

Sacramento Wheelmen's Ride Schedule & Newsletter

SIERRA CENTURY 2012 BACK TO CLASSIC ROUTES



Bud and Jeanne Leland, Sierra Century Directors

We are delighted with the response from local area businesses supporting our ride. The Fair Play Winery Association, representing the El Dorado County wineries in the Slug Gulch area, is providing wine tasting on Friday

Plans are going very well for the return of the Sierra Century to Amador and El Dorado Counties on Saturday, June 16, 2012. Our registration is steady and we expect to reach our rider limit of 1500. We are offering three routes, the Metric with 4,400 ft. of climbing, the Century with 7,400 ft., and the Double Metric with 10,000 ft. These beautiful and challenging routes were last used in 2005. There are riders who are not familiar with them. We hear that those in the know have been passing on the good word. This ride is not to be missed.

Registration is available at www.sierracentury.org and at www.active.com. The site includes event information and available options for overnight stays. We will be based at the Amador County Fairgrounds in Plymouth.

evening during Early Registration. Those choosing to stay the night at the Fairgrounds may win a bottle of wine, just perfect for their post ride meal the next day.

Food will be provided by Beth Sogaard Catering in Plymouth. For the post ride meal, riders will be able to select from an outstanding menu for their choice of entrée and dessert.

Our PreRide is scheduled for Saturday, May 19, 2012 at 7:00 AM starting at the Fairgrounds in Plymouth. Wear your Wheelmen kit. Details on ride support will be forthcoming in an email to all club members.

Are you signed up to volunteer for the Sierra Century? If not or if you don't know if you are, please contact us at either sierracentury@sacwheelmen.org or at swsierracentury@gmail.com. Please come out and join your fellow Club members in hosting one of California's premier cycling events. All Club members are strongly encouraged to participate.

Thanks again to the members who stepped up for to volunteer for our annual event. We need our Club members out in force to help us present the best event for our guests, as only Wheelmen can.



The Slug is Back!
Slug Gulch, Ram's Horn Grade and the other classic routes.

Sacramento Wheelmen present
37th Sierra Century
Saturday, June 16, 2012
Amador County Fairgrounds
Plymouth CA

Routes:
Metric /4500 ft., Century/7400 ft., Double Metric/10,000 ft.
beautiful challenging terrain Amador and El Dorado Counties.

Limited to 1500 riders
Information and registration:
www.sierracentury.org

Look what's inside

- | | | |
|---|--|----------------------------|
| 2 Ride Director's Report/New Members | 5 Review of Optimized Cycling Solutions | 10 Weekly Rides |
| 3 Presidents Report | 6 Etcerta | 12-29 Ride Schedule |
| 4 Awards Banquet | 7 Club Calendar | 29 Zodiac Schedule |



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RIDE DIRECTOR by 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 over 13,000 miles of rides, with three Zodiacs, several away rides, AMGEN Tour Watch, and of course the Sierra Century Pre-ride and the real one. There are also 14 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. Third quarter 2012 rides may be submitted now through May 1 for the months of July, August, and September on our website at www.sacwheelmen.org. Go to the Rides dropdown, and select "Lead a Ride". All of the rides you led over the past two plus years are included in the Rides Archive. I suggest you print a copy of your rides, and then use the new Ride Submittal Form to send them in. If it's a new ride you have in mind, that's ok too. There's a new form for that also. If you have any questions, please let me know. I'm here to help. Our club depends on a deep and varied offering of rides, and so we depend on YOU to step up and lead rides. You can create your own ride, or choose one from the Ride Library found on the website. Additionally, please submit 2012 Tour and Zodiac dates so that our members can be planning ahead.

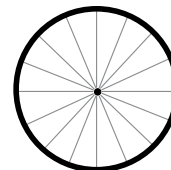
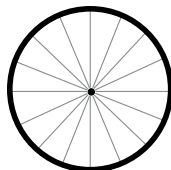
Second Quarter Esteemed Ride Leaders

Dan Anglim	Dave Grattendick	Mary Moore
David Bailey	Paul Gunkel	George Neill
Shelly Barrette	John Hafkenschiel	Dick Nussbaum
Joni Bauer	Helen Hourigan	Francisco Prieto
Doug Beisner	Nick Hourigan	Gerry Rohlfes
Ken Bell	Dale Johnson	Pam & Robert Samms
Ron Brown	Dennis King	Marie Schelling
Dave Clifton	Donna Klug	Greg Schroeder
Jeannie Ennis	Tim Koch	Dick Shultz
Rod Farley	Bud & Jeanne Leland	David Storm
Bill & Marilyn Floyd	Bob Maben	Deborah Walburg
Tom Gardner	Larry Matz	Sandy Yarrow
Tom Goodwin	Joe McCormick	Linda & Richard Zeiszler
Dave Graska	Glenn Moore	

New Members

December 2, 2011 through March 1, 2012.

La Ree Barrow
Deborah Brubacker
David Correia
Bob Hoogland
Forrest Jensen
Lisa Jensen
John Nitta
Sarah Nitta
Bob Nozuka
Harry Ostapenko
Larry Smith
Dan Taylor
Michael Taylor
Pam Taylor



President's Report

by George Neill

Our 2011 Awards Banquet held in January had a very healthy energy level as members schmoozed wearing velvet, wool, and cotton (no spandex). The evening's program recognized a number of last year's volunteers.

We ended the year with 560 members, including 303 riders, and an astonishing 1,167 volunteers by my count. Obviously, some members volunteered for several different positions and events. Volunteers include Ride Leaders, Sierra Century, committees, staff positions, and members supporting outside cycling related events such as Eppie's Great Race, Families First Bike Assembly, Sac Police Bike Assembly, etc.

What's more incredible, are the number of members who have volunteered for so many years at one position ... that I know of. For example: Mike Dodson, Storage Locker, 8 years; Carrie Sundahl, Advertising, 10 years; Dave Storm, Membership, 12 years; Tom Goodwin, Sierra Century Captain, 13 years; Dick Shultz, Sierra Century Captain, 15 years; Arthur Choate, Sierra Century Captain, 15 years; Carol Choate, Sierra Century Captain, 15 years; Sandy Yarrow, Club Picnic, 16 years; John Abbe, WheelNews Mail & Distribution, 17 years; Ken Bell, Sierra Century Captain, 19 years; and Tim Koch, Club Tour Director, 22 years and counting, while running his professional business. Wow!

We have some new members taking on volunteer positions this year. Secretary, Laura Choate replaces Marilyn Floyd. Mileage, Mike Snyder replaces Bob Evans. Advertising, Eric Saur replaces Carrie Sundahl. WheelNews mail and distribution, Doug Lent replaces John Abbe. And Locker, Carl Northeimer replaces Mike Dodson. Thanks guys, big shoes to fill!

Furthermore, and more importantly than all this robust volunteerism, we had more riders riding more miles in 2011. Ken Bell went over 210,000 Club miles, but it took him 19 years.

The Sacramento Wheelmen have received another award. Richelle Donaldson, Families First Fund Development Manager, attended our recent Business Meeting to thank the Sacramento Wheelmen for being instrumental in the development of the Families First Foster Santa Program 5 years ago. Under the original sponsorship of Neil Bos, former Sacramento Wheelmen President, and the continuing efforts of many club members led by former President Dick Nussbaum, hundreds of children in need have experienced the joy of receiving a bike for Christmas from Santa Claus. As tokens of appreciation, Richelle presented a half dozen Foster

Santa tee shirts that have our logo as a sponsor. She also presented a plaque, pictured below. Look for a Tuesday breakfast ride to include a short ride with the foster kids and counselors.

