



WheelINews

Sacramento Wheelmen's Ride Schedule & Newsletter

Effort Launched to Save Our Regional Parks' Legacy



Our magnificent Regional Parks and Open Space System are in peril because of Sacramento County's continuing budget crisis. Operated by the Sacramento County Department of Regional Parks, the system includes the American River Parkway, Dry Creek Parkway, Gibson Ranch Regional Park, Cosumnes River Preserve, Deer Creek Hills, Mather Regional Park and vernal pools, North Stone Lakes, Sherman Island and other treasures.

Ranger patrols and maintenance staff have been sliced in half, which means bicycle and hiking trails and other popular recreational facilities and open spaces aren't as safe or pleasant for users. Fewer rangers are available to enforce illegal camping, leash laws and courtesy rules and to respond to reckless and illegal behavior. Restrooms aren't as clean and trash isn't picked up as often. Gibson Ranch Regional Park was closed to the public after Labor Day and the Dry Creek Parkway is largely unattended. Deer Creek Hills and other open spaces have not been

fully developed by the county and remain largely unavailable for residents



to enjoy. A Grass Roots Working Group, supported by Save the American River Association (SARA), has launched Save Our Regional Parks' Legacy. The aim is to secure adequate, stable, long-term funding for operations, maintenance, development, expansion and connection of these natural and developed recreational sites and open spaces. The Working Group is pursuing a vision for future generations: an integrated

system of Regional Parks and Open Space linked by a bicycle and pedestrian transportation network. This system would be safe, accessible and well-maintained and provide recreational and educational opportunities to Sacramento County's diverse communities. It would also help relieve overuse of the American River Parkway. Preserving and linking these unique areas would provide Sacramentans with abundant opportunities for bicycling, hiking, rafting, paddling, picnicking and watching birds and other wildlife. The system contributes to the well being of the Sacramento region and attracts businesses and residents considering

relocating here. Without adequate, stable, long-term funding, the group believes that Sacramento County will continue the piecemeal process it started to divest its responsibility to other jurisdictions, nonprofit organizations and for-profit groups. The result: a fragmented Regional Parks and Open Space System with no connectivity.

continued on page 3

36th Sierra Century – Saturday, June 11, 2011

Look what's inside . . .		
2	Dan Anglim, Ride Director New Members	4 Waves to Wine Ride
3	Elected Officers / Tom Goodwin	5 2011 Club Schedule
		6 Ride Calendar
		7 Sierra Century Update
		10-24 Ride Schedule
		25 Tour/Zodiac Schedule



PO Box 15739
Sacramento, CA 95852

President

George Neill
president@sacwheelmen.org

Vice President

Mike Kersten
vicepres@sacwheelmen.org

Ride Director

Dan Anglim
ridedir@sacwheelmen.org
916-797-0337

Secretary

Marilyn Floyd
secretary@sacwheelmen.org

Treasurer

Dale Johnson
treasurer@sacwheelmen.org

Sierra Century Directors

Curt and Ginny Taylor
sierracentury@sacwheelmen.org
916-771-8642

Membership

Dave Storm
membership@sacwheelmen.org
916-665-2169

Mileage Compilation

Bob Evans
mileage@sacwheelmen.org

Marketing/Special Events

Sandy Yarrow
marketing@sacwheelmen.org
916-791-3426

Community Affairs/Gov. Liaisons

Dennis King
liaison2@sacwheelmen.org
916-284-4555

Wheelmen Website

www.sacwheelmen.org

Webmaster

Paul Jacobsen
webmaster@sacwheelmen.org

Dan Anglim Ride Director

Please join us on Jan 29 at the Annual Wheelmen Banquet to recognize the Ride Leaders who made 2010 a great year for cycling. Thanks to them, we have a strong and vibrant club. Ok, so its 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. Our Ride Calendar includes over 11,000 miles of riding, including three Zodiacs. For those who like to venture out, there are four events from other organizations listed. There are plenty of weekend rides to choose from, and a new Non-Breakfast Ride series on Wednesdays starting in March.

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, www.sacwheelmen.org, Rides, For Ride Leaders. If you need more information, I'm here to help.

Second quarter 2011 rides may be submitted now through February 1 for the months of April, May, and June on our website at www.sacwheelmen.org/swrides/rideforms/ridedescription.html. You can also send your rides to me at ridedirector@surewest.net. 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 2011 Tour and Zodiac dates so that our members can start planning for next year.

Q1 Esteemed Ride Leaders

Dan Anglim	Marilyn Floyd	Mary Moore
David Azevedo	Tom Gardner	George Neill
Jennie Babich	Tom Goodwin	Dick Nussbaum
David Bailey	Dave Graska	Scott Pierce
Hal Baker	Paul Gunkel	Eric Saur
Scott Barrette	John Hockenbury	Dick Schultz
Shelly Barrette	Nick Hourigan	Doug Souvigner
Joni Bauer	Dale Johnson	David Storm
Peter Becker	Dennis King	Kathy Tom
Doug Beisner	Tim Koch	Deborah Walburg
Barbara Bravos	Donna Klug	Mark Yamagiwa
Ron Brown	Stan Leff	Sandy Yarrow
Dave Clifton	Kris LeMeur	Bob Yates
Chris Drews	Ralph LeMeur	Linda Zeiszler
Jeannie Ennis	Bob Maben	Richard Zeiszler
Rod Farley	Larry Matz	
Bill Floyd	Joe McCormick	

NEW MEMBERS

August 1 through November 1, 2010

David Beach	Philip Dalhaus	Jonathan Huber
Gavin Berg	Beth Dillman	Greg Lozaga
Jenny Berg	Rowland Fellows	Stanley Pochop
Kurt Berg	Gary Ferguson	Carolyn Regan
Phyllis Billings	Russell Gartz	Jake Rowe
Ray Billings	Jarvio Grevious	David Sausen
Michael Connolly	Bennett Groshong	Michal Warzecha
		James Whiteford

continued from page 1

In July, Sacramento County transferred the Effie Yeaw Nature Center, after eliminating its budget, to the American River Natural History Association. The center is operating under a greatly reduced schedule. The county is currently considering a proposal from a private party to take over Gibson Ranch Regional Park. The Working Group has raised more than \$50,000 in donations for a feasibility study by the Trust for Public Land (TPL) and the Dangermond Group. TPL helps communities and agencies identify and raise funds for conservation from federal, state and local sources. TPL is researching four governance options: new independent regional district, new dependent regional district, new county-wide community services district and the existing county department with a dedicated revenue source. Its efforts will include a public opinion survey.

The Dangermond Group is studying a nonprofit conservancy option and will provide review and assistance in consideration of budget estimates for operation and maintenance of the Regional Parks and Open Space System.

The Working Group will review the TPL and Dangermond Group results and other information and make a recommendation to the public in late January, followed by a community summit in early February. Sacramento County has specified that a measure needs to be on the November 2012 ballot for voter consideration.

What can you do to help protect our Regional Parks and Open Space for future generations?

- Ask the Working Group for a presentation about this effort.
- Sign up for Save Our Regional Parks' Legacy updates.
- Contribute money. No government funds are available for this effort.
- Buy a Parks Passport.
- Appreciate your regional parks by visiting them – and take a friend!

