

Sacramento Wheelmen's Ride Schedule & Newsletter

37TH SIERRA CENTURY - BACK TO THE FUTURE



RIDE DIRECTOR

by Dan Anglim

by Bud and Jeanne Leland

This is an interesting article to write since it needs to be submitted for publication in late May, before the Sierra Century has taken place. What we do know at this point in time is that the plans have been moving along very well and the reaction from the cycling community has been overwhelmingly positive.



who provided advice and support throughout the return move.

The pre-ride on May 19 reminded many of the beauty, charm and challenge of the traditional routes. For conditioned and experienced riders, these routes offer a truly exceptional cycling experience.

By working together toward the common goal of the premier cycling event, we realize a range of benefits including a stronger and more vibrant organization, increased revenue and lasting relationships with the local communities. It is our hope that the Sierra Century can become a regular annual fixture at the Fairgrounds in Plymouth and welcomed by both Amador and El Dorado Counties. As Directors, this has been a challenging and rewarding undertaking. With the benefits of this year's experience, next year's event planning will be easier and we can continue to improve the experience for our riders. We have every reason to believe that in 2014, the next Director(s) will enjoy the support of the club and the continuing success of Sierra Century. If you are interested in a leadership role in the Sierra Century, please contact us. 🌀

Fall is a great time for rides in the Sacramento area, and our Esteemed Ride Leaders have given you plenty of opportunities to get out there and ride. We have over 13,000 miles of rides, with one Zodiac and three really big tours, several away rides, and also seven rides from other organizations. While you can't do it all, here's a suggestion: try something different this quarter. Get out of your comfort zone and go on a ride you haven't done before, or join a Ride Leader you haven't ridden with before. Lastly, make plans to attend the Club Picnic on Sept 30. It's a great way to wrap up the summer months and reminisce with friends about the great rides you have done this year.

If you don't see a ride you were hoping for, lead one yourself next quarter. Fourth quarter 2012 rides may be submitted now through August 1 for the months of October, November, and December on our website at www.sacwheelmen.org. Go to the Rides dropdown, and select "Lead a Ride". All of the rides you led over the past two plus years are included 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. If you have any questions, please let me know. I'm here to help. 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 be planning ahead. 🌀

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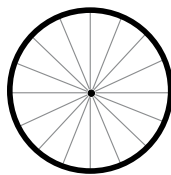
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New Members

March 2 through May 1, 2012



Bruce Hartsough

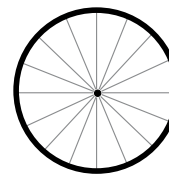
Harris Kuhn

Tami MacAllen

Shawn Sakamoto

Richard VanCuran

Steve Vorndran



THIRD QUARTER ESTEEMED RIDE LEADERS

Dan Anglim
David Bailey
Shelly Barrette
Joni Bauer
Doug Beisner
Ken Bell
Ron Brown
Dave Clifton
Jeannie Ennis
Rod Farley
Bill & Marilyn Floyd
Tom Gardner
Tom Goodwin
Dave Graska

Dave Grattendick
Paul Gunkel
John Hafkenschiel
Helen Hourigan
Nick Hourigan
Dale Johnson
Dennis King
Donna Klug
Tim Koch
Bud & Jeanne Leland
Bob Maben
Larry Matz
Joe McCormick
Glenn Moore

Mary Moore
George Neill
Dick Nussbaum
Francisco Prieto
Gerry Rohlfes
Pam & Robert Samms
Marie Schelling
Greg Schroeder
Dick Shultz
David Storm
Deborah Walburg
Sandy Yarrow
Linda & Richard Zeiszler

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President's Report

by George Neill

Bicyclists here in the Sacramento region have benefited from the approach to transportation taken by the federal government since 1991 when the Intermodal Surface Transportation Efficiency Act was signed. Since then feds have set aside 1.5 percent to improve safety of bicycling and walking so that we have a few more healthy choices. The Sacramento Wheelmen are currently supporting three local projects to improve bicycling safety.

First, the Wheelmen were invited as Project Stakeholders to the federally run Road Safety Audit/ Value Analysis (RSA/VA) Study Resource on the Highway 16 Safety Improvement Project in Yolo County (Caltrans District 3). The study was to recommend a solution to dealing with the Cache Creek Casino traffic from I-505 through Esparto. The planners will determine from the amount of bike riders who respond to their report if a bike lane on Highway 16 is a waste of money.

Caltrans Deputy Directive 64 recognizes bicycles as an integral element of the transportation system in the State of California and justifies spending money on bike lanes throughout the state.

Ken Bell and I attended the kickoff meeting with only one other cyclist attending. Our position was that we have bicycle rides in that area, and Highway 16 is the only bike route from Sacramento to Petaluma. The road is very dangerous for bike riders because of heavy traffic, and from the fog stripe to the edge of pavement is 3 inches. We need a bike lane very badly.

After the study final presentation several weeks later, Tom Brannon representing Caltrans District 3 fielded questions. I ask for a summary of how this project would improve bicycle safety. Tom said the berm would be widened as much as practical to improve bicycle safety.

The second project we are supporting is headed by Dan Bolster, Senior Transportation Planner, El Dorado County Transportation Commission.

