

Sacramento Wheelmen's Ride Schedule & Newsletter

SIERRA CENTURY 2012 – THE SLUG IS BACK!



Bud and Jeanne Leland, Sierra Century Directors

By now you've heard that the Slug is back! On Saturday, June 16, 2012, Slug Gulch, Ram's Horn, and the rest of the beautiful and challenging routes, last used in 2005 in Amador and El Dorado Counties, will be the venue for our 2012 Sierra Century. We are offering three routes, the Metric/4,400 ft. elev., the Century/7,400 ft. elev., and the Double Metric/10,000 ft. elev.

Sacramento Wheelmen
37th Annual SIERRA CENTURY
Saturday, June 16, 2012

The Slug is Back!



We're moving back to Amador County
Slug Gulch, Ram's Horn Grade, and the rest
of the classic Sierra Century routes.

Metric, Century, Double Metric

Registration opens January 15, 2012
Limited to 1500 riders

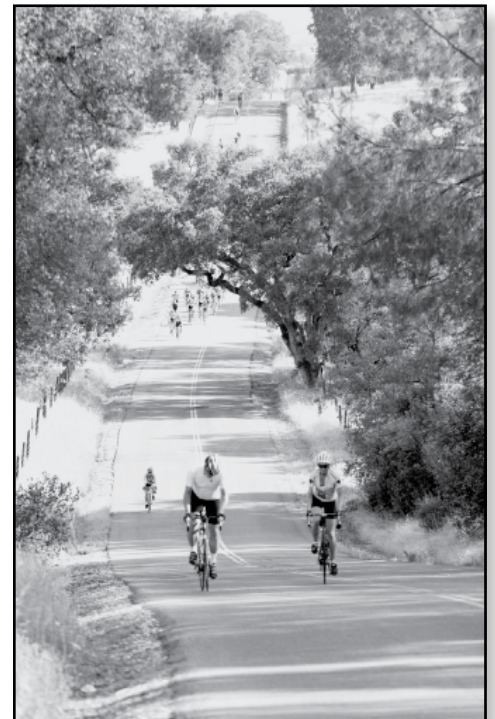
More information available
www.sierracentury.org or www.active.com

We have received many favorable comments from the cycling community and our membership in response to our plans to return to Plymouth. Registration will open on January 15, 2012 at www.sierracentury.org and at www.active.com. The site includes event information and available options for overnight stays. We will again be based at the Amador County Fairgrounds in Plymouth. The ride will be limited to 1500 riders.

We have been working with a variety of local agencies and businesses, including the wineries, to engage the local communities and avoid overlapping events using local roads. So far, we have been well received.

The roads used for the event are not closed to traffic. One concern repeatedly expressed by residents has been about

riders blocking the flow of traffic or riders being discourteous. If we want to be welcomed to the area, participants are expected to facilitate the flow of traffic by riding single file and on the right side of the road. We are taking steps through the registration process to educate participants in the importance of minimizing conflicts on the roads.



Rest stops will be located at Howard Park, Ione; Lions Club Park on Sutter Creek-Volcano Road, Fiddletown, and Indian Diggings School at the top of Slug Gulch Road. Water stops will be located at Daffodil Hill, Pioneer Park at the foot of Perry Creek Road, and another stop located .6 miles from the intersection of Omo Ranch Road with Hwy 88 for the double metric route.

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Wheelmen Website

www.sacwheelmen.org

Dan Anglim, Ride Director

Please join us on Jan 28 at the Annual Wheelmen Banquet to recognize the Ride Leaders who made 2011 a great year for cycling. Thanks to them, we have a strong and vibrant club.

Ok, so it's cold outside! As long as it's not raining, bundle up, get on the bike and join us on a ride. Spring is right around the corner, and we need to be cycle-fit and ready for it. The Esteemed Ride Leaders listed below have generously contributed to a really great Ride Schedule, with lots of options to fit your location, distance, and degree of difficulty. There are plenty of weekend rides to choose from, and a new Breakfast Ride series on Fridays. 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, sacwheelmen.org, Rides, Lead a Ride. If you need more information, I'm here to help.

Second quarter 2012 rides may be submitted now through February 1 for the months of April, May, and June on our website at www.sacwheelmen.org. Go to the Rides dropdown, and select "Lead a Ride". All of the rides you lead over the past two 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. 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 2012 Tour and Zodiac dates so that our members can be planning ahead.

