Loop West</b> 10:30 AM Sacramento Walgreens PL, Florin & Riverside	<b>Ride: 46-65 Flat Flexible</b> South into the Delta and back through W. Sacramento. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
4 MON <b>Knights Landing Loop</b> 9:00 AM Sacramento Walgreens PL, Florin & Riverside	<b>Ride: 55-95 Flat Flexible</b> Out through Woodland and Knight's Landing, on to Tudor and back via the Garden Highway. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
4 MON	Commute Ride. See Weekly Ride Schedule (W1).
5 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
6 WED	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
7 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9)
8 FRI	Commute Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
9 SAT <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Linda Zeisler, 457-8815, zeisler@sbcglobal.net</b>

# February Rides *Continued*

•event	•description and grading
<b>10</b> <b>SUN</b> <b>Fab Fifties - Not a Mountain Goat</b> 9:00 AM El Dorado Hills Town Center Parking Lot near Starbucks; Hwy 50 Exit 30A	<b>Ride: 37-42 Rolling/Moderate Flexible</b> A counter-clockwise loop on rural roads. Challenging, but not a mountain goat ride <b>Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net</b> <b>Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net</b>
<b>11-14</b> <b>MON-THURS</b> <b>Borrego Springs Zodiac</b> 9:00 AM Borrego Springs Palm Canyon Resort	See Tour/Zodiac Schedule for details
<b>11</b> <b>MON</b> <b>Northeast Hills</b> 8:30 AM Sacramento Sacramento Air Museum PL, Freedom Park & 32nd St	<b>Ride: 56-75 Hilly Flexible</b> Outbound through Roseville, Newcastle, and Auburn, then looping back through Lincoln and south to return to McClelland. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>11</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1)
<b>12</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>13</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
<b>14</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9)
<b>15</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10)
<b>16</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride <b>Contact Robert Samms, 996-2413, Robert_samms@yahoo.com</b>
<b>16</b> <b>SAT</b> <b>Camino Real Double Century &amp; Poker Run</b> 5:30-6:30 AM Irvine LaQuinta Inn, 14972 Sand Canyon Rd	<b>Ride: 198 Moderate Flexible</b> Ride the best of Orange, Riverside, and San Diego Counties. Kick off the New Year on this "poker run" and win great prizes! 17 hour time limit. Must register in advance and pay fee. Visit www.planetultra.com for details. No sweep. Contact ride leader if you cannot locate ride roster. Must wear Wheelmen Jersey to get club miles. <b>Joni Bauer, 209-482-2429, bionicbabe@comcast.net</b> <b>Doug Beisner, 635-2680, sierraranch@sbcglobal.net</b>