The El Dorado County Transportation Commission (EDCTC) is submitting an application to Caltrans for a \$200,000 Partnership Planning Grant to fund an analysis of the opportunity to create a Class I bike path in a 30 mile segment of the Sacramento-Placerville Transportation Corridor (formerly the Southern Pacific Railroad Right of Way) between Missouri Flat Road in El Dorado County and the Humbug-Willow Creek Trail in the City of Folsom.

The 30 miles of bike path in the SPTC would connect with the Folsom Bikeway, which connects with the 32 miles of bike path on the American River Parkway. From Folsom, cyclists would climb 30 miles at an average grade of 1% to Missouri Flat Road near the town of Diamond Springs in El Dorado County where the Sacramento-Placerville Transportation Corridor (SPTC) intersects with 10 miles of existing Class I bike path on the El Dorado Trail that heads east past the City of Placerville and continues towards Apple Hill. Community support for grants such as these is very important so Dan greatly appreciates the support from the Sacramento Wheelmen.

The third project is a multi-use trail from West Sacramento to Clarksburg headed by the West Sacramento Trail Riders Association equestrian club. West Sacramento already owns the route, an old railroad route that went to the Sugar Mill. More than three miles has been improved with an aggregate base. Now they are looking for more potential users to help get the city of West Sacramento and Yolo County to develop a plan to improve the remaining 10-15 miles. Farmers in the area are not anxious for "trespassers" near their property, but a great opportunity exists for bicyclists, hikers, and equestrians.

On a different note, the Florin Elementary School's Sixth Annual Bicycle Safety Rodeo went well with over 100 happy children riding their bicycles. Thanks to the 16 Wheelmen volunteers who inspected and adjusted helmets and bikes, and made repairs including fixing flat tires. Some kids

were coached on riding their bike, such as how to stop without dragging their feet. Since the Wheelmen started attending the Rodeo three years ago student participation has at least doubled. For most of the students this is the only opportunity they have for their bikes to be inspected and repaired.

The Wheelmen placed third this year in the Sacramento Region May is Bike Month Team Challenge. Sandy Yarrow coerced 121 of us to ride a total of 67,439 miles. Nick Hourigan was our highest with 1,701 miles. That is an average of almost 55 miles each day of the month.

This year's Sierra Century out of the Plymouth Fairgrounds was well attended by well over 1,000 riders. Many thanks to the hundreds of members who helped make the 2012 Sierra Century a success. What a fine example of teamwork to see so many experienced cyclists working diligently together to preserve a rich tradition of service and support to our guests. Thanks to Bud and Jeanne Leland for directing the club's largest event of the year. Really great job, thanks.

Ride safely, and don't bump your head! 🍷

SAVE ^{this} DATE!
CLUB RIDE
and PICNIC
SEPT 30TH

Join us for a fun day of riding, eating and socializing. Ride starts at 9:00 AM. Choose from 3 different routes and distances so you'll be back by noon when the Picnic starts. If you are new, or haven't been around for a while, this is a good opportunity to get acquainted or re-acquainted. Spouses welcome. We will BBQ Tri-Tip and Brats. Please bring a dish to share. RSVP appreciated.

39TH EPPIE'S GREAT RACE

FRIDAY (SET-UP) AND SATURDAY (RACE DAY), JULY 20 AND 21, 2012 • GUY WEST BRIDGE

Wheelmen volunteers will once again be needed for the Run-to-Bike Transition located at the Guy West Bridge. Help is needed to set-up the transition leg on Friday, July 20 from 7:00 AM-12 Noon. Last year we had a good number of volunteers and finished before lunchtime. On Saturday, July 21, volunteers are needed from 6:00 AM-early afternoon to operate the transition stage and take-down the set-up. The more volunteers we have, the easier it is. Come out and join us.

Volunteers receive an Eppie's T-shirt and lunch on both days. Please contact Bud Leland at velobuddy@comcast.net. Be sure to include your shirt size and day(s) you will be able to help.

Eppie's Great Race and the US Bank Kids Duathlon benefit the Sacramento County Therapeutic Recreation Services (TRS) that help thousands of people with physical and mental disabilities to live more fulfilling lives. This popular summertime triathlon tradition consists of a 5.82-mile run, 12.5-mile cycle and a 6.35-mile downriver paddle. Kids can even take part in the fun by participating in the US Bank Kids Duathlon, a 2-mile run and 5.75-mile bike ride. Visit www.eppiesgreatrace.org or call 916-381-0255. 🌿



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



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2012 Sacramento Wheelmen Club Calendar

Club Meetings, Social Events, Volunteer Opportunities, & Deadlines

Date	Event	Contact
July 5	June Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
July 20-21	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
July 26#	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
August 1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
August 5	July Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
August 13	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
August 15	September WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
September 5	August Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
September 27#	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
September 30	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 8	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
November 1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
November 1	October Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
November 15	January WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
November 15	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
November 22	Run to Feed the Hungry Volunteers	Dennis King, 284-4555
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 10	Photography Contest Deadline	Marilyn Floyd, 300-3595

Note date change or addition

* 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 quite welcome, meetings are on the 2nd Monday of January and even numbered months except August (OR Tour), and December.


** 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, meetings are on the 3rd Thursday of odd numbered months except January.