Fourth Quarter Esteemed Ride Leaders

Dan Anglim	Bob Maben
Hal Baker	Gilbert Martinez
Shelly Barrette	Joe McCormick
Joni Bauer	Mary Moore
Doug Beisner	Dick Nussbaum
Ron Brown	Scott Pierce
Dave Clifton	Gerry Rohlfes
Jeannie Ennis	Pam & Robert Samms
Bill & Marilyn Floyd	Marie Schelling
Tom Goodwin	Dick Shultz
Dave Graska	David Storm
Nick Hourigan	Doug Souvignier
Dale Johnson	Deborah Walburg
Dennis King	Sandy Yarrow
Tim Koch	Linda & Richard Zeiszler
Stan Leff	

Sierra Century continued

At the time of this publication we are fortunate to have a full complement of Captains for our event. Our sincere thanks to those of you who have volunteered for these leadership positions. As we all know, it takes many volunteers to make this event a success. Please come out and join your fellow Club members in hosting one of California's premier cycling events. All Club members are strongly encouraged to participate. If you can't participate on the day of the ride, there are activities before and after the day of the event. To volunteer, please email us at sierracentury@sacwheelmen.org. The volunteers pre-ride is tentatively scheduled for May 19 or 20; the date will be announced later via email.

A New Look to our Website

Our website, www.sacwheelmen.org, has a new look and increased functionality including an interactive Ride Calendar. Ride Leaders can now submit rides using a simplified online ride submittal process. Members are able to view the Ride Calendars, the specific ride descriptions, and add rides directly to their personal e-calendars with a click. The home page features upcoming events and current news items. The site has specific tabs for the Sierra Century, Club events, activities, photos and resources.

Behind the scenes member volunteers are now able to update and maintain their specific areas of responsibility on the site. The software provides improved tracking of membership data, Club finances, as well as providing a financial savings for the club.

Currently under construction is the member access point which requires a member's login and password for member only information such as blogs, forum discussions and member directory. New memberships and membership renewals will be handled online, though snail mail is always an option. Email contact will be centralized within the site. Members will be able to personalize their Club profile.

You will receive email notices and information on the site as new features become available for your use. The Website Team, headed by Dan Anglim, includes Mike Goble, George Neill, Dave Storm, Helen Tsuchida, Sandy Yarrow and Jeanne Leland, who have been working for the last several months to set up the new software and personalize the site. Beta testing was completed in late October. If you have questions or difficulties, please contact a website Team member.

WHEELMEN ELECTIONS HELD

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

Officers for 2012

President George Neill
 Vice President Mike Kersten
 Secretary Laura Choate
 Treasurer Dale Johnson
 Ride Director Dan Anglim

Welcome New Members

September 1 through December 1, 2011

- Laura Barnes
- Jim Branen
- Leslie Brown
- Ed Cumir
- Mary Cumir
- Mary Ann Daly
- Lorraine Damiano
- Michael Damiano
- Rachel Damiano
- Ron Davies
- Rudy Dressendorfer
- Bill Gude
- Sylvia Gude
- Chris Hine
- Jonathan Huber
- David Hulse
- Tracy Hulse
- Robert Mandelson
- Kevin McSpadden
- Bruce Parker
- Fred Pfeffer
- Ron Prior
- Mitch Rosset
- Wayne Stilwell
- Dan Vu
- Greg Wall



SACRAMENTO
Wheelmen

Bicycle Club



www.sacwheelmen.org

Wheelmen Brochure

A volunteer committee (Sandy Yarrow, Marilyn Floyd, and Jeanne Leland) has been working on a Sacramento Wheelmen brochure to be used for membership marketing. The brochure includes information about our active ride schedule and other Club activities. Prospective members can either join by visiting our website or by mailing in their application. The brochure will be used to hand out to interested individuals at various public events and will also replace the quarterly WheelNews in local bike shops. This change will provide financial savings to the Club.

