

Sacramento Wheelmen's Ride Schedule & Newsletter

SIERRA CENTURY SATURDAY, JUNE 11, 2011



Registration is now open at www.sierracentury.org. Our 36th annual Sierra Century ride returns to Placer County. The Sierra Century offers route options of 40 miles/1000 elevation, 63 miles/2300 elevation, and 100 miles/5800 elevation to interest riders of every caliber. This year we've "slightly" revised the century route to add our signature climb, Bald Hill (one hairy climb). All routes begin and end at the Whitney High School located at 701 Wildcat Blvd. in Rocklin.

Depending upon route selection, riders will pedal through the foothill communities of Lincoln, Newcastle, Meadow Vista, Colfax, Applegate and back to Rocklin. The well marked routes are chosen for light vehicular traffic. Accurate, easy-to-read route sheets help to make the day's ride safe and enjoyable. Our Sacramento Wheelmen volunteers and sponsors provide full rider support with a pre-ride continental breakfast, fully-stocked rest stops and a well deserved post-ride pasta dinner.

This year we are partnering with the National Multiple Sclerosis Society (NMSS). Bike MS is the nation's largest organized cycling event drawing 100,000 participants each year to 100 unique rides benefiting the National Multiple Sclerosis throughout the country. We hope to interest a broader audience of riders who may not have heard about our Sierra Century. Our partnership fundraising drive, Pedal for a Purpose, offers not only a great ride but also an oppor-



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THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET

By Mary Moore

On January 29, 2011, the Sacramento Wheelmen held their Annual Banquet at Sacramento Hilton. This year's gala event was to celebrate our 37th year and also to thank and present awards to members and staff that make our Club so exceptional.



Anglin Award Winner
(Dave Storm)

healthy club.

During the banquet we recognized those members that had achievements in cycling and those who went above and beyond the call in volunteering for our Club.

We have ridden all over the map, near and far. A total of 318 riders rode 468,419 miles with 878 rides to choose from. What does all this mean? As a Club, we continue to have lots of rides, a large variety of rides and more and more riding days per year – resulting in a

The Sacramento Wheelmen recognize the individuals who continue to raise the bar on volunteerism. In memory of two extraordinary members, the Hugh Anglin and Jim Gilman Awards are the most prestigious in the club. Curt & Ginny Taylor Sierra Century directors received the Gilman award for Outstanding Contributions to the club. Dave Storm received the Anglin award for Volunteer of the Year.



Gilman Award Winners
(Ginny and Curt Taylor)

Top Ride Leader was awarded to Tom Goodwin for leading a total of 82,514 rider miles. In addition the Board was thanked and recognized for all their hard work throughout the year.

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Wheelmen Website

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Ride Director's Article

Dan Anglim

It's Spring! This is the peak season for riding in Sacramento. The weather is perfect, everything is in bloom, and there's plenty of time for you to rack up the mileage. Our Esteemed Ride Leaders have really outdone themselves this time. We have nearly 21,000 miles of rides, with three Zodiacs, three Tours, AMGEN Tour Watch, and of course the Sierra Century Pre-ride and the real one. There are also 11 rides from other organizations. While you can't do it all, here's a suggestion: try something different this quarter. Get out of your comfort zone and go on a ride you haven't done before, or join a Ride Leader you haven't ridden with before. **AND DON'T FORGET TO VOLUNTEER FOR THE SIERRA CENTURY. WE NEED YOUR HELP TO MAKE IT A SUCCESS.**

If you don't see a ride you were hoping for, lead one yourself next quarter. To learn how to lead a ride, go to our Ride Leader Guidelines and Suggestions link on the website, www.sacwheelmen.org, Rides, For Ride Leaders. If you need more information, I'm here to help. Third quarter 2011 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. Additionally, please submit 2011/2012 Tour and Zodiac dates so that our members can start planning for the future.

Q2 Esteemed Ride Leaders

Dan Anglim	Michael Goble	George Neill
David Bailey	Tom Goodwin	Dick Nussbaum
Shelly Barrette	David Graska	Francisco Prieto
Joni Bauer	Dave Grattendick	Pam Samms
Peter Becker	Paul Gunkel	Robert Samms
Doug Beisner	John Hafkenschiel	Eric Sauer
Ken Bell	John Hockenbury	Marie Schelling
Barbara Bravos	Nick Hourigan	Dick Shultz
Ron Brown	Dale Johnson	David Storm
Cathy Cavey	Dennis King	Curt Taylor
David Clifton	Tim Koch	Ginny Taylor
Ed Delano	Bob Maben	Deborah Walburg
Bill Floyd	Larry Matz	Sandy Yarrow
Marilyn Floyd	Joe McCormick	Richard Zeiszler
Tom Gardner	Mary Moore	

Amgen Tour Update

Stage 3 in Auburn – Volunteers Needed

By Larry Matz

As you no doubt know---Auburn is hosting the Amgen Tour of California Stage 3 Start this year Tuesday, May 17. What you may not have known is that you can get involved! The downtown start is going to provide an exceptional opportunity to get close to the riders and all their support crews---and watch as some of the world's top professional racers circle through town and race towards Modesto. It's no surprise that successfully hosting an event of this magnitude takes a lot of people. Last year almost 250 enthusiastic volunteers helped make it a safe and successful event for the racers and the thousands of spectators who came to town that day. This outstanding support was one of the reasons Amgen chose to return this year. With the additional responsibilities of a host city we're going to need closer to 300 volunteers this year. Volunteers will be involved in helping to prepare prior to the race and especially on race day. It's a great way to get involved and it's easy. Just send an e-mail with your name and e-mail to: APDVolunteer@auburn.ca.gov. This list will be used to send all the details as we get closer to the event.

President's Report

George Neill

Mark your calendar with the 2011 Wheelmen Club Calendar dates, as seen on page 9. The Calendar includes Club meetings, social events, deadlines, and volunteer opportunities. There is a contact person and information for each event on the Calendar. Volunteer soon so that you're not left out.

I'd like to thank Mary Moore for chairing another great Annual Awards Banquet in January. Its pretty heart warming to experience the enthusiasm our friends have for the sport, the commitment to cycling more often, further, and more safely. The level of commitment many of our Club members have to giving back to the sport by volunteering is overwhelming.

Financially the Club is solvent, and is projected to remain that way... as long as our Treasurer Dale Johnson's newest bicycle is at least 25 years old.

Members may purchase any of our Club merchandise at either of two locations: Patriot Bicycle at 4719 San Juan Avenue at Winding Way in Fair Oaks, or at Carmichael Cycles at 5142 Arden Way at Five Points in Carmichael. John and Sally Cooper have done a marvelous job managing our inventory and they say you have a wide selection of everything, especially men's and women's long sleeve jerseys, which my dermatologist wears throughout the summer commuting to and from work. They say to take a look at the socks, vests, and Hincapie bibs and shorts. This merchandise is provided at near cost as a service to our members. Stop by soon while the selection is still good.

The June 11 challenging Sierra Century supported ride sponsored by us for our

guests from around the country promises to be a great ride once again, with superlative support, and a rich tradition. The leadership of Curt and Ginny Taylor and the tireless efforts of a couple hundred members working together like a finely oiled machine make it all possible and fun. Thanks to Mike Goble for facilitating the expansion of our automated rider registration process this year.

Vice President Mike Kersten has arranged quite a lineup of notable speakers for our General Membership meetings this year. The Amgen Tour of California speakers really packed the SMUD auditorium last month, including racers from several local teams. Thanks to Dick Nussbaum for his Amgen connections. You'll want to plan your life around attending these meetings, as identified on the Club Calendar.

The continuing improvement of our website at <http://www.sacwheelmen.org> includes a new project using new technologies being planned by Dan Anglim and Marilyn Floyd. Suggestions and ideas should be directed to them. They'll need your cooperation and support. Thanks to Linda Zieszler and the previous administration for laying the groundwork.

Sandy Yarrow, Jeanne Leland, and Marilyn Floyd are designing a stunning new brochure to be available at bicycle shops throughout the greater Sacramento area. Suggestions and ideas should be directed to them. Thanks to John Abbe for reporting and championing the research that made the need for this project obvious.

Be safe, lead a ride, and bring a friend with you to enjoy a Wheelmen ride and camaraderie.

Calling for Volunteers for the Bicycle Safety Rodeo.

Florin Elementary's Annual Bicycle Safety Rodeo will be held Wednesday, May 25, 2011.

The Sacramento Wheelmen began attending this Rodeo two years ago and the student participation doubled during that time period. Last year, nearly 100 students joined in the fun. For most of the students, this is the only opportunity they have for their bikes to be inspected and repaired.

The types of jobs you can volunteer for are as follows:

Bicycle inspection, check the condition of the bike

Minor bicycle repair, please bring any tools you may need, the school will supply tires, tubes, patches, brake pads, lubricant, etc.