For more information, contact SARA at 916/482-2551 or INFO@SARAriverwatch.org or visit its Web site at <http://www.sarariverwatch.org/grassroots.html> and click on Grassroots Process." The group's meetings are open to the public.

WHEELMEN ELECTIONS HELD

Sacramento Wheelmen elections were held at the Club's November 18 General Meeting. The Nominating Committee of Sandy Yarrow, Dave Storm, and Dennis King forwarded some new as well as some familiar names as nominees for Board and Staff positions for consideration to the assembled membership.

Officers for 2011 & 2012



President
George Neill



Vice President-
Mike Kersten



Ride Director
Dan Anglim



Secretary
Marilyn Floyd



Treasurer
Dale Johnson



Past President
Linda Zieszler

Sierra Century Directors for 2012 & 2013
Bud & Jeanne Leland

Sixteen Years with Tom

By Ralph Askin

Tom Goodwin, that is.

Not to be confused with Tom Sawyer, although there are similarities, such as Tom Sawyer's elders thinking he would either become President or hung.

Upon retirement from real life and becoming a Wheelman, I first met Tom as the (some might say legendary) leader of the Tuesday Breakfast Ride. Even then, Tom was tolerant of those of lesser ability. Best of all, he knows everyone's name. With at least three Ralphs typically along for the Tuesday ride, he still copes.

At first, although having a rather (at least in my mind) distinguished record of commuting between the Sheldon area of Elk Grove (just next to Bert's)

and the Capitol for many years, I found I could not match the Wheelmen pace. But Tom had no problem with a slower group, riding at their own pace, with an obvious interest in fitness, fellowship and friendship in the spirit of cycling. And now Tom, a claimed 85 years while I a mere 79, it occurs that given another 16 years, Tom will be 101 and I just 95.

Apparently no reason not to keep on cranking to the ability of each. Salute, Tom, role model to us all.

Happy 85th Birthday!



Tom Goodwin

Waves to Wine Ride

September 26-27, 2010

By Stan Leff

Francisco Prieto has been riding the MS 150 Waves to Wine ride for over ten years now and has been Ride Leader for the Wheelmen Team for the last four years. He's been asking me to join him on the ride for those last four years but my schedule never allowed me to participate until this year. After doing the ride this year, I don't know why I didn't clear my schedule earlier to go with him. It was a great experience.



When I signed up for the ride in early summer, I had some trepidation, not about the riding but about the fundraising required. This is a fund raiser to help with research and treatment for multiple sclerosis, a very worthy cause and a minimum of \$350 is required to be raised. I shouldn't have worried. The organizers have a web site made for you to facilitate fundraising. I simply crafted an email, dedicated my ride to Linda Bos and to those of my patients with MS and sent it to friends, family and a few Wheelmen. With only that amount of effort, I raised over \$1100. If you sign up for next year's ride, you'll have no trouble either.

The ride started early in the morning on the September 25th in San Francisco. Miguel, Francisco's son, let us spend the night at his apartment and dropped us off at the UCSF campus to a sunny and mild morning that was a hive of activity. We dropped our bags off at the truck to be taken to Rohnert Park, ate some breakfast, and joined the 2000+ riders on the road. Our route took us past the baseball park, the Embarcadero, the Marina, and onto the Golden Gate Bridge. Early on a Saturday morning there was little traffic. The sky was clear with a light breeze and beautiful views of the Marin coastline.

In Marin, we road through Sausalito on to Highway 1 and over the shoulder of Mt Tam to Stinson Beach. There was a rest stop there with great food, water, and Gatorade and a well-placed break in the riding. We had great rest stops every 10-15 miles. We then turned northward along the coast and went by Olema, Pt Reyes Station, Tomales Bay, and Marshall, before turning inland. The weather on the coast continued to be sunny and mild but inland it heated up to the 90's. We stayed hydrated and arrived in Rohnert Park, the overnight spot, at 3:30 PM, after 78 miles and 4000 feet of climbing.

Arriving in the overnight village, Francisco headed for a massage and I headed for a beer and a steak. There was music and I got to see some of the teams that were riding, including corporate ones like Chevron, Google, The North Face, and very non-corporate ones, like Mitzvah milers (sponsored by Saul's Deli), Team Menstrual Cycles, Velo Poseur Charlatans, and Team S'Myelin While Riding, all in their team jerseys. I don't have space to explain the names but there is a story to each of them. Camping is available at the village and there are shuttles to local hotels also. Fortunately, Francisco has a sister-in-law once removed who lives in Santa Rosa who picked us up to stay at her house for the night. I don't do sleeping on the ground anymore.

We returned early on Sunday morning to complete the ride. After coffee and a delicious breakfast burrito, we headed south towards Petaluma. We latched on to a group going 18-23 miles an hour and managed to hang on for about 10 miles until the climbing started. We turned west and north through a beautiful valley of dairy farms and apple orchards on our way to the Russian River. After a rest stop and lunch in Sebastopol, we entered the Dry Creek Valley and rode along the vineyards heavy with grapes for the rest of the ride. After 75 miles and 3200 feet of climbing, we pulled in to Lake Sonoma to the buses taking us back to the start but not until we showered (in portable showers in a semi-truck), had a delicious bar-b-cue dinner and another cold beer.

This was a great ride with a scenic route, superb support, and lots of camaraderie amongst the riders. I would highly recommend it to all Wheelmen to try. You'll have a wonderful weekend with great riding while supporting a wonderful cause. Sign up next year. You won't regret it.

PRE-AMGEN CENTURY RIDE

The City of Auburn has been selected as the site for Stage Three of the Amgen Tour 2011. The Auburn-based Sierra Foothills Cycling Club is planning an Amgen Tour Pre-Ride, Saturday, May 14, 2011. The Pre-Ride will consist of a metric century, and a "half" metric. Both rides will be on part of the race course before returning to Auburn. Planning is also underway for a shorter, family ride. All rides benefit the Auburn Community Cancer endowment Fund. For more information, please visit sfcyclists.org and look for the Pre-Amgen Century link. Registration will be via Active.com.

2011 Wheelmen Club Calendar

Club Meetings, Social Events, Deadlines, & Volunteer Opportunities

Date	Event	Contact	
January	5	December Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	10	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
	29	Annual Awards Banquet	Mary Moore, 359-6450, bike.moore@yahoo.com
February	1	Apr, May, Jun Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
	5	January Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	14	Board & Business Meeting* Valentines Day	George Neill, 722-8592, geor63@jps.net
March	15	April WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
	5	February Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	17	General Membership Meeting**	Mike Kersten, 966-3095
April	5	March Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	11	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net ,
May	1	Jul, Aug, Sept Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
	1-31	Bike to Work Month, mileage competition	Sandy Yarrow, marketing@sacwheelmen.org
	5	April Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	16	Amgen Tour of California Volunteers	Dick Nussbaum 424-0933
	15	July WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
	19	General Membership Meeting**	Mike Kersten, 966-3095
June	25	Florin Elementary Bike Rodeo Volunteers	Mary Moore, bike.moore@yahoo.com
	1	Locker Cleanup Volunteers	Mike Dodson, 366-7689
	5	May Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	11	Sierra Century Volunteers	Curt & Ginny Taylor, 771-8642, cyclecurt@comcast.net
	12	Support the Parkway (Rex Ride)	Dennis King, 284-4555, velo_king@sbcglobal.net
July	13	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
	5	June Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	21	General Membership Meeting**	Mike Kersten, 966-3095
	22-23	Eppie's Great Race Volunteers	Bud Leland, 457-6324, velobuddy@comcast.net
August	1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
	5	July Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	8	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
September	15	September WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
	5	August Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	15	General Membership Meeting**	Mike Kersten, 966-3095
	18	Club Picnic	Sandy Yarrow, marketing@sacwheelmen.org
October	25	Mustard Seed Spin Volunteers	Linda Zeiszler, 457-8815
	5	September Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	10	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net ,
November	1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
	5	October Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	15	January WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
	17	General Membership Meeting**	Mike Kersten, 966-3095
		Families First Bike Assembly Volunteers	Dick Nussbaum 424-0933
December	24	Run to Feed the Hungry Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
	5	November Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	10	Foster Santa Party Volunteers	Dick Nussbaum 424-0933
	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 2011 Sacramento Wheelmen Ride Calendar