# February Rides *Continued*

event	•description and grading
<b>17</b> <b>SUN</b> <b>Foothill Frolics - Easy Country</b> 9:00 AM Loomis Loomis Community Park, King Rd & Ong	<b>Ride: 50 Rolling Flexible</b> Let's go for a nice country ride in the foothills with a stop at Trailhead Coffee along the way. This is mild terrain and has options to shorten. Rain dampens my spirit, so I won't go if it does <b>Sandy Yarrow, 791-3426, skybike@surewest.net</b>
<b>17</b> <b>SUN</b> <b>Martinez Ride</b> 7:30 AM Sacramento AMTRAC Train Station	<b>Ride: 85-97 Rolling/Hilly Flexible</b> Ride the train to Martinez, then ride the Carquinez Scenic Highway to Crockett, cross to Vallejo and continue through Benicia then on to Fairfield and Sacramento <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>18</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>19</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>20</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
<b>21</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>22</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
<b>23</b> <b>SAT</b> <b>Mile Zero Ride</b> 10:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride <b>Pam Samms, 396-6471, pamsamms@yahoo.com</b> <b>Robert Samms, 996-2413, Robert_samms@yahoo.com</b>
<b>23</b> <b>SAT</b> <b>In-N-Out Century</b> 8:00 AM Citrus Hts., C-Bar-C Park, Oak Ave @ Signal 1/2 mile east of Fair Oaks	<b>Ride: 23-107 Flat/Hilly Flexible</b> Choose a ride from five related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from six related Sierra Foothills routes heading East with up to 6,250 ft. climb to the Auburn In-N-Out Burger, and return. See <a href="http://home.surewest.net/g/century.html">http://home.surewest.net/g/century.html</a> for more information <b>George Neill, 722-8592, geor63@jps.net</b>
<b>23</b> <b>SAT</b> <b>Pedaling Paths to Independence</b> 8:30-10:00 AM Linden DeVinci's Deli & Catering, 18847 East Front St.	<b>Ride: 25-65 Flat/Rolling Flexible</b> Community Center for the Blind and Visually Impaired hosts this pre-season quarter and metric century ride that traverses the quiet back roads of San Joaquin, Stanislaus, and Calaveras counties, including a portion of Stage Three of the 2011 Tour of California. The event supports programs that help people whose vision impairments impede their ability to perform tasks of daily living. Register online (no additional fee) at <a href="http://www.prerace.com/registration/register/34961">http://www.prerace.com/registration/register/34961</a> by February 20, 2013 and receive a complimentary one year subscription to BICYCLING. Or, download a form from <a href="http://www.communitycenterfortheblind.org/forms/ppi2013.pdf">http://www.communitycenterfortheblind.org/forms/ppi2013.pdf</a> and mail by February 16, 2013. Elevation: 300/1300 ft. Must wear Wheelmen Jersey to get club mileage <b>Joni Bauer, 209-482-2429, bionicbabe@comcast.net</b>

# February Rides *Continued*

•event	•description and grading
<p><b>24 SUN</b> <b>Fab Fifties - Fish or Climb Hills</b> 9:00 AM Folsom Nimbus Fish Hatchery, Gold Country Blvd &amp; Hazel</p>	<p><b>Ride: 31-45-53 Moderate/Hilly Flexible</b></p> <p>The short ride will climb to El Dorado hills and return. The long ride will visit Cameron Park before returning to the start.</p> <p><b>Richard Zeiszler, 501-9563, zeiszler@sbcglobal.net</b></p>
<p><b>24 SUN</b> <b>Last Sunday of the Month – Bert’s</b> 10:00 AM Carmichael Five Points Shopping Center, Fair Oaks &amp; Arden Way</p>	<p><b>Ride: 35-50 Flat Flexible</b></p> <p>We’ll meet at Five Points Shopping Center on the corner of Arden Way and Fair Oaks Blvd., Sacramento. We are going to ride to Bert’s Diner in Sheldon. You can extend or return to Five Points. Rain cancel’s ride.</p> <p><b>Mary Moore, 284-1905, bike.moore@yahoo.com</b> <b>Glenn Moore, 524-7785, mooreg@surewest.net</b></p>
<p><b>24 SUN</b> <b>Ride Around the Buttes</b> 9:30 AM Yuba City Store/Gas Station PL, Hwy 99 &amp; Obanion Rd)</p>	<p><b>Ride: 70 Flat Flexible</b></p> <p>A peaceful counterclockwise route around the Sutter Buttes.</p> <p><b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b></p>
<p><b>25 MON</b> <b>Double Loop West</b> 10:30 AM Sacramento Walgreens PL, Florin &amp; Riverside</p>	<p><b>Ride: 46-65 Flat Flexible</b></p> <p>South into the Delta and back through W. Sacramento.</p> <p><b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b></p>
<p><b>25 MON</b></p>	<p>Commute Ride. See Weekly Ride Schedule (W1)</p>
<p><b>26 TUE</b></p>	<p>Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).</p>
<p><b>27 WED</b></p>	<p>Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).</p>
<p><b>28 THUR</b></p>	<p>Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).</p>