Also pictured is our new brochure created by Sandy Yarrow, Jeanne Leland, and Marilyn Floyd. The brochure includes a reference to our website, photos and description of our Club, and a membership application. Copies are currently available at any of 42 bicycle shops and businesses in the area. There'll soon be a link to all these shops on our website.

Ride safely, and don't bump your head!



THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET

by Mary Moore

On January 28, 2012, the Sacramento Wheelmen held their Annual Awards Banquet at the Sacramento Hilton. This year's gala event was to celebrate our 38th year and also to thank and present awards to members and staff that make our Club so exceptional.

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 303 riders rode 465,965 miles with 769 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 healthy club.

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. Dan Anglim received the Jim Gilman award for outstanding contributions to the Club. Bud and Jeanne Leland, Sierra Century directors, received the Anglin Award for Volunteers of the Year. Top Ride Leader was awarded to Tom Goodwin for leading a total of 99,738 rider miles; over 17,000 from last year. In addition, the Board was thanked and recognized for all their hard work throughout the year.

The high mileage champions were announced. Their accomplishments inspire us to reach higher, whatever we reach for and challenge ourselves. Top mileage awards went to Dick Nussbaum with 13,566 miles for Top Male Mileage; Mary Moore for Top Female Mileage with 7933 miles; and Ralph and Kris LeMeur cranked the tandem to the top of the mileage charts.

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.

Board of Directors



L to R: George Neill, Mike Kersten, Laura Choate, Dale Johnson, Dan Anglim, Jeanne and Bud Leland



Dick Nussbaum and Mary Moore



Dan with Ride Leader Tom Goodwin



Dan Anglim



Jeanne and Bud Leland

May is Bike to Work Month

by Sandy Yarrow

All of your recreational riding mileage counts during the Bike to Work month of May not just your Club miles. Your mileage helps to generate political momentum for bicycle advocacy for safer and convenient bicycle facilities. Our miles 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. These increases show politicians and transportation engineers that bicycle lanes and parking racks are good investments. The combination of our increasing mileage and the understanding by the community of the benefits of bicycle riding are leading to unprecedented public investment.

Let's show our support! Start adding all of your May mileage to the official bicycle numbers. Watch for our Sacramento Wheelmen Group Email for instructions on the Bike to Work site address and information on how to register.

Don't miss the Capitol Bike Fest, part of the activities of Bike to Work month, to be held on Thursday, May 10 at the West steps of the Capitol from 11-1 P.M. We'll take a Wheelmen group 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).

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, and let's support this important cycling advocacy event.

Review of Optimized Cycling Solutions

by Doug Lent

At the Wheelmen general meeting last November, Mark Stemmy, owner of Optimized cycling Solutions, was the guest speaker. His subject was about the construction and care of carbon bikes. Mark's talk was interesting and informative, and I think all attendees learned something about the different types of carbon material and how they are used in the manufacture of carbon frames and forks. Mark is the owner of OCS and a dealer for the Italian line of Sarto bikes. He brought two examples of the bikes to the meeting, and geez, they were both beautiful. A bit out of my league, but beautiful nonetheless.

Mark has a small shop in Cameron Park, and he offered Wheelmen members a discounted bike "optimization" service. Normal fee for this service was \$250 (I think it's gone up to \$300 now), and he was offering two discounted services for \$125 each. My carbon Specialized Roubaix is a little over three years old, and other than replacing a couple of chains and tires & tubes, I hadn't given it much TLC, so I decided to take mark up on one of the discounted services. Mark told me that he would actually put over \$400 worth of labor service into the bike. I was thinking "shoot.... how's he gonna put that much work into my bike" Well I found out. Mark had told me that he was going to take the bike apart, and he really *took-the-bike-apart!* He showed me very hi res close-up pictures of the bike (I think he took about 100 pictures!) while it was apart. And it was apart down to the last nut and bolt. Want to see what your crankset looks like in little pieces? When I delivered the bike to him, parts of it were, ahem, rather dirty. Mark showed me the before and after pictures, and the differences were dramatic to say the least. He cleaned everything, polished the metal parts, waxed the frame and fork,

trued the wheels, replaced all cables, replaced a couple of worn parts (those parts were extra cost) and set the bike up for me. He measured me in multiple ways and made some adjustments in the bike. He also measured the bike in many ways (he has a really interesting computer program to crunch the numbers), took more pictures, wrote up an assessment of all the components and then sat me down to go over everything.



Mark Stemmy

He handed me a 17 page report, complete with charts, graphs and pictures along with his assessment of which parts were going to need attention in the future. In other words he told me how much life was left in my wheels, gears, handlebars and more. Geez.... and I thought I was getting a tune up!

Mark's shop is unassuming, small and not too easy to find in a light industrial area adjacent to the Cameron Park airport. His shop is not your "normal" shop in that he doesn't have bikes on display, other than a couple of killer Sartos, and doesn't stock merchandise other than a few spare parts that he uses and sells. But.... he says he'll soon be expanding his inventory. He'll be happy to measure you for any one of several custom Sarto bikes and get it to you from Italy. He also builds wheels and does repairs.

Mark told me that he wants to be the "Ferrari of bike shops", and from what I saw of his services, he'll probably make that goal. My bike came out of his shop looking like new, and it runs great! Now if I can just get my butt up on it..... More info at: <http://optimizedcyclingsolutions.com>

Etcerta

DR. SUESS - READ ACROSS AMERICA



Wheelmen: Mary Moore, Linda Zeiszler, and Sally Cooper

North American Handmade Bicycle Show March 2-4, 2012



bamboo bike



wood bike



Bill and Marilyn Floyd
Checking Out the Latest
Bike Accessories

2012 Sacramento Wheelmen Club Calendar

Club Meetings, Social Events, Volunteer Opportunities, & Deadlines

Date	Event	Contact
April 5	March Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
April 9	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
May 1	Jul, Aug, Sept Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
May 1-31	Bike to Work Month, mileage competition	Sandy Yarrow, swmarketing3@gmail.com
May 5	April Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
May 10#	Bike to Work – Bike Fest at Capitol 11-1	Sandy Yarrow, swmarketing3@gmail.com
May	Amgen Tour of California Volunteers	Dick Nussbaum 424-0933
May 15	July WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
May 17	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
May 23#	Florin Elementary Bike Rodeo Volunteers	Mary Moore, bike.moore@yahoo.com
June ?1	Locker Cleanup Volunteers	Carl Northeimer, 730-2666, cwnorte@aim.com
June 5	May Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
June 15-16	Sierra Century Volunteers	Bud & Jeanne Leland, swsierracentury@gmail.com
June 10#	Support the Parkway Rex Ride Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
June 11	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
July 5	June Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
July 20-21	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
July 26#	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
August 1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
August 5	July Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
August 13	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
August 15	September WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
September 5	August Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
September 27#	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
September 30	Club Picnic	Sandy Yarrow, swmarketing3@gmail.com
September	Mustard Seed Spin Volunteers	Linda Zeiszler, 457-8815
October 1	September Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
October 8	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
November 1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
November 1	October Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
November 15	January WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
November 15	General Membership Meeting**	Mike Kersten, 966-3095, swvicepres@gmail.com
November 22	Run to Feed the Hungry Volunteers	Dennis King, 284-4555
December	Families First Bike Assembly Volunteers	Dick Nussbaum 424-0933
December	Sac Police Activities League Volunteers	Dick Nussbaum 424-0933
December 5	November Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
December	Foster Santa Party Volunteers	Dick Nussbaum 424-0933
December 10	Photography Contest Deadline	Marilyn Floyd, 300-3595

Note date change or addition

* 5:30 PM No host dinner, 6:00-8:00 PM Board & Business Meetings, Hoppy Brewing Company, 6300 Folsom Blvd., Sacramento, Board members and committee chairs are expected to attend, all members are quite welcome, meetings are on the 2nd Monday of January and even numbered months except August (OR Tour), and December.