MUSTARD SEED SPIN

Sunday, September 30, 2012 at 11:00 AM

Wheelmen volunteers will again be needed this year to help with helmet and bike fitting on the day of the ride. Please contact Linda Zeiszler at preslindaz@sbcglobal.net

The 8th annual Mustard Seed Spin is scheduled for Sunday, September 30th, at 11:00 AM, starting at William Pond Park. This fun family bike ride, in addition to promoting cycling for kids of all ages, generates a donation for the Mustard Seed School for homeless children. The 5k, 20k and 40k courses on the beautiful American River Bike Trail are perfect for younger and older children and their families. T-shirts, snacks, rest stops, music and games are included. Lunch, accompanied by a bike raffle and silent auction, will be provided after the ride. Pre-registration cost for the ride is \$25 per person, \$60 for family of 3 and \$10 for each additional member. "Day Of" registration is a slightly higher price: \$30 per person, \$75 for family of 3 and \$15 for each additional member.

The Mustard Seed Spin was granted tax exempt status and expanded their mission: to promote total wellness for youth through safe cycling while creating opportunities to help less fortunate children. Visit online at www.mustardseedspin.org. 



3rd Quarter 2012 Ride Calendar

July 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Davis 46/70 Folsom 31/45/53	2 Sacramento 40/60/70	3 W2, W3, W4	4 Independence Day W5,W6 Sacramento 28/48	5 W7, W8, W9	6 W10	7 Sacramento 20/35/60
8 Davis 54/74/112 Loomis 40/50	9 Big Sur Zodiac	10 W2, W3, W4 Big Sur Zodiac	11 W5, W6 Big Sur Zodiac	12 W7, W8, W9 Big Sur Zodiac	13 W10 Big Sur Zodiac	14 Sacramento 20/35/60 Roseville 30/40/50
15 Sacramento 56/75 Somerset 60	16 Freeport 39/74	17 W2, W3, W4	18 W5, W6 Rancho Murieta 15	19 W7, W8, W9	20 W10	21 Sacramento 20/35/60 Santa Maria 26/58/105 Fall River Mills 35/65/100/128
22 Loomis 37/50 Sheldon 32/66/78 RAGBRAI Tour	23 RAGBRAI Tour	24 W2, W3, W4 RAGBRAI Tour	25 W5, W6 RAGBRAI Tour	26 W7, W8, W9 RAGBRAI Tour	27 W10 RAGBRAI Tour	28 Sacramento 20/35/60 Roseville 30/40/50 Freeport 35/50 RAGBRAI Tour
29 Elverta 45/86 Shingle Springs 33/44/53	30	31 W2, W3, W4				

August 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 W5, W6	2 W7, W8, W9	3 W10	4 Sacramento 20/35/60 Oregon Tour
5 Penryn 34/50/60 Davis 60/80 Oregon Tour	6 Elk Grove 50/61 Oregon Tour	7 W2, W3, W4 Oregon Tour	8 W5, W6 Astoria 40 Oregon Tour	9 W7, W8, W9 Oregon Tour	10 W10 Oregon Tour	11 Sacramento 20/35/60 Roseville 30/40/50 San Rafael 200 Oregon Tour
12 Elverta 52/94 El Dorado Hills 40/50	13	14 W2, W3, W4	15 W5, W6	16 W7, W8, W9	17 W10	18 Sacramento 20/35/60 Elk Grove 38/49/57
19 Loomis 53	20	21 W2, W3, W4	22 W5, W6 Rancho Murieta 15	23 W7, W8, W9	24 W10	25 Sacramento 20/35/60 Roseville 30/40/50
26 El Dorado Hills 50 Sacramento 56/75	27	28 W2, W3, W4	29 W5, W6	30 W7, W8, W9 France Tour	31 W10 France Tour	

September 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Sacramento 20/35/60
2 Loomis 40 Rancho Cordova 43/81 France Tour	3 Labor Day Sacramento 58/84 France Tour	4 W2, W3, W4 France Tour	5 W5, W6 France Tour	6 W7, W8, W9 France Tour	7 W10 France Tour	8 Sacramento 20/35/60 France Tour
9 Davis 40/73 Roseville 38/50 France Tour	10 France Tour	11 W2, W3, W4 France Tour	12 W5, W6 France Tour	13 W7, W8, W9 France Tour	14 W10 France Tour	15 Sacramento 20/35/60 Davis 30/53 France Tour
16 Loomis 42/55 Galt 34/87/111 Bishop 200 France Tour	17 France Tour	18 W2, W3, W4 France Tour	19 W5, W6 France Tour	20 W7, W8, W9 France Tour	21 W10 France Tour	22 Sacramento 20/35/60 Vacaville 200 San Francisco 75 France Tour
23 Lincoln 53/95 Winters 32/40 San Francisco 25/75	24 Davis 47/70	25 W2, W3, W4	26 W5, W6 Rancho Murieta 15	27 W7, W8, W9	28 W10	29 Sacramento 20/35/60 Chester 33/56/108
30 CLUB PICNIC Club Picnic Ride 20/50						

Third Quarter 2012

Weekly Rides

•event	•description	•grading
Weekly Rides		
(W2) TUESDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W3) TUESDAY BREAKFAST RIDE 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. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 Rolling Flexible
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 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. Bob Maben, 455-5715, rcmaben@surewest.net Dave Storm, 665-2169, dlstorm@worldnet.att.net	25 to 75 Flat Flexible
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new, call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W6) WEDNESDAY BREAKFAST RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22 nd 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. Joe McCormick, 448-1032, mccormickjm@att.net William Poulton, wpoulton@sbcglobal.net	25 to 75 Flat Flexible
(W7) THURSDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible

Weekly Rides

•event	•description	•grading
<p>(W8) THURSDAY BREAKFAST RIDE 8:30 AM Sunrise Bridge PL & Bike Trail 9:00 AM Gold River Shopping center, southeast corner of Sunrise and Gold Country</p>	<p>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.</p> <p>Dick Shultz, 853-1011, dieseldick@sbcglobal.net Sandy Yarrow, 791-3426, skybike@surewest.net Dave Clifton, 354-1137, superdave911@sbcglobal.net</p>	<p>45 to 75 Rolling Flexible</p>
<p>(W9) THURSDAY BREAKFAST RIDE, SOUTH 9:00 AM Florin & Riverside</p>	<p>We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available.</p> <p>Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmaben@surewest.net</p>	<p>30 to 60 Flat Flexible</p>
<p>(W10) FRIDAY BRING YOUR OWN BREAKFAST RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22nd St</p>	<p>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.</p> <p>Joe McCormick, 448-1032, mccormickjm@att.net William Poulton, wpoulton@sbcglobal.net</p>	<p>30 to 75 Flat Casual</p>

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July Rides

•event	•description	•g rading
1 SUN Northwest Ride 10:00 AM Davis, Davis Shopping Center PL, Mace & Chiles	Through Davis to the west side of the valley then north through Esparto to Zamora and return through Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.comrewest.net	46-70 Flat/Rolling Flexible
1 SUN Fish or Climb Hills 9:00 AM Folsom, Nimbus Fish Hatchery, Gold Country Blvd & Hazel	The short ride will climb to El Dorado hills and return. The long ride will visit Cameron Park before returning to the start Richard Zeiszler, 501-9563, zeiszler@sbcglobal.net	31-45-53 Moderate/Hilly Flexible
2 MON Delta Wanderer 9:00 AM Sacramento, Walgreens PL, Florin & Riversid	A little cruise through the Delta via Thornton and Walnut Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-60-70 Flat Flexible
3 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
4 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
4 WED A River Romp 9:00 AM Sacramento, Miller Park, Front St South of Broadway	A flat ride along the Sacramento River. There is an option to extend to Elkhorn regional Park and return via Old Sacramento with a stop for coffee. A Groupo ride. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	28-48 Flat Flexible
5 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
6 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
7 SAT Mile Zero Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	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. Mary Moore, 284-1905, bike.moore@yahoo.com	20-35-60 Flat/Rolling Casual

Continued

July Rides

•event	•description	•grading
8 SUN Meridian Loop 8:30 AM Davis, Carl's Jr PL, Covell & Rd 102	North from Davis, through Dunnigan to Meridian, then return on either side of the Sacramento River to Knight's Landing, then Woodland to Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	54-74-112 Flat Flexible
8 SUN Foothill Frolics - Nick's Foothills 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 2000 - 3000 ft of climbing. Nick Hourigan, 487-0993, helnick@sbcglobal.net	40-50 Rolling/Hilly Flexible
9-13 MON-FRI Big Sur Zodiac	Big Sur Zodiac. See Tour/Zodiac Schedule.	
10 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
11 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
12 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
13 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
14 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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 Linda Zeisler, 457-8815, zeisler@sbcglobal.net	20-35-60 Flat/Rolling Casual
14 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/Hilly Flexible

July Rides


Continued

•event	•description	•grading
15 SUN Northeast Hills 8:30 AM Sacramento, Sacramento Air Museum PL, Freedom Park & 32nd St.	Outbound through Roseville, Newcastle, and Auburn, then looping back through Lincoln and south to return to McClelland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	56-75 Hilly Flexible
15 SUN Grizzly Adams 8:45 AM Somerset, NE Corner of Bucks Bar & Mt Aukum	Take Hwy 50 to Missouri Flat Rd & turn east (L) on Pleasant Valley Rd., (R) on Bucks Bar to the intersection of Bucks Bar & Mt. Aukum Rd. in Somerset. Park in the dirt lot on the NE corner. Be ready to go by 0900 as we head up to Grizzly Flat and beyond. After 30 miles and 4000 ft of climbing, we'll reach Pipi campground that has water and outhouses. This ride does have some short steep climbs of 16-20%, and overall about 5700 ft of climbing, so bring climbing gears. Route descends Omo Ranch Rd. This ride is in the wilderness and the store is very late in the ride, so bring enough water and food! You'll really want it and need it. Sandy Yarrow, 802-0898, skybike@surewest.net	60 Hilly Flexible
16 MON The Extended Cruise 9:00 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge	A meandering ride through the Delta between Freeport and Isleton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-74 Flat Flexible
17 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
18 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
18 WED Murieta Mountain Bike Ride 9:00 AM Rancho Murieta, Lake Clementia	Take Murieta Pkwy, turn right at Camino Del Lago Dr. drive to Lake Clementia picnic area. This is a ride around the back lakes of Rancho Murieta. We have built about 12 miles of single track around the area, it is a rolling terrain, just right for the person who would like to hone their skills, not too demanding but you have to stay vigilant. There are more trails in the area we can look at. Contact Ride Leader for details. David Clifton, 354-1137, superdave@sbcglobal.net	15 Moderate/Hilly Off Road/ Flexible
19 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	

