

Sacramento Wheelmen's Ride Schedule & Newsletter

35th Anniversary Sierra Century Ride Saturday, June 5, 2010

Join the Sacramento Wheelmen for the 35th Anniversary of the Sierra Century ride on Saturday, June 5, 2010. Registration is now open at www.active.com (by credit card) or at www.sacwheelmen.org/sierra-century (by mail order form). This year's event is limited to 2,000 riders and registration is available only in advance. Early registration will be available until April 24th and the cost is \$50.00. Regular registration is from April 25th to May 22nd and the cost is \$60.00. Event activities will be held at Whitney High School, 701 Wildcat Blvd. in Rocklin, California, including the ride start and finish. Early check-in will be held Friday, June 4th from 5:00 P.M. to 8:00 P.M. and Saturday morning, from 5:30 A.M. to 9:00 A.M. Registrants will receive their route sheets, identification bracelets, and "swag bag" at the time of registration. No "Same Day" registration will be available.

Three beautiful and challenging routes allow you to explore the rolling hills of Placer County. Ride through the picturesque communities of Camp Far West, Meadow Vista, and climb the tree-lined back roads winding up to scenic vistas of the Sierra foothill town



of Colfax then return to Rocklin by way of the Gold Country towns of Applegate, Auburn, and Newcastle.

Each route offers a variety of terrain from tree-shaded valleys to roadside streams to vineyards. Many miles are in rolling oak woodlands punctuated by short but steep climbs. The longer routes include several long climbs.

The Century route (100 miles) ascends from the flats of the valley into the

foothills. Meadow Vista is the location of the lunch rest stop. The ride climbs through the pines to Colfax before returning to the start in Rocklin. Total elevation gain is 6500 feet.

The "Almost Metric" Century (58 miles) winds through the foothills past vineyards and farmland on lightly traveled rural roads. The midway rest stop is at Dono dal Cielo Winery near Newcastle. Total elevation gain is 3200 feet.

The third route (40 miles) takes riders from Rocklin to a midway rest stop at Camp Far West then descends back to the start. Total elevation gain is 1000 feet.

Accurate, easy-to-read route sheets make the experience safe and enjoyable. Our ever-courteous and knowledgeable SAG personnel will be available to provide needed assistance, and experienced bike mechanics will staff the rest stops along with helpful, friendly volunteers. Photographers will be along each route.

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Ride Schedule

Dan Anglim, Ride Director

I want to thank George Neill on behalf of the club for his efforts in developing the Quarterly Ride Schedule over these past several years. He did a great job, and has smoothed my transition into this job with his coaching. The Ride Schedule format remains the same, with one change. I've restricted the use of the term "Series" to those rides that occur weekly and depart from a fixed location. They are described as always in the Series Rides listing, but now are also identified on the "Calendar at a Glance" as S1 through S12. Hopefully this will make it easier for new riders to spot opportunities to join us.

The 55 Esteemed Ride Leaders listed below have submitted 16,800 miles of rides for this quarter! There is at least one ride every single day of the quarter, with multiple choices available almost 90% of the days. The second quarter has great weather for cycling, and we have a wide variety of options, including three Zodiacs, three Tours, four events hosted by other cycling groups, a first time President's Ride, and last but not least, the Sierra Century Pre-ride and the main event. If that's not enough, the AMGEN tour's first two stages will be following some of our favorite roads, and we have rides headed to good vantage points. Come and join us as often as you can.

Third quarter rides may be submitted now through May 1 for the months of July, August, and September 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.

Second Quarter Esteemed Ride Leaders

Dean	Alleger	Larry	Matz
Dan	Anglim	Joe	McCormick
David	Azevedo	George	Neill
Joni	Bauer	Dick	Nussbaum
Doug	Beisner	Dwight	Oda
Ken	Bell	Francisco	Prieto
Ron	Brown	Gerry	Rohlfes
Peter	Bustabade	Pamm	Samms
Cathy	Cavey	Robert	Samms
David	Clifton	Eric	Saur
Mike	Dodson	Marie	Schelling
Jeannie	Ennis	Dick	Shultz
Rod	Farley	Chuck	Sinclair
Bill	Floyd	Katie	Stonebraker
Marilyn	Floyd	David	Storm
Tom	Goodwin	Curt	Taylor
Dave	Graska	Ginny	Taylor
David	Grattendick	Kathy	Tom
John	Hockenbury	Fred	Turner
Nick	Hourigan	Deborah	Wallburg
Dale	Johnson	Mark	Yamagiwa
Dennis	King	Sandy	Yarrow
Tim	Koch	Bob	Yates
Kenny	Kwong	Alex	Young
Stan	Leff	Linda	Zeiszler
Sherri	Lehman	Rich	Zeiszler
Ralph	LeMeur		
Kris	LeMeur		
Bob	Maben		

Sierra Century Continued

Your photos will be available for purchase at www.photocrazy.com.



A pre-ride continental breakfast of fruit and pastries will be available along with coffee and Trailhead energy bars supplied by Trailhead Coffee & Cycling Lounge (www.coffeeandbikes.com). Each well-stocked rest stop will feature its own ambience and menu. At the conclusion of your ride, a pasta dinner with salad, garlic bread, and dessert will be served from Noon to 6:00 P.M. A vegetarian option is available. Sacramento's Harlee and the Sugar Babies will entertain throughout the afternoon playing a musical mix of rhythm and blues, classic rock, and modern funk.

The 2010 Sierra Century jersey, designed by Sacramento Wheelmen's own Sandy Yarrow, is a best quality Voler sublimated jersey. Jersey are \$59, socks are \$6.50, if ordered with jersey or \$7.50, if ordered separately. Merchandise can be ordered when registering.

Curt and Ginny Taylor are this year's Sierra Century Directors. In addition to the myriad of administrative functions and a multitude of details involved in organizing such an event Curt and Ginny are planning new activities and events for participants. There will be a bicycling expo showcasing new products and providing visibility to local organizations; a raffle of a La Pierre full carbon bike, compliments of Patriot's Bicycle Shop; as well as a Weekend Package in Placer County. The package includes two nights at Staybridge Suites, a dinner for two at McCormick & Schmick's Seafood Restaurant, and a private wine tasting for ten at Dono dal Cielo Winery.

Proceeds from the raffle will benefit Acres of Hope. Located in Applegate, Acres of Hope is a spiritually based renewal center serving homeless women with children by

providing a home and an environment of structured programming of encouragement, practical life-skills training, job skills, and mentoring.

Riders wishing to make a weekend of the event can receive special priced accommodations in Placer County by visiting www.placertourism.com and searching by June events for the Sierra Century.

If you have questions or need additional information, please email Curt and Ginny Taylor at sierracentury@sacwheelmen.org.

Comments regarding this article can be emailed to editor@sacwheelmen.org



BUSINESS MEETINGS

EXECUTIVE BOARD BUSINESS MEETINGS 2010

- January 11
- March 15
- May 17
- July 12
- August 9
- October 11

6:00 p.m.
Hoppy's Brewery
6300 Folsom Blvd.

GENERAL MEETINGS 2010

- February 25
- April 22
- June 24
- September 23
- November 18

6:30 p.m. socialize,
7:00 p.m. meeting
SMUD Building
6201 S Street, Sacramento

Guests and prospective members are always welcome to attend club meetings.

For more information contact Mary McPoil at 916-359-6450 (watch for announcements on Yahoo and in future newsletters)

Sacramento Wheelmen Banquet

Another Fun Night
by Mary McPoil

January 29, 2010 found many Wheelmen enjoying an evening with good friends and food as well as recognizing numerous members for their contributions to the club.