** 6:30 PM Socialize, 7:00 PM General Membership Meetings, SMUD Building, 6201 S Street, Sacramento, all members are encouraged to attend, guests and prospective members are always welcome to attend, meetings are on the 3rd Thursday of odd numbered months except January.

2nd Quarter 2012 Ride Calendar

April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Foothill Frolics 53	2	3 W2, W3, W4	4 W5, W6	5 W7, W8, W9	6 W10	7 Sacramento 20/35/60 Ione 27/63
8 Fab Fifties 62 Sacramento 100--- ---	9 --Oakland 100	10 W2, W3, W4	11 W5, W6	12 W7, W8, W9	13 W10	14 Sacramento 20/35/60 Elk Grove 40/60/80 Sacramento 47/67
15 Foothill Frolics 40/50 Sacramento 46/65 Citrus Hts 23-107	16 Occidental Zodiac	17 W2, W3, W4 Occidental Zodiac	18 W5, W6 Occidental Zodiac	19 W7, W8, W9 Occidental Zodiac	20 W10	21 Sacramento 20/35/60 Roseville 30/40/50 Sutter 40/60/100 San Ramon 125/256
22 Fab Fifties 33/44/53 Winters 36/47	23 Lincoln 48/60	24 W2, W3, W4	25 W5, W6	26 W7, W8, W9	27 W10	28 Sacramento 20/35/60 Davis 35-50
29 Foothill Frolics 38/50/60 Sacramento 55 Chico 65/100	30 Elk Grove 50/63					

May 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 W2, W3, W4	2 W5, W6	3 W7, W8, W9	4 W10	5 Sacramento 20/35/60 Roseville 30/40/50 Elk Grove 40/57 Roseville 25/65/100 Santa Rosa 65/100/120
6 Fab Fifties 50 Lodi 26/62/100	7 Sacramento 110 Guerneville Zodiac	8 W2, W3, W4 Guerneville Zodiac	9 W5, W6 Guerneville Zodiac	10 W7, W8, W9 Guerneville 110 Guerneville Zodiac Bike Fest Ride	11 W10	12 Sacramento 20/35/60 Elk Grove 40/60/80 Auburn 33/68/100 Paso Robles 199/213
13 Sacramento 54/80 West Sac 15/30	14 Elk Grove 50/61	15 W2, W3, W4 West Sac. 15/30	16 W5, W6	17 W7, W8, W9	18 W10	19 Sierra Century Pre-Ride 65/102/120 Davis 200
20 Citrus Hts 23-107	21 Freeport 35/80	22 W2, W3, W4	23 W5, W6	24 W7, W8, W9	25 W10 Paso Robles---- ---	26 Sacramento 20/35/60 Sacramento 74 --Paso Robles----- ---
27 Foothill Frolics 50 Sacramento 56/75 --Paso Robles----- --	28 Memorial Day Sacramento 41/67/89 Davis 35/56 --Paso Robles	29 W2, W3, W4	30 W5, W6	31 W7, W8, W9		

June 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 W10	2 Sacramento 20/35/60 Roseville 30/40/50
3 Crockett 43/66 Loomis 32/4	4 Winters 39/85/98	5 W2, W3, W4	6 W5, W6	7 W7, W8, W9	8 W10 Citrus Hts 23- 107	9 Sacramento 20/35/60 Ione 35/56
10 Foothill Frolics 50 AR Parkway 60	11 Rancho Cordova 48/68	12 W2, W3, W4	13 W5, W6	14 W7, W8, W9	15 W10	16 SIERRA CENTURY
17 Foothill Frolics 59/87	18 Rancho Murieta 30/46/88	19 W2, W3, W4	20 W5, W6	21 W7, W8, W9	22 W10	23 Sacramento 20/35/60 Chester 33/62/100 Malibu 200/300/400
24 Foothill Frolics 30/36/60	25 Rancho Cordova 40/70 Mt. Shasta Zodiac---	26 W2, W3, W4 Mt. Shasta Zodiac-	27 W5, W6 Mt. Shasta Zodiac--	28 W7, W8, W9 El Dorado Hills 32/58 Mt. Shasta Zodiac---	29 W10 Mt. Shasta Zodiac	30 Sacramento 20/35/60 Elk Grove 40/57 Markleeville 15/64/110/134



THE EYE OF THE EAGLE - 2011

Doran "Eagle Eye" Simmons keeps an eye out for lost coins along the road as he rides his bike.

This past year (after taking time out for a total knee replacement), he collected a total of \$300, which he matched for a grand total of \$600. 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 (\$18.49): Richard Bader, Barbara Bravos, Bob Becker, Mike Dobson, Mike Goble, Tom Goodwin, Harry Jones, Mary Moore, Dick Shultz, Bonnie Simmons, and Linda Ziesler. A GREAT BIG THANKS to Hal Baker for helping with the matching fund.



Website Update www.sacwheelmen.org

Did you know you can update your membership information, add a personal photo, and manage your privacy settings just by logging in and clicking on Edit Profile? Members will soon receive information, via email, about additional ways to personalize their member profile on our new Wheelmen website.

Our usual Club Contact email addresses have changed. You may want to update your distribution lists if you have email addresses that end with @sacwheelmen.org. Our contact addresses have changed to @gmail.com due to a recent increase in email delivery failures. See the new address list inside the front cover of this edition of the WheelNews. For additional new Club addresses, go to our website/ About SWBC/Contact Us.

Have you logged in yet? When logging in for the first time, enter your email address and click on Forgot Password. You will receive instructions sent to your email address about how to create a New Password. If your email address is not working, please contact the Membership Coordinator, Dave Storm, to update your information.

2011 Photo Contest Winners

Photos are available to view at www.sacwheelmen.org.