Bicycle fit, check to make sure the bike fits the rider

Helmet fit, at least 30 helmets will be raffled off and will need to properly fit the rider

Florin Elementary is located at 7300 Kara Drive in South Sacramento. The nearest major intersection is Florin Rd. and Power Inn Rd. The Rodeo will be held from 2:45 – 5:00 PM on the playground next to the cafeteria.

There will be a hot dog barbeque at 5:00 PM and the Wheelmen are invited to attend. No bicycle repair will be accepted after 4:30 PM so that everyone can enjoy a hot dog or two. This is a fun event and if you want to attend or need more information, please contact Mary Moore at 916.284.1905.

Sierra Century continued from page 1

tunity to donate or raise money to fund continuing research and innovative programs and services for the 20,000 Northern Californians living with MS. Information about how to donate or raise funds by supporting a team, a specific rider, or creating a team of your own, is available through our website www.sierracentury.org and active.com

Registration is \$50 until April 30th, \$60 through June 3, 2010, when online registration closes at midnight and \$70 for Day of Event registration. Don't miss out on ordering this year's great-looking Sierra Century jersey designed by our own Sandy Yarrow, might as well add the socks to complete the look.

Are you a Wheelmen member still looking for a volunteer opportunity? If so, please contact Directors Curt and Ginny Taylor, sierracentury@sacwheelmen.org.

Sacramento Wheelmen 2010 Awards



2010 Board
(L to R – Mary Moore, Linda Zeiszler, Dale Johnson, Dan Anglim, Marilyn Floyd, Ginny and Curt Taylor)



2010 Staff
(L to R – Dave Clifton, Susie Brown, John and Sally Cooper, Sandy Yarrow, Dave Storm, Dennis King, Bob Evans)



2010 WheelNews
(L to R - Doug Lent, David Bailey and John Marinko, Jeanne and Bud Leland, Michael Goble)

THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET - Continued from page 1

Mileage – And, we gasp and murmur when the high mileage champions are announced. Their accomplishments inspire us to reach higher, whatever we reach for and challenge ourselves. Top Mileage awards went to Dick Nussbaum with 14,814 miles for Top Male Mileage; Mary Moore for Top Female Mileage with 8,669 miles; and Ralph and Kris LeMeur cranked the tandem to the top of the mileage charts.

This year a special award was presented. The Best Young Rider Award was created to recognize members under the age of 60 who demonstrated significant cycling progress. The winner was Donna Klug, who progressed from under 400 miles in 2008 to over 8000 miles in 2010.

The Sierra Century was once again a success. The organization and leadership of Directors Curt & Ginny Taylor resulted in a great ride with hundreds of cyclists and volunteers. The Directors and volunteers make it better every year. We keep coming back with better service, better food, and a growing number of enthusiastic volunteers. The response from the happy riders is overwhelming. Because of the successful Sierra Century, we are able to give back to our communities.

Further banquet photos and the photos from the annual Photo Contest are on our website www.sacwheelmen.org

THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET



High Mileage
L-R, Donna Klug, Mary Moore, Richard Nussbaum, Bob Yates



1500 miles
L-R, Jeanne Leland, Marilyn Floyd



500 miles
Seated L-R, Mabel Wong, Kerry Wilson, Donna Cunningham, Laura Peterson, Colleen Beahan, John Marinko
Standing L-R, Bob Storelli, Jeff Ross, John Klingensmith, Cathy Cavey



2000 miles
Seated L-R, Bill Floyd, Marie Schelling, Susie Evans, Shelly Barrette, Robert Barker, Tom Gardner
Standing L-R, James Rafferty, Marc Lewis



1000 miles
Seated L-R, Carol Choate, Jane Anglim, Doug Lent, Steve Huestis, Suzanne Jacobs, Sandy Fox, Doug Beisner, Joni Bauer
Standing L-R, Arthur Choate, Mike Fox, David Bailey, Ken Rumenapp, Tim Koch



2500 miles
Seated L-R, Curt Taylor, Gerry Rohlfes, Jerry Adams, Bud Leland, Harold Alves
Standing Stanley Leff

THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET



3000 miles
L-R, Richard Rusconi, Sandra Rusconi, Bob Evans, Thomas Alves, Scott Barrette



4500 miles
L-R, Glenn Moore, Ralph LeMeur, Kris LeMeur, Clayton Boudreau



3500 miles
L-R, Mike Kersten, Bob Backer, Ron Brown, Sally Cooper, John Cooper, Doran Simmons
Standing Harry Jones



5000 miles
L-R, Nick Hourigan, John Hockenbury, Sandy Yarrow, Dick Schultz



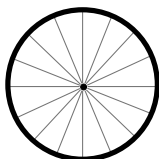
4000 miles
L-R, Michael Goble, Dan Anglim, Linda Zieszler, George Neil, Robert Samms, Richard Percival
Standing, Frank Yates



6000 miles
L-R, David Clifton, Dennis King, Dale Johnson



6500 miles
L-R,
Richard Zeiszler,
Tom Goodwin



THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET



Top Tandems
(L to R – Ralph and Chris LeMeur -1st, John and Sally Cooper –2nd, Sandy and Mike Fox –4th, Dan and Jane Anglim –3rd, not pictured Bob Storelli and Mabel Wong-5th)



Top Ride Leader
(Tom Goodwin, Dan Anglim presenting)



Top Mileage Woman
(Mary Moore, Dan Anglim presenting)



Top Mileage Male
(Dick Nussbaum, Dan Anglim presenting)



Best Young Rider
(Donna Klug, Dan Anglim presenting)



Top Ride Leaders
(L to R– Tim Koch-6th, Dick Schultz-2nd, Tom Goodwin-1st Place Top Ride Leader, Mary Moore-10th, Dick Nussbaum-8th, Sandy Yarrow-4th, Nick Hourigan-5th, Dennis King-3rd, Gerry Rohlfs-9th, not pictured Ken Bell-7th)

2010 Mileage for Riders with 500+

Last Name	First Name	Total Miles	Rohlfes	Gerald	2,974	Grahlmann	Lothar	1,200
			Taylor	Curt	2,836	Kemp	Maureen	1,166
Nussbaum	Richard	14,814	Babich	Jennie	2,798	Baber	Richard	1,156
Bell	Kenneth	13,708	Kwong	Kenny	2,785	Tracy	Ford	1,121
Dodson	Michael	11,540	Leland	William	2,715	Bailey	David	1,082
Yates	Robert	10,593	Young	Alex	2,691	Engblom	Dennis	1,069
Moore	Mary	8,669	Leff	Stanley	2,685	Prieto	Francisco	1,065
Klug	Donna	8,029	Alves	Harold	2,581	Lee	Young	1,046
Zeiszler	Richard	6,856	Becker	Peter	2,565	Rumenapp	Ken	1,024
Goodwin	Tom	6,821	Adams	Jerry	2,543	Koch	Tim	1,007
Johnson	Dale	6,342	Walburg	Deborah	2,535	Waller	Ralph	1,001
King	Dennis	6,155	Maben	Robert	2,522	Mason	Tim	975
Clifton	David	6,145	Floyd	Bill	2,487	Keane	David	966
Lehman	Sherri	6,091	Rafferty	James	2,440	Lehman	Karen	923
Gunkel	Paul	5,516	Pletcher	Lesli	2,415	Cunningham	Donna	910
Hockenbury	John	5,460	McCormick	Joe	2,402	Woodward	Bob	901
Yarrow	Sandra	5,452	Gardner	Tom	2,298	Wilson	Kerry	900
Farley	Rod	5,409	Abbe	John	2,296	Snyder	Tom	854
Hourigan	Nick	5,219	Barker	Robert	2,268	Tsuchida	Helen	846
Shultz	Dick	5,145	Evans	Susie	2,234	Slingerland	Bernard	842
Sakamoto	Casey	5,090	Schelling	Marie	2,220	Beddow	Chuck	837
Bustabade	Peter	5,016	Kremer	Joe	2,202	Shanley	Paul	832
Moore	Glenn	4,808	Johnson	Shelly	2,191	Burgess	Brent	803
Boudreau	Clayton	4,589	Lewis	Marc	2,128	Martinez	Gilbert	801
LeMeur	Kristin	4,562	Masuda	Gene	2,121	Holloway	Dee Anne	795
LeMeur	Ralph	4,562	Underwood	David	2,117	Johnson	Curtiss	773
Anderson	Steve	4,497	Baker	Hal	2,077	Tom	Kathy	773
Yates	Frank	4,404	Merlo	Larry	1,965	Brown	Jenny	753
Saur	Eric	4,396	Ennis	Jeannie	1,946	Souvignier	Doug	742
Zeiszler	Linda	4,392	Pierce	Scott	1,928	Storelli	Bob	742
Goble	Michael	4,385	Sundahl	Carrie	1,927	Bly	Hilde	730
Percival	Rich	4,365	Vredenburg	Gordon	1,925	Keller	Ed	705
Samms	Robert	4,341	Drews	Chris	1,920	Wong	Mabel	702
Storm	David	4,337	Baker	Stuart	1,791	Cimini	Steven	692
Neill	George	4,323	Floyd	Marilyn	1,789	Cook	Keith	691
Anglim	Dan	4,222	Grattendick	David	1,774	Milstein	Leyne	676
Brown	Ronald	3,981	Myas	Brandt	1,722	Sippel	Richard	644
O'Daniels	Jerry	3,893	Hamblin	Ron	1,630	Klingensmith	John	628
Bravos	Barbara	3,800	Thompson	Robert	1,599	Shultz	Bob	622
Jones	Harry	3,795	Michel	Glen	1,590	Ross	Jeff	611
Delano	Ed	3,669	Scheffelin	Tom	1,562	McDonald	Vince	609
Hourigan	Helen	3,614	Walburg	Gerald	1,550	Cole	Dale	603
Kersten	Mike	3,592	Leland	Jeanne	1,536	Askin	Ralph	592
Backer	Bob	3,591	Buchanan	Ross	1,513	Waller	Nancy	578
Cooper	John	3,579	Jones	Woody	1,487	Cavey	Catherine	577
Cooper	Sally	3,579	Nixon	Bruce	1,477	Beahan	Colleen	556
Simmons	Doran	3,528	Lent	Douglas	1,365	Wainwright	Doug	538
Rusconi	Richard	3,433	Bauer	Joni	1,341	Wainwright	Laurie	538
Koch	George	3,364	Beisner	Doug	1,325	Marinko	John	529
Oda	Dwight	3,321	Trinh	Man	1,322	Bee	Janet	524
Barrette	Scott	3,268	Jacobs	Suzanne	1,313	Baldo	Jeff	517
Turner	Fred	3,148	Huestis	Steve	1,270	Oliver	Arthur	515
Northeimer	Carl	3,138	Choate	Carol	1,232	Petersen	Laura	510
Evans	Bob	3,131	Choate	Arthur	1,232			
Alves	Thomas	3,041	Fox	Sandy	1,231			
Martinez	Mack	3,039	Fox	Mike	1,231			
Rusconi	Sandra	3,037	Anglim	Jane	1,225			
			Imberi	Waynet	1,202			