The Hilton Arden Way was looking festive with everyone in their finery and fancy table decorations. As usual, there was Sierra Century merchandise for sale and photos posted for the contest and of course, mileage pictures. After cocktail hour and much conversation around the dinner tables, Club President Linda Zeisler presented a program that recognized many volunteers that make the club successful. She started the program by thanking the Banquet Committee chaired by Mary McPoil and her outgoing 2009 Executive Board. George Neill presented the riding awards for 2009. The top ten female and male riders were recognized and the coveted saddle was awarded to Mary McPoil as top female rider and Dick Nussbaum as top male rider. Kris and Ralph LeMeur were awarded top mileage for tandem riders. George paid tribute to all 61 ride leaders including series, tours and day rides. Linda, then thanked all the behind the scenes people who make the Wheelmen function. The Hugh Anglin Memorial Award was presented to Dick Nussbaum. The Club then expressed it's gratitude to Scott and Jennifer Pierce for the time and energy they gave to a successful Sierra Century in 2009. Curt Taylor then updated everyone on the 2010 Sierra Century. The program wrapped up with the winners of the photo contests being announced and the 2010 Executive Board introduced. It was a fun filled night. If you didn't make it this year, we do hope you won't miss the 2011 banquet next January.



1000+ Seated L to R. Arthur Choate, Carol Choate, Jane Anglim, Colleen Beahan, Katie Norton-Stonebraker, and Jeanie Ennis.
Standing L to R. David Bailey and Jeff Ross



1500+ Tim Koch, Shelly Barrett, Glenn Michel, Doug Beisner



2000+ Seated L to R. Carl Northeimer, Wayne Imberi, Sandy Rusconi and Gerry Rohlfs.
Standing L to R. Marc Lewis and Jerry Adams



500+ Seated L to R. Tim Resh, Doug Souvignier, Pamela Samms, Kathleen O'Rourke, Catherine McCormick and Doug Lent.
Standing L to R. John KingSmith and Susanne Jacobs



2500+ Seated L to R. Joni Bauer, Carl Kauk, Stan Leff, Bill Floyd, Eric Saur and Rick Rusconi.
Standing L to R. Donna Klug and Jason Hardi.



3000+ Seated L to R. Mike Kersten, Marilyn Floyd, Linda Zeisler, Donna Cunningham and James Rafferty. Standing L to R. Scott Barrett and 3500+ Frank Yates.



5000+ Seated L to R. Paul Gunkel, 5500+ Ron Brown, Nick Hourigan, and 5000+ Ed Delano Standing L to R. 5000+ Dwight Oda and 5500 Dennis King.



4000+ Seated L to R. Kerry Wilson, Barbara Bravos, Susie Evans, Bob Backer, Mike Gobel, Sally Cooper and Glenn Moore. Standing L to R. Curt Taylor, Harry Jones, John Cooper and Alex Young.



6000+ John Hockenbury, Rod Farley, 6500+ Sandy Yarrow and 6000+ Richard Schultz.



4500+ Seated L to R. Clayton Boudreau, Robert Samms, Kristin LeMeur, Ralph LeMeur, Richard Percival and Bob Evans. Standing L to R. David Storm, Dan Anglim and David Underwood.



7000+ Seated L to R. Richard Zeisler, David Clifton, Mary McPoil, 17143 Dick Nussbaum, 7500+ Bob Yates and 8000+ Dale Johnson. Standing L to R. 7000+ George Neill and Tom Goodwin.

Sacramento Wheelmen Awards Banquet

RIDER MILEAGE 500+ FOR 2009

LastFirst

Total

Miles

Abbe	John	2,517
Adams	Jerry	2,299
Alleger	Dean	727
Anderson	Steve	1,295
Anglim	Dan	4,539
Anglim	Jane	1,031
Azevedo	David	2,494
Baber	Richard	1,171
Babich	Jennie	2,282
Backer	Bob	4,041
Bailey	David	1,199
Baker	Stuart	2,568
Baker	Hal	2,030
Barker	Robert	1,004
Barnhart	Paul	884
Barrette	Scott	3,337
Bauer	Joni	2,558
Beahan	Colleen	1,089
Becker	Peter	3,301
Beddow	Chuck	1,292
Bee	Janet	517
Beisner	Doug	1,987
Bell	Kenneth	15,821
Bly	Hilde	620
Borden	Carolyn	639
Borden	John	639
Boudreau	Clayton	4,894
Bravos	Barbara	4,068
Broderick	Mike	633
Brown	Ronald	5,678
Brown	Jenny	1,039
Buchanan	Ross	1,179
Burgess	Brent	907
Bustabade	Peter	6,832
Choate	Arthur	1,191
Choate	Carol	1,069
Choate	Laura	573
Cimini	Steven	652
Clifton	David	7,314
Cole	Dale	860
Cook	Ann	520
Cooper	John	4,127
Cooper	Sally	4,127
Craill	Hans	556
Cunningham	Donna	3,919
Cusick	Mark	1,095
Darlington	Hank	943
Delano	Ed	5,404
Desin	Allan	898
Dodson	Michael	12,172
Drews	Chris	1,933
DuPage	Donald	1,719
Engblom	Dennis	666
Ennis	Jeannie	1,105
Evans	Bob	4,576
Evans	Susie	4,005
Farley	Rod	6,205
Fish	Nancy	544
Floyd	Marilyn	3,024
Floyd	Bill	2,809
Gardner	Tom	1,265
Goble	Michael	4,049
Goodwin	Tom	7,362
Grahlmann	Lothar	1,491
Grant	Robert	772
Graska	Dave	843
Grattendick	David	1,783
Grimenstein	John	4,141
Gunkel	Paul	5,255

Halkett	Brian	3,041
Hamblin	Ron	1,751
Hardi	Jason	2,643
Harvey	John	894
Heath	James	559
Hockenbury	John	6,108
Hourigan	Nick	5,546
Hourigan	Helen	2,923
Huestis	Steve	1,221
Huy	Paul	2,849
Hyink	Karen	764
Imberi	Wayne	2,069
Jacobs	Suzanne	521
Johnson	Dale	8,002
Johnson	Shelly	1,754
Hal	Harry	4,237
Jones	Woody	1,447
Karver	Jim	660
Kauk	Carl	2,523
Keane	David	1,692
Kersten	Mike	3,256
King	Dennis	5,896
Klingensmith	John	578
Klug	Donna	2,572
Koch	George	4,520
Koch	Tim	1,513
Kremer	Joe	3,165
Kwong	Kenny	5,163
Lang	Jordan	643
Lasarow	Jerald	1,076
Lasswell	Linda	670
Lee	Herb	551
Leff	Stanley	2,595
Lehman	Sherry	5,752
Leland	Bud	3,160
Leland	Jeanne	1,644
LeMeur	Ralph	4,681
LeMeur	Kristin	4,625
Lent	Douglas	531
Lewis	Marc	2,327
Lockhart	Doug	995
Lubick	Ralph	789
Maben	Robert	3,030
Martinez	Mack	2,537
Mason	Tim	938
Masuda	Gene	1,084
Matz	Larry	764
McCormick	Joe	2,990
McCormick	Catherine	943
McDonald	Vince	728
McPoil	Mary	7,186
Merlo	Larry	2,743
Michel	Glen	1,620
Moore	Glenn	4,161
Mulford	Steve	564
Murphey	Thomas	1,414
Myas	Brandt	2,809
Neill	George	7,118
Netherton	Karen	1,154
Nixon	Bruce	2,688
Northeimer	Carl	2,227
Norton	Katie	1,417
Nussbaum	Richard	17,149
Oda	Dwight	5,331
O'Daniels	Jerry	4,614
Oliver	Arthur	1,545
O'Neill	Ed	742
O'Rourke	Kathleen	803
Peck	Barbara	738
Percival	Rich	4,523
Petersen	Laura	710
Petersen	Karl	515

Pierce	Scott	1,970
Pletcher	Lesli	602
Prieto	Francisco	1,373
Rafferty	James	3,259
Reed	Sherrill	521
Resh	Timothy	916
Rohlfes	Gerald	2,905
Ross	Jeff	1,047
Rusconi	Richard	2,624
Rusconi	Sandra	2,151
Sakamoto	Casey	3,809
Samms	Robert	4,705
Samms	Pamela	615
Saur	Eric	2,968
Schelling	Marie	2,277
Schroeder	Greg	1,044
Shultz	Dick	6,046
Shultz	Bob	673
Simmons	Doran	3,292
Sippel	Richard	758
Slingerland	Bernard	2,118
Snyder	Tom	1,102
Southern	Doug	993

Storm	David	4,629
Sundahl	Carrie	2,133
Taylor	Curt	4,463
Thompson	Robert	1,609
Toe	Jean-Pierre	2,428
Tom	Kathy	512
Trinh	Man	1,856
Turner	Fred	2,741
Underwood	David	4,554
Vredenburg	Gordon	1,454
Wainwright	Doug	557
Walburg	Deborah	1,821
Waller	Ralph	1,293
Waller	Nancy	593
Wilson	Kerry	4,014
Woodward	Bob	747
Yamagiwa	Mark	2,252
Yarrow	Sandra	6,711
Yates	Robert	7,603
Yates	Frank	3,739
Young	Alex	4,305
Zeiszler	Richard	7,184
Zeiszler	Linda	3,036



Dick Nussbaum Men's High Mileage and Hugh Anglin Memorial Award



Women's Top Mileage- Mary McPoil



Men's Top 10 Mileage - George Neill, Dick Nussbaum, Richard Zeiszler, Tom Goodwin, Dale Johnson, David Clifton and Bob Yates.