## Report Road and Bicycle Hazards



Go to the Sacramento Area Bicycle Advocates (SABA) Bicycling Hazard Tracking System and fill out your report online. Go to [www.sacbike.org/hazard](http://www.sacbike.org/hazard)

# March Rides

•event	•description and grading
1 FRI	Commuter Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
2 SAT  Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60 Flat/Rolling Casual</b>  Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Mary Moore, 284-1905, bike.moore@yahoo.com</b>
2 SAT  Woodland to Winters 9:00 AM Davis Carl's Jr PL, Covell & Rd 102	<b>Ride: 30-53 Flat Flexible</b>  A loop in the Valley up to Woodland and return through Winters. <b>David Storm, 665-2169, dlstorm@frontiernet.net</b>
3 SUN  Foothill Frolics - Colfax Loop 9:00 AM Loomis Loomis Community Park, King Rd & Ong	<b>Ride: 30-41-60 Moderate/Hilly Flexible</b>  The long ride goes to Colfax via Applegate, and returns via Placer Hills Rd (about 4400 ft. of climbing). Masochists can add additional miles by riding Iowa Hill (7 miles to the river and return, 1200 ft., or 19 miles for the entire loop). The medium/short rides loop around Auburn. <b>Dan Anglim, 797-0337, djanglim@surewest.net</b>
4 MON  Fairfield Loop 8:30 AM Winters City PL, Railroad & Main	<b>Ride: 66 Hilly Flexible</b>  Out to Moskowite, then Montecello Road to Wooden Valley. Through Fairfield, Pleasants Valley, and Cantelow then back to Winters. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
4 MON	Commuter Ride. See Weekly Ride Schedule (W1).
5 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
6 WED	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
7 THUR	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9)..
8 FRI	Commuter Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
9 SAT  Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge	<b>Ride: 20-35-60 Flat/Rolling Casual</b>  Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net</b>



# March Rides

*Continued*

•event	•description and grading
<b>10 SUN</b> <b>Rancho Murieta to Sutter Creek</b> 9:00 AM Rancho Murieta South Gate, Riverview Park	<b>Ride: 40-60 Hilly Flexible</b> Description: Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, left on Reynosa-Park is on the right. Ride will explore Lone, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Rain cancels ride. <b>David Clifton, 354-1137, superdave@sbcglobal.net</b>
<b>10 SUN</b> <b>Penryn and Then Some</b> 9:00 AM Gold River, Gold River Shopping Center, SE Corner of Sunrise Blvd & Gold Country Rd	<b>Ride: 45-60 Rolling Flexible</b> A short fall/winter ride that takes a break in Penryn and then some more miles if the weather cooperates. A Groupo ride. <b>Doug Souvignier, 332-8194, bikepals@juno.com</b>
<b>11 MON</b>	Commute Ride. See Weekly Ride Schedule (W1).
<b>11 MON</b> <b>Ride to Santa Cruz</b> 5:30 AM Sacramento AMTRAC Train Station	<b>Ride: 86 Hilly Flexible</b> Take the train to Oakland, Ferry to San Francisco, and ride on to Santa Cruz for the Santa Cruz Zodiac. Baggage support available. Contact the Ride Leader for details. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com.</b>
<b>11-14 MON- THUR</b> <b>Santa Cruz Zodiac</b> 9:00 AM Santa Cruz Santa Cruz Beach Inn, 600 Riverside Ave.	See Tour/Zodiac Schedule for details.
<b>12 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>13 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
<b>14 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>15 FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
<b>15 FRI</b> <b>Ride From Santa Cruz</b> 9:00 AM Santa Cruz Santa Cruz Beach Inn, 600 Riverside Ave.	<b>Ride: 86 Hilly Flexible</b> Ride to San Francisco, catch the Ferry to Oakland, and take the train to Sacramento. Baggage support available. Contact the Ride Leader for details. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>