January 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NEW YEAR'S DAY Sacramento 40 Clarksburg 35/50
2 Fab Fifties 44	3 Sacramento 40/60	4 W2, W3, W4	5 W5	6 W7, W8, W9	7	8 Elk Grove 40/60/80 Roseville 36
9 Foothill Frolics 50 Rancho Cordova 43/70	10	11 W2, W3, W4	12 W5	13 W7, W8, W9	14 W11 Winters 39/83	15 Roseville 30/40/50 Elk Grove 40/60
16 Fab Fifties 37/42 Sacramento 30/60 Sacramento 65	17 MLK, Jr. Day Sacramento 40	18 W2, W3, W4 Napa Zodiac	19 W5, W6 Napa Zodiac	20 W7, W8, W9 Napa Zodiac	21	22 Sheldon 44/54 Carmichael 60
23 Foothill Frolics 45 Citrus Hts 23 to 107 Sacramento 45/74	24 Rancho Cordova 40/70	25 W2, W3, W4	26 W5, W6	27 W7, W8, W9	28 W11	29 BANQUET Roseville 30/40/50 Elk Grove 40/60
30 Fab Fifties 42	31 Davis 60/80					

February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 W2, W3, W4	2 W5, W6	3 W7, W8, W9	4 Freeport 35/80	5 Rancho Murieta 40/60 Carmichael 39/44
6 Super Bowl Foothill Frolics 46/57 Thornton 42/72	7	8 W2, W3, W4	9 W5, W6	10 W7, W8, W9	11 W11 Lincoln 48/73	12 Lincoln's BD Roseville 30/40/50 Rancho Murieta 57 Palm Springs 25/55/100
13 Fab Fifties 50/70 Gold River 45/60	14 Valentine's Day Borrego Springs Zodiac	15 W2, W3, W4 Borrego Springs Zodiac	16 W5, W6 Borrego Springs Zodiac	17 W7, W8, W9 Borrego Springs Zodiac	18 Rancho Cordova 43/81	19 Elk Grove 40/60/80 Gold River 31/45/53 Irvine 198
20 Foothill Frolics 43/52 Sacramento 30/60	21 President's Day Sacramento 40 Sacramento 43/70	22 Washington's BD W2, W3, W4	23 W5, W6	24 W7, W8, W9	25 W11	26 Freeport 30/60 Roseville 30/40/50 Linden 25/65
27 Fab Fifties 33/44/53 Citrus Hts 23 to 107 Yuba City 70	28 Elk Grove 50/61					

March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 W2, W3, W4	2 W5, W6 Fair Oaks 40/50	3 W7, W8, W9	4 Lincoln 43/71/103	5 Rancho Murieta 40/60 Roseville 38/50
6 Foothill Frolics 39/50 Sacramento 51/74/94	7 Santa Cruz Zodiac	8 Mardi Gras W2, W3, W4 Santa Cruz Zodiac	9 Ash Wednesday W5, W6 Fair Oaks 40/50 Santa Cruz Zodiac	10 W7, W8, W9 Santa Cruz Zodiac	11 W11	12 Roseville 30/40/50 Elk Grove 41/60
13 DST Begins Fab Fifties 32/62 Sacramento 30/60 Sacramento 40/77/100	14	15 W2, W3, W4	16 W5, W6 Fair Oaks 40/50	17 St. Patrick's Day W7, W8, W9, W10	18 Sacramento 66/99	19 Elk Grove 40/60/80 Penryn 50
20 Spring Begins! Foothill Frolics 50 Citrus Hts 23 to 107 Sacramento to Santa Rosa 105	21 Santa Rosa 105	22 W2, W3, W4	23 W5, W6 Fair Oaks 40/50	24 W7, W8, W9, W10	25 W11 Sacramento 52/100	26 Roseville 30/40/50 Davis 30/50 Buelton 193
27 Fab Fifties 46/47/57 Davis 51/74/105	28 Sacramento 65	29 W2, W3, W4	30 W5, W6 Fair Oaks 40/50	31 Cesar Chavez W7, W8, W9, W10		

Sierra Century Update Saturday, June 11, 2011

Just as rust never sleeps, work never stops, in the planning of our annual Sierra Century event. Our energetic and innovative directors, Curt and Ginny Taylor, have identified the major planning components of the Sierra Century and have recruited volunteer coordinators for these areas. The volunteer coordinators are:

- Shelly Barrette – Rest stops
- Sandy Yarrow – Design and sales
- Fred Higgins – Route planning and marking
- Mary & Glenn Moore– Home base
- Marilyn Floyd & Mike Goble – Website and active.com
- Bud & Jeanne Leland – Public relations and marketing

This group has been meeting regularly to discuss new ideas to make our event a success.

Sacramento Area Bicycle Advocates

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

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

Membership levels:

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

* 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: _____



NOVARA

Never a Bad Time to Ride!

Go to REI for all of your Cycling Gear and Apparel Needs. Also visit our Full Service Shop

REI Sacramento
1790 Expo Parkway
Sacramento, CA 95815
(916) 924-8900

REI Folsom
2425 Iron Point Road
Folsom, CA 95630
(916) 817-8944

REI Roseville
1148 Galleria Blvd.
Roseville, CA 95678
(916) 724-6750

SACRAMENTO WHEELMEN RIDE GRADING SYSTEM

BAD WEATHER

Unless stated otherwise, club rides will be cancelled if it is raining or a storm is imminent. Please contact the ride leader if you are unsure if an event will be held.



HELMET USE

For your safety, the Wheelmen have adopted a mandatory helmet policy on all club rides.



The Wheelmen use a system to specify the distance, terrain, and category of club rides. This system attempts to grade rides consistently and accurately. Guests and non-members are welcome on all rides, however we recommend that you refer to the ride grading to verify your ability to enjoy an event.

Flat
May have some short gentle grades.



Rolling
Gentle grades.



Moderate
Grades less than two miles.



Hilly
Short steep grades and long moderate hills.



Mountainous
Very steep grades and climbs approaching five miles.



Severe
Extremely steep grades and mountain passes.



RIDE CATEGORIES

Casual

A more leisurely paced ride. Ride leader will wait for less experienced riders at predetermined regroup locations.



Flexible

Riders are encouraged to ride at their own pace. Designated rest stops.