2011 Wheelmen Club Schedule

Club Meetings, Social Events, Deadlines, & Volunteer Opportunities

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

THE EYE OF AN EAGLE

Doran "Eagle Eye" Simmons keeps an eye out for lost coins along the road as he rides his bike. This past year he collected a total of \$300.00, which he matched for a grand total of \$600.00. The money was donated to the Deacons' Fund Project at his Church (to benefit disadvantaged kids). He thanks the following for their help in last year's "pick-up" project (\$26.43): Steve Anderson, Richard Bader, Barbara Bravos, Mike Dobson, Tom Goodwin, John Hockenbury, Kris LeMeur, Mary Moore, Eric Sauer, Dick & Nancy Schultz, Bonnie Simmons, John Volk, and Linda Ziesler. A GREAT BIG THANKS to Hal Baker for helping with the matching fund.



New Members

November 2, 2010
through February 15, 2011

- Lelani Alves
- Victor Chu
- Paul Cloninger
- Linda Collins
- Robert Collins
- James Cook
- Jim Dabney
- Craig Deidrick
- Rod Elseth
- Ken Giberson
- Teresa Golden
- Greg Grant
- Jeff Graybill
- Sherilyn Hammond
- Kerri Knox
- Ruben Leal
- Don Pedersen
- Bonnie Rimola
- Paul Rimola
- Derek Stevenson
- Gary White
- Irene White
- Walt Womack

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: _____



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.



Student Essays on Bike Lanes

When Wheelman/Teacher Shelly Barrette was presented with the task of getting her 7th grade students at Elizabeth Pinkerton Middle School in Elk Grove to write convincing persuasive essays, she presented them with one simple question: How many of you have ever been riding your bike and felt unsafe because there was not a bike lane for you to ride in? When over 75% of their hands went up, she knew she was on to something. Shelly then asked her students to write their essays with the intent of convincing leaders in our community to add additional bike lanes to our streets. The top two essays are presented below! Enjoy!

Persuasive Essay: Bike Lanes

By Tyia Colfescu

Do you think that bike lanes are needed for bicyclists to safely ride on major streets? Statistics show that 83% of fatal bike accidents involve cars. I believe that all major streets should have bike lanes. One important reason to have bike lanes is so that more people will want to ride their bikes. First of all, bikes are green. Bikes don't waste or even use gas. Bikes also don't cause air pollution. Second of all, bike riding makes you healthier. Bike riding is good for your physical and your mental health. It's also a good source of exercise. Lastly, bike riding can become a fun and safe experience. Bike riding is an experience done all around the world. It can be done by any age or size. Clearly, bike riding can become

a safe and fun way to help the earth and everything and everyone in it.

Another important reason to have bike lanes is so that more people will want to ride their bikes for transportation. First of all, many people have to use their bikes for transportation. Bikes can be used to ride down the street, get good exercise, and can even be used as a job. 4.9 million people use their bikes for their jobs. Second of all, you'll be able to do things that people in cars aren't able to do. When you're on your bike, you don't have to stop in traffic. You will also be able to get exercise while still getting where you need to go. Lastly, using a bike is cheaper than using a car for transportation. Bikes are cheaper to buy than cars. You also won't have to pay for gas. Clearly, riding your bike is a great

source of transportation.

Some people may argue that driving in a car is safer than riding a bike. If you get in an accident in a car, the car has installed protection. One type of protection, for a car is the airbags. I understand that bicycling sometimes doesn't seem like the best source of transportation, however riding a bike helps to improve



Tanner Wysocki and Tyia Colfescu

a person's wellbeing. Bicycling is a great source of exercise. It can also help to improve your mental health. In conclusion, some people may disagree but I believe that all major streets should have bike lanes.

As you can clearly see, all major streets should have bike lanes. Bikes help to benefit the earth and everything in it. I strongly think that everyone who believes that all major streets should have bike lanes should send a letter to SABA stating what they think is right. Do you want to stop all of the deathly tragedies? Well, start now by supporting that all major streets should have bike lanes, so that we can save the lives of all bicyclists around the world.

Bike Lanes

by Tanner Wysocki

Don't you think that major roads need bike lanes? I certainly think so. In 2008 there were over 170,591 injuries involving cars and cyclists in California. I very strongly believe that more bike lanes should be built on major roads and freeways.

Not having bike lanes is creating an unsafe environment for drivers, cyclists, and pedestrians. This puts cyclists in a very dangerous situation. As you already know, cyclists can easily get hit by a car. In 2008 over 115 people on bikes died in California by getting hit by a car. Not having bike lanes on narrow streets can also effect the motorists' actions. Motorists can, and most likely will, get nervous around cyclists. Once again, this causes many accidents. Creating bike lanes on major roads can also keep pedestrians safe and out of danger. If there are no bike lanes on roads cyclists feel pressured to ride on the sidewalk where pedestrians are. When bikes ride on the sidewalk they are endangering all of the pedestrians they pass because they could run into the pedestrians. Not having bike lanes is putting many people in harms way.

I also think that if a biking system is set in place it will help make our planet cleaner and the people on it healthier. First of all, bike lanes can help make our planet a greener environment to be in. Cycling can reduce pollution if a lot of people are encouraged to ride bikes because it is safer. Also, less pollution helps with the world wide problem of global warming. Once a cycling system is in place and people get encouraged to ride bikes instead of drive cars, the number of car accidents will go down. Having bike lanes could take cars off the streets to reduce accidents caused by cars. In that case cyclists won't have to worry about getting hit by cars as well. Having bike lanes can also bring down the obesity rate throughout the US and help encourage health and wellbeing. If there were more bike lanes people might feel safer and more comfortable riding their bikes to help keep a healthy lifestyle. Riding your bike might also naturally help draw people to other healthy lifestyle choices. A biking system will encourage greener and healthier choices.

Some people might think that making bike lanes might cost too much money especially in this economy. Making bike lanes takes lots of machinery and people, which does cost lots of money to pay for. It would also be using State money,

continued on page 12

Bike Lanes

through taxes, which people may not want their tax dollars going towards. Although the cost may seem very high, people lives should be valued more than money. The dollar price paid will ultimately help keep people employed, provide for cyclist safety, and help encourage a healthy lifestyle. Paying now for the future by providing jobs to those who want to work will help offset any tax dollars spent. If we can keep cyclist safe and healthy that will also cut down on the cost of those getting hurt and sick over their lifetime. Ultimately spending money should not get in the way of keeping cyclists safe and healthy.

As I have said many times before cyclists should have their own lanes to ride in. It is just too dangerous to have cyclists riding on the street. If you agree with me you should write, or contact, SABA (Sacramento Area Biking Advocates) or your local congressmen to ensure the safety of cyclists throughout our country.

Sacramento Region Capitol Bike Fest and Bike to Work Month

Let's do our part and show support!
Start adding all of your May mileage to the official bicycle numbers.

The Capitol Bike Fest, part of the activities of Bike to Work month, is to be held on Thursday, May 19 at the West steps of the Capitol from 11-1 P.M. We'll take a Wheelmen photo (by 11:30) on the steps, so wear your club jersey!

