

## Sacramento Wheelmen's Ride Schedule & Newsletter

### THE SACRAMENTO WHEELMEN ANNUAL AWARDS BANQUET

by Mary Moore

On February 2, 2013, the Sacramento Wheelmen held their Annual Awards Banquet at the Sacramento



Dick Nussbaum, Sandy Yarrow—  
Top Mileage Man & Woman

Hilton. This year's gala event celebrated our 39th year as a Club and acknowledged those members and staff who make our Club so exceptional by recognizing those members with cycling achievements and a demonstrated commitment to the Club by volunteering.

With our 2012 trip to France, we have ridden all over the map near and far. A total of 299 riders rode 475,924 miles with 721 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 recognized 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. Glenn & Mary Moore received the Jim Gilman award for outstanding contributions to



Glenn & Mary Moore—  
Winners of the  
Jim Gilman  
Memorial  
Award



Tom Goodwin, Top  
Ride Leader

the Club. Tim Koch, leader of the Oregon Tour for the last 23



Tim Koch, Volunteer  
of the Year

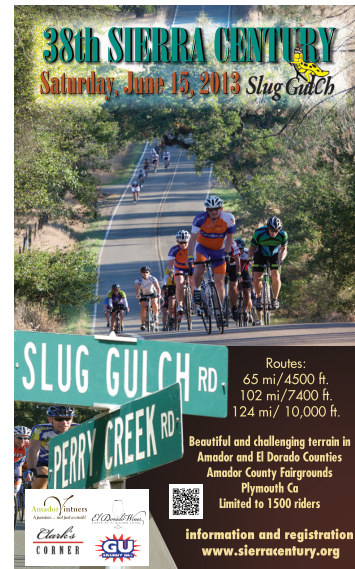
years received the Anglin Award for Volunteers of the Year. Top Ride Leader was awarded to Tom Goodwin for leading a total of 98,221 rider miles. In addition, the 2012 Board was recognized for their work throughout the year. The high mileage champions were announced. Their accomplishments continue to inspire us to reach higher, whatever our goal, and challenge ourselves. Top mileage

### SIERRA CENTURY 2013

by Bud and Jeanne Leland, Sierra Century

Directors 2013

Plans are going very well for the 2013 Sierra Century. After last year's success we return again to Amador and El Dorado Counties on Saturday, June 15, 2013. 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 are beautiful and challenging routes and not to be missed.



Registration is now open at [www.sierracentury.org](http://www.sierracentury.org) and at [www.active.com](http://www.active.com). Our [www.sierracentury.org](http://www.sierracentury.org) site provides lots of event information and options for overnight stays at the Amador County Fairgrounds in Plymouth

We are very pleased to have the Amador Vintners Association and the

continued on page 2

continued on page 2

#### Look what's inside . . .

3	Ride Director	5	Club Calendar	12	May Ride Schedule
3	Sac Region Bike Fest	7	Weekly Rides	17	June Ride Schedule
4	How to Join SacWheelmen, Yahoo	8	April Ride Schedule	21	Zodiac Schedule



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**Kerry Wilson**  
swelistperson@gmail.com

**BANQUET. .CONTINUES**

awards went to Dick Nussbaum with 13,282 miles for Top Male Mileage; Sandy Yarrow for Top Female Mileage with 7642 miles; and Sally and John Cooper cranked the tandem to the top of the mileage charts.

The Sierra Century was once again a success. The organization and leadership of Directors Jeanne & Bud Leland 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 was overwhelming, especially noting the return to the classic routes in Amador and El Dorado Counties. A successful Sierra Century allows us to give back to our communities. ☺

Additional banquet photos are located on our website [www.sacwheelmen.org](http://www.sacwheelmen.org) in the Photo Gallery.



Sally and John Cooper Top Tandem riders

**THANK YOU!**



Thanks to John and Sally Cooper for serving so ably as our Merchandise Coordinators. Nick and Helen Hourigan, and Ken Bell are the new Merchandise Coordinators. ☺

**SIERRA CENTURY . .CONTINUES**

El Dorado Winery Association, along with GU and Clark's Corner as this year's sponsors. The winery associations will be pouring on Friday evening during Early Registration from 4:00-7:30 PM. Don't miss this great opportunity to get to know the wonderful wines produced along the very roads you will be pedaling by during the Sierra Century. GU is providing a variety of their nutritional products familiar to many of our riders. Clark's Corner in Ione will provide the much needed coffee on Saturday morning as our riders get ready to get on the road.

After rave reviews last year, our post ride meal will again be provided by Beth Sogaard Catering in Plymouth. Riders can again expect the menu variety and quality provided last year. Massage therapists will be waiting to ease those tired legs.

Have you volunteered for the Sierra Century? This year Club volunteers will receive a Sierra Century Volunteer 2013 wristband. We would like you to begin wearing it now and through the end of the Sierra Century at Club rides and events, etc. to show your Wheelmen pride. Wristbands are available from your Sierra Century Captain. We will be sending regular emails to the Club with information on where and how to volunteer.



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.

Our Sierra Century PreRide is scheduled for Sunday, June 2, 2013. This year we will have a staggered start-time. Check the Ride Calendar for more information. Wear your Wheelmen kit and your wristband.

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.

Contact us: [swsierracentury@gmail.com](mailto:swsierracentury@gmail.com), [www.sierracentury.org](http://www.sierracentury.org) ☺



# SACRAMENTO REGION CAPITOL BIKE FEST AND BIKE TO WORK MONTH

This is for everyone that rides a bicycle. Let's do our part and show support.

Start adding all of your May mileage to the official bicycle numbers. Go online at [mayisbikemonth-sacramento](http://mayisbikemonth-sacramento), and register with your email and a password. Look for Challenges> Team/Club and scroll down to find Sacramento Wheelmen, and you can track our progress.

The Capitol Bike Fest is part of the activities of Bike to Work month and is to be held on Thursday, May 16 at the West steps of the Capitol from 11-1PM. Wear your Wheelmen jersey for a photo on the steps at 11:45. We will have a ride to the Capitol from the Gold River start location.

May is Bike to Work Month and all of your recreational, commute or errand mileage counts during the month of May. Your miles will help to generate political momentum for bicycle advocacy of more safe, convenient bicycle facilities. By our combined cycling efforts, we can make a difference. The mileage total during May 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.

This is also a good time to consider joining Sacramento Area Bicycle Advocates (SABA) and add your voice and your support to the cycling clout in our region.