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July Rides

Continued

•event	•description	•grading
20 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
21 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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. Donna Klug, auntdklug@aol.com	20-35-60 Flat/Rolling Casual
21 SAT Fall River Century 7:30 AM Fall River Mills, MacArthur Fairgrounds	Fall River Mills is nestled in a pristine northeastern California valley. The area offers many opportunities to ride in solitude with commanding views of two of California's famous volcanoes: Mt Shasta to the northwest and Lassen Peak to the south. Many options available in riding distance, with 500/2500/4000 ft of climbing. Go to www.fallrivercentury.com for registration. Must wear Wheelmen jersey to get club miles Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	35-65-100-128 Flat/Moderate/ Hilly Flexible
21 SAT Windmill Century 6:00 AM Santa Maria, Pioneer Park, 1150 W. Foster Rd	This scenic ride is located in the heart of one of the nation's premier wine regions. Go to www.tailwindsofsantamariabc.org/century . Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	26-58-105 Flat/Rolling/ Moderate Flexible
22 SUN Foothill Frolics Christian Valley Looper 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	The route travels through Newcastle to Bowman, Meadow Vista, Christian Valley, Auburn, and back through Penryn. The short option eliminates Meadow Vista and Christian Valley. Stores on route. 3000-4400 ft. Library Route LCP002. Dan Anglim, 797-0337, djanglim@surewest.net	37-50 Moderate/Hilly Flexible
22 SUN Valley Springs Loop 9:00 AM Sheldon, Bert's Diner PL, Grant Line Rd	South to Lockeford, Linden, near Valley Springs, then back through Buena Vista, Lone, and Rancho Murieta to Sheldon. Moderate climbing on the long ride. Dick Nussbaum, 424-0933, rcnflyer@aol.com	32-66-78 Hilly Flexible
22-28 SUN-SAT RAGBRAI	RAGBRAI Tour. See Tour/Zodiac Schedule.	
24 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
25 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
26 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
27 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	

July Rides

Continued

•event	•description	•grading
28 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. <p style="text-align: right;">Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	30-40-50 Moderate/Hilly Flexible
28 SAT Walnut Grove Ride 9:00 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge.	Ride goes through Walnut Grove, Thornton, and Galt. <p style="text-align: right;">David Storm, 665-2169, dlstorm@frontiernet.net</p>	35-50 Hilly Flexible
28 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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 style="text-align: right;">Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com</p>	33-44-53 Rolling/Moderate/ Hilly Flexible
29 SUN Fab Fifties Ride Around the Block 9:00 AM Shingle Springs, Shingle Springs P&R, Ponderosa Rd exit at HWY 50	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. <p style="text-align: right;">Tom Goodwin, 362-1780, tgoodwin0703@att.net</p>	25-35-60 Flat/Rolling Casual
29 SUN Nicolaus Knight's Landing 8:30 AM Elverta, Post Office PL, Elverta Rd & Elwyn Ave	Some real back roads in the North Valley. <p style="text-align: right;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	45-86 Flat Flexible
31 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	



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August Rides

•event	•description	•grading
1 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
2 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
3 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
4 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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. Mary Moore, 284-1905, bike.moore@yahoo.com	20-35-60 Flat/Rolling Casual
5 SUN Foothill Frolics Camp Far West 9:00 AM Penryn Trailhead, Taylor Rd & English Colony	A ride to Lincoln, Sheridan and Camp Far West Reservoir. We will be riding some familiar roads. Bring water and snacks as nothing is available after Lincoln which is about 10 miles into the ride. Dale Johnson, 284-5208, davijohnslckr@comcast.net Dennis King, 284-4555, velo_king@sbcglobal.net	34-50-60 Moderate Flexible
5 SUN Davis Northwest 9:00 AM Davis, Carl's Jr PL, Covell & Rd 102	A flat and sometimes rolling loop through the farmlands near Dixon, Winters, Esparto, Knights Landing, and Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	60-80 Rolling Flexible
4-11 SAT-SAT Oregon Tour	Oregon Club Tour. See Tour/Zodiac Schedule	
6 MON Clay Station Loop 9:30 AM Elk Grove, Safeway PL, Franklin & Laguna	A mostly flat loop south then east to Clay Station and back through Lodi and Thornton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-61 Flat Flexible
7 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
8 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
8 WED Cape Disappointment 9:00 AM Astoria, OR, Astoria HS, Bus 101 & Frankfort St.	You won't be disappointed like the Corps of Discovery when you ride to Cape Disappointment. If you are on the OR Tour, or just in the area, come join us for an easy ride on the off day. This is the day when no riding is planned by Tim. So let's ride! We will be riding to the point where Lewis & Clark first landed on their expedition to the Pacific Coast. It was so wet and dreary they gave it this name. We will have to cross the Columbia River via the 3.75 mile Astoria-Megler Bridge. From there we will make our way to Cape Disappointment State Park and return to Astoria. Food and water are available in Chinook and Ilwaco. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	40 Rolling Flexible