Bicycle Landscape

- 1st- Shelly Barrette
- 2nd- Sandy Fox
- 3rd- Carol Choate

Bicycle Action

- 1st- Sandy Fox
- 2nd- Sandy Fox
- 3rd- Carol Choate

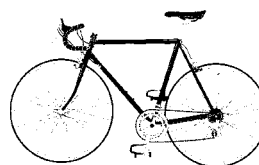


Bicycle Still

- 1st- Nick Hourigan
- 2nd- Art Choate
- 3rd- Doran Simmons

Bicycle Lifestyle

- 1st- Carol Choate
- 2nd- Carol Choate
- 3rd- Carol Choate



Familiar Faces in New Places

Carl Northeimer replaces Mike Dodson as Locker Coordinator
 Doug Lent is the new WheelNews Distribution Coordinator replacing John Abbe
 Eric Saur replaces Carrie Sundahl as the new advertising Coordinator.
 Laura Choate replaces Marilyn Floyd as Secretary
 Mike Snyder is the new Mileage Compilation Coordinator replacing Bob Evans

Weekly Rides

•event	•description	•grading
<h2>Weekly Rides</h2>		
(W2) TUESDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new, call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 Rolling Flexible
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcmaben@surewest.net Dave Storm, 665-2169, dlstorm@worldnet.att.net	25 to 75 Flat Flexible
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new, call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W6) WEDNESDAY BREAKFAST RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22 nd St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. Joe McCormick, 448-1032, mccormickjm@comcast.net Mary Moore, 284-1905, bike.moore@yahoo.com	25 to 75 Flat Flexible
(W7) THURSDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new, call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible

Weekly Rides

•event	•description	•grading
<p>(W8) THURSDAY BREAKFAST RIDE 8:30 AM Sunrise Bridge PL & Bike Trail 9:00 AM Gold River Shopping center, southeast corner of Sunrise and Gold Country</p>	<p>A social group ride to a different breakfast spot each week with two groups to allow for varied distances, paces and abilities. We usually offer an extended ride option after breakfast depending on the area and the weather. Away starts are periodically planned in addition to the Sunrise start, and will be announced at the Tuesday Breakfast ride or earlier, and by email. Dick Shultz, 853-1011, dieseldick@sbcglobal.net Sandy Yarrow, 791-3426, skybike@surewest.net Dave Clifton, 354-1137, superdave911@sbcglobal.net</p>	<p>45 to 70 Rolling Flexible</p>
<p>(W9) THURSDAY BREAKFAST RIDE, SOUTH 9:00 AM Florin & Riverside</p>	<p>We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmafen@surewest.net</p>	<p>35 to 60 Flat Flexible</p>
<p>(W10) FRIDAY BRING YOUR OWN BREAKFAST RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22nd St</p>	<p>Goal is to ride in all 4 directions in a month, if possible-yes this means 15mph or slower on the bike path.! This ride will be a good transition for newer riders who mostly ride the bike path to branch out to ride bike lanes and roads with Wheelman who have experience in traffic and are comfortable with traffic. Winter rides will tend to be 2 hours or 30 miles in length with a few exceptions for great weather days being longer. Bring a snack to eat along the way. Joe McCormick, 448-1032, mccormickjm@comcast.net</p>	<p>30 Flat Casual</p>

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April Rides

•event	•description	•grading
1 SUN Foothill Frolics Parade Route 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Let's ride to Meadow Vista where we'll revisit the parade route, so dress colorfully just in case. We'll 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	53 Rolling/Hilly Flexible
3 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
4 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
5 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
6 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
7 SAT Party Pardee 7:00 AM lone, Howard Park, Hwy 124	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 Moderate/Hilly Flexible
7 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Mary Moore 284-1905 bike.moore@yahoo.com	20-35-60 Flat/Rolling Casual
8 SUN Fab Fifties Lew Howard Park Ride 9:00 AM Folsom, Lew Howard Park, 7299 Baldwin Dam Rd	Ride goes to Lincoln then up to Auburn. 3500 ft. climb. To get to the park, driving on Folsom-Auburn Blvd turn left on to Oak Ave at the McDonald's. You can also park at Coffee Republic and bike up Oak Ave to the park. Helen Hourigan, 207-2671, helnick@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net	62 Hilly Flexible
8-9 SUN-MON Bay & Back 9:00 AM Sacramento, Walgreens PL, Florin & Riverside	Down to Oakland via the Delta, with an overnight in Oakland. Returning via Vallejo the following day. Baggage support provided. Contact the ride leader for details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	200 Hilly Flexible

April Rides

Continued

•event	•description	•grading
10 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
11 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
12 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
13 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
14 SAT	<p>Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge</p> <p>Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Linda Zeisler, 457-8815, zeisler@sbcglobal.net</p>	20-35-60 Flat/Rolling Casual
14 SAT	<p>Delta Grind 9:00 AM Elk Grove, It's a Grind PL, Elk Grove Blvd & Waterman</p> <p>We'll "grind" it out around the Delta or in the lower foothills. Stop for refreshments half way. Tom Gardner, 685-4085, tbgardner@surewest.net</p>	40-60-80 Flat/Rolling Flexible
14 SAT	<p>Loop Around Carquinez Straits 9:00 AM Sacramento, AMTRAC Train Station</p> <p>Travel via Amtrak from Sacramento to Suisun City. A meandering ride takes us along Cordelia and Lopes Roads and over the Benicia-Martinez Bridge into Martinez. A short climb and you're on beautiful Carquinez Scenic Dr. for a picturesque ride overlooking the Carquinez Straits and on to Crockett. A ride across the Carquinez Bridge and through Benicia takes us across the Benicia-Martinez Bridge once again and back to the Martinez Amtrak for the train ride back to Sacramento. Long ride goes back to Suisun City to catch Amtrak. Greg Schroeder, 390-4619, bycyclist@yahoo.com</p>	47-67 Flat/Rolling Flexible



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April Rides*Continued*

•event	•description	•grading
15 SUN Double Loop West 10:30 AM Sacramento, Walgreens PL, Florin & Riverside	South into the Delta and back through W. Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	46-65 Flat Flexible
15 SUN In-N-Out Century 8:00 AM Citrus Hts, C-Bar-C Park, Oak Ave @ Signal 1/2 mile east of Fair Oaks	Choose a ride from five 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 six related Sierra Foothills routes heading East with up to 6,250 ft. 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 Flat/Hilly Flexible
15 SUN Foothill Frolics Nick's Foothills 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 2000 - 3000 ft. of climbing. Nick Hourigan, 487-0993, helnick@sbcglobal.net	40-50 Rolling/Hilly Flexible
16-19 MON-THUR Occidental Zodiac	Occidental Zodiac. See Tour/Zodiac Schedule.	
16 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
18 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
19 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
20 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	

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April Rides

Continued

•event	•description	•grading
21 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
21 SAT Bike Around the Buttes 7:30 AM Sutter, Sutter Youth Organization, Catlett Hall	This ride supports the Diabetes Society in Sutter County. It is a mostly flat course that is just ideal for the early season. The 40 mile loop goes around the Sutter Buttes and the 60 mile loop goes through southern Sutter County and along the Sacramento River. The jaunt along the Sacramento River takes you up and down the levee 5 times with great views. This ride certainly shows much of the beauty we enjoy here in Sutter County. Details at www.bikearoundthebuttes.com. Sign-up at Active.com or download the form and send it in. Must wear Wheelmen Jersey to get club miles. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	40-60-100 Flat Flexible
21 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Donna Klug, auntdklug@aol.com	20-35-60 Flat/Rolling Casual
21 SAT Devil Mountain Double Century Staff Ride 5:00 AM San Ramon, Marriott Hotel, 2600 Bishop Drive	Work the public ride on April 28, 2012 and be pampered on the April 21 staff ride. Visit http://www.quackcyclists.com/DmdVolunteer.cfm?lngId=55 for details. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	125-265 Severe Flexible
22 SUN Cantelow and Mix Canyon 9:00 AM Winters, City PL, Railroad & Main	The ride will head towards Dixon through several walnut orchards, then west to climb Cantelow. After climbing Cantelow, you have the option of climbing Mix Canyon (a 4.6 mile out and back) with some 20% grades. The ride takes you back to Winters. No water en route. Glenn Moore, 359-6450, mooreg@surewest.net Mary Moore, 284-1905, bike.moore@yahoo.com	36-47 Moderate/Severe Flexible
22 SUN Fab Fifties Ride Around the Block 9:00 AM Shingle Springs Shingle Springs P&R Ponderosa Rd exit @ HWY 50	From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles and the long route continues on to Georgetown (market and cafes), plenty of climbing on both. The shortest option splits at Hwy 193 and 49 above Placerville. Tom Goodwin, 362-1780, tgoodwin0703@att.net	33-44-53 Rolling/Moderate Hilly Flexible