2010 Board -Seated L to R. Sierra Century Directors Curt and Ginny Taylor, President Linda Zeiszler, Vice President Mary McPoil and Secretary Marilyn Floyd. Standing L to R. Treasurer Dale Johnson and Ride Director Dan Anglim



Top 3 Tandem Riders - Jane and Dan Anglim, Sally and John Cooper and Kristin and Ralph LeMeur.



2009 Staff Members -Dick Nussbaum, Sandy Yarrow, Tom Goodwin, Richard Schultz, Tim Koch, Dennis King, Alex Young and Dave Storm.



2009 Board, President -Linda Zeiszler, Vice President Mary McPoil, Secretary Marilyn Floyd, Treasurer Dale Johnson, Ride Director George Neill with Dick Nussbaum.



Women's Top Ten Mileage Marilyn McPoil, Sandy Yarrow, Linda Zeiszler, Marilyn Floyd, Barbara Bravos, Kristin LeMeur, Sally Cooper, Donna Cunningham and Susie Evans.

2nd Quarter 2010 Sacramento Wheelmen Ride Calendar

April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 S7, S8, S9, S10	2 Good Friday S11 Sacramento 56/75	3 S12 Ione 120 South/West 40/60 Sac 20/30/55
4 Easter Foothill Frolics 51	5 S1 Fair Oaks 54/72	6 S2, S3, S4	7 S5, S6	8 S7, S8, S9, S10	9 S11 Fair Oaks 48/76	10 S12 South/West 38/55 Roseville 30/40/50
11 Davis 46/70 Loomis 31/40	12 S1 Monterey Zodiac Sacramento 100	13 S2, S3, S4 Monterey Zodiac	14 S5, S6 Monterey Zodiac	15 S7, S8, S9, S10 Monterey Zodiac Monterey 100	16 S11	17 S12 Dixon 41/53 South/West 38/50/73 Fair Oaks 41/72/94 Sac 20/30/55 Sutter 40/60/100 Gilroy 64/100/121
18 Foothill Frolics 40/50 Citrus Hts 23-107 Sacramento 41/67/89	19 S1 Fair Oaks 51/77	20 S2, S3, S4	21 S5, S6	22 S7, S8, S9, S10	23 Fair Oaks 51/77	24 S12 South/West 40/65 Roseville 30/40/50 Sacramento 100
25 Tam Slam Spring 74 Chico 30/65/100	26 S1 Chico 100	27 S2, S3, S4	28 S5, S6 Fair Oaks 58/77	29 S7, S8, S9, S10	30 Elk Grove 50/104	

May 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 S12 Sac 20/30/55 South/West 40/60 Fair Oaks 50/75 Roseville 30/70/95 Santa Rosa 65/100/130
2 Foothill Frolics 38/60 Davis 60/80	3 S1 Fair Oaks 65/95	4 S2, S3, S4	5 Cinco de Mayo S5, S6	6 S7, S8, S9, S10	7 S11 Fair Oaks 50/79	8 S12 Gold River 30/40/50 South/West 35/59
9 Mother's Day Sacramento 26/45/74 Roseville 40/60	10 S1 Guerneville Zodiac Sacramento 100	11 S2, S3, S4 Guerneville Zodiac	12 S5, S6 Guerneville Zodiac	13 S7, S8, S9, S10 Guerneville Zodiac Guerneville 100	14 S11	15 Pre Sierra Century
16 Amgen Tour Placer Co.	17 Amgen Tour S1 Winters Fair Oaks 50/79	18 Amgen Tour S2, S3, S4	19 Amgen Tour S5, S6	20 Amgen Tour S7, S8, S9, S10	21 Amgen Tour S11 Fair Oaks 41/72/94	22 Amgen Tour S12 Citrus Hts 30 South/West 38/55 Roseville 30/40/50
23 Amgen Tour Fab Fifties 50 Citrus Hts 23-107 Vacaville 25/62/100	24 S1 Downieville 100	25 S2, S3, S4 Downieville 100	26 S5, S6 Fair Oaks 65/91	27 S7, S8, S9, S10	28 Paso Robles	29 S12 Paso Robles South/West 40/65 Sac 20/30/55 Fair Oaks 70/92/130 Sacramento 56
30 Paso Robles Foothill Frolics 36/39/52 Fair Oaks 75/90/125	31 Memorial Day Paso Robles Fair Oaks 65/91/116					

June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 S2, S3, S4	2 S5, S6	3 S7, S8, S9, S10	4 S11 Fair Oaks 65/91	5 Sierra Century
6 Foothill Frolics 37/50	7 S1 Sacramento 40/77/101	8 S2, S3, S4	9 S5, S6 Fair Oaks 65/95	10 S7, S8, S9, S10	11 S11 Citrus Hts 23-107 Rancho Murietta 64/106	12 S12 South/West 34/54/77 Sac 20/30/55 Fair Oaks 54/72 Roseville 30/40/50
13 Foothill Frolics 36/62	14 Flag Day S1 Yosemite	15 S2, S3, S4 Yosemite	16 S5, S6 Yosemite	17 S7, S8, S9, S10 Yosemite	18 S11 Yosemite	19 S12 South/West 40/60 Roseville 30/40/50 Chester 40/55/110
20 Father's Day Fab Fifties 33/44/53	21 S1 Mt Shasta Zodiac West Sac 63/108	22 S2, S3, S4 Mt Shasta Zodiac	23 S5, S6 Mt Shasta Zodiac Fair Oaks 52/80	24 S7, S8, S9, S10 Mt Shasta Zodiac	25 Mt Shasta Zodiac	26 S12 Fair Oaks 58/77 South/West 40/60 Sac 20/30/55 Roseville 30/40/50
27 Foothill Frolics 40/50 Folsom 41/87	28 S1 Fair Oaks 51/79	29 S2, S3, S4	30 S5, S6			

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: _____



New Members

Vicki	Day	Daisy	Piatt
Robin	Dean	Reve	Ramos
Patrick	Dodson	Carol	Rutter
Robin	Edwards	Dave	Sanchez
Bill	England	Chuck	Sinclair
Gwen	Haynes	Steve	Smith
Chris	Haynes	Don	Stone
Shannon	Kentera	Becki	Stone
Judy	Michener	Bob	Storelli
Bruce	Michener	Mark	Van Biber
Lynn Pham	Nguyer	Bridget	Wilson
Robert	Nguyer	Robert	Wilson
Barry	Padilla	Mabel	Wong
John	Piatt		

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Body Concepts - Peak Cycling

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

Next to Karen's Bakery and Bicycles Plus

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

Suitable for beginners and families. Ride leaders wait for less experienced riders.



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

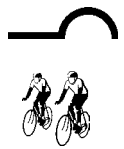




Rides with substantial offroad riding. They are likely to be unsuitable for road bikes.