August Rides *Continued*

event	description	grading
9 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
10 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
11 SAT	<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>Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.</p> <p>Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net</p>	20-35-60 Flat/Rolling Casual
11 SAT	<p>Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.</p> <p>Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	30-40-50 Moderate/Hilly Flexible
11 SAT	<p>Work on either Aug 3 or 4 and be pampered on the worker's ride on Aug 11. Visit http://www.marincyclists.com for details. 15,000 ft of elevation gain. Must wear Wheelmen Jersey to get club miles.</p> <p>Mt. Tam Double Century Worker's Ride 5:00 AM San Rafael, Vallecito Elementary School, 50 Nova Albion Way</p> <p>Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net</p>	200 Mountainous Flexible
12 SUN	<p>Ride to Plymouth via Latrobe Road and Old Sacramento Road, up Hwy 49 to Union Mine Road (15% grade). Lunch stop in the town of El Dorado, then ride Mother Lode Road, Green Valley, etc. No SAG, no sweep. Rain or serious threat of rain cancels ride.</p> <p>Fab Fifties Union Mine 9:00 AM El Dorado Hills, Latrobe Elementary School, Latrobe & S. Shingle Springs Rd</p> <p>Ron Brown, 486-3665, rl-brown@pacbell.net</p>	40-50 Hilly Flexible
12 SUN	<p>North through Lincoln and Camp Far West, then west to the Feather River, south through Nicolaus and back to Elverta.</p> <p>Northeast Valley Loop 9:00 AM Elverta, Post Office PL, Elverta Rd & Elwyn Ave</p> <p>Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	52-94 Flat/Rolling Flexible
14 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
15 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
16 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
17 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	

August Rides *Continued*

•event	•description	•grading
18 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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. Donna Klug, aunteklug@aol.com	20-35-60 Flat/Rolling Casual
18 SAT SW Series, A Ride in the Delta 9:00 AM Elk Grove, Bruceville Rd at Whitelock	A ride to Walnut Grove and Thornton	38/49/57 Flat Flexible
19 SUN Foothill Frolics Parade Route 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Let's ride to Meadow Vista where we'll revisit the parade route, so dress colorfully just in case. We'll ride through Penryn, Christian Valley, Bowman and Auburn. This ride has about 4,000 ft of climbing so plan on a lunch or a pie stop. Several options to shorten. Be sure to bring adequate water, and a few snacks. Sandy Yarrow, 791-3426, skybike@surewest.net	53 Rolling/Hilly Flexible
21 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
22 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
22 WED Murieta Mountain Bike Ride 9:00 AM Rancho Murieta, Lake Clementia	Take Murieta Pkwy, turn right at Camino Del Lago Dr. drive to Lake Clementia picnic area. This is a ride around the back lakes of Rancho Murieta. We have built about 12 miles of single track around the area, it is a rolling terrain, just right for the person who would like to hone their skills, not too demanding but you have to stay vigilant. There are more trails in the area we can look at. Contact Ride Leader for details. David Clifton, 354-1137, superdave@sbcglobal.net	15 Moderate/Hilly Off Road/ Flexible
23 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
24 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
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August Rides *Continued*

•event	•description	•grading
25 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. <p style="text-align: right;">Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	30-40-50 Moderate/Hilly Flexible
26 SUN Fab Fifties Series Old French Town 9:00 AM El Dorado Hills, EDH P&R, Latrobe & White Rock Rd (Hwy 50 Exit 30A)	Up Serrano Rd. to Shingle Springs to Brandon, French Creek, Old French Town, Deer Valley and Green Valley Roads. <p style="text-align: right;">Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net</p>	50 Hilly Flexible
26 SUN Northeast Hills 8:30 AM Sacramento, Sacramento Air Museum PL, Freedom Park & 32nd St.	Outbound through Roseville, Newcastle, and Auburn, then looping back through Lincoln and south to return to McClelland. <p style="text-align: right;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	56-75 Hilly Flexible
28 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	e
29 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
30 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
30-SEPT 22 FRANCE TOUR	France Tour. See Tour/Zodiac Schedule.	
31 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	



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September Rides

•event	•description	•grading
1 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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. Mary Moore 284-1905 bike.moore@yahoo.com	20-35-60 Flat/Rolling Casual
2 SUN Up & Back 8:30 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	A climb up through the Shingle Springs area by way of Lower Latrobe, then back on Deer Valley and Green Valley through Folsom to the start. Dick Nussbaum, 424-0933, rcnflyer@aol.com	43-81 Rolling/Moderate Flexible
2 SUN Circling the Basin 8:30 AM Loomis, Loomis Community Park, King Rd & Ong	A lot of rollers winding through Granite Bay, Loomis, Rocklin, Penryn and Newcastle. Slightly less than 2000' climbing. Rain cancels. A Groupo ride. Deborah Walburg, 698-3504, walburg@surewest.net	40 Rolling Flexible
3 MON South Loop 9:00 AM Sacramento, Walgreen's PL, Florin & Riverside	A long cruise through the Delta via Clarksburg, Ryer Island, Walnut Grove, Thornton, Galt, then back through Franklin and Hood. Dick Nussbaum, 424-0933, rcnflyer@aol.com	58-84 Flat Flexible
4 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
5 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
6 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
7 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
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9 SUN Northwest Valley Loop 9:00 AM Davis, Carl's Jr PL, Covell & Rd 102	Wander the lower foothills around Loomis, Newcastle and close to Lincoln. Short option has 1900 ft climbing. A Groupo Ride. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-73 Rolling Flexible