April Rides*Continued*

•event	•description	•grading
23 MON Lincoln Loop 10:00 AM Lincoln, Thunder Valley Casino East Pl. Athens Rd & Industrial	Ride to Newcastle via Camp Far West and return. Short ride doesn't go all the way to Newcastle. Dick Nussbaum, 424-0933, rcnflyer@aol.com	48-60 Rolling/Hilly Flexible
24 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
25 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
26 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
27 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
28 SAT Winters & Cantelow 9:00 AM Davis, Davis High School, Oak Ave. next to Athletic Field	A ride to Winters via Cantelow and Pleasant Valley Roads. David Storm, 665-2169, infobiker@yahoo.com	35-50 Flat/Rolling Flexible
28 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-35-60 Flat/Rolling Casual
29 SUN Suisun to Sacto #1 9:00 AM Sacramento, AMTRAC Train Station	We'll take the 9:10 train #729 from Sacto to Suisun and ride back via Pleasants Valley to Winters, Davis and home. 1000 ft. climb. David Clifton, 354-1137, superdave911@sbcglobal.net	55 Rolling Flexible

April Rides *Continued*

•event	•description	•grading
29 SUN Foothill Frolics A Perfect Blend 2 9:00 AM Roseville, A Perfect Blend PL, SW Corner of Sierra College & East Roseville Pkwy	We will visit some familiar roads around Auburn, Newcastle, Lincoln and Loomis with a break about half way through the ride. After the ride, share a cup of coffee with fellow riders at Perfect Blend. Dale Johnson, 284-5208, davijohnslckr@comcast.net	38-50-60 Rolling/Moderate Flexible
29 SUN Chico Wildflower 6:00 AM Chico, Silver Dollar Fairgrounds, 2337 Fair St.	The Wildflower has grown steadily over the years to 4,000 participants. About 3,150 ride the hills (Mildflower 65 and Wildflower 100), 750 ride the Flatflower and 100 young cyclists ride the Childflower 15 on the bike path to Durham. The rides satisfy the three biggest desires of century riders - the challenge, the scenery and the food. We combine tough climbs in the lush and fertile springtime with plenty of fresh fruits, fresh baked goodies (like streusel-date bars, banana-walnut bread, raspberry granola bars and raisin-nut energy bars) and a lunch spread that makes other century organizers scratch their heads. The rides have always included a dinner at the finish. Register ASAP at www.chicovelo.org . Must wear Wheelmen Jersey to get club mileage. Shelly Barrette, 216-6527, irongirl11234@yahoo.com	15-65-100 Flat/Mountainous/ Severe Flexible
30 MON Delta Wanderer 2 10:00 AM Elk Grove, Safeway PL, Franklin & Laguna	A flat loop thru the Delta area via Galt, Thornton, Walnut Grove, Ryer Island, Courtland, Hood and Franklin. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-63 Flat Flexible

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May Rides

event	description	grading
1 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
2 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
3 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
4 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
5 SAT	<p>Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge</p> <p>Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Mary Moore 284-1905 bike.moore@yahoo.com</p>	20-35-60 Flat/Rolling Casual
5 SAT	<p>Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)</p> <p>Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	30-40-50 Moderate/ Hilly Flexible
5 SAT	<p>Delta Ride 9:00 AM Elk Grove, Kinetic Bike Shop, Elk Grove Blvd & W. Taron, 1/5th mile east of I-5</p> <p>A ride into the Delta. There will be a stop about halfway. Dave Graska, 698-1506, davidgraska@yahoo.com</p>	40-57 Flat Flexible
5 SAT	<p>Wine Country Century 7:30 AM Santa Rosa, Wells Fargo Center for the Arts</p> <p>Ride the Sonoma County wine region visiting many of the region's premier vineyards. The route winds through redwoods, apple orchards, and shady broadleaf forest. It meanders across meadows sprinkled with wildflowers and climbs over hillsides dotted with eucalyptus, bay, and oak. Depending on your route, you'll cross the beautiful Russian River as many as six times. Again, depending on your route, you might pass through as many as seven different vineyard appellations: Russian River Valley, Green Valley, Sonoma Coast, Northern Sonoma, Dry Creek Valley, Alexander Valley, and Chalk Hill. Register online at http://srcc.memberlodge.com/. Must wear Wheelmen Jersey to get club Miles. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net</p>	65-100-120 Moderate/Hilly Flexible

May Rides

Continued

•event	•description	•grading
5 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 routes plus a flat 25 mi option, completely supported with breakfast, rest stops & sponsored lunch after. A beautiful ride for a good cause, with some challenging climbs, especially on the century loop. Great warm up for the Sierra Century on rural Placer county roads. Wear Wheelmen clothing/contact ride leaders to get club miles. For more info and registration www.diabetes.org/sacramentotour . Francisco Prieto, 205-1143, prietof@sutterhealth.org Dave Grattendick, 396-7972, gratted@sutterhealth.org	25-65-100 Flat/Hilly/ Mountainous Flexible
6 SUN Delta Century 6:00 AM Lodi, Jessie's Grove Winery, 1973 W. Turner Rd	Hosted by the Stockton Bicycle Club to raise money for local charities. Three flat loops--full, metric and quarter centuries--through the Delta. Full and metric routes include ferry ride across Steamboat Slough. Visit http://www.stocktonbikeclub.org for details. Contact ride leaders if unable to locate ride roster. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	26-62-100 Flat Flexible
6 SUN Fab Fifties Old French Town 9:00 AM El Dorado Hills, EDH P&R, Latrobe & White Rock Rd (Hwy 50 Exit 30A)	Up Serrano Rd. to Shingle Springs to Brandon, French Creek, Old French Town, Deer Valley and Green Valley Roads. Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net	50 Hilly Flexible
7 MON Ride to Guerneville 9:00 AM Sacramento Walgreen's PL Florin & Riverside	A ride to the Guerneville Zodiac. Baggage support available. Check with Ride Leader. Dick Nussbaum, 424-0933, rcnflyer@aol.com	110 Hilly Flexible
7-10 MON-THUR Guerneville Zodiac 9:00 AM Guerneville, Fern Grove Cottages, 16650 Hwy 116	Four days of riding starting from Fern Grove Cottages each day. Several routes to the coast and last day into Healdsburg. Monday will be a short tune-up ride starting around 1:30 PM. All other rides start at 9:00 AM. Route maps will be provided but you should bring AAA Mendocino and Sonoma Coast Region maps. More 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	145-265 Moderate/ Mountainous Flexible
8 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
9 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	