**March Rides** *Continued*

<b>•event</b>	<b>•description and grading</b>
<b>16</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge	<b>Ride: 20-35-60 Flat/Rolling Casual</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride. <b>Your name could be here. Contact Robert Samms, 996-2413, Robert_samms@yahoo.com</b>
<b>16</b> <b>SAT</b> <b>In-N-Out Century</b> 8:00 AM Citrus Hts., C-Bar-C Park, Oak Ave @ Signal 1/2 mile east of Fair Oaks	<b>Ride: 23-107 Flat/Hilly Flexible</b> Choose a ride from five related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from six related Sierra Foothills routes heading East with up to 6,250 ft. climb to the Auburn In-N-Out Burger, and return. See <a href="http://home.surewest.net/g/century.html">http://home.surewest.net/g/century.html</a> for more information. <b>George Neill, 722-8592, geor63@jps.net</b>
<b>17</b> <b>SUN</b> <b>Foothill Frolics - Everyone is Irish on St. Pat's Day</b> 9:00 AM Gold River Gold River Shopping Center, SE Corner of Sunrise Blvd & Gold Country	<b>Ride: 40-50 Rolling Flexible</b> You Don't Have To Be Irish To Win, Just Lucky!! Today's ride provides plenty of opportunity to log some miles and celebrate St. Patty's Day along the way! Start the ride with a door prize by wearing your "greenest" cycling gear! Next, find a "Pot of Gold" or "Lucky Leprechaun" along the route and trade it in at the finish for a GREAT GREEN GOODY! <b>Shelly Barrette, 216-6527, irongirl1234@yahoo.com</b>
<b>17</b> <b>SUN</b> <b>Delta Loop</b> 10:00 AM Sacramento Miller Park Marina PL, Front St South of Broadway	<b>Ride: 40-68 Flat Flexible</b> A loop through West Sacramento, then south through Ryer Island, Walnut Grove, and back to Miller Park. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>18</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>18</b> <b>MON</b> <b>Galt Loop</b> 9:00 AM Rancho Cordova Mather Light Rail Station, Folsom Blvd & Mather Field	<b>Ride: 48-68 Flat Flexible</b> A long loop south through Galt. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>19</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>20</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
<b>21</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>22</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).

# March Rides *Continued*

•event	•description and grading
<b>23</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60    Flat/Rolling    Casual</b>  Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride <b>Pam Samms, 396-6471, pamsamms@yahoo.com</b> <b>Robert Samms, 996-2413, Robert_samms@yahoo.com</b>
<b>23</b> <b>SAT</b> <b>Solvang Spring</b> <b>Double Century</b> 9:00 AM Buelton Santa Ynez Valley Marriott, 555 McMurray Rd	<b>Ride: 198    Moderate    Flexible</b>  Ride southern California's most scenic and popular cycling region. 17 hour time limit. 7200 ft. of climbing. Must register in advance and pay fee. Visit <a href="http://www.planetultra.com">www.planetultra.com</a> for details. No sweep. Contact ride leaders with mileage if you cannot locate ride roster. Must wear Wheelmen Jersey to get club mileage.) <b>Joni Bauer, 209-482-2429, bionichabe@comcast.net</b> <b>Doug Beisner, 635-2680, sierraranch@sbcglobal.net</b>
<b>24</b> <b>SUN</b> <b>Fab Fifties - Ride Around</b> <b>the Block</b> 9:00 AM Shingle Springs Shingle Springs P&R, Ponderosa Rd exit at HWY 50	<b>Ride: 33-44-53    Rolling/Moderate/Hilly    Flexible</b>  From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles and the long route continues on to Georgetown (market and cafes), plenty of climbing on both. The shortest option splits at Hwy 193 and 49 above Placerville. <b>Tom Goodwin, 362-1780, tgoodwin0703@att.net</b>  Ride With GPS: See On-line Calendar for links. Cue Sheet: CSTG02
<b>25</b> <b>MON</b> <b>Sloughouse Loop</b> 10:00 AM Sacramento Walgreens PL, Florin & Riverside	<b>Ride: 50-74    Rolling    Flexible</b>  An easy loop through Elk Grove, Sheldon, then Sloughouse and back around through Wilton to Hood and up the river to the start. <b>Dick Nussbaum, 424-0933, rcnflyer@aol.com</b>
<b>25</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>26</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>27</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6). Wednesday South County Ramble. See Weekly Ride Schedule (11).
<b>28</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>29</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Bring Your Own Breakfast Ride. See Weekly Ride Schedule (W10).
<b>30</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride: 20-35-60    Flat/Rolling    Casual</b>  Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. Rain cancels ride <b>Pam Samms, 396-6471, pamsamms@yahoo.com</b> <b>Robert Samms, 996-2413, Robert_samms@yahoo.com</b>