Series Rides

event	description	grading
<p>(S1) MONDAY NIGHT SKILLS RIDE 5:30 PM Rex Cycles 1811 E. Street</p>	<p>Join us for a fast paced ride on surrounding river roads. We will focus on building pack riding skills, but will NOT evolve into a race ride. The route will be determined week to week as to avoid the local race ride. There will be a relaxed warm-up and then pace line and echelon drills at 18-24 mph. We will strictly enforce the sign-in policy and work to bring new riders into the club. Safety and club image will be our main goals. Aggressive riding will be strongly discouraged. Riders that insist on racing will be directed to one of the many local race rides. No ride May 31.</p> <p>Dean Alleger, 217-2129, dino@biketrailsavage.com Katie Stonebraker, 215-7737, sacwheelgirl@sbcglobal.net</p>	<p>20 to 30</p> <hr/> 
<p>(S2) TUESDAY COMMUTE RIDE 6:00 AM Starbuck's in Gold River 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.</p>	<p>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.</p> <p>Sherri Lehman, 397-5909, Sherri11664@sbcglobal.net</p>	<p>50+</p> <hr/> 
<p>(S3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way</p>	<p>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.</p> <p>Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net</p>	<p>30+40+</p> <hr/> 
<p>(S4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway</p>	<p>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.</p> <p>Bob Maben, 455-5715, rcmafen@comcast.net Dave Storm, 665-2169, Dlstorm@worldnet.att.net</p>	<p>25 to 75</p> <hr/> 
<p>(S5) 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</p>	<p>Join us for the morning commute into work and the evening commute back home along the American River Parkway. Every Wednesday except holidays.</p> <p>Dennis King, 284-4555, velo_king@sbcglobal.net</p>	<p>30+-40+</p> <hr/> 
<p>(S6) WEDNESDAY BRUNCH RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22nd St</p>	<p>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.</p> <p>Joe McCormick, 448-1032, mccormickjm@comcast.net</p>	<p>25 to 75</p> <hr/> 
<p>(S7) THURSDAY COMMUTER RIDE 6:00 AM Starbucks in Gold River 4:45 PM Cal/EPA Building 5:00 PM</p>	<p>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.</p> <p>David Azevedo, 798-1390, dazevedo@waterboards.ca.gov Sherri Lehman, 397-5909, Sherri11664@sbcglobal.net</p>	<p>10-30-50+</p> <hr/> 

Series Rides

event	description	grading
<p>(S8) THURSDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Sunrise Bridge & Bike Trail Park at 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. 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 </p>
<p>(S9) 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. Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmafen@comcast.net</p>	<p>35 to 60 </p>
<p>(S10) THURSDAY NIGHT RIDE 5:45 PM Freeport Cavanaugh Golf Course parking lot</p>	<p>It's that time of year to ride a great annual summer ride. Join the gang and cycle where it is always a tad cooler than in Sacramento. 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</p>	<p>23 </p>
<p>(S11) FURLOUGH FRIDAY RIDE 9:00 AM Carmichael 5 Points Shopping Center Arden & Fair Oaks</p>	<p>This ride will go up or down the bike trail on Fridays in search of coffee or breakfast. Furlough Fridays are April 2, 9, 16, May 7, 14, 21, June 4, 11, 18. David Bailey, 925-8123, davidbsbailey@yahoo.com Dennis King, 284-4555, velo_king@sbcglobal.net</p>	<p>30 to 40+ </p>
<p>(S12) SAC HAY SERIES 9:45 AM Sacramento 25th and K Streets In the alley behind the Laundromat (North Side)</p>	<p>A "snappy" pace-line ride leaving downtown via surface streets to the Garden Highway, heading 'northish' to Power Line Rd along the south side of the Sac Intl Airport and back up to the levee. There are several 'friendly' sprint points and a regroup at Garden Highway and Elverta Rd. Extensions available. No ride May 15 or June 5. Alex Young, 798-7583, trolymax@gmail.com Dwight Oda, 441-3584 Kenny Kwong, 456-4821</p>	<p>40-55-75 </p>

Sacramento Wheelmen Club Clothing Update

The new Hincapie brand Club clothing is now available at Patriot Bicycles.









Short.....\$57

Bib Shorts.....\$63






Bib Knickers.....\$86

Other Wheelmen clothing items are also available at Patriot.

April Rides

•event	•description	•grading	
2 FRI	Northeast Hills 9:30 AM Sacramento McClelland Field Air Museum Pk Lot 32nd St & Freedom Park	Outbound through Roseville, Newcastle and Auburn, then looping back through Lincoln and south to McClelland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	75-56 
3 SAT	Ride to Pardee and beyond 6:00 A.M. Starbucks Sunrise Blvd and White Rock Rd	We will ride to lone for the start of 100K and go up some hills from there. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	120 
3 SAT	South/West Rides 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, left on Reynosa-Park is on the right. Ride will explore lone, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Rain Cancels. Ralph & Kris LeMeur, 354-0416, ralfkris@sbcglobal.net	40-60 
3 SAT	Get In Shape Ride 9:00AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
4 SUN	Loomis Foothill Frolics Auburn/Lincoln 9:00 AM Loomis Loomis Community Park Ong & King Rd	We will be riding the roads from Loomis to Auburn to Lincoln and returning to Loomis. Regroup area in Lincoln. Tim Koch, 488-8218, mtkoch@surewest.net	51 
5 MON	Fair Oaks to Bowman 9:00 AM Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Sierra College, English Colony, then to Newcastle where the short ride will return on Auburn Folsom Rd. The long ride will continue to Ophir, Baxter Grade on the way to Bowman and Auburn. 4,325 ft. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	54-72 
9 FRI	Fair Oaks to Lincoln Bowman 03 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Fair Oaks Blvd. Old Auburn to Sierra College; the short ride will take English Colony Way returning on Auburn Folsom Rd. The long ride will continue to Lincoln then Wise Rd. Baxter Grade, and Dry Creek Rd. to Bowman, Auburn and Newcastle. 3870 ft. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	48-76 
10 SAT	South/West Rides 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron: 1/5th Mile east of I-5	Both rides go through Thornton with a stop there. Dave Graska, 698-1506, davidgraska@yahoo.com	38-55 

April 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. Kathy Tom, 712-1036, littrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
11 SUN Northwest Ride 9:30 AM Davis Shopping Center Pk Lot Mace Blvd & Chiles Rd	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	70-46 
11 SUN Looping Around Loomis 9:00 AM Loomis Loomis Community Park King Rd and Ong	Two loops around Loomis. First down to Granite Bay and then up to Auburn with some favorite lightly traveled roads. Elevation gain-2300 ft. A Groupo ride. Deborah Walburg, 451-2470, walburg@surewest.net Stan Leff, 488-2563, swleff@surewest.net	31-40 
12-15 MON-THUR S.F. to Monterey 5:15 A.M. Sacramento Sacramento Train Station	Take the train to the Monterey Zodiac. The train leaves Sacramento at 5:30 A.M. Ride from San Francisco to Monterey. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	100 
12-15 MON-THUR Pacific Grove/Monterey Zodiac 10:00 AM Pacific Grove 1150 Lighthouse Ave.	New Zodiac in 2010. This is a four-day Zodiac, which you can drive to, or you may wish to ride to from S. F., your choice. I am going to DRIVE to. The first day we will do a ride to Fort Ord and Laguna Seca area, day two we have options: Carmel Valley or Pills, day three we'll do what we didn't do the day before, day four we can do a scenic drive loop or go climb to a couple of mountain tops and then head home. If you are familiar with the area and have a favorite route drop me a line and you may get to lead it. We will stay at the Lighthouse lodge and Suites @ 1150 Lighthouse Ave Pacific Grove Ca 93950 (1-800-858-1249). Ask for Jacci Pflieger. The rate is \$89 which gives you a room with two Queens or one king, and includes an American breakfast and the world famous Bar-B-Q that starts at 4:30 every day. They have set 15 rooms aside for us and will hold them open until 30 days prior to our arrival. PS: there is no extra charge for the bar-b-q for the second person in a room. David Clifton, 354-1137, superdave911@sbcglobal.net	10-30-60 Daily 