Training

Brisk rides with few or no stops for regrouping. Ride leaders do not sweep.










Offroad




Rides with substantial offroad riding. They are likely to be unsuitable for road bikes.



Weekly Rides

event	•description	•grading
(W2) TUESDAY COMMUTE RIDE 6:00 AM Starbucks in Gold River 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute to downtown In the morning and return from Cal/EPA building at 1001 I Street at 4:30 p.m. Riders can also join us for the evening return ride at 5:00 at the bike trail entrance near Blue Diamond Almond Factory, 19th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	50+ 
(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 
(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, rcmafen@comcast.net Dave Storm, 665-2169, Dlstorm@worldnet.att.net	25 to 75 
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench in William Pond Park 4:45 PM Cal/EPA Hdqtrs 11th St between H & I Downtown	Join us for the morning commute into work and the evening commute back home along the American River Parkway. Every Wednesday except holidays. Dennis King, 284-4555, velo_king@sbcglobal.net	30+-40+ 
(W6) WEDNESDAY BRUNCH RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22nd 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@comcast.net	25 to 75 
(W7) THURSDAY COMMUTER RIDE 6:00 AM Starbucks in Gold River 4:45 PM Cal/EPA Building 5:00 PM Old Sac at bike trail.	Commute to downtown In the morning and return from Cal/EPA building at 1001 I Street at 4:45 PM Riders can also join us for the evening return ride at 5:00 PM in Old Sac, at the bike trail near the I Street Bridge. David Azevedo, 798-1390, dazevedo@waterboards.ca.gov Dennis King, 284-4555, velo_king@sbcglobal.net	10-30-50+ 
(W8) THURSDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Sunrise Bridge & Bike Trail Park at 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. Dick Shultz, 853-1011, dieseldick@sbcglobal.net Sandy Yarrow, 791-3426, skybike@surewest.net Dave Clifton, 354-1137, superdave911@sbcglobal.net	45 to 70 

Weekly Rides

event	description	grading
(W9) THURSDAY BREAKFAST RIDE, SOUTH 9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmafen@comcast.net	35 to 60 
(W10) THURSDAY NIGHT RIDE 5:45 PM Freeport Cavanaugh Golf Course parking lot	This ride starts on March 17, after Daylight Savings Time springs forward. This is the ride where the motto, "The wind is your friend." started. No ride on spare the air days, please check for air quality at www.sparetheair.com . Mark Yamagiwa, 997-5170, mark.yamagiwa@doj.ca.gov Bob Yates, 838-4757, robert.yates3040@sbcglobal.net	23 
(W11) FURLOUGH FRIDAY RIDE 9:00 AM Carmichael 5 Points Shopping Center Arden & Fair Oaks	As long as state employees are furloughed, this ride will go up or down the bike trail on Fridays in search of coffee or breakfast. SECOND AND FOURTH FRIDAYS ONLY! David Bailey, 925-8123, davidbailey@yahoo.com Dennis King, 284-4555, velo_king@sbcglobal.net	30 to 40+ 

Pedaling Paths To Independence

by Joni Bauer

The third Pedaling Paths to Independence hosted by Community Center for the Blind and Visually Impaired is on the calendar for Saturday, February 26, 2011. The quarter and metric century routes with 300 and 1,300 feet of climbing, respectively, are ideal for road, mountain, hybrid, recumbent, tandem, fixed gear, single speed, cruiser, and high wheel bikes. Both routes traverse the quiet, rural roads of San Joaquin, Stanislaus and Calaveras counties, through verdant pastures, orchards and vineyards.









The ride begins and ends at DeVinci's Delicatessen and Catering in Linden, California. Linden's not as far from Sacramento as some may think. Just travel south along State Highway 99 to the State Highway 26/Linden/Fremont Street exit. Travel east on East Fremont Street/State Highway 26 towards Linden for approximately 8.5 miles—to North Duncan Road (four-way stop with Rinaldi's Market on the northwest corner). Turn left onto North Duncan Road, then right onto East Front Street. (Linden Elementary School is on the southeast corner.) DeVinci's Delicatessen and Catering is on the north side of East Front Street, about one-quarter of a mile east of Linden Elementary School.

Register—no additional fee—at www.BikeReg.com through February 23, 2011. Or download a registration form from www.communitycenterfortheblind.org and mail with your check by February 19, 2011. The fee (\$35.00 for quarter century, \$40.00 for metric century) includes route sheets, SAG, rest stops (lunch on the metric), pre-ride technical support provided by The Bicycle Café-Lodi, California, and a scrumptious post ride meal catered by DeVinci's Delicatessen and Catering, Linden. Add \$5.00 to register the day of the event. Miles John Natural Light Photography will capture images along the road, which will be available for purchase. Proceeds benefit Community Center for the Blind and Visually Impaired, a private, nonprofit agency that provides specialized services to people whose vision impairments impede their ability to perform tasks of daily living.





On a personal note, my heartfelt thanks go to all of the Sacramento Wheelmen who support Pedaling Paths to Independence. And, to Ralph LeMeur, Stephen Mulford, Frank Yates, and Robert Yates, who graciously pilot their tandems to give stokers who are visually impaired the ride of a lifetime!



January Rides

•event	•description	•grading	
1 SAT	New Year's Day Ride 10:00 AM Sacramento Lyon Village PL 2580 Fair Oaks Blvd	An easy holiday ride from Fair Oaks and Fulton Ave to Karen's in Folsom and back. Casual and fun with a stop at Karen's for a Ho Ho. Wind and cold enhances . . . rain cancels. Note 10 AM start time. No sweep, no SAG. Rod Farley, 601-5402, beyondnapa@comcast.net	40 
1 SAT	South/West Ride Series 10:00 AM Clarksburg Delta High School	A New Years ride in the Delta David Storm, 665-2169, dlstorm@frontiernet.net	35-50 
2 SUN	Fab Fifties Series New Years Ride - a Day Late and a Dollar Short 9:00 AM Sacramento Miller Park Marina Front St & Ramp Way	From Miller Park, the ride will head to Davis after briefly entering Woodland. After coffee, the ride will return to the start using the Causeway Bike Trail. Options will be available should flooding prevent the planned route. Richard Zeiszler, 501-9563, zeiszler@sbcglobal.net	44 
3 MON	Delta Wanderer 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A winter cruise around the delta area. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-60 
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).	
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).	
8 SAT	South/West Ride Series Delta Grind 10:00 AM Elk Grove Elk Grove Blvd & Waterman Rd	It's a Grind Coffee We will "grind" out a ride in the Delta, finding a good place to snack midway through the ride. Points of interest will be Thornton, Walnut Grove, Lodi and Herald, depending upon the route. A good ride for our Elk Grove and South Sacramento friends. Rain cancels. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60-80 
8 SAT	Maidu Madness 10:00 AM Roseville Maidu park on Rocky Ridge between Douglas & Cirby	An easy loop through the Loomis Basin to Newcastle (rest stop) and return. Cutoffs available. Elevation about 1200 ft. Rain cancels. A Groupo Ride. Linda Zeiszler, 501-9563, preslindaz@sbcglobal.net	36 