September Rides *Continued*

•event	•description	•grading
9 SUN Wandering the Foothills 8:30 AM Roseville, Sierra Oaks Plaza, SE corner of Douglas & Sierra College	Wander the lower foothills around Loomis, Newcastle and close to Lincoln. Short option has 1900 ft climbing. A Groupo Ride. Stan Leff, 488-2563, swleff@surewest.net	38-50 Rolling Flexible
11 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
12 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
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15 SAT Woodland to Winters 9:00 AM Davis, Carl's Jr PL, Covell & Rd 102	A loop in the Valley up to Woodland and return through Winters. David Storm, 665-2169, dlstorm@frontiernet.net	30-53 Flat Flexible
16 SUN Foothill Frolics Celebrate Collect a Rock Day 9:00 AM Loomis, Flower Farm, Corner of Auburn Folsom & Horseshoe Bar	No Joke!! Today really is 'Collect a Rock' Day. In honor of this little known holiday, your goal today is to find the most unique rock along our route!! Bring it to the finish for official judging and prizes!! Our route will take us rolling through the familiar roads leading toward Auburn. Coffee and stores along the way and plenty of options to shorten or extend your mileage. Shelly Barrette, 216-6527, irongirl11234@yahoo.com	42-55 Moderate Flexible
16 SUN Four County Loop 8:30 AM Galt, Jack in the Box PL, Twin Cities Rd just east of Hwy 99	A long loop traversing parts of Sacramento, San Joaquin, Calaveras, and Stanislaw Counties. Dick Nussbaum, 424-0933, rcnflyer@aol.com	34-87-111 Rolling Flexible
16 SUN White Mountain Double Century Staff Ride 4:00 AM Bishop, Ramada Limited, 155 E. Elm St	Work the public ride on Sept 15, and be pampered on the staff ride the next day. Visit http://www.ndzone.com to volunteer. 11,500 ft. elevation gain. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	200 Mountainous Flexible

September Rides

•event	•description	•grading
18 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
19 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
20 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
21 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
22 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-35-60 Flat/Rolling Casual
22 SAT Knoxville Fall Classic Double Century Staff Ride 4:30 AM Vacaville, Pena Adobe Park	Work the public ride on September 29 and be pampered on the September 17 staff ride. This is a double century ride, with 12,000 ft of climbing. Visit www.quackcyclists.com to volunteer. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	200 Hilly Flexible
22-23 SAT-SUN Waves to Wine 7:30 AM San Francisco, UCSF Mission Bay, 1300 4th St	A beautiful 2 day ride (75 miles each day, w/ a shorter option each day) from SF, across the Golden Gate Bridge, up Hwy 1 and along Tomales Bay before heading inland to the wine country. Overnight in Petaluma area (camping or shuttles to local hotels provided) before heading to Lake Sonoma day 2. Fully supported w/ all meals, rest stops, sag support, music, beer & wine and more. A pledge ride for the National MS Society, and one of the best and best organized rides in N. California. More info at wavestowine.org . Register under Sacramento Wheelmen team, and notify ride leader of actual miles. Must wear Wheelmen Jersey to get club miles. Francisco Prieto, 205-1143, prietof@sutterhealth.org	75+25 Hilly/Flat Flexible/Casual
23 SUN Loma Rica Loop 9:00 AM Lincoln, Safeway PL, Ferrari Ranch & Hwy 65	A loop north through Camp Far West, Beale AFB, on to Smartville, then looping north through Loma Rica and back through Marysville to Lincoln. Dick Nussbaum, 424-0933, rcnflyer@aol.com	53-95 Rolling/Hilly Flexible
23 SUN Cantelow & Return 9:00 AM Winters, City PL, Railroad & Main	A ride west to Cantelow and then back to Winters for lunch or snack. 1000-1500 ft climbing. A Groupo ride Mary Moore, 284-1905, bike.moore@yahoo.com Glenn Moore, 524-7785, mooreg@surewest.net	32-40 Rolling Flexible
24 MON Davis Loop 9:00 AM Davis, Davis Shopping Center PL, Mace & Chiles	A loop from El Macero to Dixon then Winters, north to Woodland and back to Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	47-70 Flat Flexible
25 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	

September Rides *Continued*

•event	•description	•grading
26 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
26 WED Murieta Mountain Bike Ride 9:00 AM Rancho Murieta, Lake Clementia	Take Murieta Pkwy, turn right at Camino Del Lago Dr. drive to Lake Clementia picnic area. This is a ride around the back lakes of Rancho Murieta. We have built about 12 miles of single track around the area, it is a rolling terrain, just right for the person who would like to hone their skills, not too demanding but you have to stay vigilant. There are more trails in the area we can look at. Contact Ride Leader for details. David Clifton, 354-1137, superdave@sbcglobal.net	15 Moderate/Hilly Off Road/ Flexible
27 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
28 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
29 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	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.	20-35-60 Flat/Rolling Casual
29 SAT Lake Almanor Fall Century 7:00 AM Chester, Main & Willow St	In view of Mt Lassen, circle Lake Almanor while enjoying the scenery of forest and ranchland in Plumas County, plus experiencing the peaceful Indian Valley. Same routes as the Mile High 100. Friendly folks, fantastic lunch, fully supported. Post ride meal with live music. Info and register at http://chamberorganizer.com/chester-lakealmanor/mem_lakealmanorride . Must wear Wheelmen Jersey to get Club miles. Fred Turner, 962-2626, ft58@sbcglobal.net	33-56-108 Flat/Rolling/ Moderate Flexible
30 SUN Club Ride & Picnic 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Join us for a fun day of riding, socializing, and eating. Ride starts at 9:00 AM, and Picnic starts at noon. We will BBQ Tri-Tip and Brats. Please bring a dish to share. From I 80, exit right at Penryn Rd. Go right at King Rd, left at Ong into Park. Sandy Yarrow, 791-3426, skybike@surrewest.net	20-50 Rolling/Moderate Flexible