Free swag and snacks will be available at various places on BTW day. Check out the information tables on transit and transportation, health and environmental display booths, bike advocacy groups and bike clubs (don't forget to stop by our Wheelmen booth).

May is Bike to Work Month – All of your recreational riding mileage counts during the Bike to Work month of May. Your miles will help to generate political momentum for bicycle advocacy of more safe, convenient bicycle facilities. By cycling together, we can make a difference. The total, each year during Bike to Work month, has become an indicator of the Sacramento region's strength and growing number of cyclists. The increases show politicians and transportation engineers that bicycle lanes and parking racks are good investments. The combination of our growth and the societal benefits of bicycle riding are leading to unprecedented public investment.

If you haven't done so already, consider joining Sacramento Area Bicycle Advocates (SABA) and add your voice to the cycling clout in our region. Check for more details at their website sacbike.org or sacbike.org/faba for Folsom's chapter or you can watch for our Sacramento Wheelmen Group Email for instructions on the Bike to Work site address and information on how to register.



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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

Yahoo Group E-Mail – Sacwheelmen

Have you enrolled in the club’s group email?

Wheelmen members are encouraged to subscribe to our e-mail list on Yahoo Groups. This e-mail list is for members only and will provide you with information quickly, (ride cancellations, changes, etc.)

For steps to enroll please go to www.sacwheelmen.org and click on E-Mail.

Is your mailing address and email up-to-date?

Would you like to **go green** and opt out of receiving the printed WheelNews?

Just contact Dave Storm at membership@sacwheelmen.org.

WHEELNEWS SUBMISSIONS

Have you taken a cycling trip lately? Would you like to share your adventures with WheelNews readers? Is there a topic you’d like to write about or read about in the WheelNews? How about a great photo you’d like to share?

Send your stories, photos, and topic ideas to editor@sacwheelmen.org.

Submission deadlines for 2011 are:

May 15, 2011 for July’s edition

August 15, 2011 for September’s edition

Wheelmen Clothing Update

John and Sally Cooper

We are pleased to announce an arrangement with Steve Loebach the owner of Carmichael Cycles to display and sell Wheelmen jerseys, vests and jackets. This new location augments Scott Barrette’s Patriot Bicycles, which continues to stock the full line of Wheelmen apparel including Hincapie shorts. Wheelmen clothing is no longer available at Bicycle Chef.

Carmichael Cycles is located at 5142 Arden Way. The shop is in the Five Points Shopping Center at Arden Way and Fair Oaks Boulevard near the entrance to William Pond Park and the bike trail. You’ll find them on the Web at bicycleproducts.com or on Facebook.

Patriot Bicycles is located at 4719 San Juan Avenue in Fair Oaks. The shop is just north of Winding Way on the west side of San Juan. Scott’s website is patriotbicycles.com

Be sure to visit these Wheelmen Partners and check out their other products and new bikes for 2011.

New Pricing for Sacramento Wheelmen Clothing



Jerseys	
Short Sleeve	
Hidden Zipper	\$49
Full Zipper	\$49
Jerseys	
Long Sleeve	
Hidden Zipper	\$69
Full Zipper	\$69
Vests	
Wind	\$49
Thermal	\$69
Jackets	\$59
Hincapie	
Shorts	\$62
Bib Shorts	\$69
Socks	\$ 5

Wheelmen Clothing Display at Carmichael Cycles



Save the American River Association, Inc.

WORKING TO RESCUE OUR REGIONAL PARKS AND OPEN SPACE SYSTEM

About SARA

SARA was founded in 1961, to rally the community to create, fund and maintain the American River Parkway.

“While SARA’s focus has been on protection of the American River and Parkway, we have come to realize that preservation and protection of the American River Parkway requires that the entire regional parks and open space system be operational. The popularity of the American River Parkway — some 8,000,000 visits per year — now

stresses Parkway capacity, especially during the warmer months. Therefore, SARA is supporting the effort to rescue our entire Regional Parks and Open Space System...” says SARA President, Warren V. Truitt.

To learn more about the Grassroots effort, including governance and funding options being studied, or to make a donation toward a public outreach and education campaign, visit www.sarariverwatch.org and click on the gold Grassroots Process button on the Home Page, or call (916) 482-2551.

2nd Quarter 2011 Ride Calender

April 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Sac 20/30/55 Clarksburg 35/50 Rancho Cordova 120 Party Pardee 27/63
3 Foothill Frolics 51	4 Monterey Zodiac Sacramento 85	5 W2, W3, W4 Monterey Zodiac	6 W5, W6 Monterey Zodiac	7 W7, W8, W9 Monterey Zodiac Monterey 85	8 W11	9 Sac 20/30/55 Roseville 30/40/50 Fair Oaks 41/72/94 Elk Grove 38/55
10 Fab Fifties Series 49 Citrus Hts 23 to 107 Winters 68	11 Sacramento 40/55 St. Augustine Tour	12 W2, W3, W4	13 W5, W6 Fair Oaks 51/72 Murieta 15	14 W7, W8, W9	15 Mallorca Tour Sacramento 41/67/89	16 Mallorca Tour Sac 20/30/55 Fair Oaks 65/91 Elk Grove 35/55 Napa 15/25/50
17 Mallorca Tour Foothill Frolics 38/50/60 Sacramento 56/75 Walnut Creek 25/62/100	18 Mallorca Tour Fair Oaks 53/74	19 W2, W3, W4 Mallorca Tour	20 W5, W6 Mallorca Tour	21 W7, W8, W9 Mallorca Tour	22 W11 Mallorca Tour Sacramento 55/95	23 Mallorca Tour Sac 20/30/55 Roseville 30/40/50 Elk Grove 40/60/80 Fair Oaks 65/95
24 Easter Mallorca Tour Fab Fifties Series 32/60/67 Fair Oaks 50/79	25 Mallorca Tour Freeport 35/80	26 W2, W3, W4 Mallorca Tour	27 W5, W6 Mallorca Tour Fair Oaks 52/80 Murieta 15	28 W7, W8, W9 Mallorca Tour	29 Mallorca Tour	30 Mallorca Tour Sac 20/30/55 Rancho Murieta 38/50/73 Fair Oaks 51/79 Roseville 25/65/100








May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Fab Fifties Series 40/50 Sacramento 64/98/112	2 Davis 47/70	3 W2, W3, W4	4 W5, W6	5 Cinco de Mayo W7, W8, W9	6 Folsom 41/87	7 Roseville 30/40/50 Sac 20/30/55 Davis 35/50 Penryn 49/86 Santa Rosa 65/100/120
8 Mother's Day Fab Fifties Series 20/40/56	9 Guerneville Zodiac Sacramento 110	10 W2, W3, W4 Guerneville Zodiac	11 W5, W6 Guerneville Zodiac	12 W7, W8, W9 Guerneville Zodiac Guerneville 110	13 W11	14 Sac 20/30/55 Davis 50 Auburn 30/60 Paso Robles 199/213
15 Amgen Tour (Tahoe) Foothill Frolics 50	16 Amgen Tour (Tahoe to Sac) Auburn 25-35	17 Amgen Tour (Auburn to Modesto) W2, W3, W4 Ione 25-35	18 Amgen Tour W5, W6 Fair Oaks 51/79	19 Amgen Tour W7, W8, W9	20 Amgen Tour Sacramento 50/74	21 Amgen Tour Pre-Sierra Century 41/63/101
22 Amgen Tour Fab Fifties Series 38-60 Citrus Hts 23 to 107	23 Fair Oaks 65/95 Sacramento 44/68	24 W2, W3, W4	25 W5, W6 Murieta 15	26 W7, W8, W9	27 W11 Paso Robles	28 Sac 20/30/55 Elk Grove 40/60/80 Fair Oaks 70/92/130 San Francisco 74 Paso Robles Palmdale 200
29 Foothill Frolics 40/50 Fair Oaks 75/90/125 Davis 46/70 Paso Robles	30 Memorial Day Fair Oaks 65/91/116 Sacramento 54/80 Paso Robles	31 W2, W3, W4				



June 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 W5, W6	2 W7, W8, W9	3 Lincoln 43/71/102	4 Davis 30/53 Roseville 30/40/50 Fair Oaks 54/72 Auburn 40/70/110/140
5 Fab Fifties Series 33/44/53 Penryn 31/58/86 Davis 51/74/105	6 Fair Oaks 30/40 Sacramento 58/84	7 W2, W3, W4	8 W5, W6 Fair Oaks 41/72/94	9 W7, W8, W9	10 W11	11 Sierra Century
12 Foothill Frolics 37/50	13 Fair Oaks 30/40	14 Flag Day W2, W3, W4	15 W5, W6	16 W7, W8, W9	17 Fair Oaks 50/79 Elverta 45/86	18 Sac 20/30/55 Roseville 30/40/50 Citrus Hts 23 to 107 Elk Grove 38/55 Chester 33/56/108
19 Father's Day Fab Fifties Series 35/42 Fair Oaks 48/76	20 Mt. Shasta Zodiac Fair Oaks 30/40 Freeport 39/74	21 W2, W3, W4 Mt. Shasta Zodiac	22 W5, W6 Mt. Shasta Zodiac	23 W7, W8, W9 Mt. Shasta Zodiac	24 W11 Mt. Shasta Zodiac	25 Sac 20/30/55 Fair Oaks 58/77 Elk Grove 40/60 Malibu 200/300/400
26 Foothill Frolics 53 Danube Tour	27 Fair Oaks 30/40	28 W2, W3, W4	29 W5, W6 Fair Oaks 65/95	30 W7, W8, W9		