January Rides *Continued*

•event	•description	•grading
9 SUN Foothill Frolics Easy Country 9:00 AM Loomis Loomis Community Park King Rd & Ong	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. Sandy Yarrow, 791-3426, skybike@surewest.net	50 
9 SUN Double Loop 2 9:00 AM Rancho Cordova Mather Light Rail PL Folsom Blvd & Mather Field Rd	A loop out to near Rancho Murieta and a second loop around Rancho Murieta. Short ride does the first loop only. Dick Nussbaum, 424-0933, rcnflyer@aol.com	43-70 
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).	
13 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).	
14 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
14 FRI Anguin Loop 9:00 AM Winters City PL Railroad & Main	Out to Moskovitz, then the Knoxville Road to Pope Valley, and return via Lake Hennessy. Carry fluids and snacks. Lots of climbing! Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-83 
15 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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Kathy Tom, 712-1036, litltrek@yahoo.com	30-40-50 



BICYCLE EMPORIUM

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

483 Grass Valley Highway | Auburn
530.823.2900

www.BicycleEmporium.com

sales - service - rental

(916) 355-8901









Bicycles Plus
LIFE'S SHORT... ENJOY THE RIDE!

www.OnlineCycling.com

705 gold lake drive folsom


January Rides *Continued*

•event	•description	•grading
15 SAT South/West Ride Series 10:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	The ride will explore the Delta area south of Sacramento. We'll have a short stop halfway through the ride. Rain cancels. Chris Drews, 802-4487, sactocd@comcast.net	40-60 
16 SUN Fab Fifties Series El Dorado Hills Loop 9:00 AM El Dorado Hills El Dorado Hills P&R White Rock & Latrobe Rds	A counter-clockwise loop on rural roads. Challenging, but not a mountain goat ride. Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net	37-42 
16 SUN Dim Sum Sunday 9:00 AM Sacramento 5 Points Shopping Center Fair Oaks & Arden Way	It's a Dim Sum Sunday. We'll meet at Five Points Shopping Center and ride towards Davis via West Sacramento, stopping in West Sac for some Dim Sum at Kings Restaurant. You can opt to extend the ride to Davis before or after Dim Sum. Rain cancels. Mary Moore, 284-1905, bike.moore@yahoo.com	30-60 
16 SUN Double Loop West 10:00 AM Sacramento Walgreen's PL Florin & Riverside	South into the Delta and back through West Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40 
17 MON MLK Jr. BD Ride 9:00 AM Sacramento Lyon Village PL 2580 Fair Oaks Blvd	An easy holiday ride from Fair Oaks and Fulton Ave to Karen's in Folsom and back. Casual and fun with a stop at Karen's for a Ho Ho. Wind and cold enhances . . . rain cancels. No sweep, no SAG. Rod Farley, 601-5402, beyondnapa@comcast.net	40 
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).	
18-20 TUE-THUR	Napa Zodiac Napa Zodiac. See Tour/Zodiac Schedule.	

Patriot Bicycles

Scott Barrette, Owner
916-961-9646

Hours:
M-F 10AM to 6PM
Sat 10AM to 5PM
Sun 12N to 4PM



4719 San Juan Avenue Fair Oaks, CA 95628

Personal Injury/Civil Litigation
 Free Initial Consultation







Daniel S. Glass
Attorney at Law

experienced cyclist
 experienced litigator





Telephone (916) 447-5697

1006 Fourth St., Tenth Floor, Sacramento, CA 95814

January Rides *Continued*

•event	•description	•grading
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).	
22 SAT	South/West Ride Series 10:00 AM Sheldon Bert's Diner 8972 Grant Line Rd. Between Sheldon Rd. and Wilton Rd.	44-54 
22 SAT	Going To Market 9:00 AM Carmichael Five Points Shopping Center Fair Oaks Blvd & Arden	60 
23 SUN	Foothill Frolics 9:00 AM Loomis Loomis Community Park King Rd & Ong	45 
23 SUN	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks Blvd	23 to 107 
23 SUN	Camp Far West Loop 10:00 AM Sacramento California Air Museum PL Freedom Park & 32nd Ave	45-74 
24 MON	South County Run 10:30 AM Rancho Cordova Mather Light Rail PL Folsom Blvd & Mather Field Rd	40-70 
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).	

January Rides *Continued*

•event	•description	•grading
26 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
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	Furlough Friday Ride. See Weekly Schedule (W11).	
29 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 
29 SAT	South/West Ride Series 10:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	40-60 
29 SAT	Wheelmen Banquet 6:00 PM Sacramento Hilton 2200 Harvard St.	
30 SUN	Fab Fifties Series 9:00 AM El Dorado Hills El Dorado Hills P&R White Rock & Latrobe Rds	42 
31 MON	Davis Northwest 10:30 AM Davis Carl's Jr. PL Covell & Rd 102	60-80 

SUCCESS
Offering adult education to developmentally disabled adults

A. Warren McClaskey Adult Center


GRAPHIC ARTS PROGRAM

Affordable Black / White and 2-Color Printing

Newsletters • Brochures • Flyers
Business Cards • Letterhead • Envelopes
Programs • Rosters

Assembly includes: Folding, Collating,
Stapling, Stuffing, Labeling Envelopes and more

Proudly Printing the WheelNews for over 18 years



Call:
916.277.6629

5241 J Street
Sacramento, CA
Corner of 53rd & J

*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**

February Rides



•event	•description	•grading
1 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).	
2 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
3 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).	
4 FRI Around & About 9:30 AM Freeport Cavanaugh Golf Course PL Freeport Blvd	A ride around Sacramento going south to Courtland, then east to Wilton, north to the Bike path in Rancho Cordova, then west to Old Sac and back to Freeport. Dick Nussbaum, 424-0933, rcnflyer@aol.com	35-80 
5 SAT South/West Ride Series 10:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, turn left on Reynosa. Park is on the right. Ride will explore Ione, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Rain cancels. Ralph & Kris LeMeur, 354-0416, ralfkris@sbcglobal.net	40-60 
5 SAT Coffee Ride 10:00 AM Carmichael Five Points Shopping Center Fair Oaks & Arden Way	Bike trail to Beals Point and a brisk ride to Roseville for coffee and good snacks. Rain cancels. A Groupo ride. Eric Sauer, 359-1711, esaurbiz@yahoo.com	39-44 
6 SUN Camanche Pardee Loop 9:00 AM Thornton Store/gas station PL I-5 exit at Walnut Grove/ Thornton	A loop eastbound around Lake Camanche and Pardee, then return. Dick Nussbaum, 424-0933, rcnflyer@aol.com	42-72 
6 SUN Foothill Frolics February Birthday Ride 9:00 AM Rancho Cordova Shopping Center SE Corner of Sunrise &	Celebrating birthdays of Mary Moore and Jennie Babich, President Reagan, and Fabian with a stop at High Hand Nursery for coffee or a bite to eat. The extension will go up Sierra College and down English Colony. Mary Moore, 284-1905, bike.moore@yahoo.com Jennie Babich, 927-8888, jenniebabich@comcast.net	46-57 
8 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).	
9 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	