May Rides*Continued*

•event	•description	•grading
10 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
10 THUR Capitol Bike Fest 11:00 AM-1:00 PM Sacramento, West Steps of the Capitol	The Capitol Bike Fest, part of the activities of Bike to Work Month, will be held on the West side of the Capitol. The usual Thursday Breakfast ride will have a route that will allow us to participate. We'll take a Wheelmen photo at about 11:30 AM, so wear your club jersey! Sandy Yarrow, 791-3426, skybike@surewest.net	40-50 Flat Flexible
10 THUR Return From Guerneville 8:30 AM Guerneville Fern Grove Cottages	A return ride from the Zodiac. Dick Nussbaum, 424-0933, rcnflyer@aol.com	110 Hilly Flexible
11 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
12 SAT Central Coast Double Century 5:30 AM Paso Robles, City Park	Visit www.centralcoastdouble.com for details. Must register and pay 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	199-213 Mountainous Flexible
12 SAT Gold Country Century 7:00 AM Auburn, Auburn Recreation Park, 123 Recreation Drive PL	Several ride options follow beautiful lightly traveled rural foothill roads. Options include the full Century with 8700 ft. gain, Metric Century with 5000 ft. gain and half metric with 2400 ft. gain. Registration will be available soon through active.com and website at www.sfcyclists.org . Must wear Wheelmen Jersey to get club mileage. Larry Matz, 316-2130, lmatz1@yahoo.com	33-68-100 Hilly/Mountainous Flexible
12 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-35-60 Flat/Rolling Casual
12 SAT Delta Grind 9:00 AM Elk Grove, It's a Grind PL, Elk Grove Blvd & Waterman	We'll "grind" it out around the Delta or in the lower foothills. Stop for refreshments half way. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60-80 Flat/Rolling Flexible

May Rides

Continued

•event	•description	•grading
13 SUN Sutter Loop 9:30 AM Sacramento, Walgreen's PL, Florin & Riverside	Up the river to Nicolaus, east to the Natomas Canal, and south through Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	54-80 Flat Flexible
13 SUN Tour of CA Ride & Watch - Santa Rosa 8:00 AM West Sacramento, Enterprise Blvd P&R	We will meet at the Enterprise Blvd P&R lot in West Sacramento, and carpool to a point in Santa Rosa. We will then ride to a primo spectator point to watch the race, and then ride back. Contact Ride Leader via email after April 20 for updates. John Hafkenschiel, 454-1115, brabworld@sbcglobal.net	15-30 Flat Flexible
14 MON Clay Station Loop 10:00 AM Elk Grove, Safeway PL, Frank- lin & Laguna	A mostly flat loop south then east to Clay Station and back through Lodi and Thornton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-61 Flat Flexible
15 TUE Tour of CA Ride & Watch - San Jose 7:00 AM West Sacramento, Enterprise Blvd P&R off Bus I-80	We will meet at the Enterprise/West Capitol Park & Ride lot off I-80 Bus in West Sacramento and carpool to a ride start near the 1600 block of East Calaveras Blvd in Milpitas. We will ride up to a spectator point either on Sierra Road or Mt Hamilton and watch the peloton shatter in the midday sunshine. After they pass, we will follow the tour route for a few miles and return for a total of 20-40 miles (some very steep). Contact ride leader after April 15 for final route and start times. John Hafkenschiel, 454-1115, brabworld@sbcglobal.net	15-30 Hilly Flexible
15 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
16 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
17 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
18 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
19 SAT Sierra Century Pre-Ride 7:00 AM Plymouth, Amador County Fairgrounds	This is the Pre-Ride for Sacramento Wheelmen members volunteering for the main event. There are three routes: the Metric (65 miles with 4500 ft. climbing), the Century (102 miles with 7400 ft. climbing), and the Challenge (120 miles with 10,000 ft. climbing). To volunteer, contact Bud and Jeanne. Additional details will be emailed to volunteers. Bud & Jeanne Leland, 457-6324, sierracentury@sacwheelmen.org	65-102-120 Hilly/Mountainous Flexible

May Rides

Continued

•event	•description	•grading
19 SAT Davis Double Century 5:00 AM Davis, Veteran's Memorial Center, 14th & B St	Two hundred miles through Yolo, Napa and Lake Counties. Contact ride leaders if unable to locate route sheet. Visit http://www.davisbikeclub.org/annual_events/organized_rides/davis_double_century for details. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	200 Moderate Flexible
20 SUN In-N-Out Century 8:00 AM Citrus Hts, C-Bar-C Park, Oak Ave @ Signal 1/2 mile east of Fair Oaks	Choose a ride from five 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 six related Sierra Foothills routes heading east with up to 6,250 ft. 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 Flat/Hilly Flexible
21 MON Around & About 10:00 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge	A ride around Sacramento going south to Courtland, then east to Wilton, north to the bike path in Rancho Cordova, then west to Old Sac and back to Freeport. Dick Nussbaum, 424-0933, rcnflyer@aol.com	35-80 Flat Flexible
22 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
16 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	



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May Rides

Continued

•event	•description	•grading
17 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
25 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
25-28 FRI-MON Great Western Bicycle Rally 8:00 AM Paso Robles, Mid-State Fair Grounds	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, kids 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	8-100 Flat Flexible
26 SAT Suisun to Sacto #2 9:00 AM Sacramento, AMTRAC Train Station	We'll take the 9:10 train #729 to Suisun and ride back via Gordon Valley, Wooden Valley, Moskowitz to Winters-Davis-Sacto. 4500 ft. climb. David Clifton, 354-1137, superdave911@sbcglobal.net	74 Hilly Flexible
26 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-35-60 Flat/Rolling Casual
27 SUN Northeast Hills 8:30 AM Sacramento, Sacramento Air Museum PL, Freedom Park & 32nd St.	Outbound through Roseville, Newcastle, and Auburn, then looping back through Lincoln and south to return to McClelland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	56-75 Hilly Flexible
27 SUN Foothill Frolics Poker Ride 9:00 AM Loomis, Train Station behind Wild Chicken, Taylor & Horse- shoe Bar	This ride will take us from Loomis to points in Penryn, Newcastle and Auburn. For those wishing to play cards along the way, you will receive your first card at the start of the ride, collect three in route, and complete your five card hand when you sign out!! Prizes will be awarded so come ready for some cycling and card playing fun!! Coffee stop at Trailhead near the end of the ride. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	50 Moderate Flexible
28 MON Woodland & Beyond 10:00 AM Sacramento, Miller Park Marina PL, Front St South of Broadway	Northwest through Woodland, on to Madison, south to Winters and return through Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	41-67-89 Flat Flexible

May Rides

Continued

•event	•description	•grading
28 MON Memorial Day Ride to Veteran's Cemetery 9:00 AM Davis, Target, 4601 2nd St, near Mace	This Memorial Day ride takes us to the Veteran's Cemetery near Dixon. The short ride is a flat out and back, through Dixon and on to the veteran's cemetery. The long ride travels towards Winters, Putah Creek Rd to Pleasant Valley Rd, over Cantelow Rd and east on Midway Rd towards Dixon with a visit to the Veteran's Cemetery. Stops in Winters and Dixon for those that choose to do so. <p style="text-align: right;">Greg Schroeder, 390-4619, bycyclyst@yahoo.com</p>	35-56 Flat/Hilly Flexible
29 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
30 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
31 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	