# March Rides

*Continued*

•event	•description and grading
<p><b>31 SUN</b></p> <p><b>Foothill Frolics - Foresthill Ride</b> 9:00 AM Loomis Loomis Community Park, King Rd &amp; Ong</p>	<p><b>Ride: 39-60 Rolling/Hilly Flexible</b></p> <p>We'll have two separate Ray's Romps rides today. The short one heads towards Granite Bay, while the long one goes up to Foresthill. Stores and water along the route. <b>Dale Johnson, 284-5208, davijohnsickr@comcast.net</b></p>
<p><b>31 SUN</b></p> <p><b>Last Sunday of the Month - Cantelow &amp; Beyond</b> 9:00 AM Winters City PL, Railroad &amp; Main</p>	<p><b>Ride: 35-50 Rolling/Hilly Flexible</b></p> <p>We are going to ride up Cantelow and go beyond. Maybe Mix Canyon, go into Vallejo or Cardiac. Depends on what the ride leader is in the mood for. Rain cancels ride <b>Mary Moore, 284-1905, bike.moore@yahoo.com</b> <b>Glenn Moore, 524-7785, mooreg@surewest.net</b></p>

**FOLSOM BIKE**      **TOWN CENTER BIKE & TRI**

**916.844.1000**      **916.941.0900**  
7610 Folsom-Auburn Rd. #100      4420 Town Center Blvd. #150  
Folsom, CA 95630      El Dorado Hills, CA 95762  
FolsomBike.com      TCBikeAndTri.com