1st Quarter 2012 Ride Calendar

January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NEW YEAR'S DAY Carmichael 30/60 Folsom 50 Sacramento 41/67/89	2 Sacramento 46/65	3 W2, W3, W4	4 W5, W6	5 W7, W8, W9	6 W10	7 Sacramento 20/30/55
8 Foothill Frolics 50 Lincoln 53/95	9 Sacramento 40/60/70	10 W2, W3, W4	11 W5, W6	12 W7, W8, W9	13 W10 Davis 46/70	14 Roseville 30/40/50 Sacramento 20/30/55
15 Fab Fifties 40 Carmichael 39/44	16 MLK, Jr. Day Napa Zodiac	17 W2, W3, W4 Napa Zodiac	18 W5, W6 Napa Zodiac	19 W7, W8, W9 Napa Zodiac	20 W10	21 Sacramento 20/30/55
22 Foothill Frolics 40/50	23 Sacramento 31/50	24 W2, W3, W4	25 W5, W6	26 W7, W8, W9	27 W10	28 BANQUET Roseville 30/40/50
29 Fab Fifties 20/40/56	30 Davis 47/70	31 W2, W3, W4				

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 W5, W6	2 W7, W8, W9	3 W10	4 Sacramento 20/30/55
5 Super Bowl Foothill Frolics 35/50 Folsom 50	6 Sacramento 54/80	7 W2, W3, W4	8 W5, W6	9 W7, W8, W9	10 W10	11 Sacramento 20/30/55 Freeport 40/56 Roseville 30/40/50 Palm Springs 25/55/100
12 Lincoln's BD Fab Fifties 40/50 Carmichael 30/60	13 Lincoln 48/73 Borrego Springs Zodiac	14 Valentine's Day W2, W3, W4 Borrego Springs Zodiac	15 W5, W6 Borrego Springs Zodiac	16 W7, W8, W9 Borrego Springs Zodiac	17 W10	18 Sacramento 20/30/55 Irvine 200
19 Foothill Frolics 43/54 Yuba City 70	20 President's Day/Washington's BD Sacramento 50	21 W2, W3, W4	22 W5, W6	23 W7, W8, W9	24 W10 Freeport 35/80	25 Sacramento 20/30/55 Roseville 30/40/50 Linden 25/65
26 Fab Fifties 31/45/53 Elverta 52/94	27	28 W2, W3, W4	29 W5, W6			

March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 W7, W8, W9	2 W10	3 Sacramento 20/30/55 Elk Grove 40/57
4 Foothill Frolics 38/60 Carmichael 30/60 Folsom 50	5 Sacramento 66/99	6 W2, W3, W4	7 W5, W6	8 W7, W8, W9	9 W10	10 Roseville 30/40/50 Sacramento 20/30/55 Courtland 32/53
11 Daylight Savings Begins Lincoln 52/65/72/95	12 Santa Cruz Zodiac	13 W2, W3, W4 Santa Cruz Zodiac	14 W5, W6 Santa Cruz Zodiac	15 W7, W8, W9 Santa Cruz Zodiac	16 W10	17 St. Patrick's Day Winters 32-40
18 Foothill Frolics 38/50	19 Winters 66	20 W2, W3, W4	21 W5, W6	22 W7, W8, W9	23 W10 Sacramento 50/74	24 Roseville 30/40/50 Sacramento 20/30/55 Elk Grove 40/57
25 Fab Fifties 33/44/53 W. Sacramento 63/108	26	27 W2, W3, W4	28 W5, W6	29 W7, W8, W9	30 W10 Sacramento 45/74	31 Sacramento 20/30/55

John Abbe Delivers



Neither rain, nor sleet, nor snow, nor dark of night has prevented Wheelman John Abbe from mailing and distributing our quarterly WheelNews to members and bike shops throughout our area. He's been fulfilling his duties every

quarter without fail since, well, since...that's a good question, how long has he been doing this job? He replaced Hilde Bly and Frankie Kincannon, so a really long time, maybe 26 years or more. John is certainly one of our longest tenured Wheelmen volunteers. He kept current on the ever changing postal regulations and each quarter prepared the 500 member copies, for bulk mailing. He also coordinated the volunteer drivers to deliver about 1500 copies to area bikes shops.

Production and distribution of the WheelNews involves a number of people and John kept a careful eye toward the calendar, corralling the activities to ensure timely delivery.

His duties also included mailing out the annual Sierra Century brochure. It seems there was a Wheelmen Sierra Century brochure labeling party one year. Things got a bit confused during the evening, imagine that! John had to resort the entire mailout of almost 4,000 pieces while standing at the West Sac post office, where he is a legend. Since then John has been doing the labeling and sorting on his own.