Check for more details on their website [sacbike.org](http://sacbike.org) or [sacbike.org/faba](http://sacbike.org/faba) for Folsom's chapter. ☺

## RIDE DIRECTOR

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 250 rides scheduled this quarter, including six Zodiacs/Tours, several away rides, thirteen rides from other organizations, and of course the Sierra Century Pre-ride and the real one. 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 2013 rides may be submitted now through May 1 for the months of July, August, and September on our website at [www.sacwheelmen.org](http://www.sacwheelmen.org). Go to the Rides dropdown, and select "Lead a Ride". All of the rides you led over the past three 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 2013 Tour and Zodiac dates so that our members can be planning ahead. ☺

### 2ND QUARTER ESTEEMED RIDE LEADERS

Dan Anglim	Bud & Jeanne Leland	Ed Scanlan
Shelly Barrette	Bob Maben	Marie Schelling
Joni Bauer	Joe McCormick	Dick Shultz
Doug Beisner	Mary Moore	Mike Snyder
Barbara Bravos	Dick Nussbaum	David Storm
Ron Brown	William Poulton	Sandy Yarrow
Dave Clifton	Gerry Rohlfes	Linda & Richard Zeiszler
Jeannie Ennis	Pam & Robert Samms	

## Patriot Bicycles

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Sun 12pm to 4pm



**Dirk Manley**  
[squadraabruzzo.com](http://squadraabruzzo.com)

Coaching  
Bike Fitting  
Italian Cycling Trips

916-966-8238  
[abruzzobiker@gmail.com](mailto:abruzzobiker@gmail.com)

# How to Join SacWheelmen Yahoo Group

Wheelmen members are encouraged to join the Sacwheelmen Yahoo! Group. It is free and allows you to receive/reply to e-mail messages from the group and access the group's photos, files, links, and more.

For step by step directions, go to [www.sacwheelmen.org](http://www.sacwheelmen.org), log in with your email address and password which takes you the to "members" section of the site. Click on Yahoo Groups. 🌀

# Eagle Eye Simmons

THE EYE OF THE EAGLE-2012 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 \$320, which he matched for a grand total of \$640. The money was donated to the Deacon's Fund Project at his church, to benefit disadvantaged kids.

He thanks the following for their help in last year's "pick-up" project (\$26.38):

John Abbe,  
Richard Bader,  
Hal Baker,  
Barbara Bravos,  
Mike Dobson,  
Mike Goble,  
Tom Goodwin,  
Harry Jones,  
Mary Moore,  
Eric Sauer,  
Nancy &



Dick Shultz, Bonnie Simmons,  
Mike Snyder, and Linda Zeiszler.  
A GREAT BIG THANKS to Hal Baker for helping with the matching funds. 🌀

# Welcome New Members

November 16, 2012 - February 15, 2013



- |                |                 |
|----------------|-----------------|
| Lela Bayley    | Wallace McElwee |
| Julie Coolidge | Kevin McSpadden |
| Debby          | Richard Michaud |
| Huntington     | Glen Smith      |
| Mark Kim       | Cathy Thurman   |
| Frank Kolafa   | Carol Winter    |
| Maia Lewis     | Helen Zurek     |
| Steve Lewis    |                 |



**Heather Nielson**  
USA Cycling certified coach  
and elite level bike racer

I focus on teaching beginner and advanced skills clinics as well as work with the competitive athlete on a consultation or month to month basis.

E-mail: [nielson.heather@yahoo.com](mailto:nielson.heather@yahoo.com)  
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**EXPERIENCED CYCLIST  
EXPERIENCED LITIGATOR  
ATTORNEY FOR 23 YEARS**



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7610 Folsom-Auburn Rd. #100 4420 Town Center Blvd. #150  
Folsom, CA 95630 El Dorado Hills, CA 95762  
[FolsomBike.com](http://FolsomBike.com) [TCBikeAndTri.com](http://TCBikeAndTri.com)

GIANT TREK CEST PINARELLO BMC cervelo REDLINE

# 2013 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
<b>April</b>	<b>8</b>	<b>Board &amp; Business Meeting*</b>	<b>Mike Kersten, 966-3095, mikejkersten@aol.com</b>
April	19	Elk Grove Elementary School Bike-A-Thon	Don Weber, 826-2061, dweber@accoes.com
April	20	Earth Day, Roseville	Marilyn Floyd, bikemarilyn@gmail.com
May	1	Jul, Aug, Sept Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
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	15	July WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
May	16	Bike to Work	Sandy Yarrow, swmarketing3@gmail.com
<b>May</b>	<b>16</b>	<b>General Membership Meeting**</b>	<b>Jim Dodds, 515-9812, jmdodds@surewest.net</b>
May	?	Florin Elementary Bike Rodeo Volunteers	Mary Moore, bike.moore@yahoo.com
June	?	Locker Cleanup Volunteers	Carl Northeimer, 730-2666, cwnorte@aim.com
June	2	Sierra Century Volunteer PreRide	Bud & Jeanne Leland, swsierracentury@gmail.com
June	5	May Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
June	9	Support the Parkway Rex Ride Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
<b>June</b>	<b>10</b>	<b>Board &amp; Business Meeting*</b>	<b>Mike Kersten, 966-3095, mikejkerstern@aol.com</b>
June	14-15	Sierra Century Volunteers	Bud & Jeanne Leland, swsierracentury@gmail.com
July	5	June Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
July	18	General Membership Meeting**	Jim Dodds, 515-9812, jmdodds@surewest.net
July	19-20	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
August	1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
August	5	July Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
<b>August</b>	<b>12</b>	<b>Board &amp; Business Meeting*</b>	<b>Mike Kersten, 966-3095, mikejkersten@aol.com</b>
August	15	September WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
September	5	August Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
<b>September</b>	<b>19</b>	<b>General Membership Meeting**</b>	<b>Jim Dodds, 515-9812, jmdodds@surewest.net</b>
September	29	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
<b>October</b>	<b>14</b>	<b>Board &amp; Business Meeting*</b>	<b>Mike Kersten, 966-3095, mikejkersten@aol.com</b>
November	1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
November	1	October Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
November	15	January WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
<b>November</b>	<b>21</b>	<b>General Membership Meeting**</b>	<b>Jim Dodds, 515-9812, jmdodds@surewest.net</b>
November	28	Run to Feed the Hungry Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
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

\* 5:30 PM No host dinner, 6:00-8:00 PM Board & Business Meetings, Hoppy Brewing Company, 6300 Folsom Blvd., Sacramento, Board members and committee chairs are expected to attend, all members are welcome.

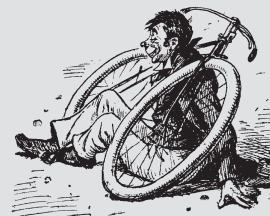
\*\* 6:30 PM Socialize, 7:00 PM General Membership Meetings, SMUD Building, 6201 S Street, Sacramento, all members are encouraged to attend; guests and prospective members are always welcome to attend.