**sales service - rental**

**Esteglas Plus**

**700 David Latta Dr Folsom, CA 95630 916 355-8901**



**Dirk Manley**  
**squadraabruzzo.com**

**Coaching**  
**Bike Fitting**  
**Italian Cycling Trips**

**916-966-8238**  
**abruzzobiker@gmail.com**

<b>2013</b>	<h2 style="text-align: center;">Tour/Zodiac Schedule</h2> <p style="text-align: center;">Submit tour plans/corrections to  <b>Sandy Yarrow, 791-3426, skybike@surewest.net</b></p>
<b>Jan 12-26</b> <b>SAT-SAT</b> <b>Hawaii Tour</b> 9:00 AM Kona	<b>Ride: 50-200 Rolling/Hilly Flexible</b> <p>Get away from the fog, rain and cold. Join us for one or two weeks on the Kona Coast on the Big Island of Hawaii. Accommodations are limited. Please contact Dale Tudor, twodoor1@comcast.net or Mary Moore for further information.</p> <p style="text-align: center;"><b>Mary Moore, 284-1905, bike.moore@yahoo.com</b>  <b>Glenn Moore, 524-7785, mooreg@surewest.net</b></p>
<b>Jan 15-17</b> <b>TUE-THUR</b> <b>Napa Zodiac</b> 9:00 AM Winters, Putah Creek Café	<b>Ride: 150 Moderate Flexible</b> <p>Meet in Winters for breakfast at the Putah Creek Café. Ride starts at 9:00 AM. Leaving early is ok. SAG for gear is available from Winters only. We will be staying at the Chablis Inn, 3360 Solano Ave. in Napa. The phone number is (707) 257-1944. Rates are \$89 for a king and \$99 for two Queens. Let the new management team know you are with the Wheelmen. Total mileage is 150 with 8,000 ft of climbing. Those wanting a longer first and third day can leave from Sacramento or Davis, but no official SAG from there. If you plan to drive to Napa, please volunteer to carry someone's gear. The middle day will take us to Calistoga and return. A longer (tougher) ride will also be available for the middle day. Shopper chicks and wine tasters welcome. Please confirm with the ride leaders if you plan to go.</p> <p style="text-align: center;"><b>Hal Baker, 443-4514, hmbaker1@sbcglobal.net</b>  <b>Scott Pierce, 714-9034, sandjpierce@frontier.net</b></p>
<b>Feb 11-14</b> <b>MON-THUR</b> <b>Borrego Springs Zodiac</b> 9:00 AM Borrego Springs, Palm Canyon Resort	<b>Ride: 240 Moderate/Hilly Flexible</b> <p>Escape the cold weather in Sacto and come down to the desert in Borrego Springs. On Wednesday consider the optional mountain bike ride through the Carrizo Gorge along the old railroad. We stay at Palm Canyon Resort, call 1-800-242-0044 for reservations. Mention the Sac Wheelmen. This Zodiac ties in nicely with the Tour de Palm Springs held on Feb 9.</p> <p style="text-align: center;"><b>Dennis King, 284-4555, velo_king@sbcglobal.net</b>  <b>Dale Johnson, 284-5208, davijohnsickr@comcast.net</b></p>
<b>Mar 11-14</b> <b>MON-THUR</b> <b>Santa Cruz Zodiac</b> Santa Cruz Santa Cruz Beach Inn, 600 Riverside Ave	<b>Ride: 200 Hilly Flexible</b> <p>You'll have the option to drive to Santa Cruz or take the train from Sac to San Jose, and ride from there. The Zodiac will start on Monday with a local ride or from SJ station Tuesday's ride starts in Pescadero and takes in the beautiful Tunitas Creek Rd, a great lunch in Woodside at Robert's Market-Deli, through the horsey country and the notorious but nice Old La Honda. Wednesday, options include Gizdich (delicious pie) Ranch in Watsonville &amp;/or Phil's Fish Market in Moss Landing. Thursday, a short Santa Cruz loop before heading home, and train riders will head for SJ. Luggage SAG, if needed. We'll stay at the Santa Cruz Beach Inn, 600 Riverside Ave, Santa Cruz.</p> <p style="text-align: center;"><b>Sandy Yarrow, 802-0898, skybike@surewest.net</b></p>
<b>May 13-16</b> <b>MON-THUR</b> <b>Guerneville Zodiac</b> 9:00 AM Guerneville, Fern Grove Cottages, 16650 Hwy 116	<b>Ride: 145-265 Moderate/Mountainous Flexible</b> <p>Four days of riding starting from Fern Grove Cottages each day. Several routes to the coast and last day into Healdsburg. Monday will be a short tune-up ride starting around 1:30 PM. All other rides start at 9:00 AM. Route maps will be provided but you should bring AAA Mendocino and Sonoma Coast Region maps. More details to follow via e mail. Lodging options: Fern Grove Cottages 707-869-8105, Dawn Ranch Lodge 707-869-0656, or Casini Ranch at Duncan Mills 800-451-8400 for RV and tent camping.</p> <p style="text-align: center;"><b>Ron Brown, 486-3665, rl-brown@pacbell.net</b>  <b>Rich Zeiszler, 457-8815, zeiszler@sbcglobal.net</b></p>
<b>Jun 24-28</b> <b>MON-FRI</b> <b>Mammoth Lakes Zodiac</b> 9:00 AM Mammoth Lakes	<b>Ride: 200 Hilly/Mountainous Flexible</b> <p>An old favorite being brought back. Details are being worked out. More info in the next WheelNews or contact the ride leader.</p> <p style="text-align: center;"><b>Dale Johnson, 284-5208, davijohnsickr@comcast.net</b></p>