John has decided it is time to retire. He said he always enjoyed his volunteer duties. He gives a special thanks to his delivery drivers. Wheelman Doug Lent has volunteered to take over for John.

John Abbe, *thank you* for your many years of hard work and dedication on behalf of the Sacramento Wheelmen.

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 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 DOWN-TOWN 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@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 BRUNCH RIDE 10:00 AMt 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@comcast.net Mary Moore, 284-1905, bike.moore@yahoo.com	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 70 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, rcmafen@surewest.net</p>	<p>35 to 60 Flat Flexible</p>
<p>(W10) FRIDAY BRING YOUR OWN BREAKFAST RIDE 10:00 AMt 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@comcast.net</p>	<p>30 Flat Casual</p>

20% off to Wheelmen Club Members



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January Rides

•event	•description	•g rating
1 SUN Dim Sum Sunday 9:00 AM Carmichael 5 Points Shopping Center Fair Oaks & Arden Way	Let's celebrate the start of 2012 with a Dim Sum Sunday. We'll meet at Five Points Shopping Center and ride towards Davis or Freeport via West Sacramento. The destination is King's Restaurant in West Sacramento for Dim Sum. 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 Flat Casual
1 SUN Coffee Republic for the rest of Us 9:30 AM Folsom Coffee Republic Folsom Auburn Rd near Greenback Ln	Join us for a fast, hilly, fun ride on the first Sunday of the month (and the year). Routes will include Barton Rd, English Colony, Ridge Rd, Indian Hill, and Auburn Folsom. Gilbert Martinez, 524-7608, giljmart@pacbell.net	50 Hilly Training
1 SUN Woodland & Beyond 10:00 AM Sacramento Miller Park Marina PL Front St South of Broadway	Northwest through Woodland, on to Madison, south to Winters and return through Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	41-67-89 Flat Flexible
2 MON Double Loop West 10:30 AM Sacramento Walgreen's PL Florin & Riverside	South into the Delta and back through W. Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	46-65 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)	
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 Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-30-55 Flat/Rolling Casual

January Rides

Continued

•event	•description	•grading
8 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. Long ride requires Photo ID. Dick Nussbaum, 424-0933, rcnflyer@aol.com	53-95 Rolling/Hilly Flexible
8 SUN Foothill Frolics Country Ride 9:00 AM Loomis Loomis Train Station Horseshoe Bar & Taylor Rd	Let's take a little winter spin around the foothills. Approximately 2400 ft of climbing, with stops in Lincoln and Trailhead Coffee. Lozanos and Ridge are the main climbs. There are options to shorten. Sandy Yarrow, 802-0898, skybike@surewest.net	50 Moderate Flexible
9 MON Delta Wanderer 10:30 Sacramento Walgreen's PL Florin & Riverside	A little cruise through the Delta via Thornton and Walnut Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-60-70 Flat Flexible
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).	



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Sacramento Wheelmen
January Rides


Continued

•event	•description	•grading
13 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
13 FRI 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.com	46-70 Flat/Rolling Flexible
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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
14 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55 Flat/Rolling Casual
15 SUN Fab Fifties Trailbar Ride 9:00 AM El Dorado Hills El Dorado Hills P&R White Rock & Latrobe	We will head out for a moderate loop with some fun rollers...upon return we will all enjoy a much loved original TRAILBAR!! A fun ride with a great treat at the end. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	40 Rolling Flexible

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January Rides

Continued


•event	•description	•grading
15 SUN 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. Doug Souvignier 332-8194 bikepals@juno.com	39-44 Rolling Flexible
16 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).	
16-19 MON-THUR Napa Zodiac	Napa Zodiac. See Tour/Zodiac Schedule.	
18 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
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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21 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
22 SUN Foothill Frolics 9:00 AM Loomis Loomis Train Station Horseshoe Bar & Taylor	Loomis exit onto Horseshoe Bar Rd. and go north into Loomis. Cross Taylor and into the Train Station parking lot. We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 2000 ft of climbing. Nick Hourigan, 487-0993, helnick@sbcglobal.net	40-50 Rolling/ Hilly Flexible
23 MON Crusin' Down the River 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A nice easy ride through Hood, Franklin, Thornton, Walnut Grove, and Clarksburg. Dick Nussbaum, 424-0933, rcnflyer@aol.com	31-50 Flat Flexible
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).	