Weekly Rides

event	•description	•grading
(W2) TUESDAY COMMUTE RIDE 6:00 AM Starbucks in Gold River 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute to downtown in the morning and return from Cal/EPA building at 1001 I Street at 4:30 p.m. Riders can also join us for the evening return ride at 5:00 at the bike trail entrance near Blue Diamond Almond Factory, 19th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	50+ 
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcmafen@comcast.net Dave Storm, 665-2169, Dlstorm@worldnet.att.net	25 to 75 
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench in William Pond Park 4:45 PM Cal/EPA Hdqtrs 11th St between H & I Downtown	Join us for the morning commute into work and the evening commute back home along the American River Parkway. Every Wednesday except holidays. Dennis King, 284-4555, velo_king@sbcglobal.net	30+-40+ 
(W6) WEDNESDAY BRUNCH RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22nd St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. Joe McCormick, 448-1032, mccormickjm@comcast.net Mary Moore, 284-1905, bike.moore@yahoo.com	25 to 75 
(W7) THURSDAY COMMUTER RIDE 6:00 AM Starbucks in Gold River 4:30 PM Cal/EPA Building 5:00 PM Old Sac at bike trail.	Commute to downtown in the morning and return from Cal/EPA building at 1001 I Street at 4:30 p.m. Riders can also join us for the evening return ride at 5:00 at the bike trail entrance near Blue Diamond Almond Factory, 19th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	10-30-50+ 
(W8) THURSDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Sunrise Bridge & Bike Trail Park at shopping center, southeast corner of Sunrise and Gold Country	A social group ride to a different breakfast spot each week with two groups to allow for varied distances, paces and abilities. We usually offer an extended ride option after breakfast depending on the area and the weather. Away starts are periodically planned in addition to the Sunrise start, and will be announced at the Tuesday Breakfast ride or earlier and by email. Dick Shultz, 853-1011, dieseldick@sbcglobal.net Sandy Yarrow, 791-3426, skybike@surewest.net Dave Clifton, 354-1137, superdave911@sbcglobal.net	45 to 70 

Weekly Rides

event	•description	•grading
(W9) THURSDAY BREAKFAST RIDE, SOUTH 9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmafen@comcast.net	35 to 60 
(W11) FURLOUGH FRIDAY RIDE 9:00 AM Carmichael 5 Points Shopping Center Arden & Fair Oaks	As long as state employees are furloughed, this ride will go up or down the bike trail on Fridays in search of coffee or breakfast. SECOND AND FOURTH FRIDAYS ONLY! David Bailey, 925-8123, davidsbailey@yahoo.com Dennis King, 284-4555, velo_king@sbcglobal.net	30 to 40+ 

ANNUAL PHOTOGRAPHY CONTEST

The winners of the Annual Photo Contest are listed below for their photos in the following categories:

Bicycling Action

1st Place - Carol Choate
 2nd Place - Dennis King
 3rd Place - Linda Zeiszler

Bicycling Lifestyles

1st Place - Nick Hourigan
 2nd Place - Linda Zeiszler
 3rd Place - Carol Choate

Bicycling Still

1st Place - Linda Zeiszler
 2nd Place - Paul Gunkel
 3rd Place - Cathy Cavey

Bicycling Landscape

1st Place - Cathy Cavey
 2nd Place - Doug Beisner
 3rd Place - Nick Hourigan








Bicycling Creative Digital

1st Place - Carol Choate
 2nd Place - Carol Choate
 3rd Place - Nick Hourigan









Thanks to all of our members who participated and congratulations to our winners and runners-up. Photos are available to view at our website

April Rides

•event	•description	•grading	
2 SAT	Get In Shape Ride 9:00 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 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 
2 SAT	South/West Ride Series 9:00 AM Clarksburg Delta H. S. Parking Lot	A ride through the Delta to Rio Vista. David Storm, 665-2169, dlstorm@frontiernet.net	35-50 
2 SAT	Ride to Pardee and Beyond 7:00 A.M. Rancho Cordova Starbucks Sunrise Blvd and White Rock Rd	We will ride to Ione for the start of 100K and go up some hills from there. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	120 
2 SAT	Party Pardee 7:00 AM Ione Howard Park	The annual ride sponsored by the Sacramento Bike Hikers is a 100K (63 miles) or a <50K (27 miles) through the hills off Amador and Calaveras Counties. If you haven't already registered you are probably too late. However, there are always some cancellations that you might be able to pick up. Must wear Wheelmen Jersey to get Club miles. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	27-63 
3 SUN	Foothill Frolics 9:00 AM Loomis Loomis Community Park Ong & King Roads	Join me for an enjoyable spring ride through the green foothills of Loomis, Penryn, Newcastle and Lincoln. This fairly easy route goes to Camp Far West, with options to shorten. Tim Koch, 488-8218, mtkoch@surewest.net	51 
4 MON	Ride to Monterey 7:30 AM Sacramento Amtrak Station	Take the train to San Jose and ride on to Pacific Grove for the Monterey Zodiac. Contact the Ride Leader for details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	85 
4-7 MONTHUR	Pacific Grove/ Monterey Zodiac	See Tour /Zodiac Schedule.	
5 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).	
6 WED		Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
7 THUR		Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
7 THUR	Ride From Monterey 9:00 AM Pacific Grove Lighthouse Inn PL	Return from the Monterey Zodiac to catch Amtrak in San Jose. Dick Nussbaum, 424-0933, rcnflyer@aol.com	85 

April Rides *Continued*

•event	•description	•grading
8 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
9 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0 Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
9 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center) Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
9 SAT	Higgins Corner 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd Ken Bell, 962-3841, kenbell4957@sbcglobal.net	41-72-94 
9 SAT	South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron Dave Graska, 698-1506, davidgraska@yahoo.com	38-55 
10 SUN	Fab Fifties Series 9:00 AM El Dorado Hills El Dorado Hills Park & Ride White Rock & Latrobe Rds Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net	49 
10 SUN	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks George Neill, 722-8592, geor63@jps.net	23 to 107 



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April Rides


Continued

•event	•description	•grading
10 SUN	Fairfield Loop 8:30 AM Winters City PL Railroad & Main	Out to Moskowite then Monticello Rd to Wooden Valley to Fairfield, Pleasant Valley to Cantelow and back into Winters. No short option. Dick Nussbaum, 424-0933, rcnflyer@aol.com
11 MON	Delta Wanderer 10:00 AM Sacramento Walgreen's PL Florin & Riverside	A little cruise through the Delta via Thornton and Walnut Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com
11 MON	San Diego to St. Augustine	San Diego to St. Augustine. See Tour/Zodiac Schedule.
12 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).
13 WED		Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).
13 WED	Fair Oaks to Auburn & Lincoln 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	Starts at the Fair Oaks Deli. We will take Auburn Folsom to Powerhouse Rd. then Indian Hill to Auburn. The ride returns on Mt Vernon to Lincoln and Fair Oaks. 3625 feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net
13 WED	Murieta Mountain Bike Ride 9:00 AM Rancho Murieta Lake Calero Overlook Rancho Murieta North	Take Murieta Pkwy to a left on Camino Del Lago Dr. straight to the overlook. This is a ride around the back lakes of Rancho Murieta. We have built about 8+ miles of single track around the area, it is rolling terrain, just right for the person who would like to hone their skills, not too demanding but you have to stay vigilant. There are more trails in the area we can look at. Contact Ride Leader for details. David Clifton, 354-1137, superdave@sbcglobal.net
14 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).