**2013**

**Tour/Zodiac Schedule (continued)**

Submit tour plans/corrections to  
**Sandy Yarrow, 791-3426, skybike@surewest.net**

**Aug 3-10  
 SAT-SUN**

**Oregon Club  
 Tour**  
 Glendale OR  
 Members only  
 Cost: \$300

Reminiscent of the 2000-2001 Tours, Day 1-Glendale to Myrtle Creek. Day 2-Ride to Lookingglass, cross I-5 along the Umpqua River to Glide then climb a 4000' summit and drop down to 17 mile Rails to Trails bike path to Cottage Grove. Day 4- A new route through Lorane and Mapleton to Florence and the Pacific Ocean. Day 5- A tailwind along coastal Hwy 101 to North Bend just north of Coos Bay. Day 6-Ride through Bandon, inland to the town of Powers. Day 7-Epic ride between Powers and Glendale via old logging roads turned bike routes. We climb a 3700' summit then descend back to Glendale.

**Tim Koch, 488-8218, mtkoch@surewest.net**



**Daniel S. Glass**  
 Attorney At Law

641 Fulton Avenue  
 Suite 200  
 Sacramento, CA 95825

(916) 483-1971  
 Facsimile: (916) 483-1371  
 e-mail: dsglawyer@sbcglobal.net

**EXPERIENCED CYCLIST  
 EXPERIENCED LITIGATOR  
 ATTORNEY FOR 23 YEARS**



**Heather Nielson**  
 USA Cycling certified coach  
 and elite level bike racer

I focus on teaching beginner and advanced skills clinics as well as work with the competitive athlete on a consultation or month to month basis.

E-mail: nielson.heather@yahoo.com  
 Phone: 916-261-5392  
 Mail: PO Box 1901, Orangevale CA 95662



**10% off**

ANY BIKE ACCESSORY WITH THIS AD

**2 locations  
 open 7 days**

**2419 K Street**  
 Sacramento, CA 95816  
 (916) **447-2453**

**7885 Greenback Lane**  
 Citrus Heights, CA 95610  
 (916) **726-2453**

www.citybicycleworks.com  
 email info@citybicycleworks.com

THE SPECIALIZED CONCEPT  
 STORE EXPERIENCE



**I-5 and Elk Grove Blvd.**  
 2525 Riparian Drive, Suite 100  
 Elk Grove, CA 95757

**916/683-2453**  
 www.KineticCycles.com

ART ENERGY MOTION  
**KINETIC  
 CYCLES**



**BICYCLE  
 EMPORIUM**

Trek | Pinarello | Cervelo | Colnago | Intense | Santa Cruz | Electra

483 Grass Valley Highway | Auburn  
 530.823.2900

www.BicycleEmporium.com

**Faster  
 Further  
 Safer**

- Biomechanical Video Bike Fitting
- Heart Rate, Spin, and Power Testing
- Training Programs and Coaching
- Strength and Flexibility Programs
- Skills Clinics and Training Series

**We Treat You Like a Pro**  
 "Knowledge - Experience"

**Robert Kopitzke**  
 Physical Therapist  
 Elite USA Cycling Coach  
 Master Pilates Instructor  
 Neuromuscular Reprogrammer

- Club Discounts -

**Body Concepts - Peak Cycling**

705 Gold Lake Drive, Ste. 350  
 Folsom, CA 95630

**916-939-6800**

www.bodyconceptsinc.com

**Next to Karen's Bakery and Bicycles Plus**

**YES! I've decided to:**

- Join the club
- Renew my membership
- Update waiver/release

**And... I'm willing to help with:**

- Leading Rides  Other \_\_\_\_\_
- Sierra Century
- Club Administration

**My Talents and Skills are:**

- Publishing  Administrative
- Accounting  Bike Mechanic
- Graphic Design  Computer
- Management  Sales/Marketing