January Rides*Continued*

•event	•description	•grading
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).	
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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
28 SAT Wheelmen Banquet 6:00 PM Sacramento Hilton 2200 Harvard St.	Visit with your fellow members wearing something more formal than cycling attire. Arrive in time for your group mileage photo, tour displays, photography show & contest, dinner, and presentations. Advance reservations are required by December 31st. Mary Moore, 284-1905, bike.moore@yahoo.com	0
29 SUN Fab Fifties Hills & Coffee 9:00 AM Folsom Folsom Grind/Bike Auburn Folsom Rd & Folsom Lake Crossing	We'll ride over the new bridge to the foothills. The main climbs are Salmon Falls Rd and Lotus. Many shorter options and opportunities for a coffee stop including at the start. The Folsom Grind opens early. Park across the street by shopping area (closed on Sundays). Sandy Yarrow, 802-0898, skybike@surewest.net	20-40-56 Rolling/Moderate Flexible
30 MON Davis Loop 10:00 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
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).	

February 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	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Linda Zeisler, 457-8815, zeisler@sbcglobal.net	20-30-55 Flat/Rolling Casual
5 SUN	This ride goes thru Rocklin and up Crest Drive before heading out to Lincoln via East Joiner Parkway. Return is by way of Sierra College and English Colony. The long ride is 54 miles/2450 ft. climbing, but there are several shortcuts that can reduce it to as little as 36 miles. Dan Anglim, 797-0337, djanglim@surewest.net	35-50 Moderate Flexible
5 SUN	Join us for a fast, hilly, fun ride on the first Sunday of the month. Routes will include Barton Rd, English Colony, Ridge Rd, Indian Hill, and Auburn Folsom. Gilbert Martinez, 524-7608, giljmart@pacbell.net	50 Hilly Training
6 MON	Up the river to Nicolaus, east to the Natomas Canal, and south through Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	54-80 Flat Flexible



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February Rides*Continued*

event	description	grading
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).	
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	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55 Flat/Rolling Casual
11 SAT	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. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	25-55-100 Flat/Rolling Flexible
11 SAT	A winter loop in the Delta countryside. David Storm, 665-2169, infobiker@yahoo.com	40-56 Flat Flexible
11 SAT	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	30-40-50 Moderate/ Hilly Flexible
12 SUN	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 Load Road, Green Valley, etc. No SAG, no sweep. Rain or serious threat of rain cancels ride. Ron Brown, 486-3665, rl-brown@pacbell.net	40-50 Hilly Flexible

February Rides *Continued*

•event	•description	•grading
12 SUN Year of the Dragon Dim Sum Sunday 9:00 AM Carmichael 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 or Freeport via West Sacramento. The destination is King's Restaurant in West Sacramento for Dim Sum. You can opt to extend the ride to Davis before or after Dim Sum. Rain cancels. <p style="text-align: center;">Mary Moore, 284-1905, bike.moore@yahoo.com</p>	30-60 Flat Casual
13-16 MON-THUR Borrego Springs Zodiac	Borrego Springs Zodiac. See Tour/Zodiac Schedule.	
13 MON Northeast of Lincoln 9:30 AM Lincoln Thunder Valley Casino E. PL Athens Rd & Industrial	Ride to Auburn via Camp Far West and return. The short ride does not go all the way to Auburn. <p style="text-align: center;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	48-73 Moderate/Hilly 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).	
18 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. <p style="text-align: center;">Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com</p>	20-30-55 Flat/Rolling Casual
18 SAT Camino Real Double Century 5:30-6:30 AM Irvine LaQuinta Inn 14972 Sand Canyon Rd	Ride the best of Orange, Riverside, and San Diego Counties. Kick off the New Year on this "poker run" and win great prizes! 17 hour time limit. Must register in advance and pay fee. Visit www.planetultra.com for details. No sweep. Contact ride leader if you cannot locate ride roster. Must wear Wheelmen Jersey to get club miles. <p style="text-align: center;">Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net</p>	198 Moderate Flexible