Patriot Bicycles

Scott Barrette, Owner
916-961-9646

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



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April Rides

Continued

•event	•description	•grading
15-30 FRI-SAT	Mallorca Tour Mallorca Tour. See Tour/Zodiac Schedule.	
15 FRI	Woodland & Beyond 9:00 AM Sacramento Miller Park Marina PL Front ST south of Broadway	41-67-89 
16 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55 
16 SAT	Fair Oaks to Foresthill 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-91 
16 SAT	South/West Ride Series Lodi Grapevine 9:00 AM Elk Grove Bruceville Rd at Whitelock Parkway	35-55 
16 SAT	Napa Valley Cycle for Sight 8:00 AM Napa Justin Siena H. S. 4026 Maher St	15-25-50 
17 SUN	Foothill Frolics A Perfect Blend 2 9:00 AM Roseville SW Corner of Sierra College Blvd & E. Roseville PKWY	38-50-60 
17 SUN	Northeast Hills 9:00 AM Sacramento Air Museum PL Freedom Park & 32nd Ave	56-75 
17 SUN	Diablo Century 6:30 to 10:00 AM Walnut Creek 2071 Tice Valley Blvd Contra Costa JCC	25-62-100 

April Rides *Continued*

•event	•description	•grading
18 MON Fair Oaks to Auburn and Lincoln 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Auburn Folsom, Powerhouse to Auburn then Mt. Vernon to Lincoln returning on Sierra College to Fair Oaks. 3615 Feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net	53-74 
19 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).	
20 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
21 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
22 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
22 FRI Knights Landing Loop 8:30 AM Sacramento Walgreen's PL Florin & Riverside	Out through Woodland and Knight's Landing, on to Tudor and back via the Garden Hwy. Dick Nussbaum, 424-0933, rcnflyer@aol.com	55-95 
23 SAT Get In Shape Ride 9:00 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 and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55 
23 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 



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April Rides *Continued*

•event	•description	•grading
23 SAT	South/West Ride Series It's a Grind 9:00 AM Elk Grove Elk Grove Blvd & Waterman Rd	40-60-80 
23 SAT	Colfax 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-95 
24 SUN	Fab Fifties Series Cantelow to Cardiac 9:00 AM Winters Downtown Winters, Parking lot @ Main St & Railroad	32-60-67 
24 SUN	Fair Oaks to Ophir 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	50-79 
25 MON	Around & About 10:30 AM Freeport Cavanaugh GC PL Freeport Blvd near the bridge	35-80 
26 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).	
27 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
27 WED	Fair Oaks to Lincoln and Auburn 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	52-80 
27 WED	Murieta Mountain Bike Ride 9:00 AM Rancho Murieta Lake Calero Overlook Rancho Murieta North	15 
28 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).	

April Rides

Continued

event	description	grading
30 SAT Get In Shape Ride 9:00 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 and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55
30 SAT South/West Ride Series 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
30 SAT Fair Oaks to Old Foresthill 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 feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net	51-79
30 SAT Tour de Cure 6:30 AM Roseville HP Campus 8000 Foothills Blvd	Tour de Cure is a benefit ride for the American Diabetes Assoc. Century and Metric plus a flat 25 mi option, completely supported with breakfast, rest stops & sponsored lunch after. A beautiful ride for a good cause, with a few challenging climbs, especially on the century loop. Great warm up for the Sierra Century on some of the same rural Placer county roads. Must wear Wheelmen Jersey to get club miles. Francisco Prieto, 205-1143, prietof@sutterhealth.org Dave Grattendick, 396-7972, gratted@sutterhealth.org	25-65-100



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May Rides

•event	•description	•grading
1 SUN	Fab Fifties Series Cedar Ravine Ride 9:00 AM Shingle Springs Shingle Springs P&R	40-50 
1 SUN	Alta Sierra Loop 8:30 AM Sacramento Air Museum PL Freedom Park & 32nd Ave	64-98-112 
2 MON	Davis Loop 10:30 AM Davis Shopping Center PL Mace Blvd & Chiles Rd	47-70 
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	Folsom Northeast 8:30 AM Folsom Folsom Light Rail Station	41-87 
7 SAT	Conquer the Basin/ Roseville Bicycle Rally 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 
7 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55 

May Rides*Continued*

•event	•description	•grading
7 SAT	South/West Ride Series 9:00 AM Davis Davis H. S. Parking Lot W. Covell Blvd & Oak Ave.	35-50 
7 SAT	Nevada City 9:00 A.M. Penryn Trailhead Coffee English Colony Way & Taylor Rd Baxter Grade, to Bell Rd.	49-86 
7 SAT	Wine Country Century 7:30 AM Santa Rosa Wells Fargo Center for the Arts	65-100-120 
8 SUN	Fab Fifties Series Hills and Coffee 9:00 AM Folsom Folsom Grind/Bike Auburn Folsom & Folsom Lake Crossing	20-40-56 
9 MON	Ride to Guerneville 8:00 AM Sacramento Walgreen's PL Florin & Riverside	110 
9-12 MON-THUR	Guerneville Zodiac	
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).	

May Rides *Continued*

•event	•description	•grading	
12 THUR	Return from Guerneville 8:30 AM Guerneville Fern Grove Cottages PL	A return ride from the Zodiac. Dick Nussbaum, 424-0933, rcnflyer@aol.com	110 
13 FRI	Furlough Friday Ride. See Weekly Schedule (W11).		
14 SAT	Get In Shape Ride 9:00 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 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 
14 SAT	South/West Ride Series Tour de Vacaville 9:00 AM Davis Davis HS	Climb Cantelow and cruise into Old Town Vacaville to the Pure Grain Bakery. From Sacramento, take I-80 West, turn right on Mace, left on Covell, left on Oak. Peter Becker, 442-1850, ps_beck@sbcglobal.net	50 
14 SAT	Pre -AMGEN Century TBD Auburn Recreation Park	This event is sponsored by the Sierra Foothills Cycling club and will consist of a metric century and a half metric century. Both rides will be on part of the race course before returning to Auburn. Rides benefit the Auburn Community Cancer endowment Fund. Details can be found at www.goldcountrycentury.com. Must wear Wheelmen Jersey to get club mileage. Larry Matz, 316-2130, lmatz1@yahoo.com	30-60 



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May Rides*Continued*










•event	•description	•grading
14 SAT	Central Coast Double Century 5:30 AM Paso Robles City Park	199-213  
15 SUN	Foothill Frolics Poker Ride Loomis Train Station (Behind Wild Chicken)	50  
16 MON	AMGEN Tour Ride & Watch Auburn	25-35 
17 TUE	AMGEN Tour Ride & Watch Ione	25-35 
17 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
18 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
18 WED	Fair Oaks to Old Foresthill 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	51-79  
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).	
20 FRI	Sloughhouse Loop 9:00 AM Sacramento Walgreen's PL Florin & Riverside	50-74 

May Rides













Continued

event	description	grading	
21 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 41 miles (1000 ft), 63 miles (2300 ft), or 101 miles (5800 ft) to test your spring-time legs and get a feel for the up-coming Sierra Century. Check out our signature climb – “Bald is Beautiful” (One Hairy Climb). Water and food will be available at various establishments along the way. We will ride through Lincoln, Meadow Vista, Colfax, Applegate, and Newcastle as we head back to Rocklin. Curt & Ginny Taylor, 771-8642, cyclecurt@comcast.net	41-63-101 
22 SUN	Fab Fifties Series Irish Hill Ride 9:00 AM Latrobe Latrobe Elementary School Latrobe Rd & S. Shingle Springs Rd	Enjoy the rolling hills around Ione and Lake Comanche (long ride) 2500 ft climbing. Water and food in Ione. No restrooms at start. Rain cancels. A Groupo ride. Deborah Walburg, 451-2470, walburg@surewest.net	38-60 
22 SUN	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks Blvd	Choose a ride from 5 related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23-107 
23 MON	Colfax 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 
23 MON	Delta Loop 10:30 AM Sacramento Miller Park Marina PL Front St south of Broadway	A loop through W. Sac then south through Ryer Island, Walnut Grove and back to Miller Park. Dick Nussbaum, 424-0933, rcnflyer@aol.com	44-68 
24 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).		
25 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).		
25 WED	Murieta Mountain Bike Ride 9:00 AM Rancho Murieta Lake Calero Overlook Rancho Murieta North	Take Murieta Pkwy to a left on Camino Del Lago Dr straight to the overlook. This is a ride around the back lakes of Rancho Murieta. We have built about 8+ miles of single track around the area, it is rolling terrain, just right for the person who would like to hone their skills, not too demanding but you have to stay vigilant. There are more trails in the area we can look at. Contact Ride Leader for details. David Clifton, 354-1137, superdave@sbcglobal.net	15 

May Rides*Continued*

•event	•description	•grading
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	Furlough Friday Ride. See Weekly Schedule (W11).	
27-30 FRI-MON	Great Western Bicycle Rally 8:00 AM Paso Robles Mid State Fairgrounds Unlike other 1-day bike events, you'll stay in one place (camp at the fairgrounds) and choose how long you want to stay. You can choose from a selection of 27 rides varying in difficulty and distance. Fees include competitions, kid's and family activities and social activities. Something for everyone: new riders, club riders, families, kids, road and mountain bikers both beginning and experienced. Even Geocaching. Must wear Wheelmen Jersey to get club mileage. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	40-80-100  
28 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55  
28 SAT	South/West Ride Series It's a Grind 9:00 AM Elk Grove Elk Grove Blvd & Waterman Rd	40-60-80  
28 SAT	Fair Oaks to Nevada City 8:00 A.M. Fair Oaks Fair Oaks School 10700 Fair Oaks Blvd	70-92-130  
28 SAT	Tam Slam Spring Edition 8:00 AM San Francisco Legion of Honor in Lincoln Park	74  