(circle one)

Name \_\_\_\_\_ M F

List names of all family members who will ride or volunteer

\_\_\_\_\_ M F

\_\_\_\_\_ M F

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Here's what it's going to cost:**

- One Year:  Individual .. \$15  Family .. \$20
- Two Year:  Individual .. \$30  Family .. \$40
- Three Year:  Individual .. \$45  Family .. \$60

**Please mail this application with check payable to:**

Sacramento Wheelmen  
 PO Box 15739  
 Sacramento, CA 95852

I wish to have the Club Newsletter mailed to me rather than downloading it at <http://www.sacwheelmen.org>

**Sacramento Wheelmen Cycling Club Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

IN CONSIDERATION of being permitted to participate in any way in this Sacramento Wheelmen Cycling Club ("Club") sponsored Bicycling Activity ("Activity"), I for myself, my personal representative, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of cycling activities and that I am qualified, in good health, and in proper physical condition to participate in such Activities. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further acknowledge that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISK AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING DEATH ("Risks"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions of others participating in Activity, the conditions in which Activity takes place, or THE NEGLIGENCE OF THE "RELEASEE" NAMED BELOW; (c) THERE MAY BE OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, COVENANT NOT SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, their respective administrators, directors, agents, officers, employees and volunteers, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which the Activity takes place (each considered one of the "RELEASEES" herein), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERS, INCLUDING NEGLIGENT RESCUE OPERATIONS. I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, I, or anyone on my behalf, make a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, losses, liability, damages, or costs which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THE AGREEMENT IS HELD INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

\_\_\_\_\_  
 Signature of Participant Date

\_\_\_\_\_  
 Signature of Participant Date

\_\_\_\_\_  
 Signature of Participant Date

\_\_\_\_\_  
 Signature of Participant Date

\_\_\_\_\_  
 Signature of parent/guardian (if under 18) Date

\_\_\_\_\_  
 Signature of parent/guardian (if under 18) Date



PO Box 15739  
Sacramento, CA 95852

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
Sacramento, CA  
PERMIT NO. 789

*This newsletter is  
mailed to club members*

# WheelNews

[www.sacwheelmen.org](http://www.sacwheelmen.org)

**Editor**

Bud & Jeanne Leland

[sweditor122@gmail.com](mailto:sweditor122@gmail.com)

WheelNews is published quarterly with a circulation of 3,000. Members are encouraged to submit material for publication. If possible, please submit your articles electronically.

WheelNews Distribution Coordinator

Doug Lent

[dlent@sbcglobal.net](mailto:dlent@sbcglobal.net)

**Advertising**

Eric Saur

[esaurbiz@yahoo.com](mailto:esaurbiz@yahoo.com)

**Publisher**

Teena-Marie Gordon

**Deadline for ride descriptions:**

**February 1, 2012**

**Deadline for articles/ads:**

**February 15, 2012**

Printed on recycled paper

## Sacramento Area Bicycle Advocates

SABA represents bicyclists.  
Our aim is more and safer  
trips by bike.

**Membership levels:**

- \$1000 Legacy Club \*
- \$500 Leadership Circle\*
- \$100 Century\*
- \$75 Sustaining\*
- \$75 Business/Group \*
- \$50 Sponsoring
- \$40 Family
- \$30 Individual

We are a 501(c)(3) non profit group  
Contributions are tax deductible

\* Free SABA T-Shirt Please specify size (S, M, L, XL)

**Membership Application**

Mail to: SABA 909 12th. St. Suite 116,  
Sacramento, CA 95814

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: -

E-mail: \_\_\_\_\_