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2012	<h2 style="text-align: center;">Tour/Zodiac Schedule</h2> <p style="text-align: center;">Submit tour plans/corrections to Sandy Yarrow, 791-3426, skybike@surewest.net</p>	
July 9-13 MON-FRI Tour of Central California Coast aka Big Sur Sacramento, Train Station	<p>We'll take the train to San Jose and ride over to Sunset Beach the first day. Day two we ride to Big Sur. Day three we ride to Plasket Creek campground. Day four we'll end in Morro Bay, the next day its home. Some facts, the ride is about 200 miles with some climbing, we'll be camping at bike and hike sites and eating on the run, there will be a sag vehicle, all incurred costs will be divided equally among the riders, this is not for the faint of heart. Also riders must arrange their own return trip either a train ride or a rental car. Having said all that this ride is full at this time, if you wish to be placed on a waiting list contact the ride leader, D. Clifton. superdave911@sbcglobal.net or dclifton911@gmail.com</p> <p style="text-align: right;">David Clifton, 354-1137, superdave911@sbcglobal.net</p>	200 Hilly Flexible
July 22-28 SUN-SAT RAGBRAI 2012 Iowa	<p>This year RAGBRAI (Des Moines Register's Annual Great Bike Ride Across Iowa) will visit Sioux Center, Cherokee, Lake View, Webster City, Marshalltown, Cedar Rapids, Anamosa and Clinton for a 471 mile ride. The ride starts July 22 and ends July 28. Most members from Sacramento will fly into Omaha the day before and fly out the day after. Our charter operator will bus us to and from the ride and move our camping gear from camptown to camptown. At least six members and guests appear to be going.</p> <p style="text-align: right;">David Bailey, 925-8123, davidsbailey@yahoo.com</p>	47 Rolling/Hilly Flexible
Aug 4-11 SAT-SAT Oregon Club Tour Corvallis Oregon KOA Cost: \$250 Sac Wheelmen Members only	<p>Plan to arrive in Corvallis on Saturday the 4th in time for a great pizza dinner at 6:00 pm. Starting Sunday, we ride through quaint towns on back-roads, including the 25 mile Banks-Vernonia State bike trail, an old railroad grade with a spectacular old trestle, that follows spring creeks amidst great scenery. The layover day is Wednesday in the coastal town of Astoria and allows time to explore sights like the 125ft Astoria Column with its circular staircase to the top providing a 360 degree view of the countryside, or one of the many local maritime museums. Then we ride on the Lewis and Clark Trail, sample some cheese at the Tillamook factory, check out the views from the Cape Mears Lighthouse, photograph the famous Octopus Tree, and enjoy the sites along the beautiful Oregon coast. Our route leaves Lincoln City and follows the Siletz River inland back to Corvallis. There are hotels near all of our overnight stops for those who prefer not to camp. Total of 14,000 ft of climbing.</p> <p style="text-align: right;">Tim Koch, 488-8218, mtkoch@surewest.net</p>	440 Rolling/Hilly Flexible
Aug 30 – Sept 22 France Tour	<p>A Wheelmen tour of France including stays in Digne-les-Bains, Argelez-Gazost, Cahors, Loire Valley and finishing out of Paris. Space is limited. If you want to be on a standby list, contact the Ride Leader for details and information.</p> <p style="text-align: right;">Sandy Yarrow, 791-3426, skybike@surewest.net</p>	TBA Flat to Mountain Flexible
Oct 8-12 MON-FRI Paso Robles Zodiac 9:00 AM Paso Robles, Adelaide Inn	<p>We will be riding through beautiful rolling hills and vineyards to the coast and along Highway 1. There are organized group rides starting on Tuesday, October 9th and ending Thursday, October 11th. You may opt to do a short ride on Friday the 12th before heading back to Sacramento. You can also select your own rides from a variety of route sheets that are provided. Tradition has been to do a SAG supported wine and olive oil tasting ride, a ride to the coast, and an inland ride.</p> <p>A block of rooms, under the Sacramento Wheelmen, is being held until September 3rd at the Adelaide Inn (800-238-2770) Price range is from \$88.20 and up, depending on number of beds and location. A Best Western Black Oak (805-238-4740) and Motel 6 are close to the Adelaide Inn. Camping is also available in the Paso area. It is about a 4 hour drive from Sacto, so plan accordingly.</p> <p style="text-align: right;">Mary Moore, 284-1905, bike.moore@yahoo.com Glenn Moore, 524-7785, mooreg@surewest.net</p>	50-200 Rolling/Hilly Flexible

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:

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 leasers 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 acclaim 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, NOT WITHSTANDING, 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

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