## Report Road and Bicycle Hazards

To report a bicycle hazard

Email SABA at [hazard@sacbike.org](mailto:hazard@sacbike.org)

Please include: Your name; Your contact information (e-mail address, phone number, home address); The date you noted the hazard; The location (as specific and concise as possible); The direction of travel; The jurisdiction, and A brief description of the hazard





# 2nd Quarter 2013 Ride Calendar

## April 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>APRIL FOOLS</b> W1, W2 Elk Grove 50/63	2 W1, W3, W4	3 W1, W2, W6	4 W1, W8, W9	5 W1, W2, W10	6 Sacramento 20/35/60 Ione 27/63 Willows 35/75/104
7 Winters 32/60/67	8 W1, W2 Freeport 39/74	9 W1, W3, W4	10 W1, W2, W6 Murieta 15	11 W1, W8, W9	12 W1, W2, W10	13 Sacramento 20/35/60 Elk Grove 38/44/62
14 Loomis 32/40/50	15 W1, W2	16 W1, W3, W4	17 W1, W2, W6	18 W1, W8, W9	Mallorca Tour 19 W1, W2, W10	20 Sacramento 20/35/60 Roseville 30/40/50 San Ramon 126/200 Sutter 40/60/100 Mallorca Tour
Mallorca Tour	Mallorca Tour	Mallorca Tour	Mallorca Tour	Mallorca Tour	Mallorca Tour	
21 El Dorado Hills 34 Sacramento 56/75 Mallorca Tour	22 W1, W2 Sacramento 31/50	23 W1, W3, W4	24 W1, W2, W6	25 W1, W8, W9	26 W1, W2, W10	27 Sacramento 20/35/60 San Luis Obispo 49/71/98 Mallorca Tour
28 Penryn 34/50/55 Galt 34/87/111 Barcelona- AndorraTour	29 W1, W2  Barcelona- AndorraTour	30 W1, W3, W4  Barcelona- AndorraTour				

## May 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 W1, W2, W6	2 W1, W8, W9	3 W1, W2, W10	4 Sacramento 20/35/60 Roseville 30/40/50 Freeport 40/60 Barcelona- AndorraTour
5 El Dorado Hills 37/42 Lodi 26/62/100	6 W1, W2 Freeport 35/80	7 W1, W3, W4	8 W1, W2, W6 Murieta 15	9 W1, W8, W9	10 W1, W2, W10	11 Sacramento 20/35/60 Paso Robles 199/213 Petaluma
12 <b>MOTHERS DAY</b> Penryn 40/50	13 W1, W2 Sacramento 110	14 W1, W3, W4	15 W1, W2, W6	Petaluma 16 W1, W8, W9 Guerneville 110	Petaluma 17 W1, W2, W10	18 Sacramento 20/35/60 Roseville 30/40/50 Davis 200 Lodi 30/60/100
	Guerneville Zodiac	Guerneville Zodiac	Guerneville Zodiac	Guerneville Zodiac		
19 Ione 46/47/57	20 W1, W2 Elverta 45/86	21 W1, W3, W4	22 W1, W2, W6	23 W1, W8, W9	24 W1, W2, W10	25 Sacramento 20/35/60 Elk Grove 40/60/80 Paso Robles
26 Loomis 51 Sacramento 66/99 Paso Robles	27 <b>MEMORIAL</b> <b>DAY</b> W2  Paso Robles	28 W1, W3, W4	29 W1, W2, W6	30 W1, W8, W9	Paso Robles 31 W1, W2, W10	

## June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Sacramento 20/35/60 Roseville 30/40/50
2 Plymouth 65/102/120	3 W1, W2 Rancho Cordova 40/70	4 W1, W3, W4	5 W1, W2, W6 Murieta 15	6 W1, W8, W9	7 W1, W2, W10	8 Sacramento 20/35/60 Elk Grove 40/60/80
9 Loomis 53 Sacramento 35/65	10 W1, W2  Sacramento	11 W1, W3, W4	12 W1, W2, W6	13 W1, W8, W9	14 W1, W2, W10	15 <b>SIERRA CENTURY</b>
16 <b>FATHERS DAY</b> Sacramento 50/75	17 W1, W2	18 W1, W3, W4	19 W1, W2, W6	20 W1, W8, W9	21 <b>SUMMER</b> W1, W2, W10	22 Sacramento 20/35/60 Malibu 200/300/400
23 Loomis 50 Rancho Cordova 43/70	24 W1, W2 W. Sacramento 35/52  Mammoth Lakes Zodiac	25 W1, W3, W4	26 W1, W2, W6	27 W1, W8, W9	28 W1, W2, W10	29 Sacramento 20/35/60 Roseville 30/40/50 Markleeville 15/64/110/134
30 Shingle Springs 33/44/53 Sacramento 51/74/94						

## Second Quarter 2013

# Weekly Rides

•event	•description	•grading
<b>(W1) MONDAY – FRIDAY COMMUTE RIDE</b>	Commuter to work and gain Club miles. Submit your plan to the Ride Leader. Your plan must include to/from locations and RT mileage. Send a weekly note to the Ride Leader listing the days you rode. <b>Mike Snyder, 468-9745, riderosters@gmail.com</b>	10-50 Flat Flexible
<b>(W2) MON, WED, FRI THE DAILY CONSTITUTIONAL</b> 10:00/9:00/8:00 AM Five Points, corner of Arden & Fair Oaks	This series ride will be every Monday, Wednesday, and Friday, unless canceled on Yahoo Groups and is intended to just be a ride. No stops for food or coffee. You can get coffee at Bella Bru after the ride. We ride up the trail to Folsom Lake and turn around. You may choose to turn around at any time. APRIL START IS AT 10, MAY START IS AT 9, JUNE START IS AT 8. <b>Dennis King, 284-4555, velo_king@sbcglobal.net</b>	
<b>(W3) TUESDAY BREAKFAST RIDE</b> 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. <b>Tom Goodwin, 362-1780, tgoodwin0703@att.net</b> <b>Nick Hourigan, 487-0993, helnick@sbcglobal.net</b>	25 to 75 Rolling Flexible
<b>(W4) TUESDAY BREAKFAST RIDE DOWNTOWN</b> 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. <b>Bob Maben, 455-5715, rcmaben@surewest.net</b> <b>Dave Storm, 665-2169, infobike@yahoo.com</b>	25 to 75 Flat Flexible
<b>(W6) WEDNESDAY BREAKFAST RIDE</b> 9:00 AM Sacramento Grant Park on C St. near 22 <sup>nd</sup> 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. <b>Joe McCormick, 448-1032, mccormickjm@att.net</b> <b>William Poulton, wpoulton@sbcglobal.net</b>	25 to 75 Flat Flexible
<b>(W8) THURSDAY BREAKFAST RIDE</b> 8:30 AM Sunrise Bridge PL & Bike Trail 9:00 AM Gold River 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. <b>Dick Shultz, 853-1011, dieseldick@sbcglobal.net</b> <b>Sandy Yarrow, 791-3426, skybike@surewest.net</b> <b>Dave Clifton, 354-1137, superdave911@sbcglobal.net</b>	45 to 75 Rolling Flexible
<b>(W9) THURSDAY BREAKFAST RIDE, SOUTH</b> 9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. <b>Gerry Rohlfes, 422-7711</b> <b>Bob Maben, 455-5715, rcmaben@surewest.net</b>	30 to 60 Flat Flexible
<b>(W10) FRIDAY BRING YOUR OWN BREAKFAST RIDE</b> 9:00 AM Sacramento Grant Park on C St. near 22 <sup>nd</sup> St	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. <b>Joe McCormick, 448-1032, mccormickjm@att.net</b> <b>William Poulton, wpoulton@sbcglobal.net</b>	30 to 75 Flat Casual