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June Rides

•event	•description	•grading
1 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
2 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
2 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Mary Moore 284-1905 bike.moore@yahoo.com	20-35-60 Flat/Rolling Casual
3 SUN Fab Fifties Deja Voodoo 8:30 AM Crockett, Carquinez Middle School 1099 Pomona St	The school is located on the south side of Pomona St.; enter off Crockett Blvd., behind the school. Take I-80 WB exit 27 to Crockett. This is Dave's version of the metric loop of the Grizzly Peak Century. We'll ride Carquinez Scenic Drive, McEwen Rd, the mild mannered Mama and Pappa Hills of Bear Creek Rd, the switchbacks of Wildcat Canyon, and delight in the panoramic Grizzly Peak Drive, plus the redwood forest of Pinehurst Rd. Elev. 5,500 long route, and 2,500 short. No food for first 48 miles. This is one of my favorite rides! Yes, there are scenic worthy hills! Sandy Yarrow, 791-3426, skybike@surewest.net	43-66 Moderate/Hilly Flexible
3 SUN Looping Around Loomis 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Two Loops around Loomis. First down to Granite Bay and then up to Auburn with some favorite roads included. A Grupo ride. Deborah Walburg, 698-3504, walburg@surewest.net	32-40 Moderate Flexible
4 MON Anguin Loop 9:00 AM Winters, City PL, Railroad & Main	Out to Moskovite, then Knoxville Rd to Pope Valley, Howell Mountain to Anguin. Stop for lunch in St. Helena then return via Lake Hennessy. The medium ride skips Howell Mountain. Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-85-98 Hilly/Mountainous/ Severe
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).	

June Rides

Continued

•event	•description	•grading
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).	
8 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
8 FRI In-N-Out Century 8:00 AM Citrus Hts, C-Bar-C Park, Oak Ave @ Signal 1/2 mile east of Fair Oaks	Choose a ride from five 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 six related Sierra Foothills routes heading east with up to 6,250 ft. 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 Flat/Hilly Flexible
9 SAT Tour de Comanche Pardee 9:00 AM lone, Howard Park, Hwy 124	A ride through rolling hills south of lone over roads on the north and south sides of Comanche Reservoir and a return up the west side of the Pardee Reservoir. David Storm, 665-2169, infobiker@yahoo.com	35-56 Moderate Flexible
9 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-35-60 Flat/Rolling Casual
10 SUN To Bell and Back 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	We are going out to the end of Bell Road and back just to see what's there (quiz on return). This is an easy ride to shorten as you wish, but you won't pass the quiz if you don't go to the end of Bell. Dan Anglim, 797-0337, djanglim@surewest.net	50 Hilly Flexible
10 SUN Rex Ride TBA American River Parkway, William Pond Park	The ride begins at William Pond Recreation Area. Riders first head toward Discovery Park, where volunteers host a rest stop with refreshments. Riders then go to Beal's Point, where there is a second rest stop. Finally, everyone meets back at William Pond Recreation Area for a barbecue and beverages. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	0-60 Flat/Rolling Flexible
11 MON Galt Loop 9:00 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	A long loop south through Galt. Dick Nussbaum, 424-0933, rcnflyer@aol.com	48-68 Flat Flexible
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).	

June Rides

Continued

•event	•description	•grading
13 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
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).	
15 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
16 SAT	<p>There are three routes: the Metric (65 miles with 4500 ft. climbing), the Century (102 miles with 7400 ft. climbing), and the Challenge (120 miles with 10,000 ft. climbing). Go to www.sierracentury.org for more information and registration. To volunteer, contact Bud and Jeanne.</p> <p style="text-align: center;">Bud & Jeanne Leland, 457-6324, sierracentury@sacwheelmen.org</p>	65-102-120 Hilly/Mountainous Flexible
17 SUN	<p>A Challenging ride from Trailhead Coffee to Colfax with an option of a shorter route. 3000-4000 ft. climb.</p> <p style="text-align: center;">Helen Hourigan, 207-2671, helnick@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	59-87 Hilly Flexible
18 MON	<p>The route goes to Lone, Jackson, Mokuleme Hill, and returns through Buena Vista.</p> <p style="text-align: center;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	30-46-86 Rolling/Hilly Flexible
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	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	

June Rides*Continued*

•event	•description	•grading
23 SAT Mile High Hundred 8:00 AM Chester, Chester Park	<p>We will be stopping of in Chester on our way up Mt Shasta for the Zodiac. 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. We will be camping at North Shore Campgrounds Friday and Saturday. Leaving on Sunday for the Mt Shasta Zodiac. Start will be at Community Park corner of Main & Collins. Must wear Wheelmen Jersey to get club miles.</p> <p style="text-align: right;">Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net</p>	33-62-100 Moderate/Hilly Flexible
23 SAT L. A. Grand Tour 4:00-6:00 AM Malibu, Webster School, 3602 Winter Canyon Rd	<p>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.</p> <p style="text-align: right;">Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net</p>	200-300-400 Hilly Flexible
23 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	<p>Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge.</p> <p style="text-align: right;">Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com</p>	20-35-60 Flat/Rolling Casual
24 SUN Foothill Frolics Colfax & Iowa Hill 9:00 AM Auburn, Bowman P&R	<p>We will ride to Colfax where short ride (30) will then return back to Auburn. For medium ride (36) continue down to North Fork and turn around and return. For long ride (64) ride down to North Fork and continue up Iowa Hill to Foresthill Rd, turn right and return to Auburn. Water at Colfax, Iowa Hill and Foresthill.</p> <p>For those who have done Iowa hill please come join me and ride your own pace. For those who have always wanted to try, please join me, as this is my first time with my new knee, and I will be in the back. Should be fun!</p> <p style="text-align: right;">Jeannie Ennis, 205-2225, jeannieennis@att.net</p>	30-36-60 Hilly/Mountainous Flexible
25 MON South County Run 10:30 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	<p>A mostly flat trip through the south part of the County. To Galt, then returning to Mather. Some distance between stores, so bring fluids and snacks.</p> <p style="text-align: right;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	40-70 Flat/Rolling Flexible
25-29 MON-FRI Mt. Shasta Zodiac 9:00 AM Mt. Shasta, Mt. Shasta KOA, 900 N. Shasta Blvd	<p>This area is a recreational paradise. 5 days of riding lightly traveled roads with great scenery and neat little towns. Additional routes planned for this year. Rides start at the KOA campground. Camping at KOA, phone #800-562-3617. Cold Creek Inn for the non-campers is about 1/4 mile from the campground, phone #800-292-9421. Contact Ride Leader if you are going.</p> <p style="text-align: right;">Dale Johnson, 284-5208, davijohnslckr@comcast.net Dennis King, 284-4555, velo_king@sbcglobal.net</p>	200-300 Hilly/Mountainous Flexible
26 TUE	<p>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).</p>	