February Rides*Continued*

•event	•description	•grading
19 SUN Foothill Frolics Searching for Bike Trails 2 9:00 AM Loomis Loomis Train Station Horseshoe Bar & Taylor	Come ride the Loomis Basin to Folsom and returning through Roseville. We rediscover the many bike trails along the way. Warm up and regroup will be at the half way point at the Coffee Republic in Folsom. Long ride climbs Indian Hill Road. Discover an easy way to ride through Roseville with only 1 mile on surface streets. Tim Koch, 488-8218, mtkoch@surewest.net.	43--54 Moderate Flexible
19 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 Flat Flexible
20 MON Winter Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A flat easy exercise ride, ideal for the short winter ride days. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50 Flat 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).	
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).	
24 FRI Around and About 10:00 AM Freeport Cavanaugh GC PL Freeport Blvd @ the Bridge	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 Flat Flexible
25 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual

February 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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
25 SAT Pedaling Paths to Independence 8:30-10:00 AM Linden DeVinci's Deli & Catering 18847 E. Front St	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/PedalingPaths.php . No additional fee to register at www.PreRace.com . Elevation: 300/1300 ft. Must wear Wheelmen Jersey to get club mileage. Joni Bauer, 209-482-2429. bionibabe@comcast.net	25-65 Flat/Rolling Flexible
26 SUN Fab Fifties Series Fish or Climb Hills 9:00 AM Gold River 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
26 SUN Northeast Valley Loop 9:00 AM Elverta Post Office PL Elverta Rd & Elwyn Ave	North through Lincoln and Camp Far West, then west to the Feather River, south through Nicolaus and back to Elverta. Dick Nussbaum, 424-0933, rcnflyer@aol.com	52-94 Flat/Rolling 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).	
29 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	

March Rides

•event	•description	•grading
1 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).	
2 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
3 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-30-55 Flat/Rolling Casual
3 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & W. Taron	A ride into the Delta. There will be a stop about halfway. Dave Graska, 698-1506, davidgraska@yahoo.com	40-57 Flat Flexible



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March Rides

Continued

•event	•description	•grading
4 SUN Foothill Frolics Cross Over the Bridges 9:00 AM Loomis Train Station Horseshoe Bar & Taylor	The ride goes around Folsom Lake crossing the new Folsom Crossing bridge, then up Salmon Falls Rd, Hwy 49, Old Foresthill Rd, and Foresthill Rd to Auburn and returning to Loomis. Plenty of climbing. Shorter option available with less climbing. Dale Johnson, 284-5208, davijohnslckr@comcast.net	38-60 Rolling/Hilly Flexible
4 SUN Dim Sum Sunday 9:00 AM Carmichael 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 or Freeport via West Sacramento. The destination is King's Restaurant in West Sacramento for Dim Sum. 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 Flat Casual
4 SUN Coffee Republic for the rest of Us 9:30 AM Folsom Coffee Republic Folsom Auburn Rd near Greenback Ln	Join us for a fast, hilly, fun ride on the first Sunday of the month. Routes will include Barton Rd, English Colony, Ridge Rd, Indian Hill, and Auburn Folsom. Gilbert Martinez, 524-7608, giljmart@pacbell.net	50 Hilly Training
5 MON Beale Loop 9:00 AM Sacramento Sacramento Air Museum PL Freedom Park & 32 nd St	North through Lincoln, Camp Far West, Beale AFB, and looping north around Beale and back through Wheatland. Photo ID required for the long ride. Dick Nussbaum, 424-0933, rcnflyer@aol.com	66-99 Rolling/Hilly Flexible
6 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).	
7 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
8 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).	
9 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	

March Rides

Continued

•event	•description	•grading
<p>10 SAT</p> <p>Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0</p>	<p>Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc.</p> <p>Mary Moore, 284-1905, bike.moore@yahoo.com</p>	<p>20-30-55 Flat/Rolling Casual</p>
<p>10 SAT</p> <p>South/West Ride Series 9:00 AM Courtland HS PL Primasing Ave</p>	<p>The long ride will circumnavigate most of Reyer Island and Grand Island with a stop in Isleton.</p> <p>David Storm, 665-2169, infobiker@yahoo.com</p>	<p>32-53 Flat Flexible</p>



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Roseville, CA 95678
(916) 724-6750