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April Rides


Continued

•event	•description	•grading
15 THUR Monterey to S.F.	Ride from Monterey to San Francisco and then take the train home. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	100 
17 SAT Cantelow/Mixed Canyon 9:00 AM Dixon, CA Lincoln Avenue at City Park	Join me for a spring ride through the green hills around Dixon. Ride up Cantelow with an option for Mixed Canyon. Then head to Winters for a bite to eat and then back to Dixon. Library Route DIX002. Linda Zeiszler, 457-8815, preslindaz@sbcglobal.net	41-53 
17 SAT South/West Rides 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, 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	38-50-73 
17 SAT Higgins Corner 21 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Auburn Folsom Rd to Auburn. The short ride will take King Rd to Sierra College to Fair Oaks. The longer rides will go to Bowman where the medium ride will take Bell Rd to Joeger to join the long ride. The long ride will take Dog Bar to Magnolia to Higgins Corner returning through Lincoln. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	41-72-94 
17 SAT Get In Shape Ride 9:00AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
17 SAT Bike Around The Buttes 7:30 AM Sutter Sutter Youth Organization Catlett Hall	This ride supports the Diabetes Society in Sutter County. It is a mostly flat course that is just ideal for the early season. The 40 mile loop goes around the Sutter Buttes and the 60 mile loop goes through southern Sutter County and along the Sacramento River. The jaunt along the Sacramento River takes you up and down the levee 5 times with great views. This ride certainly shows much of the beauty we enjoy here in Sutter County. Details at www.bikearoundthebuttes.com. Sign-up at Active.com or download the form and send it in. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	40-60-100 

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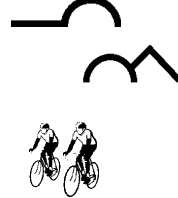





Daniel S. Glass
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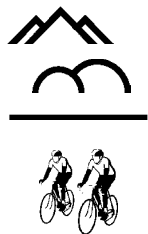




April Rides

Continued















•event	•description	•grading
17 SAT	Tierra Bella Bicycle Tour 7:00 AM to 9:00 AM Gilroy Gavilan College	64-100-121 
18 SUN	Loomis Foothill Frolics 9:00 AM Loomis Loomis Train Station Horseshoe Bar Rd & Taylor Rd Loomis exit onto Horseshoe Bar Rd. and go north into Loomis. Cross Taylor and into the Train Station parking lot.	40-50 
18 SUN	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east of Fair Oaks Blvd	23-107 
18 SUN	Woodland and Beyond 9:30 AM Sacramento Miller Park Marina Pk Lot Front St south of Broadway	89-67-41 
19 MON	Fair Oaks to Lincoln and Auburn 05 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	51-77 
23 FRI	Fair Oaks to Auburn and Lincoln 07 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	51-77 
24 SAT	South/West Rides 9:00 AM Elk Grove Kinetic Bike Shop Elk Grove Blvd. & West Taron 1/5th mile east of I-5	40-65 

April Rides






Continued

•event	•description	•grading	
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. Kathy Tom, 712-1036, littrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
24 SAT	To The Flower 10:00 AM Sacramento Walgreen's Pk Lot Florin Rd & Riverside Rd	We will take an easy ride on Saturday to the Chico Wildflower Event, which is described below (April 25). Bob Yates, 838-4757, robertyates3040@sbcglobal.net	100+ 
25 SUN	Do the Flower 6:00-8:00 AM Chico Silver Dollar Fairgrounds 2337 Fair S.	The Chico Wildflower has grown steadily over the years to 4,000 participants. 3,150 ride the hills (Mildflower 65 and Wildflower 100), 750 ride the Flatflowers and 100 young cyclists ride the Childflower 15 on the bike path to Durham. Long Elev: 4300, Med Elev: 2000, Short Elev: Flat. We combine tough climbs in the lush and fertile springtime with plenty of fresh fruits, fresh baked goodies and a lunch spread that makes other century organizers scratch their heads. The rides include a dinner at the finish. This is a paid event. Do the Wildflower and return to Sacramento on Monday. Everyone is on their own for lodging and food. Register ASAP at www.chicovelo.org. Bob Yates, 838-4757, robertyates3040@sbcglobal.net	15-30-65-100 
25 SUN	Tam Slam Spring Edition 8:00AM San Francisco Legion of Honor Museum Parking lot in Lincoln Park (Carpooling option from West Sac Park N Ride at 6:00AM)	Join us for this scenic tour through the northern part of San Francisco and across the Golden Gate Bridge to Marin County. You'll ride through Sausalito, Mill Valley, around the Tiburon Peninsula, through Larkspur and west to Fairfax. From there we'll head up Mt. Tam - the views on the way up are so pretty you won't even notice the climb! After a rest at the top we'll descend down to Mill Valley and back to San Francisco. Afternoon weather is usually warm at this time of year, but bring layers since it will be cool in the morning and that famous fog could show up at any time. Stores and water are available on the route and we'll stop for lunch in Fairfax. Elev - app. 6,000 ft. Cathy Cavey, 415-647-7075, clcavey@hotmail.com Sandy Yarrow, 802-0898, skybike@surewest.net	74 
26 MON	Return From The Flower 10:00 Chico Silver Dollar Fairgrounds 2337 Fair S.	We will return from Chico following the Sacramento River. Bob Yates, 838-4757, robertyates3040@sbcglobal.net	100+ 
28 WED	Fair Oaks to Placerville 09 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride goes through Folsom, Cameron Park, Shingle Springs to Placerville Ken Bell, 962-3841, kenbell4957@sbcglobal.net	58-77 
30 FRI	Southeast Century 8:30 AM Elk Grove Safeway Pk Lot Laguna & Franklin Blvd	An easy riding century which goes around Comanche Lake, through Buena Vista, Lone, Galt and Thornton before returning to Elk Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com	104-50 

May Rides

•event	•description	•grading	
1 SAT	Get In Shape Ride 9:00AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55  
1 SAT	South/West Rides 9:00 AM Freeport Cavanaugh Golf Course Freeport Blvd.	Long ride goes to Isleton. David Storm, 665-2169, dlstorm@frontiernet.net	40-60  
1 SAT	Fair Oaks to Old Foresthill 11 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will follow Sunset Ave, Main Ave, and Oak Ave to Auburn Folsom. We will go through Auburn to HWY 49, Old Foresthill Rd. and Foresthill Rd. The route goes out Mt. Vernon, Baxter Grade, and Ridge Rd to Newcastle then Taylor Rd. and Sierra College to Fair Oaks. 4850 ft. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	50-75  
1 SAT	Tour de Cure 7:00AM Roseville 8000 Foothills Blvd, (HP Campus)	This is a well supported charity ride to support Diabetes Research. Century and Metric rides cover many of the same beautiful roads as (and make a great training ride for) the Sierra Century. Rest Stops, breakfast and lunch included. Shorter 30mi. ride is essentially flat. Beautiful scenery, lightly traveled roads and an opportunity to support a good cause. Francisco Prieto, 205-1143, prietof@sutterhealth.org David Grattendick, 396-7972, gratted@sutterhealth.org	30-70-95  
1 SAT	Wine Country Century 7:30 AM Santa Rosa Wells Fargo Center 50 Mark West Springs Road	Sonoma County is famous for its scenic back road cycling, and this century shows you why. In addition to visiting many of the region's premier vineyards, the route winds through redwoods, apple orchards, and shady broadleaf forest. It meanders across meadows sprinkled with wildflowers and climbs over hillsides dotted with eucalyptus, bay, and oak. Elevation: 4500/3300/1800 As of 2/10, this event is sold out, and registration is closed. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	65-100-130  
2 SUN	Loomis Foothill Frolics Cross Over The Bridges 9:00 AM Loomis Loomis Train Station Taylor Rd & Horseshoe Bar Rd	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, davijohns1ckr@comcast.net	38-60  
2 SUN	Davis Northwest 9:00 AM Davis Carl's Jr. Pk Lot Covell & Rd 102	A flat and sometimes rolling loop through the farmlands near Dixon, Winters, Esparto, Knights Landing and Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	60-80  