# April Rides

•event	•description and grading
<b>1</b> <b>MON</b> <b>Delta Wanderer V2</b> 10:00 AM Elk Grove, Safeway PL, Laguna & Franklin	<b>Ride:</b> 50-63 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A flat loop through the Delta area via Galt, Thornton, Walnut Grove, Ryer Island, Courtland, Hood, and Franklin.
<b>1</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2)
<b>2</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>3</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>4</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>5</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>6</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Mary Moore, 284-1905, bike.moore@yahoo.com <b>Description:</b> 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).
<b>6</b> <b>SAT</b> <b>Party Pardee</b> 7:00 AM Ione, Howard Park, Hwy 124	<b>Ride:</b> 27-63 Moderate/Hilly Flexible <b>Leader:</b> Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net <b>Description:</b> 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.
<b>6</b> <b>SAT</b> <b>Farm to Forest</b> <b>Century</b> 8:00 AM Willows, Memorial Park, W. Sycamore St & N. Marshall Ave	<b>Ride:</b> 35-75-104 Flat/Moderate/Hilly Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> Ride hosted by the Willow High School Boosters to benefit Willow High School activities. Long ride includes a climb into the Mendocino National Forest. Lots of great scenery and food, including a rosemary chicken barbeque dinner at the finish. Register online at either <a href="http://www.signmeup.com">http://www.signmeup.com</a> or <a href="http://www.active.com">http://www.active.com</a> . Contact Lisa at (530) 330-2921 or <a href="mailto:farmtoforest@att.net">farmtoforest@att.net</a> . Must wear Wheelmen Jersey to get Club Mileage.
<b>7</b> <b>SUN</b> <b>Fab Fifties -</b> <b>Cantelow to</b> <b>Cardiac</b> 9:00 AM Winters, City PL, Railroad & Main	<b>Ride:</b> 32-60-67 Hilly/Mountainous Flexible <b>Leader:</b> Richard Zeiszler, 457-8815, zeiszler@sbcglobal.net <b>Description:</b> From Winters the ride will reach the outskirts of Fairfield before turning north through Gordon and Wooden Valleys on the way to Lake Berryessa. We will then turn east to descend Hwy 128 into Winters.



# April Rides

*Continued*

•event	•description and grading
<b>8 MON</b> The Extended Cruise 10:00 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge	<b>Ride:</b> 39-74 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A meandering ride through the Delta between Freeport and Isleton.
<b>8 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>9 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>10 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>10 WED</b> Murieta Mountain Bike Ride 9:00 AM Rancho Murieta, Lake Clementia	<b>Ride:</b> 15 Moderate/Hilly Off Road/Flexible <b>Leader:</b> David Clifton, 354-1137, superdave@sbcglobal.net <b>Description:</b> Take Murieta Pkwy, turn right at Camino Del Lago Dr. drive to Lake Clementia picnic area. This is a ride around the back lakes of Rancho Murieta. We have built about 10+ miles of single track around the area, it is a 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.
<b>11 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>12 FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>12-27 FRI-SAT</b> Mallorca, Spain Tour	See Tour/Zodiac Schedule for details.
<b>13 SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net <b>Description:</b> 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).
<b>13 SAT</b> Walnut Grove & Galt 9:00 AM Elk Grove, Starbucks, 10064 Bruceville at Whitelock	<b>Ride:</b> 38-44-62 Flat Flexible <b>Leader:</b> David Storm, 665-2169, dlstorm@frontiernet.net <b>Description:</b> The long ride goes through Walnut Grove, Thornton, and Galt. The short and medium rides skip Galt.

**April Rides***Continued*

•event	•description and grading
<b>14</b> <b>SUN</b> <b>Foothill Frolics –</b> <b>Camp Far West</b> 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	<b>Ride:</b> 32-40-50 Rolling/Hilly Flexible <b>Leader:</b> Tim Koch, 488-8218, mtkoch@surewest.net <b>Description:</b> 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. The ride goes to Camp Far West via Lincoln. 2300 ft of climbing on the long route.
<b>15</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>16</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>17</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>18</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>19</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>20</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> 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).
<b>20</b> <b>SAT</b> <b>Conquer the Basin</b> 9:00 AM Roseville, Sharp Bicycles, 701 Pleasant Grove (Nugget Shopping Center)	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Dan Anglim, 797-0337, djanglim@surewest.net <b>Description:</b> 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.
<b>20</b> <b>SAT</b> <b>Devil Mountain</b> <b>Double Century</b> <b>Staff Ride</b> 4:30 AM San Ramon, Marriott Hotel, 2600 Bishop Dr.	<b>Ride:</b> 126-200 Mountain Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> Work the public ride on April 27, 2013 and be pampered on the staff ride. Visit <a href="http://www.quackcyclists.com">http://www.quackcyclists.com</a> to volunteer. Must wear Wheelmen Jersey to get Club Mileage.
<b>20</b> <b>SAT</b> <b>Bike Around the</b> <b>Buttes</b> 7:30 AM Sutter, Sutter Youth Organization, Catlett Hall	<b>Ride:</b> 40-60-100 Flat Flexible <b>Leader:</b> Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net <b>Description:</b> 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 <a href="http://www.bikearoundthebuttes.com">www.bikearoundthebuttes.com</a> . Sign-up at Active.com or download the form and send it in. Must wear Wheelmen Jersey to get club miles.