March Rides *Continued*

•event	•description	•grading
10 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	30-40-50 Moderate/ Hilly Flexible
11 SUN Bangor Loop 9:00 AM Lincoln McBean Park PL Hwy 193 & A St	North through Marysville, then further north to Bangor and back through Beale and Camp Far West. Photo ID required for long rides. Dick Nussbaum, 424-0933, rcnflyer@aol.com	52-65-72-95 Rolling/Rolling/Hilly/ Hilly
12-15 MON-THUR Santa Cruz Zodiac	Santa Cruz Zodiac. See Tour/Zodiac Schedule.	
13 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).	
14 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
15 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).	
16 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
17 SAT 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. Wear something green (everyone is Irish on St. Patrick's Day). A Groupo ride. Stan Leff 488-2563 swleff@surewest.net	32-40 Rolling Flexible
18 SUN Foothill Frolics 9:00 AM Penryn Trailhead Coffee & Cycle Taylor & English Colony	We will ride to Auburn, drop down in the canyon if you wish, up towards Christian Valley, then over to Mt Vernon, down Baxter Grade and back to Penryn. Short ride doesn't drop into the canyon or Christian Valley. Rain Cancels. Jeannie Ennis, 205-2225, jeanniebike@att.net	38-50 Moderate/Hilly Flexible

March Rides*Continued*

•event	•description	•grading
19 MON Fairfield Loop 9:00 AM Winters City PL Railroad & Main	Out to Moskowite, then Montecello Road to Wooden Valley. Through Fairfield, Pleasants Valley, and Cantelow then back to Winters. Dick Nussbaum, 424-0933, rcnflyer@aol.com	66 Hilly Flexible
20 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).	
21 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
22 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).	
23 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
23 FRI Sloughhouse Loop 10:00 AM Sacramento Walgreen's PL Florin & Riverside	An easy loop through Elk Grove, Sheldon, then Sloughhouse and back around through Wilton to Hood and up the river to the start. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-74 Rolling Flexible
24 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	30-40-50 Moderate/ Hilly Flexible
24 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
24 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & W. Taron	A ride into the Delta. There will be a stop about halfway. Dave Graska, 698-1506, davidgraska@yahoo.com	40-57 Flat Flexible

March Rides

Continued

•event	•description	•grading
25 SUN Fab Fifties Ride Around the Block 9:00 AM Shingle Springs Shingle Springs P&R Ponderosa Rd exit @ 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@att.net	33-44-53 Rolling/Moderate/Hilly Flexible
25 SUN Solano Century 8:30 AM West Sacramento Starbucks PL Jefferson Blvd & Linden Rd	A long loop through Suisun City, then the Montezuma Hills to Rio Vista and back to West. Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	63-108 Flat/Rolling Flexible
27 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).	
28 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
29 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 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
30 FRI Camp Far West Loop 10:00 AM Sacramento Sacramento Air Museum PL Freedom Park & 32 nd St	A tour north to Camp Far West and return through Wheatland and Lincoln. Dick Nussbaum, 424-0933, rcnflyer@aol.com	45-74 Flat Flexible
31 SAT Get In Shape Ride 10:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. Starting at Discovery Park, and venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual

Tour/Zodiac Schedule

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

<p>2012</p> <p>Jan 16-19 MON-THUR</p> <p>Napa Zodiac 9:00 AM Winters Putah Creek Cafe</p>	<p>The Napa Zodiac will be January 16, 17 and 18, 2012 (Monday through Thursday). Contact the Chablis Inn in Napa at 1 (800) 443-3490. A Queen bed is \$79, a King \$89 and a room with 2 Queen beds is \$99. Let the staff know that you are with the Sacramento Wheelmen. We have added a day to this year's Zodiac. Start time on Monday in Winters is 9:00. (Let us know if you plan a start from Sacramento.) We will ride to Glen Ellen and Calistoga during the Zodiac. A flat or hilly ride will be available Tuesday and Wednesday. Return to Winters on Thursday. Sag to and from Napa available. Late afternoon socialization encouraged. Daily maps available. Please let the Ride Leader know when you make your reservation. Rain cancels.</p> <p>Hal Baker, 443-4514, hmbaker1@sbcglobal.net Scott Pierce, 714-9034, sandjpierce@frontiernet.net</p>	<p>175 Moderate Flexible</p>
<p>Feb 11 SAT</p> <p>Tour de Palm Springs</p>	<p>Tour de Palm Springs is an event designed to raise money for non-profit organizations in the Coachella Valley. This year, organizers hope to raise over \$200,000 for local charities. Palm Springs' famous weather, gorgeous mountain scenery, thousands of bike riders, and raising money for charities make the Tour de Palm Springs and event like no other! For more information see www.tourdepalmsprings.com.</p> <p>Note: This tour is included for information only, since no Ride Leader has been identified at this time.</p>	
<p>Feb 13-16 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 11th.</p> <p>Dennis King, 284-4555, velo_king@sbcglobal.net Dale Johnson, 284-5208, davijohnslckr@comcast.net</p>	<p>240 Moderate-Hilly Flexible</p>
<p>Mar 12-15 MON-THUR</p> <p>Santa Cruz Zodiac</p>	<p>Drive to Santa Cruz or take the train from Sac to San Jose. The rides will start in Santa Cruz at Noon, or from SJ station upon arrival. Tues ride starts in Pescadero and takes in the beautiful Tunitas Creek Rd, lunch at Skywood Deli. Wed, we'll meander to Moss Landing. Thursday, a short Santa Cruz loop before heading home, and train riders will head for SJ. Luggage SAG if needed. We'll stay at the Santa Cruz Beach Inn, 600 Riverside Ave, Santa Cruz. I will email motel information and train times in January.</p> <p>Sandy Yarrow, 802-0898, skybike@surewest.net</p>	<p>200 Hilly Flexible</p>
<p>Apr 16-19 MON-THUR</p> <p>Occidental Zodiac</p>	<p>We will be doing the old Occidental route with a caveat. I plan to take the train on the afternoon prior to the ride, stay at the Hostel at Fort Mason (415-771-7277) and start from there the next morning. You may chose to do something different. The route is (Oakland, San Francisco, Mt. Tam, Sonoma Mountain Rd, Trinity, Mt Veeder, Cardiac). We will stay in Occidental at the Occidental Lodge (707- 874-3623) and Napa at the Chablis Inn at (707-257-1944). Contact the Ride Leader for further details. This is not a ride for the faint of heart, this is the real deal. This ride is sagged with a \$15 nonrefundable deposit (could be more, depending on the number of riders) to help pay for fuel and snacks. This ride has a limited number of riders due to support vehicle capacity.</p> <p>David Clifton, 354-1137, superdave911@sbcglobal.net</p>	
<p>May 7-10 MON-THUR</p> <p>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>Ron Brown, 486-3665, rl-brown@pacbell.net Rich Zeiszler, 457-8815, zeiszler@sbcglobal.net</p>	<p>145 to 265 Moderate-Mount Flexible</p>

2012 Sacramento Wheelmen Club Calendar

Club Meetings, Social Events, Volunteer Opportunities, & Deadlines

Date	Event	Contact
January 5	December Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
January 9	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
January 28	Annual Awards Banquet	Mary Moore, bike.moore@yahoo.com
February 1	Apr, May, Jun Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
February 5	January Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
February 13	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
February 15	April WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
March 5	February Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
March 15	General Membership Meeting**	Mike Kersten, 966-3095
April 5	March Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
April 9	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
May 1	Jul, Aug, Sept Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
May 1-31	Bike to Work Month, mileage competition	Sandy Yarrow, marketing@sacwheelmen.org
May 5	April Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
May	Amgen Tour of California Volunteers	Dick Nussbaum 424-0933
May 15	July WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
May 17	General Membership Meeting**	Mike Kersten, 966-3095
May	Florin Elementary Bike Rodeo Volunteers	Mary Moore, bike.moore@yahoo.com
June ?1	Locker Cleanup Volunteers	Carl Northeimer, 730-2666, cwnorte@aim.com
June 5	May Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
June 15-16	Sierra Century Volunteers	Bud & Jeanne Leland, sierracentury@sacwheelmen.org
June	Support the Parkway Rex Ride Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
June 11	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
July 5	June Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
July 19	General Membership Meeting**	Mike Kersten, 966-3095
July 20-21	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
August 1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
August 5	July Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
August 13	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
August 15	September WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
September 5	August Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
September 20	General Membership Meeting**	Mike Kersten, 966-3095
September 30	Club Picnic	Sandy Yarrow, marketing@sacwheelmen.org
September	Mustard Seed Spin Volunteers	Linda Zeiszler, 457-8815
October 1	September Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
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	Bob Evans, mileage@sacwheelmen.org
November 15	January WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
November 15	General Membership Meeting**	Mike Kersten, 966-3095
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	Bob Evans, mileage@sacwheelmen.org
December	Foster Santa Party Volunteers	Dick Nussbaum 424-0933
December 10	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 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.



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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: _____