May Rides *Continued*

•event	•description	•grading	
3 MON	Colfax 17 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Sierra College, Fowler, Baxter Grade, Joeger, and Bell where the short ride will return through Auburn. The long ride continues on Placer Hills and Tokayana to Colfax. We will return through Applegate and Auburn. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	65-95 
7 FRI	Fair Oaks to Ophir 15 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Auburn Folsom Rd to Newcastle, Baxter Grade, Dry Creek, and Christian Valley, returning through Auburn. Newcastle and Rocklin. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	50-79 
8 SAT	President's Welcome Ride 9:00 AM Gold River Gold River Shopping Center SE corner of Sunrise & Gold Country	Come join the President, some of the board, staff and seasoned members of the Wheelmen for a get acquainted ride. We will ride the Folsom and El Dorado hills area with a stop for coffee and conversation. Linda Zeiszler, 548-1036, preslindaz@sbcglobal.net	30-40-50 
8 SAT	South/West Rides 9:00 AM Freeport Cavanaugh Golf Course Freeport Blvd.	Ride goes through Walnut Grove, Thornton & Galt. David Storm, 665-2169, dlstorm@frontiernet.net.	35-59 
9 SUN	Camp Far West Loop 9:00 AM Sacramento Air Museum Pk Lot Freedom Park & 32nd St McClelland Park	A tour north to Camp Far West and return through Wheatland and Lincoln. Dick Nussbaum, 424-0933, rcnflyer@aol.com	26-45-74 


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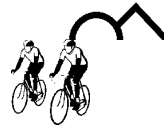

May Rides

Continued

•event	•description	•grading
9 SUN A Perfect Blend 9:00 AM Roseville Southwest corner of Sierra College Blvd. and E. Roseville Pwy.	Ride the rollers of Loomis, Lincoln Newcastle, climb Ridge and come back to start to share a cup of coffee with fellow riders. A Groupo ride. Eric Saur, 359-1711, esaurbiz@yahoo.com Marilyn Floyd, 782 7581, mfloyd@surewest.net	40-60 
10 MON S.F. to Guerneville 5:15 A.M. Sacramento Sacramento Train Station	Take the train, and then ride to the Guerneville Zodiac. The train leaves Sacramento at 5:30 A.M. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	100 
10-13 MON-THUR Guerneville Zodiac Guerneville Fern Grove Cottages 16650 HWY 116	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 detail 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. Ron Brown, 486-3665, rl-brown@pacbell.net Rich Zeiszler, 457-8815, zeiszler@sbcglobal.net	145-265 
13 THUR Guerneville to S.F.	Ride from Guerneville to San Francisco and then take the train home. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	100 
15 SAT Pre Sierra Century 8:00 AM Rocklin Whitney Community Park Wildcat Blvd & Whitney Ranch Pkwy	Ride your choice of three routes through the rolling hills of Placer County. You will have a choice of 40 miles (1000 ft), 58 miles (3200 ft), or 100 miles (6800 ft) to test your spring-time legs and get a feel for the up-coming Sierra Century. Water and food will be available at various establishments along the way. We will ride through Camp Far West, Meadow Vista, Colfax, Applegate, and Newcastle as we head back to Rocklin. Curt & Ginny Taylor, 771-8642, cyclecurt@comcast.net	40-58-100 
16 SUN AMGEN Tour Watch Time TBD Location TBD	Let's ride to a good spot to watch Stage 1. Details are yet to be worked out. Look for an email a week or so before the date. Robert Samms, 996-2413, Robert_samms@yahoo.com	
17 MON AMGEN Tour Watch Time TBD Winters Parking Lot Railroad & E. Main St	Tentatively, we'll meet to carpool from West Sac Park N Ride (near Eppies) approx 3-3.5 hrs before the Amgen riders start, drive to Winters and park across from the Putah Creek Cafe. Then ride west on the course to a good viewing spot. More information and possible changes when the actual routes are established. Don't forget your camera! Sandy Yarrow, 802-0898, skybike@surewest.net	Variable 





May Rides

Continued

•event	•description	•grading
17 MON	Fair Oaks to Ophir 16 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	50-79 
21 FRI	Higgins Corner 21 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	41-72-94 
22 SAT	Flower Farm Ride 9:00 AM Citrus Heights C-Bar-C Park (8275 Oak Avenue) At signal 1/2 mile east of Fair Oaks Blvd	30 
22 SAT	South/West Rides 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron, 1/5th Mile east of I-5	38-55 
22 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 
23 SUN	Fab Fifties 9:00 AM El Dorado Hills El Dorado Hills Park & Ride White Rock & Latrobe Rds.	50 
23 SUN	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east of Fair Oaks Blvd	23-107 
23 SUN	Monticello Solano Century 6:30 AM Vacaville Vacaville High School 100 W. Monte Vista Ave	25-62-100 

May Rides

Continued

•event	•description	•grading
24-25 MON-TUE Downieville and Back 7:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	Ride to Downieville through Auburn, Penn Valley and North San Juan. Return to Fair Oaks second day. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	200+ 
26 WED Fair Oaks to Foresthill 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride takes Auburn Folsom Rd to Auburn. Then we will take Hwy 49 to Old Foresthill where the short ride will return to Auburn. The longer ride will go to Foresthill. Both rides return through Auburn and Sierra College. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	65-91 
28-31 FRI-MON Great Western Bicycle Rally 8:00 AM Paso Robles	The Rally is held at the San Luis Obispo County Fairgrounds (Paso Robles Event Center) located in Paso Robles, California. We will be RV camping, but you can also tent camp at the Fairgrounds or stay in hotels. Go to the website below for hotels details. Paso Robles countryside is one of the premier areas in California to ride bicycles because of the variety of roads and scenery available for Rally riders to enjoy. Every year can be a different experience for riders because there are such a variety of routes (27 in all). Competitions and social activities are numerous at the Rally making it easy to meet other people. If wine tasting is your thing, you will be coming to the right place. There are over 130 tasting rooms in the area and of course, many of the local restaurants feature those wines. Register online at www.greatwesternbicyclerally.com . Dennis King, 284-4555, velo_king@sbcglobal.net	3 to 100 
29 SAT South/West Rides 9:00 AM Elk Grove Kinetic Bike Shop Elk Grove Blvd. & West Taron 1/5th mile east of I-5	Ride will go out into the Delta through Thornton to Peltier. Short ride turns and loops back to Thornton and a stop before returning. Long ride goes down Thornton Rd. to Hwy 12 and lunch at Taco Bell. Then continues south to Devries Rd. and then heads back along some different roads into Thornton and takes Franklin Rd. back into Elk Grove and Kinetic Bike shop. Dave Graska, 698-1506, davidgraska@yahoo.com	40-65 



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May Rides

Continued

•event	•description	•grading
<p>29 SAT</p> <p>Get In Shape Ride 9:00AM Sacramento Discovery Park Bike Trail @ Mile 0</p>	<p>Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc.</p> <p>Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com</p>	<p>20-30-55</p> 
<p>29 SAT</p> <p>Fair Oaks to Nevada City 8:00 A.M. Fair Oaks Fair Oaks School 10700 Fair Oaks Blvd</p>	<p>The ride will take Sierra College to Lincoln then we will take Wise Rd. Baxter Grade, to Bell Rd. The short ride will take Bell Rd to Auburn and return to Fair Oaks. The longer rides will take Lone Star and Hwy 49 to Higgins Corner where the medium ride takes Magnolia Rd to Dog Bar Rd and return through Auburn to Fair Oaks. The long ride goes through Rough and Ready to Nevada City, returning through Auburn.</p> <p>Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	<p>70-92-130</p> 
<p>29 SAT</p> <p>Birthday Ride 9:00 AM Sacramento Beyond Napa 2580 Fair Oaks (at Fulton)</p>	<p>Join us as we celebrate Rod Farley's birthday. You should be able to guess his age. Not sure where we are going, but the good part is that there will be refreshments at the end!!!</p> <p>Rod Farley, 601-5402, beyondnapa@comcast.net</p>	<p>56</p> 
<p>30 SUN</p> <p>Loomis Foothill Frolics Three Canyons Ride 9:00 AM Loomis Flower Farm Auburn Folsom @ Horseshoe Bar</p>	<p>The ride plays up, down, and around Auburn Folsom Rd, going as far south as Folsom, north-east through downtown Loomis, and as far east as Auburn and beyond. The long ride drops down into the Auburn State Recreation area, while the medium and short rides return by more moderate routes.</p> <p>Peter Bustabade, 652-5097, p.bustabade@sbcglobal.net</p>	<p>36-39-52</p> 
<p>30 SUN</p> <p>Fair Oaks to Dutch Flat 8:00 A.M. Fair Oaks Fair Oaks School 10700 Fair Oaks Blvd</p>	<p>We will go through Lincoln to Baxter Grade, Auburn, Colfax, Rollins Lake, and Gold Run. The shorter rides will return from Auburn or Colfax.</p> <p>Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	<p>75-90-125</p> 
<p>31 MON</p> <p>Fair Oaks to Ox Bow 8:00 A.M. Fair Oaks Fair Oaks School 10700 Fair Oaks Blvd</p>	<p>The ride takes Auburn Folsom Rd to Auburn. Then we will take Hwy 49 to Old Foresthill where the short ride will return to Auburn. The longer rides will go to Foresthill where the medium ride returns and the long ride will go on to Ox Bow. All rides return through Auburn and Sierra College.</p> <p>Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	<p>65-91-116</p> 