February Rides*Continued*









event	description	grading
10 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).	
11 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
11 FRI Northeast of Lincoln 9:30 AM Lincoln Thunder Valley Casino East PL Athens Rd & Industrial	Ride to Auburn via Camp Far West and return. Short ride doesn't go all the way to Auburn. Dick Nussbaum, 424-0933, rcnflyer@aol.com	48-73  
12 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. Rain/ threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Kathy Tom, 712-1036, litltrek@yahoo.com	30-40-50  
12 SAT South/West Ride Series 10:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, turn left on Reynosa. Park is on the right. Moderate degree of climbing. Short stop halfway through the ride. John Hockenbury, 685-7527, j.hockenbury@comcast.net	57  
12 SAT Tour de Palm Springs 6:45 AM Palm Springs Downtown Palm Springs on Palm Canyon Drive	Come and enjoy the most beautiful desert ride in America, or so they say. This is an easy century through the desert north and east of Palm Springs. Sacramento Wheelmen Jersey is required for mileage credit. Visit their website at www.tourdepalmsprings.com for info and registration. Meet in registration area at 6:45 AM. Nick Hourigan, 487-0993, helnick@sbcglobal.net	25-55-100  
13 SUN Penryn And Then Some 9:00 AM Gold River Gold River Town Center off Sunrise by Starbucks	A short fall/ winter ride that takes a break in Penryn and then some more miles if the weather cooperates. A Groupo ride. Donna Klug, 728-2577, aumtdklug@aol.com	45-60  
13 SUN Fab Fifties Series Suisun to Sacto 9:00 AM Sacramento Sacto Train Station	We will take the train to Suisun and ride back to Sacto, Yippee Ki-Aye- Aye! Inclement weather will cancel the ride at the ride leader's discretion. Take train #729, departing downtown Sacramento at 9:10 AM. David Clifton, 354-1137, superdave911@sbcglobal.net	50-70  
14-17 MON-THUR	Borrego Springs Zodiac See Tour/ Zodiac Schedule.	
15 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).	

February Rides




Continued

•event	•description	•grading
16 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
17 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).	
18 FRI	Up and Back 9:30 AM Rancho Cordova Mather Light Rail PL Folsom Blvd & Mather Field Rd	41-67-89 
19 SAT	South/West Ride Series Delta Grind 9:00 AM Elk Grove Elk Grove Blvd & Waterman Rd	40-60-80 
19 SAT	Fish or Climb Hills 9:00 AM Gold River Nimbus Fish Hatchery Gold Country Blvd & Hazel	31-45-53 
19 SAT	Camino Real double Century & Poker Run 5:30 to 6:30 AM Irvine 14972 Sand Canyon Rd LaQuinta Inn	198 
20 SUN	Foothill Frolics 9:00 AM Loomis Loomis Train Station Horseshoe & Taylor	43-52 
20 SUN	Dim Sum Sunday 9:00 AM Sacramento 5 Points Shopping Center Fair Oaks & Arden Way	30-60 
21 MON	Delta Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside	43-70 

February Rides *Continued*

•event	•description	•grading	
21 MON	Presidents Day BD Ride 9:00 AM Sacramento Lyon Village PL 2580 Fair Oaks Blvd	An easy holiday ride from Fair Oaks and Fulton Ave to Karen's in Folsom and back. Casual and fun with a stop at Karen's for a Ho Ho. Wind and cold enhances . . . rain cancels. No sweep, no SAG. Rod Farley, 601-5402, beyondnapa@comcast.net	40 
22 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).		
23 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).		
24 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).		
25 FRI	Furlough Friday Ride. See Weekly Schedule (W11).		
26 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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Kathy Tom, 712-1036, littrek@yahoo.com	30-40-50  
26 SAT	South/West Ride Series River Loop 9:30 AM Freeport Cavanaugh Golf Course Freeport Blvd at the Bridge	River Loop. Rain cancels. Peter Becker, 442-1850, ps_becker@sbcglobal.net	30-60 
26 SAT	Pedaling Paths to Independence 8:30 to 10:00 AM Linden 18847 East Front Street DeVinci's Deli & Catering	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. Pedal a path to independence to support programs that help people whose vision impairments impede the ability to perform tasks of daily living. Learn more at www.communitycenterfortheblind.org . No additional fee to register at www.BikeReg.com . Elevation: 300/1300 ft. Must wear Wheelmen Jersey to get club mileage. Joni Bauer, 209-482-2429, bionibabe@comcast.net	25-65  
27 SUN	Fab Fifties Series 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. Tom Goodwin, 362-1780, tgoodwin0703@at.net	33-44-53  

February Rides *Continued*

•event	•description	•grading
27 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks Blvd	Choose a ride from 5 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 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 
27 SUN Ride Around the Buttes 9:30 AM Yuba City Store/Gas Station PL Hwy 99 & Obanion Rd	A peaceful counterclockwise route around the Sutter Buttes. Dick Nussbaum, 424-0933, rcnflyer@aol.com	70 
28 MON City Station Loop 10:30 AM Elk Grove Safeway PL Laguna & Franklin	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 



THE BICYCLE BUSINESS

3077 FREEPORT BLVD SACR., CA

(916) 442-5246

LEMOND[®] *Blanchi*

TREK GARY FISHER

City Bicycle Works



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



Come see our new location!

♦ ♦ ♦

- Larger showroom and selection
- Expanded repair department
- New fitting studio
- Custom fit and made to measure bikes by *Lynskey, Ibis, Salsa, Calfee* and *Steve Rex*
- Expert service and supreme quality

♦ ♦ ♦

REX CYCLES
 1811 E Street
 Sacramento, CA 95811
916-446-5706
www.rexcycles.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

March Rides

•event	•description	•grading
1 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).	
2 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
2 WED The NON-Breakfast Ride 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Ave	This is a new ride series. Each Wednesday in March will provide a different ride of 40 to 50 miles. No time to stop for a meal, but there will be a coffee stop available near to or at the end of the ride. Scott Barrette, 599-9646, scottbarrette@comcast.net	40-50 
3 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).	
4 FRI Bridgeport Loop 8:30 AM Lincoln Safeway PL Hwy 65 & Ferrari Ranch Rd	Baxter Grade to Auburn, then north through Higgen's Corner to Grass Valley and Nevada City. Then we go north again towards North San Juan, over to Bridgeport and then south through Beale AFB, and back to Lincoln. Photo ID required. Dick Nussbaum, 424-0933, rcnflyer@aol.com	43-71-103 
5 SAT South/West Ride Series 10:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, turn left on Reynosa. Park is on the right. Ride will explore Ione, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Rain cancels. Ralph & Kris LeMeur, 354-0416, ralfkris@sbcglobal.net	40-60 
5 SAT Wandering the Foothills 9:00 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 
6 SUN Foothill Frolics Auburn to Norton Grade 9:00 AM Auburn Bowman Road Park & Ride	This ride takes us along mostly rural and scenic country roads through the lower Sierra foothills. We'll ride frontage roads south of I-80 to the town of Colfax where the short ride will return to Auburn via the beautiful rolling Placer Hills Rd. The longer ride goes through forested areas up Norton Grade then down a wide and fast descent past Rollins Lake and back to Colfax. The longer ride then follows Placer Hills Rd back to Auburn. Water, food and restrooms are available in several locations along the way. Elevation: 3900/5400 ft. Larry Matz, 316-2130, lmatz1@yahoo.com	39-50 
6 SUN Woodland Loop 9:00 AM Sacramento Walgreen's PL Florin & Riverside	A loop around Woodland through Esparto and Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	51-74-94 
7-10 MON-THUR Santa Cruz Zodiac	Santa Cruz Zodiac. See Tour/Zodiac Schedule.	