## April Rides

Continued

•event	•description and grading
<b>21 SUN</b> <b>Fab Fifties- Tri-City Loop</b> 9:00 AM El Dorado Hills, Town Center	<b>Ride:</b> 34 Hilly Flexible <b>Leader:</b> Ron Brown, 486-3665, rl-brown@pacbell.net <b>Description:</b> Meet in the parking lot across from Starbucks in El Dorado Hills Town Center. We will visit parts of El Dorado Hills, Cameron Park and Folsom. Short ride but lots of climbing. Thirty-four miles and 2700 ft.
<b>21 SUN</b> <b>Northeast Hills</b> 9:30 AM Sacramento, Sacramento Air Museum PL, Freedom Park & 32nd St.	<b>Ride:</b> 56-75 Hilly Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> Outbound through Roseville, Newcastle, and Auburn, then looping back through Lincoln and south to return to McClelland.
<b>22 MON</b> <b>Crusin' Down the River</b> 10:30 AM Sacramento, Walgreens PL, Florin & Riverside	<b>Ride:</b> 31-50 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A nice easy ride through Hood, Franklin, Thornton, Walnut Grove, and Clarksburg.
<b>22 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>23 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>24 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>25 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>26 FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>27 SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> 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).
<b>27 SAT</b> <b>San Luis Obispo Wildflower</b> 8:00 AM Creston, City Center	<b>Ride:</b> 49-71-98 Moderate Flexible <b>Leader:</b> Ed Scanlan, 835-5158, ed.scanlan@yahoo.com Greg Schroeder <b>Description:</b> The routes of the Wildflower change from year-to-year. Generally they ride through the beautiful farm lands and rolling hills of northern San Luis Obispo county. Depending upon the year's rainfall, you may be dazzled by fields of wildflowers. To be sure you will see beautiful green hills and wide open spaces as you ride from Creston to the lunch stop in Shandon. Returning to Creston, you'll see more of the same. This is a pay for ride --see Wildflower Web Site <a href="http://www.slobc.org/wildflower/index">www.slobc.org/wildflower/index</a> . Must wear Wheelmen Jersey to get club miles. Ride elevation: 2500, 4000, 6500.



## April Rides *Continued*

•event	•description and grading
<b>27-May 4</b> <b>SAT-SAT</b> Barcelona-Andorra Tour	See Tour/Zodiac Schedule for details.
<b>28</b> <b>SUN</b> Foothill Frolics – Camp Far West 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 34-50-55 Moderate/Hilly Flexible <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> A ride to Lincoln, Sheridan and Camp Far West Reservoir. We will be riding some familiar roads. Bring water and snacks as nothing is available after Sheridan.
<b>28</b> <b>SUN</b> Four County Loop 9:30 AM Galt, Jack in the Box PL, Twin Cities Rd just east of Hwy 99	<b>Ride:</b> 34-87-111 Rolling Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A long loop traversing parts of Sacramento, San Joaquin, Calaveras, and Stanislaw Counties.
<b>29</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>30</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).

## May Rides

•event	•description and grading
<b>1</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>2</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>3</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>4</b> <b>SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Mary Moore, 284-1905, bike.moore@yahoo.com <b>Description:</b> 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).
<b>4</b> <b>SAT</b> Conquer the Basin 9:00 AM Roseville, Sharp Bicycles, 701 Pleasant Grove (Nugget Shopping Center)	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Bill & Marilyn Floyd, 300-3593, xpress@surewest.net <b>Description:</b> 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.

# May Rides *Continued*

•event	•description and grading
<b>4 SAT</b> <b>Isleton Ride</b> 9:00 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge	<b>Ride:</b> 40-60 Flat Flexible <b>Leader:</b> David Storm, 665-2169, dlstorm@frontiernet.net <b>Description:</b> We will ride out in the Delta. Long ride goes to Isleton.
<b>5 SUN</b> <b>Fab Fifties – Not a Mountain Goat</b> 9:00 AM El Dorado Hills, Town Center PL near Starbucks, Hwy 50 Exit 30A	<b>Ride:</b> 37-42 Rolling/Moderate Flexible <b>Leader:</b> Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net <b>Description:</b> A counter-clockwise loop on rural roads. Challenging, but not a mountain goat ride.
<b>5 SUN</b> <b>Delta Century</b> 6:00 AM Lodi, Jessie's Grove Winery, 1943 W. Turner Rd	<b>Ride:</b> 26-62-100 Flat Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> Ride hosted by the Stockton Bicycle Club to raise money for local charities. Riders, sponsors, and volunteers have enabled the Stockton Bicycle Club to donate at least \$10,000.00 to charity annually since 2005. Three flat routes traverse the bucolic roads of San Joaquin, Sacramento, Solano and Yolo counties. Register online at <a href="http://www.prace.com">http://www.prace.com</a> by May 1 (add \$5.00 late fee on and after April 26). Visit <a href="http://www.stocktonbikeclub.org">http://www.stocktonbikeclub.org</a> for details. Must wear Wheelmen Jersey to get Club Mileage.
<b>6 MON</b> <b>Around &amp; About</b> 9:30 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge	<b>Ride:</b> 35-80 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> 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.
<b>6 MON</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>7 TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>8 WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>8 WED</b> <b>Murieta Mountain Bike Ride</b> 9:00 AM Rancho Murieta, Lake Clementia	<b>Ride:</b> 15 Moderate/Hilly Off Road/Flexible <b>Leader:</b> David Clifton, 354-1137, superdave@sbcglobal.net <b>Description:</b> Take Murieta Pkwy, turn right at Camino Del Lago Dr. drive to Lake Clementia picnic area. This is a ride around the back lakes of Rancho Murieta. We have built about 10+ miles of single track around the area, it is a 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.
<b>9 THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>10 FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>9-11 THUR-SAT</b> <b>Self-Contained 101</b> 10:00 AM Petaluma, KOA	See Tour/Zodiac Schedule for details.

# May Rides *Continued*

event	•description and grading
<b>11</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net <b>Description:</b> 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).
<b>11</b> <b>SAT</b> <b>Central Coast            Double Century</b> 5:30 AM Paso Robles, City Park	<b>Ride:</b> 199-213 Mountainous Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> 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.
<b>12</b> <b>SUN</b> <b>Foothill Frolics -            Auburn Canyon</b> 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 40-50 Moderate/Hilly Flexible <b>Leader:</b> Jeannie Ennis, 205-2225, jeanniebike@att.net <b>Description:</b> Long ride goes from Trailhead to Auburn, down the canyon, Christian Valley and back on Wise. Short ride skips the canyon.
<b>13</b> <b>MON</b> <b>Ride to Guerneville</b> 8:00 AM Sacramento, Walgreens PL, Florin & Riverside	<b>Ride:</b> 110 Hilly Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A ride to the Guerneville Zodiac. Baggage support available. Check with Ride Leader.
<b>13-16</b> <b>MON-THUR</b> <b>Guerneville Zodiac</b>	See Tour/Zodiac Schedule for details.
<b>13</b> <b>MON</b> <b>Antelope Wells, NM</b>	See Tour/Zodiac Schedule for details.
<b>13</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>14</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>15</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>16</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>16</b> <b>THUR</b> <b>Return From            Guerneville</b> 8:30 AM Guerneville, Fern Grove Cottages, 16650 Hwy 116	<b>Ride:</b> 110 Hilly Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A return ride from the Zodiac.
<b>17</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).