May Rides *Continued*

•event	•description	•grading
28 SAT Heartbreak Double Century 5:15 AM Palmdale 38630 5th St West Holiday Inn Palm-dale	A double century without junk miles. Visit www.planetultra.com for details. Must register and pay fee in advance. Contact Ride Leaders if unable to locate ride roster. Must wear Wheelmen Jersey to get Club Mileage. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	200  
29 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  
29 SUN Fair Oaks to Dutch Flat 8:00 A.M. Fair Oaks Fair Oaks School 10700 Fair Oaks Blvd	We will go through Lincoln to Baxter Grade, Auburn, Colfax, Rollins Lake, and Gold Run. The shorter rides will return from Auburn or Colfax. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	75-90-125  
29 SUN The Northwest Side 8:30 AM 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  
30 MON Fair Oaks to Ox Bow 8:00 A.M. Fair Oaks Fair Oaks School 10700 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 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. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	65-91-116  
30 MON Sutter Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside	Up the river to Nicolaus, east to the Natomas canal and back south through Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	54-80  
31 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	



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June 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	Bridgeport Loop 8:00 AM Lincoln Safeway PL Ferrari Ranch & Hwy 65 North through Lincoln and Camp Far West then Beale AFB to Smartville, Bridgeport and almost to North San Juan before returning through Penn Valley, Higgins Corner and Baxter Grade. Long ride requires photo ID. Dick Nussbaum, 424-0933, rcnflyer@aol.com	43-71-102 
4 SAT	South/West Ride Series 9:00 AM Davis Carl's Jr E. Covell Blvd & Pole Line Rd A loop in the Valley up to Woodland and return through Winters. David Storm, 665-2169, dlstorm@frontiernet.net	30-53 
4 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 
4 SAT	Fair Oaks to Bowman 9:00 AM Fair Oaks Fair Oaks Deli 10223Fair 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 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	54-72 
4 SAT	Wildest Ride in the West 6:00 to 9:00 AM Auburn Recreation Park Recreation Drive PL Join us on a tough but memorable ride through the back roads and hills of Placer County. This ride supports local community sports programs, youth groups and coaching clinics to promote the recreational opportunities within Placer County and to highlight our historical communities. There are 4 options and all go through beautiful country---40 miles/4000ft, 70 miles/7000ft, 110 miles/12,000ft, and 140 miles/16,000ft. The longer rides get close to 7000ft elevation on very lightly traveled road with incredible views into the canyons and across mountain ridges. Details can be found at www.wildestride.com . Must wear Wheelmen Jersey to get club mileage. Larry Matz, 316-2130, lmatz1@yahoo.com	40-70-110-140 
5 SUN	Fab Fifties Series Ride Around the Block 9:00 AM Shingle Springs Shingle Springs P&R Ponderosa Rd exit at Hwy 50 From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles and the long route continues on to Georgetown (market and cafes), plenty of climbing on both. The shortest option splits at Hwy 193 and 49 above Placerville. Tom Goodwin, 362-1780, tgoodwin0703@att.net	33-44-53 


June Rides

Continued

•event	•description	•grading	
5 SUN English Colony Way & Taylor Rd	Dutch Flat 9:00 A.M. Penryn Trailhead Coffee	We will take Baxter Grade to Auburn, Colfax, Rollins Lake, and Gold Run. The shorter rides will return from Auburn or Colfax Ken Bell, 962-3841, kenbell4957@sbcglobal.net	31-58-86  
5 SUN Covell & Rd 102	Meridian Loop 8:30 AM Davis Carl's Jr PL	North from Davis, through Dunnigan to Meridian, then return on either side of the Sacramento River to Knight's Landing then Woodland to Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	51-74-105 
6 MON 4719 San Juan Ave	Mystery Monday 6:00 PM Fair Oaks Patriot Bicycles	Ready for some fun? Come out for a MYSTERY Monday ride. You won't know the direction or route we will take until you reach the start!! Each week will provide a different ride of 30-40 miles. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	30-40 
6 MON Florin & Riverside	South Loop 2 10:30 AM Sacramento Walgreen's PL	A long cruise through the Delta via Clarksburg, Ryer Island, Walnut Grove, Thornton, Galt and back through Franklin and Hood. Dick Nussbaum, 424-0933, rcnflyer@aol.com	58-84 
7 TUE		Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
8 WED		Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
8 WED 10223 Fair Oaks Blvd	Higgins Corner 9:00 A.M. Fair Oaks Fair Oaks Deli	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  
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		Furlough Friday Ride. See Weekly Schedule (W11).	
11 SAT	Sierra Century 6:00 AM Rocklin High School Whitney 701 Wildcat Blvd Rocklin	Join us for our Sierra Century in Placer County. Select one of three routes to fit the challenge you want: 41 miles (1000 ft), the "Almost Metric" Century (2300 ft), or the Century (5800 ft). This year, we have added a signature climb – "Bald is Beautiful" (One Hairy Climb). For more information, check us out at www.sacwheemen.org . Limited to 1,500 riders. Sign up at www.active.com . Curt & Ginny Taylor, 771-8642, cyclecurt@comcast.net	41-63-101  







June Rides

Continued

•event	•description	•grading	
12 SUN	Foothill Frolics Christian Valley Looper 9:00 AM Loomis Loomis Community Park Ong & King Rd	For those who worked the Sierra Century on Saturday, here's a chance to ride a bit of the same area. The route travels through Newcastle to Bowman, Meadow Vista, Christian Valley, Auburn, and back through Penryn. The short option eliminates Meadow Vista and Christian Valley. Stores on route. 3000-4400 ft. Library Route LCP002. Dan Anglim, 797-0337, djanglim@surewest.net	37-50 
13 MON	Mystery Monday 6:00 PM Fair Oaks Patriot Bicycles 4719 San Juan Ave	Ready for some fun? Come out for a MYSTERY Monday ride. You won't know the direction or route we will take until you reach the start!! Each week will provide a different ride of 30-40 miles. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	30-40 
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	Fair Oaks to Ophir 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Auburn Folsom Rd to Auburn, Christian Valley, Dry Creek, Baxter Grade returning through Newcastle and Rocklin Ken Bell, 962-3841, kenbell4957@sbcglobal.net	50-79 
17 FRI	Nicolaus-Knights Landing 8:30 AM Elverta Post Office PL Elverta Rd & Elwyn Ave	Some real back roads in the north valley. Dick Nussbaum, 424-0933, rcnflyer@aol.com	45-86 
18 SAT	Get In Shape Ride 9:00 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 and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55 
18 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 
18 SAT	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks Blvd	Choose a ride from 5 related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 

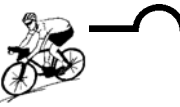
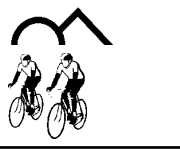





June Rides

Continued

•event	•description	•grading
18 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron	Both rides go through Thornton with a stop there. Start location is 1/5th mile east of I-5. Dave Graska, 698-1506, davidgraska@yahoo.com	38-55 
18 SAT Mile High Hundred 7:30 AM Chester Chester Park	Located where the scenic Southern Cascades meet the Northern Sierra Nevada. On the Mile High 100 you ride back roads that wander through green forests surrounding Lake Almanor and descend into the Indian Valley, always in the shadow of Mount Lassen. Register online or download registration from at http://www.milehigh100.com/ . Must wear Wheelmen Jersey to get club mileage. BTW this ride ties in with the Shasta Zodiac, ride this on Saturday then drive to Mt Shasta on Sunday. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	33-56-108 
19 SUN Fab Fifties Series Father's Day Frolic 9:00 AM El Dorado Hills El Dorado Hills P&R	We'll head out for a quick Father's Day jaunt via South Shingle Road, French Creek, Deer Valley and Green Valley...with plenty of time to get home and celebrate this special day. Homemade Father's Day treats for all at the end of the ride!!! Shelly Barrette, 216-6527, irongirl1234@yahoo.com	35-42 
19 SUN Fair Oaks to Lincoln Bowman 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 feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net	48-76 
20 MON Mystery Monday 6:00 PM Fair Oaks Patriot Bicycles 4719 San Juan Ave	Ready for some fun? Come out for a MYSTERY Monday ride. You won't know the direction or route we will take until you reach the start!! Each week will provide a different ride of 30-40 miles. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	30-40 
20 MON The Extended Cruise 10:30 AM Freeport Cavanaugh GC PL Freeport Blvd at the Bridge	A meandering route through the Delta between Freeport and Isleton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-74 
20-24 MON-FRI Mt. Shasta Zodiac	Mt. Shasta Zodiac. See Tour/Zodiac Schedule.	
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	Furlough Friday Ride. See Weekly Schedule (W11).	