March Rides

Continued

event	description	grading
8 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).	
9 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
9 WED	The NON-Breakfast Ride 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Ave	40-50 
10 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).	
11 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
12 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 
12 SAT	South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Shop Elk Grove Blvd & West Taron	41-60 
13 SUN	Fab Fifties Series Springtime Tune-up 9:00 AM El Dorado Hills Village Center Corner of Green Valley & Francisco Dr	32-62 
13 SUN	Dim Sum Sunday 9:00 AM Sacramento 5 Points Shopping Center Fair Oaks & Arden Way	30-60 
13 SUN	Delta Century 8:30 AM Sacramento Walgreen's PL Florin & Riverside	40-77-100 

March Rides

Continued

•event	•description	•grading
15 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).	
16 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
16 WED	The NON-Breakfast Ride 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Ave This is a new ride series. Each Wednesday in March will provide a different ride of 40 to 50 miles. No time to stop for a meal, but there will be a coffee stop available near to or at the end of the ride. Scott Barrette, 599-9646, scottbarrette@comcast.net	40-50  
17 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). Thursday Night Ride. See Weekly Ride Schedule (W10).	64-98 
18 FRI	Beale Loop 8:30 AM Sacramento California Air Museum PL Freedom Park & 32nd Ave North through Lincoln, Camp Far West, Beale AFB and looping north around Beale, and back through the base. Then we go to Wheatland and south to the start. Photo ID required for the long ride. Dick Nussbaum, 424-0933, rcnflyer@aol.com	66-99 
19 SAT	South/West Ride Series Delta Grind 9:00 AM Elk Grove Elk Grove Blvd & Waterman Rd It's a Grind Coffee We will "grind" out a ride in the Delta, finding a good place to snack midway through the ride. Points of interest will be Thornton, Walnut Grove, Lodi and Herald, depending upon the route. A good ride for our Elk Grove and South Sacramento friends. Rain cancels. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60-80 
19 SAT	A Barrette Biking Birthday 9:00 AM Penryn Trailhead Coffee Shop Taylor & English Colony Come out for some Birthday fun! Shelly is turning 41 and plans to have some fun! Come join her for en route games, over the hill jokes and birthday cake at the finish! Shelly Barrette, 216-6527, irongirl1234@yahoo.com Scott Barrette, 599-9646, scottbarrette@comcast.net	50  
20 SUN	Foothill Frolics To Bell and Back 9:00 AM Loomis Loomis Community Park King Rd & Ong We are going out to the end of Bell Road and back just to see what's there (quiz on return). This is an easy ride to shorten as you wish, but you won't pass the quiz if you don't go to the end of Bell. Dan Anglim, 797-0337, djanglim@surewest.net	50  



Natomas Bike Shop

10% Discount to club members

SALES • CUSTOM WHEEL BUILDING • REPAIRS

3291 Truxel Rd. / 641-8640
(Albertsons Shopping Center, corner Truxel & San Juan)

Northern California's Largest Tandem, Recumbent and Touring Bike Dealership



CYCLERY

(530) 676-3305

www.tandems-recumbents.com





3830 Dividend Dr. Suite B • Shingle Springs, CA 95682




Bacchetta • Calfee • Catrike • Co-Motion • DaVinci
Easy Racers • Greenspeed • Independent Fabrications
KHS • Paketa • Rans • Slyway • Zona

March Rides

Continued

•event	•description	•grading
20 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks Blvd	Choose a ride from 5 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 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 
20-21 SUN-MON Santa Rosa and Back 8:30 AM Sacramento Walgreen's PL Florin & Riverside	Ride to Santa Rosa via St. Helena and Spring Mountain, and return the next day via Trinity and Napa. Contact the ride leader for details. Baggage support available. Dick Nussbaum, 424-0933, rcnflyer@aol.com	210 
22 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).	
23 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
23 WED The NON-Breakfast Ride 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Ave	This is a new ride series. Each Wednesday in March will provide a different ride of 40 to 50 miles. No time to stop for a meal, but there will be a coffee stop available near to or at the end of the ride. Scott Barrette, 599-9646, scottbarrette@comcast.net	40-50 
24 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). Thursday Night Ride. See Weekly Ride Schedule (W10).	
25 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
25 FRI Sutter Century 9:00 AM Sacramento Walgreen's PL Florin & Riverside	Up the river to Nicolaus, the Garden Highway North, then back via Knights Landing and Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-50 








Sacramento Wheelmen CLUB MISSION STATEMENT

The Sacramento Wheelmen is a recreational organization serving bicycle riders in the Sacramento area. While all are welcome as members, club rides are geared toward the intermediate to advanced rider. The organization provides recreational rides of various levels of difficulty, sagged and self-contained tours, an annual fundraising ride (the Sierra Century), and holds regular club meetings with riding related programs. In support of these activities, the club maintains an organization, publishes a newsletter, and maintains a website and message board. The organization supports and contributes to various bicycle related activities and organizations.

Eff. 4/21/03

March Rides


Continued

•event	•description	•grading	
26 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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Kathy Tom, 712-1036, littrek@yahoo.com	30-40-50 
26 SAT	South/West Ride Series Ride To Winters 9:30 AM Davis Davis HS	Take a ride to Winters. Take I-80 West, Right on Mace, Left on Covell, Left on Oak. Rain cancels. Peter Becker, 442-1850, ps_becker@sbcglobal.net	30-50 
26 SAT	Solvang Spring Double Century 5:00 to 7:30 AM Buelton 55 McMurray Road Santa Ynez Valley Mar-	Ride southern California's most scenic and popular cycling region. 17 hour time limit. Must register in advance and pay fee. Visit www.planetultra.com for details. No sweep. Contact ride leaders with mileage if you cannot locate ride roster. Must wear Wheelmen Jersey to get club mileage. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	193 
27 SUN	Fab Fifties Series How Spring it Is 9:00 AM Ione Howard Park, Hwy 124	Come on out and enjoy the green on one of my favorite spring rides. Moderate climbing with beautiful rural roads. The route goes through Sutter Creek, Volcano, Pine Grove and Jackson. Medium route goes as far as Pine Grove then returns on Ridge. Short option is an out and back to Volcano and return, but less climbing than the medium route. Sandy Yarrow, 791-3426, skybike@surewest.net	46-47-57 
27 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	51-74-105 
28 MON	Double Loop West 10:30 AM Sacramento Walgreen's PL Florin & Riverside	South into the Delta and back through West Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	65 
29 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).	
30 WED		Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
30 WED	The NON-Breakfast Ride 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Ave	This is a new ride series. Each Wednesday in March will provide a different ride of 40 to 50 miles. No time to stop for a meal, but there will be a coffee stop available near to or at the end of the ride. Scott Barrette, 599-9646, scottbarrette@comcast.net	40-50 
31 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). Thursday Night Ride. See Weekly Ride Schedule (W10).	