# May Rides *Continued*

•event	•description and grading
<b>18 SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> 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).
<b>18 SAT</b> <b>Conquer the Basin</b> 9:00 AM Roseville, Sharp Bicycles, 701 Pleasant Grove (Nugget Shopping Center)	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Bill & Marilyn Floyd, 300-3593, xpress@surewest.net <b>Description:</b> 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.
<b>18 SAT</b> <b>Davis Double Century</b> 4:15 AM Davis, Veteran's Memorial Center, 203 E. 14 <sup>th</sup> St	<b>Ride:</b> 200 Moderate Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> 200 miles through Yolo, Napa, and Lake counties. 8400 ft elevation. Visit <a href="http://www.davisbikeclub.org">http://www.davisbikeclub.org</a> for information. Contact ride leaders if unable to locate ride roster. Must wear Wheelmen Jersey to get Club Mileage.
<b>18 SAT</b> <b>Sunrise Century</b> 7:30 am Lodi, Michael David Winery, 19877 N. Davis Rd	<b>Ride:</b> 30-60-100 Rolling Flexible <b>Leader:</b> Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net <b>Description:</b> The ride features several crossings of the Mokelumne River as you travel past rolling vineyards, ranches and lush green farmland. Riders will pass through the quaint towns of Woodbridge, Clements, Linden and Campo Seco. The ride will also go around Lake Comanche and over Pardee Reservoir. Register on line at <a href="http://www.lodisunrisecentury.com">www.lodisunrisecentury.com</a> . Must wear Wheelmen Jersey to get club miles.
<b>19 SUN</b> <b>Fab Fifties – How Spring it is</b> 9:00 AM Lone, Howard Park, Hwy 124	<b>Ride:</b> 46-47-57 Moderate/Hilly Flexible <b>Leader:</b> Sandy Yarrow, 791-3426, skybike@surewest.net <b>Description:</b> Come on out and enjoy the green on one of my favorite spring rides. Moderate climbing with beautiful rural roads. The route goes through Sutter Creek, Volcano, Pine Grove and Jackson. Medium route goes as far as Pine Grove then returns on Ridge. Short option is an out and back to Volcano and return, but less climbing than the medium route
<b>20 MON</b> <b>Nicklaus Knight's Landing</b> 8:30 AM Elverta, Post Office PL, Elverta Rd & Elwyn Ave	<b>Ride:</b> 45-86 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> Some real back roads in the North Valley.
<b>20 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>21 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>22 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>23 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).

# May Rides *Continued*

•event	•description and grading
<b>24</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>24-27</b> <b>FRI-MON</b> <b>Great Western</b> <b>Bicycle Rally</b> 8:00 AM Paso Robles, Mid-State Fair Grounds	<b>Ride:</b> 8-100 Flat Flexible <b>Leader:</b> Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net <b>Description:</b> Unlike other multi-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.
<b>25</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> 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).
<b>25</b> <b>SAT</b> <b>Foothills/Delta</b> <b>Ramble</b> 9:00 AM Elk Grove, It's a Grind PL, Elk Grove Blvd & Waterman	<b>Ride:</b> 40-60-80 Flat/Rolling Flexible <b>Leader:</b> Tom Gardner, 685-4085, tbgardner@surewest.net <b>Description:</b> This ride will go out toward the Delta or up into the lower foothills, depending upon the mood of the ride leader. We will have a short coffee/snack stop midway through the ride. We welcome all South County folks to join us on this scenic ride!
<b>26</b> <b>SUN</b> <b>Beale Loop</b> 9:00 AM Sacramento, Sacramento Air Museum PL, Freedom Park & 32nd St.	<b>Ride:</b> 66-99 Rolling/Hilly Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> North through Lincoln, Camp Far West, Beale AFB, and looping north around Beale and back through Wheatland. Photo ID required for the long ride.
<b>26</b> <b>SUN</b> <b>Foothill Frolics –</b> <b>Nick's Foothills</b> 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	<b>Ride:</b> 51 Rolling/Hilly Flexible <b>Leader:</b> Nick Hourigan, 487-0993, helnick@sbcglobal.net <b>Description:</b> 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. 3500 ft of climbing.
<b>27</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>28</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>29</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>30</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>31</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).

# June Rides

•event	•description and grading
<b>1</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Mary Moore, 284-1905, bike.moore@yahoo.com <b>Description:</b> 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).
<b>1</b> <b>SAT</b> <b>Conquer the Basin</b> 9:00 AM Roseville, Sharp Bicycles, 701 Pleasant Grove (Nugget Shopping Center)	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Bill & Marilyn Floyd, 300-3593, xpress@surewest.net <b>Description:</b> 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.
<b>2</b> <b>SUN</b> <b>Sierra Century            Pre-Ride</b> 7:30-9:00 AM Plymouth, Amador County Fairgrounds	<b>Ride:</b> 65-102-120 Hilly/Mountainous Flexible <b>Leader:</b> Bud & Jeanne Leland, 457-6324, swsierracentury@gmail.com <b>Description:</b> 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). Century and Challenge riders are encouraged to start by 7:30 AM. Metric riders should start at 8:00 or 9:00. Go to SierraCentury.org for more information.
<b>3</b> <b>MON</b> <b>South County Run</b> 10:30 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	<b>Ride:</b> 40-70 Flat/Rolling Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> 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.
<b>3</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>4</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>5</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>5</b> <b>WED</b> <b>Murieta Mountain            Bike Ride</b> 9:00 AM Rancho Murieta, Lake Clementia	<b>Ride:</b> 15 Moderate/Hilly Off Road/Flexible <b>Leader:</b> David Clifton, 354-1137, superdave@sbcglobal.net <b>Description:</b> Take Murieta Pkwy; turn right at Camino Del Lago Dr. drive to Lake Clementia picnic area. This is a ride around the back lakes of Rancho Murieta. We have built about 10+ miles of single track around the area, it is a 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.
<b>6</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>7</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).



# June Rides *Continued*

•event	•description and grading
<b>8</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net <b>Description:</b> 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).
<b>8</b> <b>SAT</b> <b>Foothills/Delta            Ramble</b> 9:00 AM Elk Grove, It's a Grind PL, Elk Grove Blvd & Waterman	<b>Ride:</b> 40-60-80 Flat/Rolling Flexible <b>Leader:</b> Tom Gardner, 685-4085, tbgardner@surewest.net <b>Description:</b> This ride will go out toward the Delta or up into the lower foothills, depending upon the mood of the ride leader. We will have a short coffee/snack stop midway through the ride. We welcome all South County folks to join us on this scenic ride!
<b>9</b> <b>SUN</b> <b>Foothill Frolics-            Parade Route</b> 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	<b>Ride:</b> 53 Rolling/Hilly Flexible <b>Leader:</b> Sandy Yarrow, 791-3426, skybike@surewest.net <b>Description:</b> Let's ride to Meadow Vista where we'll venture through the parade route (unfortunately the parade is in the fall, so we won't be able to participate). 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.
<b>9</b> <b>SUN</b> <b>Support the            Parkway/The Rex            Ride</b> 7:00 am Sacramento, William Pond Park/Wayne's Bench	<b>Ride:</b> 35-65 Flat Flexible <b>Leader:</b> Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net <b>Description:</b> This is a fundraiser for the American River Parkway for maintenance and upkeep. Many of the rides our club does have some connection to the Parkway. The Wheelmen should be there en mass! Let's show them the Sacramento Wheelmen support this valuable resource. Be sure to wear your Wheelmen jersey. Register at <a href="http://www.arpf.org/rex.shtml">http://www.arpf.org/rex.shtml</a> . It looks like there is a limit of 499 riders this year.
<b>10</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>10-12</b> <b>MON-WED</b> DooDah	See Tour/Zodiac Schedule for details.
<b>11</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>12</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>13</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>14</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>15</b> <b>SAT</b> <b>Sierra Century</b> 6:30 AM Plymouth, Amador County Fairgrounds	<b>Ride:</b> 65-102-120 Hilly/Mountainous Flexible <b>Leader:</b> Bud & Jeanne Leland, 457-6324, swsierracentury@gmail.com <b>Description:</b> 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 <a href="http://SierraCentury.org">SierraCentury.org</a> for more information.