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June Rides

•event	•description	•grading
4 FRI	Fair Oaks to Foresthill 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-91 
5 SAT	Sierra Century 6:00 AM Rocklin Whitney High School 701 Wildcat Blvd.	40-58-100 
6 SUN	Loomis Foothill Frolics Christian Valley Looper 9:00 AM Loomis Loomis Community Park Ong & King Rd	37-50 
7 MON	Let's Do 101 8:30 AM Sacramento Walgreen's Pk Lot Florin & Riverside	101-77-40 
9 WED	Colfax 17 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-95 
11 FRI	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east of Fair Oaks Blvd	23-107 
11 FRI	Loop Around Jackson 8:30 AM Rancho Murietta Coffee Shop Pk Lot Murietta Dr.	106-64 

June Rides

Continued

•event	•description	•grading
12 SAT South/West Rides 9:00 AM Rancho Murieta Riverview Park	Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, 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	34-54-77 
12 SAT Get In Shape Ride 9:00AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
12 SAT Fair Oaks to Bowman 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Sierra College, English Colony, then to Newcastle where the short ride will return on Auburn Folsom Rd. The long ride will continue to Ophir, Baxter Grade on the way to Bowman and Auburn. 4325 ft. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	54-72 
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. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
13 SUN Loomis Foothill Frolics 8:00 AM Loomis Loomis Community Park	We will head to Newcastle, then Baxter Grade towards Auburn. For those who continue to Colfax you will head up Placer Hills Road. For those who want to do the short ride you will turn on Bowman Rd. and head back to Loomis. Jeannie Ennis, 205-2225, jeannieennis@att.net	30-62 
14-18 MON-FRI Yosemite and Tahoe 8:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will go through Jamestown, Lee Vining, Minden, and Tahoe. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	500 

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June Rides

Continued

•event	•description	•grading	
19 SAT	South/West Rides 9:00 AM Cavanaugh Golf Course Freeport Blvd at the Bridge	We will ride out in the Delta. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-60 
19 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. Kathy Tom, 712-1036, littrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
19 SAT	Mile High Hundred 7:30 AM Chester Chester Park	This ride ties in nicely with the Shasta Zodiac which starts on June 21. We will be doing this ride then head up to Mt Shasta City for the Zodiac. This ride goes around Lake Almanor up to Warner Valley for a view of Mt Lassen, and then descends into the Indian Valley for lunch. You will have to register for this ride. Find the ride brochure at local bike shops. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	40-55-110 
20 SUN	Fab Fifties Ride Around the Block 9:00 AM Shingle Springs Shingle Springs Park N Ride Hwy 50 & Ponderosa Rd exit	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 
21 MON	Solano Century 8:30 AM West Sacramento Starbuck's Pk Lot Jefferson Blvd & Lake Washington Rd	A long loop through Suisun City then the Montezuma Hills to Rio Vista and back north to West Sac. Dick Nussbaum, 424-0933, rcnflyer@aol.com	63-108 
21-25 MON-FRI	Mt Shasta Zodiac Mt Shasta City 1121 S. Mount Shasta Blvd New Zodiac for 2010.	This great area is a recreational paradise. Lightly traveled roads, great scenery and neat little towns. We will stay at the Woodman Lodge in Mt. Shasta City, 530-926-3411. Mention the Sacramento Wheelmen to get the \$99 rate for single or \$119 rate for double (10 rooms reserved). Camping is available at the KOA about 1 mile from the motel. Other motels also in the area. All rides start at the motel with the exception of Wednesday, which starts at Yreka. Contact the ride leader to confirm if you are going. Dale Johnson, 284-5208, davijohns1ckr@comcast.net	21-25 
23 WED	Fair Oaks to Lincoln and Auburn 08 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will take Sierra College to Lincoln. The short ride will take English Colony to Newcastle and Indian Hill to Auburn Folsom and Fair Oaks. The long ride will take Wise Rd. to Mt. Vernon, down Baxter Grade to Gold Hill Rd, climbing Chili Hill and Bald Hill Rd. to Auburn returning on Auburn Folsom Rd. 4315 ft. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	52-80 
26 SAT	South/West Rides 9:00 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. David Storm, 665-2169, dlstorm@frontiernet.net	40-60 

June Rides*Continued*





•event	•description	•grading	
26 SAT	Get In Shape Ride 9:00AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
26 SAT	Fair Oaks to Placerville 10 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride goes through Folsom, Cameron Park, Shingle Springs to Placerville. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	58-77 
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. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
27 SUN	Loomis Foothill Frolics 9:00 AM Loomis Loomis Community Park Ong & King Rd	We'll go through Newcastle & Auburn to Meadow Vista. Long ride goes over Sugar Pine Mountain with short steep climbs and a steep descent before going through Christian Valley and back to Loomis via Mt Vernon, Joeger, Wise and Sierra College--approx 4000ft of climbing. Short ride turns before Meadow Vista and avoids the steep climbs and descent over Sugar Pine mountain but follows the same return route from Joeger to Loomis. Larry Matz, 530-878-3938, lmatz1@yahoo.com	40-50 
27 SUN	Folsom Northeast 9:00 AM Folsom Light Rail Station	Out through Salmon Falls, up the hill to near Georgetown, then back through Placerville, El Dorado and Cameron Park on the way back to Folsom. Dick Nussbaum, 424-0933, rcnflyer@aol.com	41-87 
28 MON	Fair Oaks to Old Foresthill 12 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will follow Sunset Ave, Main Ave, and Oak Ave, to Auburn Folsom. We will go through Auburn to HWY 49, Old Foresthill Rd. and Foresthill Rd. The route goes out Mt. Vernon, Baxter Grade, and Ridge Rd to Newcastle then Taylor Rd. and Sierra College to Fair Oaks. 4850 ft. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	51-79 

*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


2010
Tour/Zodiac Schedule
Submit tour plans/corrections to
 Sandy Yarrow, 791-3426, skybike@surewest.net

<p>Apr 12-15 MON-THUR</p>	<p>Pacific Grove/ Monterey Zodiac 10:00 AM Pacific Grove 1150 Lighthouse Ave.</p>	<p>10-30-60 </p>
<p>May 10-13 MON-THUR</p>	<p>Guerneville Zodiac Guerneville Fern Grove Cottages 16650 HWY 116</p>	<p>145-265 </p>
<p>May 28-31 FRI-MON</p>	<p>Great Western Bicycle Rally 8:00 AM Paso Robles</p>	<p>175-300 </p>
<p>June 21-25 MON-FRI</p>	<p>Mt Shasta Zodiac Mt Shasta City 1121 S. Mount Shasta Blvd New Zodiac for 2010.</p>	<p>175-300 </p>