June Rides





Continued

•event	•description	•grading
25 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55 
	Join us for a comfortably 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	
25 SAT	Fair Oaks to Placerville 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	58-77 
	The ride goes through Folsom, Cameron Park, Shingle Spring to Placerville Ken Bell, 962-3841, kenbell4957@sbcglobal.net	
25 SAT	South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron	40-60 
	There will be a stop someplace in the middle. Start location is 1/5th mile east of I-5. Dave Graska, 698-1506, davidgraska@yahoo.com	
25 SAT	L. A. Grand Tour 4:00 to 6:00 AM Malibu 3602 Winter Canyon Rd Webster School	200-300-400 
	Ride location may change. Visit www.lawheelmen.org for details. Must register and pay fee in advance. Contact Ride Leaders if unable to locate ride roster. Must wear Wheelmen Jersey to get Club Mileage. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	
26 SUN	Foothill Frolics Parade Route 9:00 AM Loomis Loomis Community Park Ong & King Rds	53 
	Let's ride to Meadow Vista where we'll revisit the parade route, so dress colorfully just in case. We'll go through Penryn, Christian Valley, Bowman and Auburn. This ride has about 4,000 ft of climbing so plan on a lunch or a pie stop. Several options to shorten. Sandy Yarrow, 791-3426, skybike@surewest.net	
26 Jun-12 July	The Danube Ride	
	Danube Tour. See Tour/Zodiac Schedule.	
27 MON	Mystery Monday 6:00 PM Fair Oaks Patriot Bicycles 4719 San Juan Ave	30-40 
	Ready for some fun? Come out for a MYSTERY Monday ride. You won't know the direction or route we will take until you reach the start!! Each week will provide a different ride of 30-40 miles. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	
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).	
29 WED	Colfax 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-95 
	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	
30 THUR		
	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	

2011

Tour/Zodiac Schedule

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

<p>April 4-7 MON-THUR</p> <p>Pacific Grove/ Monterey Zodiac 10:00 AM Pacific Grove 1150 Lighthouse Ave</p>	<p>The 2011 Pacific Grove Zodiac is from April 3-7, just call the Lighthouse lodge at 800-858-1249 and tell them you are a Sacramento Wheelmen. The fee is \$89.00 king or two queens. We have set aside 15 rooms for our group but they will hold the price until one month before the Zodiac start. This year John Hockenbury and I have fallen on our swords, and we have rented the residence where everyone is welcome after each days ride for snacks. It's a two bedroom, three bath, full kitchen, full living room, enclosed back yard, bar-b-q, heaters, etc, etc and more. We can gather there and not disturb the other people. We are still working on some fine points but this will be a step up from last year, more info to follow. And O-buy the way this will not interfere with the Mallorca trip which is one week later April 15-30. If you make a reservation, please let me know so we can buy the proper amount of snack stuff. David Clifton, 354-1137, superdave911@sbcglobal.net</p>	<p>10-30-60</p> 
<p>Apr 11 to June 11 MON-SAT</p> <p>San Diego to St. Augustine</p>	<p>Poway near San Diego CA to St. Augustine FL. This is a 3200 mile self contained camping tour. There is a 12 rider limit. There will be van support, but for emergency purposes only, and cannot be depended on for rider transport or carrying camping gear. Riders are responsible for their own food and cooking. Contact the Ride Leader for further details. Ed Delano, 685-1674, dedenshan@yahoo.com</p>	
<p>Apr 15-30 FRI-SAT</p> <p>Mallorca Tour Palma Mallorca</p>	<p>Let's go to Mallorca! We are staying at the Taurus Park Hotel. Details are on www.fredrompelberg.com. Group rides are Mon/Tues/Thur/Fri. Riders can join a variety of groups, based on level of difficulty from easy to very challenging. All groups are lead by Fred's experienced leaders. Wed/Sat/Sun is on your own for more riding or sightseeing tours. It's getting late, but If you are interested, send Sandy an email. Sandy Yarrow, 791-3426, skybike@surewest.net</p>	
<p>May 9-12 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. Ron Brown, 486-3665, rl-brown@pacbell.net Rich Zeiszler, 457-8815, zeiszler@sbcglobal.net</p>	<p>145-265</p> 
<p>June 20-24 MON-FRI</p> <p>Mt. Shasta Zodiac Mt. Shasta Mt. Shasta KOA 900 N. Mt. Shasta Blvd</p>	<p>This area is a recreational paradise. 5 days of riding. Lightly traveled roads, great scenery and neat little towns. Additional routes are planned for your cycling pleasure. Rides will start at the KOA campground. More info to follow or contact the ride leader. Dale Johnson, 284-5208, davijohnslckr@comcast.net</p>	<p>200-300</p> 
<p>June 26 to July 12</p> <p>The Danube Ride Munich, Germany</p>	<p>A small group tour of the Danube river into Austria, Hungary and Slovakia returning to Vienna. The tour is full. If you want to be on a standby list, contact the ride leader for details and information. Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	<p>900</p> 

2011 Tour/Zodiac Schedule

**July 30
to
Aug 7
SAT-SUN**

Oregon Club Tour
Corvallis
Oregon KOA
Cost: \$250
Sac Wheelmen
Members only

Plan to arrive in Corvallis on Saturday the 30th in time for a great pizza dinner at 6:00 pm. Starting Sunday, we ride through quaint towns on back-roads, including the 25 mile Banks-Vernonia State bike trail, an old railroad grade with a spectacular old trestle, that follows spring creeks amidst great scenery. The layover day is Wednesday in the coastal town of Astoria and allows time to explore sights like the 125ft Astoria Column with its circular staircase to the top providing a 360 degree view of the countryside, or one of the many local maritime museums. Then we ride on the Lewis and Clark Trail, sample some cheese at the Tillamook factory, check out the views from the Cape Mears Lighthouse, photograph the famous Octopus Tree, and appreciate the beautiful Oregon coast. Our route leaves Lincoln City and follows the Siletz River inland back to Corvallis. There are hotels near all of our overnight stops for those who prefer not to camp. Sunday, August 7th, is the travel day back home.

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

401

18,200 ft
climbing

**Aug 18-20
THUR-SAT**

Ride'n Glide
Truckee Airport
At Soar Truckee

The plan is to have road rides Thurs. and Fri., and possibly Sat. There also will be a mountain bike ride on Fri.

Doug is holding glider ride times open on both the 18th and 19th specifically for Wheelmen before opening the schedule to the general public. Visit our Web site www.soartruckee.com for ride descriptions. You can book directly with the Soar Truckee office - the phone number is on the site. Remind the office person that we're discounting Wheelmen glider rides 20%.

We have a 27 acre private campground on Tahoe Truckee Airport property. We have trees, shade, two bathrooms, a shower, grass, and spectacular scenery. Camping will be complimentary. Wheelmen can stay in the campground through the week end if you like at no charge. We have a BBQ cooker, and we will supply charcoal for those of you who would like to cook. No open fires are allowed in the campground. Other lodging is available nearby; links are on the Soar Truckee Web site, although August is the high season in Truckee, so plan ahead. There is a nice Best Western two miles from the Airport, with a restaurant/brew pub adjacent to it.

Doug Lent, 203-4038, dlent@sbcglobal.net

John Hockenbury, 685-7527, j.hockenbury@comcast.net

**OCT 3-7
MON-FRI**

Paso Robles Zodiac
Paso Robles
Adelaide Inn

We will be riding through beautiful rolling hills and vineyards to the coast and along Highway 1. There are organized group rides starting on Tuesday, October 4th and ending Thursday, October 6th. You may opt to do a short ride on Friday the 7th before heading back to Sacramento. You can also select your own rides from a variety of route sheets that are provided. Tradition has been to do a SAG supported wine and olive oil tasting ride, a ride to the coast, and an inland ride. A block of rooms, under the Sacramento Wheelmen, is being held until September 3rd at the Adelaide Inn (800-549-PASO). Price range is from \$84 to \$122 depending on number of beds and location. A Best Western Black Oak (805-238-4740) and Motel 6 are close to the Adelaide Inn. Camping is also available in the Paso area. It is about a 4 hour drive from Sacto, so plan accordingly.

Mary Moore 284-1905 bike.moore@yahoo.com

Glenn Moore 524-7785 mooreg@surewest.net

NOV 9-11

Jackson Zodiac
10:00 AM
Jackson
Amador Inn

We will be staying at the Best Western Amador Inn in Jackson. Our rate is \$79.95 plus tax. (1-800543-5221) Please call by Nov 7 and tell them you are with the Sacramento Wheelmen. All rides will leave from the motel 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.

Mick Hourigan, 487-0993, helnick@sbcglobal.net

50-150



YES! I've decided to:

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

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

- Leading Rides Other _____
- Sierra Century
- Club Administration

My Talents and Skills are:

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

(circle one)

Name _____ M F

List names of all family members who will ride or volunteer

_____ M F

_____ M F

Address _____

City _____ Zip _____

Phone _____ E-mail _____

Here's what it's going to cost:

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

Please mail this application with check payable to:

PO Box 15739
Sacramento, CA 95852

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

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: , their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers: (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event

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

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

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

All members please read the release, sign and date.

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE



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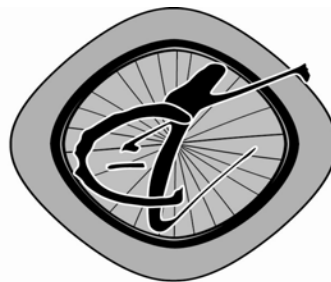
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