## June Rides

Continued

•event	•description and grading
<b>16</b> <b>SUN</b> Ride With the Wind 9:00 AM Sacramento, AMTRAC Train Station	<b>Ride:</b> 50-75 Rolling/Moderate Flexible <b>Leader:</b> David Clifton, 354-1137, superdave@sbcglobal.net <b>Description:</b> This is a ride designed to take advantage of the summer weather which causes the valley to heat and the wind to flow in with a vengeance, so we either start in Sacramento and ride to Suisun, or take the train to Suisun and ride back to Sacramento, based on my call. There are a couple of routes back.
<b>17</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>18</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>19</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>20</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>21</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>22</b> <del>SAT</del> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> 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).
<b>22</b> <b>SAT</b> LA Grand Tour 4:30 AM Malibu, Webster School, 3602 Winter Canyon Rd	<b>Ride:</b> 200-300-400 Hilly Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> Quadruple, triple, double, and double metric highland and lowland routes through Los Angeles and Ventura counties. 8,000, 10,000, 14,000 ft elevation. Visit <a href="http://www.lawheelmen.org">http://www.lawheelmen.org</a> for details. Contact ride leaders if unable to locate ride roster. Must wear Wheelmen Jersey to get club mileage.
<b>23</b> <b>SUN</b> Foothill Frolics – Pink Day 9:00 AM Loomis, Train Station behind Wild Chicken, Taylor & Horseshoe Bar	<b>Ride:</b> 50 Rolling Flexible <b>Leader:</b> Shelly Barrette, 698-4591, goshellygo@yahoo.com <b>Description:</b> Today is national PINK DAY!! Let's show our support and wear your brightest and best pink gear!! Our ride will take us to Auburn and the surrounding areas with chances to win some PINKERIFIC prizes!! Ride hard and pink lemonade will await your return! Plenty of options to shorten or extend your miles.
<b>23</b> <b>SUN</b> Double Loop 2 9:00 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	<b>Ride:</b> 43-70 Rolling/Hilly Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A loop out to near Rancho Murieta and a second loop around Rancho Murieta. Short ride does the first loop only.
<b>24-28</b> <b>MON-FRI</b> Mammoth Lakes Zodiac	See Tour/Zodiac Schedule for details.

# June Rides

*Continued*

•event	•description and grading
<b>24</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>24</b> <b>MON</b> <b>Davis &amp; Dixon</b> 9:00 AM West Sacramento, Starbucks @ Southport Town, Jefferson Blvd & Southport Pkwy	<b>Ride:</b> 35-52     Flat     Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> To Davis and then on to Dixon.
<b>25</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>26</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>27</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>28</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>29</b> <b>SAT</b> <b>Mile 0 Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60     Flat/Rolling     Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> 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).
<b>29</b> <b>SAT</b> <b>Conquer the Basin</b> 9:00 AM Roseville, Sharp Bicycles, 701 Pleasant Grove (Nugget Center)	<b>Ride:</b> 30-40-50     Moderate/Hilly     Flexible <b>Leader:</b> Bill & Marilyn Floyd, 300-3593, xpress@surewest.net <b>Description:</b> 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.
<b>29</b> <b>SAT</b> <b>Riding the High Sierra</b> 7:00 AM Markleeville, Turtle Rock Park	<b>Ride:</b> 15-64-110-134     Flat/Hilly/Mountainous     Flexible <b>Leader:</b> Jeanne Leland, 457-6324, lelandone@comcast.net <b>Description:</b> 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.
<b>30</b> <b>SUN</b> <b>Fab Fifties – Ride Around the Block</b> 9:00 AM Shingle Springs, Shingle Springs P&R, Ponderosa Rd exit at Hwy 50	<b>Ride:</b> 33-44-53     Rolling/Moderate/Hilly     Flexible <b>Leader:</b> Tom Goodwin, 362-1780, tgoodwin0703@att.net <b>Description:</b> 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. <b>Ride With GPS:</b> See On-line Calendar for links. <b>Cue Sheet:</b> CSTG02
<b>30</b> <b>SUN</b> <b>Woodland Loop</b> 9:00 AM Sacramento, Walgreen's PL, Florin & Riverside	<b>Ride:</b> 51-74-94     Flat     Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A loop around Woodland through Esparto and Davis.