2010 Tour/Zodiac Schedule

<p style="text-align: center;">Jul 12-15 MON-THUR</p> <p>Big Sur Zodiac 7:00 AM Sacramento Amtrak Station</p>	<p>This is a relatively easy four-day camping Zodiac. Sag support will be provided. The Sag will be at the San Jose Amtrak station at 8:40 AM on July 12 to load camping gear for the ride. We ride from San Jose over the Santa Cruz mountains to Sunset Beach State Park. We then ride through Monterey to Big Sur Park, then Plaskett Creek campground, and finally Morro Bay State Campground. Friday we ride to San Luis Obispo. The Amtrak train leaves for Sacramento at 3:40 PM. It is suggested that you make reservations for the return trip from San Luis Obispo. Bikes must be boxed and checked as luggage. Another option is to use a one-way rental car for the return.</p> <p style="text-align: right;">Bob Hawkins, 892-1548, bbobhawk@yahoo.com</p>	<p style="text-align: center;">250</p> 
<p style="text-align: center;">Jul 25-31 SUN-SAT</p> <p>RAGBRAI 2010 Ride Across Iowa</p>	<p>I will again organize the participation for the Sacramento Wheelmen in RAGBRAI 2010. The camp towns are Sioux City, Storm Lake, Algona, Clear Lake, Charles City, Waterloo, Manchester, and Dubuque. If you're flying in and out, you will need to arrive Friday the 23rd and leave on August 1st. Please let me know if you have an interest in going. This is not a commitment, just an expression of interest. Usually we go with a charter, and camp across the state. The charter moves our camping gear and provides bus service to the start location from the Omaha airport hotel and bus service from the end location to the Omaha airport. http://ragbrai.com/index.php/2010/01/30/overnight-towns-announced-2010-ragbrai-is-one-of-shortest-flatest-ever/</p> <p style="text-align: right;">David S. Bailey, 925-8123, davidsbailey@yahoo.com</p>	
<p style="text-align: center;">Aug 1-7 SUN-SAT</p> <p>Oregon Club Tour Crater Lake</p>	<p>Ride starts from Gold Hill, about 30 minutes beyond Ashland. Join us for a week of cycling the lush green hills and lightly traveled back roads of Oregon. One of the highlights of the Tour is the 33 mile Rim Drive which circles the lake providing spectacular views of Crater Lake and the surrounding vistas with numerous overlooks and picnic areas to enjoy the magnificent scenery. The beautiful Crater Lake, once called Deep Blue Lake, was created by the eruption and collapse of Mt Mazama, and is the nation's sixth oldest national park. SAG, food, and campsites provided for \$250. Must be Club member. Registrations limited. First chance to register for this tour will be at the club meeting in November 2009.</p> <p style="text-align: right;">Tim Koch, 488-8218, mtkoch@surewest.net</p>	
<p style="text-align: center;">Aug 12-13 THUR-FRI</p> <p>Ride 'n Glide Truckee</p>	<p>This is an opportunity for bike riding in the Lake Tahoe area, AND glider flights. There will be bike rides both Thursday and Friday, and possibly a Mountain Bike ride as well. Also, attendees have the option of taking a flight in a glider.</p> <p>Glider rides can be scheduled from about 9:00am until about 4:30. We have several rides available that are described on the Soar Truckee web site www.soartruckee.com. I'll discount all rides 20% across the board. Thursday and Friday will be held open for club member glider rides before opening those days up to the general public. Saturday and Sunday will be first come first served glider ride days. Camping and hotel options will be available. More details to follow.</p> <p style="text-align: right;">Doug Lent, 203-4038, dlent@sbcglobal.net John Hockenbury, 685-7527, jhockenbury@comcast.net</p>	

2010 Tour/Zodiac Schedule

Aug 22-31 SUN-TUE	Tour of Southern Idaho	<p>We will be touring Southern Idaho. Tentative plans have us spending three nights in or near Boise then moving to Stanley for another three nights, on to Hailey for a couple of nights and finishing up in Twin Falls for one night. Both hotel and camping options will be available. More information to follow.</p> <p style="text-align: center;">Mary McPoil, 359-6450, mcpoil@surewest.net Linda Zeisler, 548-1036, preslindaz@sbcglobal.com</p>	
Aug 23-27 MON-FRI	Markleeville Zodiac	<p>Submit tour plans/corrections to</p> <p style="text-align: center;">Sandy Yarrow, 791-3426, skybike@surewest.net</p>	
Sept 11-18 SAT-SAT	Cycle Oregon 2010 Elgin Oregon	<p>It's the Round-Up Ride, a two-state ramble through the canyons, wheat fields, vineyards and forests of northeastern Oregon and southeastern Washington that includes a two-day stop in Pendleton during the 100th anniversary of the Pendleton Round-Up. Starting and ending in the historic host town of Elgin, the route includes stops in Enterprise, OR; Clarkston, WA; Waitsburg, WA; and Pendleton, OR. \$850. http://www.cycleoregon.com/week-ride/ Long Elevation: 12,000 ft.</p> <p style="text-align: center;">Rod Farley, 601-5402, beyondnapa@comcast.net</p>	
Sept 13-16 MON-THUR	Columbia Zodiac	<p>We'll stay in the Marble Quarry Campground near the quaint Columbia Historic State Park. RV, Tent camping, cabins, or opt for a hotel room. We'll have a group dinner one of the nights. Details and information to follow.</p> <p style="text-align: center;">John Hockenbury, 685-7527, jhockenbury@comcast.net</p>	
Oct 3-8 SUN-FRI	Solvang Zodiac Solvang Wine Valley Inn	<p>The Solvang Zodiac is in lieu of the Paso Robles Zodiac. The reason for extending it to five days is because it is a 6 1/2 hour drive from Sacramento. We will arrive in Solvang on Sunday and return on Friday. Rides are scheduled for Monday, Tuesday, Wednesday, and Thursday. A block of 10 rooms for 5 nights has been reserved for the Sacramento Wheelmen at the Wine Valley Inn at a rate of \$105 (includes 10%tax). Reservations can be made by calling 805-688-2111. There is a 60 day release prior to arrival, so make your reservations early.</p> <p style="text-align: center;">Mary McPoil, 359-6450, mcpoil@surewest.net Glenn Moore, 524-7785, mooreg@surewest.net</p>	
Nov 9-11 TUE-THUR	Jackson Zodiac 10:00 AM Jackson Amador Inn	<p>We will be staying at the "Best Western Amador Inn" in Jackson. All rides will leave from the hotel parking lot, 10:00 AM on Tuesday, and 9:00 AM Wednesday and Thursday. Tuesday we will ride up to Volcano, Wednesday to West Point and Thursday out to Buena Vista. Come up for all three days or just one day. Mileage is 40-50 miles/day.</p> <p style="text-align: center;">Nick Hourigan, 487-0993, helnick@sbcglobal.net</p>	180 

2011 Tour/Zodiac Schedule

<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 style="text-align: right;">Hal Baker, 443-4514, hmbaker1@sbcglobal.net Scott Pierce, 714-9034, sandjpierce@frontier.net</p>	<p style="text-align: center;">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 style="text-align: right;">Dennis King, 284-4555, velo_king@sbcglobal.net Dale Johnson, 284-5208, davijohns1ckr@comcast.net</p>	<p style="text-align: center;">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 to San Jose, and ride from there. This year there will be an additional day, so the Zodiac will start on Monday, and give us more options to ride the great areas around Santa Cruz. Luggage SAG if needed. Call or email ride leader for motel information and train times.</p> <p style="text-align: right;">Sandy Yarrow, 791-3426, skybike@surewest.net</p>	

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Sacramento Wheelmen

PO Box 15739

Sacramento, CA 95852

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

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SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE



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Sacramento, CA 95852

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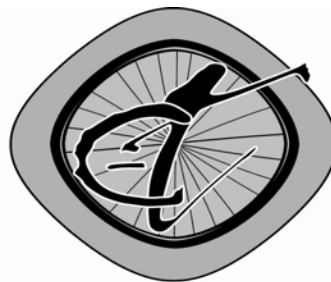
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