June Rides

Continued

•event	•description	•grading
27 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
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).	
28 THUR Cool Birthday Ride 8:30 & 9:00 AM Gold River, Gold River Shopping Center, SE Corner of Sunrise Blvd & Gold Country Rd, or El Dorado Hills, Safeway PL on Green Valley Rd, just before Salmon Falls Rd	Today's ride is the THURSDAY BREAKFAST RIDE with a twist!! The long ride will begin at 8:30am at the Starbucks on Sunrise and travel via Salmon Falls to the Barrette home in COOL. Upon arrival you will be greeted by Mrs. Barrette and another much requested \$5.00 Breakfast Bonanza!! The short ride will begin at 9:00am from the Safeway parking lot on Green Valley Rd (just before Salmon Falls Rd). After breakfast, we will sing and serve cake in honor of Scott's (and Paul's) birthday!! Menu to include: eggs, ham, biscuits/gravy, oatmeal, muffins, fruit, coffee and juice. Shelly Barrette, 216-6527, irongirl11234@yahoo.com	32-58 Moderate Flexible
29 FRI	Friday Breakfast Ride. See Weekly Ride Schedule (W10).	
30 SAT Delta Ride 9:00 AM Elk Grove, Kinetic Bike Shop, Elk Grove Blvd & W. Taron, 1/5th mile east of I-5	A ride into the Delta. There will be a stop about halfway. Dave Graska, 698-1506, davidgraska@yahoo.com	40-57 Flat Flexible
30 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by Jibboom St Bridge	Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels ride) Note start location change. Due to the noise under the freeway the start will be by the Jibboom St Bridge. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-35-60 Flat/Rolling Casual
30 SAT Riding the Wild Sierra 7:00 AM Markleeville, Turtle Rock Park	The Alta Alpina Cycling Club would like to invite you to their ride "Riding the Wild Sierra" in Markleeville on June 30, 2012. They were nice enough to promote our Sierra Century ride to their members, so we are returning the favor. They'd love to have some Wheelmen at their event. They have a number of routes from a Family Fun Ride to the 8 Pass Challenge. They also offer a multi-rider discount. Visit their website www.altaalpina.com/challenge for more details. Must wear Wheelmen Jersey to get Club Miles. Rod Farley, 601-5402, beyondnapa@comcast.net	15-64-110-134 Flat/Hilly/ Mountainous

Tour/Zodiac Schedule

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

<p>2012</p> <p>Apr 16-19 MON-THUR Occidental Zodiac</p>	<p>We will be doing the old Occidental route with a caveat. I plan to take the train on the afternoon prior to the ride, stay at the Hostel at Fort Mason (415-771-7277) and start from there the next morning. You may choose to do something different. The route is - Oakland, San Francisco, Mt. Tam, Sonoma Mountain Rd, Trinity, Mt Veeder, and Cardiac. We will stay in Occidental at the Occidental Lodge (707- 874-3623) and Napa at the Chablis Inn at (707-257-1944). Contact the Ride Leader for further details. This is not a ride for the faint of heart, this is the real deal. This ride is sagged with a \$15 nonrefundable deposit (could be more, depending on the number of riders) to help pay for fuel and snacks. This ride has a limited number of riders due to support vehicle capacity.</p> <p style="text-align: right;">David Clifton, 354-1137, superdave911@sbcglobal.net</p>	
<p>May 7-10 MON-THUR Guerneville Zodiac Guerneville Fern Grove Cottages 16650 HWY 116</p>	<p>Four days of riding starting from Fern Grove Cottages each day. Several routes to the coast and last day into Healdsburg. Monday will be a short tune-up ride starting around 1:30 PM. All other rides start at 9:00 AM. Route maps will be provided but you should bring AAA Mendocino and Sonoma Coast Region maps. More details to follow via e mail. Lodging options: Fern Grove Cottages 707-869-8105, Dawn Ranch Lodge 707-869-0656, or Casini Ranch at Duncan Mills 800-451-8400 for RV and tent camping.</p> <p style="text-align: right;">Ron Brown, 486-3665, rl-brown@pacbell.net Rich Zeiszler, 457-8815, zeiszler@sbcglobal.net</p>	<p>145 to 265 Moderate-Mount Flexible</p>
<p>June 25-29 MON-FRI 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 planned for this year. Rides start at the KOA campground. Camping at KOA, phone #800-562-3617. Cold Creek Inn for the non-campers is about 1/4 mile from the campground, phone #800-292-9421. Contact Ride Leader if you are going.</p> <p style="text-align: right;">Dale Johnson, 284-5208, davijohnsickr@comcast.net Dennis King, 284-4555, velo_king@sbcglobal.net</p>	<p>200 to 300 Med Hill Long Mtn Flexible</p>
<p>July 22-28 SUN-SAT RAGBRAI 2012</p>	<p>Several Wheelmen have asked me to organize participation in the 2012 RAGBRAI (<i>Register's Annual Great Bike Ride Across Iowa</i>), and I have agreed to do so. I have cleared Wheelmen participation with the charter operator. The ride will start July 22 at the Missouri River and end July 28th on the Mississippi River. Participants should fly to Omaha on the 20th and depart on the 29th. The route isn't fixed yet, but it averages about 470 miles. I will provide additional information and upon request.</p> <p style="text-align: right;">David Bailey, 925-8123, dauidsbailey@yahoo.com</p>	<p>470</p>
<p>Aug 5-11 SAT-SUN Oregon Club Tour Corvallis Oregon KOA Cost: \$250 Sac Wheelmen Members only</p>	<p>Plan to arrive in Corvallis on Saturday the 5th 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, which 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 125 ft. 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. We will 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.</p> <p style="text-align: right;">Tim Koch, 488-8218, mtkoch@surewest.net</p>	<p>440 miles 14,000 ft. climbing</p>
<p>Aug 31 – Sept 23 France Tour</p>	<p>A Wheelmen tour of France including stays in Digne-les-Bains, Argelez-Gazost, Cahors, Loire Valley and finishing out of Paris. Space is limited. If you want to be on a standby list, contact the Ride Leader for details and information.</p> <p style="text-align: right;">Sandy Yarrow, 791-3426, skybike@surewest.net</p>	<p>TBA Flat to Mountainous Flexible</p>

YES! I've decided to:

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

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

- Leading Rides Other _____
- Sierra Century
- Club Administration

My Talents and Skills are:

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

(circle one)

Name _____ M F

List names of all family members who will ride or volunteer

_____ M F

_____ M F

Address _____

City _____ Zip _____

Phone _____ E-mail _____

Here's what it's going to cost:

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

Please mail this application with check payable to:

PO Box 15739
Sacramento, CA 95852

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

Sacramento Wheelmen Cycling Club Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

IN CONSIDERATION of being permitted to participate in any way in this Sacramento Wheelmen Cycling Club ("Club") sponsored Bicycling Activity ("Activity"), I for myself, my personal representative, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of cycling activities and that I am qualified, in good health, and in proper physical condition to participate in such Activities. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further acknowledge that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISK AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING DEATH ("Risks"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions of others participating in Activity, the conditions in which Activity takes place, or THE NEGLIGENCE OF THE "RELEASEE" NAMED BELOW; (c) THERE MAY BE OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND RESONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, CONVENANT NOT SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, their respective administrators, directors, agents, officers, employees and volunteers, other participants, any sponsors, advertisers, and if applicable, owners and leasers of the premises on which the Activity takes place (each considered one of the "RELEASEES" herein), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON M ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERS, INCLUDING NEGLIGENT RESCUE OPERATIONS. I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, I, or anyone on my behalf, make acclaim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEESS from any litigation expenses, attorney fees, losses, liability, damages, or costs which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THT IF ANY PORTION OF THE AGREEMENT IS HELD INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature of Participant Date

Signature of Participant Date

Signature of Participant Date

Signature of Participant Date

Signature of parent/guardian (if under 18) Date

Signature of parent/guardian (if under 18) Date



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Sacramento Area Bicycle Advocates

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

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

Membership levels:

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

* Free SABA T-Shirt Please specify size (S, M, L, XL)

Membership Application

Mail to: SABA 909 12th. St. Suite 116,
Sacramento, CA 95814

Name(s): _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

E-mail: _____