2011

Tour/Zodiac Schedule

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

<p>Jan 18-20 TUE-THUR</p> <p>Napa Zodiac 9:00 AM Winters Putah Creek Cafe</p>	<p>Meet in Winters for breakfast at Putah Creek Cafe. Ride starts at 9:00. SAG for gear available at Winters only. We'll be staying in Napa at The Chablis Inn, 3360 Solano Ave, 707-257-1944. Rates are one Queen-\$79, one King-\$84, and two Queens-\$89. Let the staff know you are with the Sacramento Wheelmen. If you plan to drive to Napa please volunteer to carry someone's gear. Those wanting a longer first and third day can leave from Davis or West Sacramento, but no official SAG from there. Total mileage is about 175 with 8,000 ft of climbing. The middle day takes us down the east side of the valley to Calistoga for lunch and returning down the west side of the valley. A longer (tougher) surprise ride will also be available for the middle day. Shopper chicks and wine tasters welcome. Please confirm with leaders if you plan to go.</p> <p>Hal Baker, 443-4514, hmbaker1@sbcglobal.net Scott Pierce, 714-9034, sandjpierce@frontier.net</p>	<p>175</p>  
<p>Feb 14-17 MON-THUR</p> <p>Borrego Springs Zodiac Borrego Springs Palm Canyon Resort RV and hotel rooms available</p>	<p>We'll search for the sun in Borrego Springs, 80 miles south of Palm Springs. We'll ride Monday-Thursday and stay at the Palm Canyon Resort. Call the Resort (1-800-242-0044), and say you're with the Sacramento Wheelmen when making your reservations. This zodiac ties in perfectly with the Tour de Palm Springs, on Saturday, Feb 13th.</p> <p>Dennis King, 284-4555, velo_king@sbcglobal.net Dale Johnson, 284-5208, davijohnslckr@comcast.net</p>	<p>240</p>  
<p>Mar 7-10 MON-THUR</p> <p>Santa Cruz Zodiac</p>	<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 if taking the train. Tues ride starts in Pescadero and takes in the beautiful Tunitas Crk Rd, lunch at Skywood Deli. Wed, we'll meander to Moss Landing. Thur, 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. I will email motel information and train times in January.</p> <p>Sandy Yarrow, 791-3426, skybike@surewest.net</p>	
<p>April 3-7 MON-THUR</p> <p>Pacific Grove/Monterey Zodiac 10:00 AM Pacific Grove 1150 Lighthouse Ave</p>	<p>The 2011 Pacific Grove Zodiac is from April 3-7, just call the Lighthouse lodge at 800-858-1249 and tell them you are a Sacramento Wheelmen, the fee is \$89.00 king or two queens, we have set aside 15 rooms for our group but they will hold the price until one month before the Zodiac start. This year John Hockenbury and I have fallen on our swords, and we have rented the residence where everyone is welcome after each days ride for snacks. It's a two bedroom three bath full kitchen, full living room enclosed back yard, bar-b-q, heaters, etc, etc and more. We can gather there and not disturb the other people. We are still working on some fine points but this will be a step up from last year, more info to follow. And O-buy the way this will not interfere with the Mallorca trip which is one week later April 15-30. If you make a reservation please let me know so we can buy the proper amount of snack stuff.</p> <p>David Clifton, 354-1137, superdave911@sbcglobal.net</p>	<p>10-30-60</p>  
<p>Apr 11 to June 11</p> <p>San Diego to St. Augustine</p>	<p>Poway near San Diego CA to St. Augustine FL. This is a 3200 mile self contained camping tour. There is a 12 rider limit. There will be van support, but for emergency purposes only, and cannot be depended on for rider transport or carrying camping gear. Riders are responsible for their own food and cooking. Contact the Ride Leader for further details.</p> <p>Ed Delano, 685-1674, dedenshan@yahoo.com</p>	

2011 Tour/Zodiac Schedule

<p style="text-align: center;">Apr 15-30 Fri 4/15 Departure Sat 4/30 Return</p> <p style="text-align: center;">Mallorca Tour Palma Mallorca</p>	<p>Let's go to Mallorca! Plans are to stay again at the Taurus Park Hotel. Details are on www.fredrumpelberg.com. Group rides are Mon/Tues/Thur/Fri. Riders can join a variety of groups, based on level of difficulty from easy to very challenging. All groups are lead by Fred's experienced leaders. Wed/Sat/Sun is on your own for more riding or sightseeing tours.</p> <p>APPROXIMATE COSTS: Airfare - \$1300 RT Sacramento to Palma. (We will attempt to get a group rate for those traveling together). Hotel – 450 euros per person per week - (includes hotel, airport pickup/return, half-board (buffet breakfast & dinner), double or single room). To be paid in advance in three installments – two at \$500, and a third, based on euro exchange rate. Bike Rental (riders only) – 75 euros per week per bike (paid separately in Mallorca at time of rental). Rentals are new or less than 1 yr old, with Shimano Ultegra (triple or double). Tandems and Sport bikes are also available but more limited (reserve early). You can bring your own bike if you want. Mallorca is just off the coast of Barcelona, and it would be easy to extend your stay in Spain or elsewhere. If you are interested, send Sandy an email. Sandy Yarrow, 791-3426, skybike@surewest.net</p>	
<p style="text-align: center;">May 9-12 MON-THUR</p> <p style="text-align: center;">Guerneville Zodiac Guerneville Fern Grove Cottages 16650 HWY 116</p>	<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;">Ron Brown, 486-3665, rl-brown@pacbell.net Rich Zeiszler, 457-8815, zeiszler@sbcglobal.net</p>	
<p style="text-align: center;">June 20-24 MON-FRI</p> <p style="text-align: center;">Mt. Shasta Zodiac</p>	<p>This area is a recreational paradise. 5 days of riding. Lightly traveled roads, great scenery and neat little towns. Additional routes are planned for your cycling pleasure. Rides will start at the KOA campground. More info to follow or contact the ride leader.</p> <p style="text-align: center;">Dale Johnson, 284-5208, davijohnslckr@comcast.net Dennis King, 284-4555, velo_king@sbcglobal.net</p>	<p style="text-align: center;">145-265</p> 

YES! I've decided to:

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

(circle one)

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

- Leading Rides
- Sierra Century
- Club Administration
- Other _____

My Talents and Skills are:

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

Here's what it's going to cost:

Please mail this application with check payable to:
Sacramento Wheelmen

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

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to those caused by terrain, facilities, temperature, weather, condition of athlete, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers I hereby assume as part of the risks of participating / volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: **The Sacramento Wheelmen**, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers: (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document and, I understand its content.

All members please read the release, sign and date.

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE

SIGNATURE(S) OF APPLICANT(S) 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

Editor

Bud & Jeanne Leland

editor@sacwheelmen.org

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.

Distribution to Bikesshops &

Bulk Mailing

John Abbe 916-489-1842
Bikeabbe@softcom.net

Advertising

Carrie Sundahl
916-802-8128
carrie.sundahl@boe.ca.gov

Publisher

Vito D'Albora
publisher@sacwheelmen.org

Deadline for ride descriptions:

February 1, 2011

Deadline for articles/ads:

February 15, 2011

Printed on recycled paper



Cycling-Training.com

- Coaching •
- Bike Fitting •
- Training Camps •
- Performance Testing •

916-966-8238

abruzzobiker@gmail.com