2013	<h2 style="text-align: center;">Tour/Zodiac Schedule</h2> <p style="text-align: center;">Submit tour plans/corrections to Sandy Yarrow, 791-3426, <a href="mailto:skybike@surewest.net">skybike@surewest.net</a></p>
<b>April 12-27</b> <b>FRI-SAT</b> Mallorca, Spain Tour	<p><b>Ride:</b> TBD Moderate/Hilly Flexible  <b>Leader:</b> Sandy Yarrow, 802-0898, <a href="mailto:skybike@surewest.net">skybike@surewest.net</a>  <b>Description:</b> Let's go to Mallorca! Plans are to stay at the newly renovated Taurus Park Hotel. Details are on <a href="http://www.fredrompelberg.com">www.fredrompelberg.com</a>. Group rides are Mon/Tues/Thurs/Fri. Riders can join a variety of groups, based on level of difficulty from easy to very challenging. All groups are led by Fred's experienced leaders. Wed/Sat/Sun is on your own for more riding or sightseeing tours. Details to follow. APPROXIMATE COSTS: Airfare – Approx. \$1200 RT Sacramento to Palma. Or, fly to Palma and depart from Barcelona, if you are extending to Spain. Hotel – 400 Euros per person per week (includes bike, hotel, airport pickup/return, buffet breakfast &amp; dinner, Dbl. room). Note: Single room, add 111 Euros per week. Payment in advance in three installments: 1<sup>st</sup> \$200 deposit, 2<sup>nd</sup> \$500, 3<sup>rd</sup> the remainder (+or-) \$200. Note: Singles more, non-riders less) based on Euro exchange rate. Bike Rental (riders only) – 75 Euros per week per bike. Rentals are new or less than 1 yr. old, with Shimano Ultegra. Tandems and Sport bikes are also available but more limited (reserve early). You can bring your own bike if you want but the airline extra cost is \$400. If you are interested, send me an email, ASAP.</p>
<b>April 27-May 4</b> <b>SAT-SAT</b> Barcelona-Andorra Tour	<p><b>Ride:</b> 150-200 Rolling/Hilly Flexible  <b>Leader:</b> Sandy Yarrow, 802-0898, <a href="mailto:skybike@surewest.net">skybike@surewest.net</a>  <b>Description:</b> Arrive on Saturday April 27 in Barcelona (BCN), and after an overnight stay, plans are to ride on Sunday to Solsona, a small town about midway. The next day we'll continue on to the Principality of Andorra, and stay one or two nights before returning to BCN. Bring your own or rent a bike from Terra Diversions. The weekly rental is probably the best deal. We plan to also rent a vehicle to transport the luggage, The distance is not far, but it's uphill to Andorra, so we will allow more time to get there. When back in BCN we can ride more or sightsee. Leave for the USA on May 4th or extend your stay as desired. Check out this youtube video of the 2007 7th stage of the Tour de France. <a href="http://www.youtube.com/watch?v=PfNik2jYmqo">http://www.youtube.com/watch?v=PfNik2jYmqo</a> or Google ETape BCN-AND (English).             For more info contact Ride Leader</p>
<b>May 13-16</b> <b>MON-THUR</b> Guerneville Zodiac 9:00 AM Guerneville, Fern Grove Cottages, 16650 Hwy 116	<p><b>Ride:</b> 145-265 Moderate/Mountainous Flexible  <b>Leader:</b> Ron Brown, 486-3665, <a href="mailto:rl-brown@pacbell.net">rl-brown@pacbell.net</a>            Rich Zeiszler, 457-8815, <a href="mailto:zeiszler@sbcglobal.net">zeiszler@sbcglobal.net</a>  <b>Description:</b> 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 email. 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>
<b>May 13-?</b> <b>MON</b> Continental Divide Antelope Wells, NM	<p><b>Ride:</b> 3,500 Hilly Flexible  <b>Leader:</b> Ed Delano, 799-4401  <b>Description:</b> Ride up the spine of the continental divide from south to north for 3,500 miles with your friends. The estimated average daily distance is 34 miles. See desert, mountains, and great basins. Visit Yellowstone, Glacier, Teton, and Rocky Mountain National Parks. Most of the trip will be on dirt or paved roads, with some single track thrown in the mix occasionally. You're never more that 2 or 3 days from a town with showers, beer and clean sheets. It's an adventure many folks have done. Last year an 11 year old boy, his 13 year old sister, mother and father rode this trip.            Google "great divide mountain bike route" for lots of pictures and stories. The trip starts May 13, 2013 and ends when you are finished or in Jasper, Canada. Call or text Ed Delano at 916-799-4401 for more details.</p>
<b>Jun 10-12</b> <b>MON-WED</b> DooDah 8:00 AM Sacramento	<p><b>Ride:</b> 40-60 Hilly Flexible  <b>Leader:</b> David Clifton, 354-1137, <a href="mailto:superdave@sbcglobal.net">superdave@sbcglobal.net</a>  <b>Description:</b> This a three day loaded tour where you ride from your home to Lake Solano to Rio Vista and back to your home. In the past this was called the Delta Doo. If it's your first time or your tenth, it's all fun, so come on out and see and listen to the wild things of the night. You never know what may happen on this tour...</p>



2013

# TOUR/ZODIAC SCHEDULE (CONTINUED)

SUBMIT TOUR PLANS/CORRECTIONS TO  
**SANDY YARROW, 791-3426, SKYBIKE@SUREWEST.NET**

<p><b>Jun 24-28</b>  <b>MON-FRI</b>                  Mammoth Lakes                  Zodiac                  9:00 AM                  Mammoth Lakes</p>	<p><b>Ride:</b> 200 Hilly/Mountainous Flexible  <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net                  Dennis King, 284-4555, velo_king@sbcglobal.net  <b>Description:</b> Arrive on Monday with four days of riding starting on Tuesday. Rides will start at 9:00 AM from the Pine Glen Forest Service Campground Group Site 14. Tuesday ride goes to Tom's Place and up Rock Creek Road. Wednesday to Devils Postpile and Reds Meadow. Thursday includes the June Lake Loop with the option to extend for more miles. Friday will be a short ride to the Mammoth Lakes Basin. Tent campers are welcome at the group site (\$10 per person per night), but only a limited number of vehicle spaces are available so consider carpooling. RVer's can make reservations at New or Old Shady Rest Forest Service Campgrounds or across Hwy 203 at Mammoth Mountain RV Park which has hookups. Several motels are nearby for those wanting them. Contact the ride leader if you are going and for more info.</p>
<p><b>Aug 3-10</b>  <b>SAT-SAT</b>                  Oregon Club Tour                  Glendale OR                  Members Only</p>	<p><b>Ride:</b> 40-60 Hilly Flexible  <b>Leader:</b> Tim Koch, 488-8218, mtkoch@surewest.net  <b>Description:</b> Reminiscent of the 2000-2001 Tours, Day 1: Glendale to Myrtle Creek. Day 2: ride to Looking Glass, cross I-5 along the Umpqua River to Glide, then climb a 4000' summit and drop down to 17 mile Rails-to-Trails bike path to Cottage Grove. Day 4: This is a new route through Lorane and Mapleton to Florence and the Pacific Ocean. Day 5: A tailwind along coastal Hwy 101 to North Bend just north of Coos Bay. Day 6: Ride through Bandon, inland to the town of Powers. Day 7: Epic ride between Powers and Glendale via old logging roads turned bike routes. We climb a 3700' summit, and then descend back to Glendale.</p>



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 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 RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, COVENANT 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 lessors 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 MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERS, INCLUDING NEGLIGENCE RESCUE OPERATIONS. I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, I, or anyone on my behalf, make a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES 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 THAT IF ANY PORTION OF THE AGREEMENT IS HELD INVALID, THE BALANCE, NOTWITHSTANDING, 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

\_\_\_\_\_  
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mailed to club members*

# WheelNews www.sacwheelmen.org

**Editor**

Bud & Jeanne Leland  
[sweditor122@gmail.com](mailto:sweditor122@gmail.com)

WheelNews is published quarterly with a circulation of 3,000. Members are encouraged to submit material for publication. If possible, please submit your articles electronically.

**WheelNews Distribution Coordinator**

Doug Lent  
[dlent@sbcglobal.net](mailto:dlent@sbcglobal.net)

**Advertising**

Eric Saur  
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**Publisher**

Teena-Marie Gordon

**Deadline for ride descriptions:**

**May 1, 2012**

**Deadline for articles/ads:**

**May 15, 2012**

Printed on recycled paper

## Sacramento Area Bicycle Advocates

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