

WheelINews

Sacramento Wheelmen's Ride Schedule & Newsletter



What a great team!

Our 35th Annual Sierra Century ran like clockwork – Thanks to our great team of volunteers! Couldn't be done without all the experience, willingness and great attitude of all of you! We received rave reviews from rider after rider – Registration, Merchandise, Course Marking, Flaggers, Rest Stops, SAG, Meals – all were rated A+!

Curt & Ginny Taylor

WHEELMEN MAKING A DIFFERENCE

Throughout the year, the Sacramento Wheelmen volunteer their time, talents, and financial support to help a variety of local events and charities in our community. Some of these events are specifically bike-related while others are in response to needs within our community.

Harry Jones, Carol Jones, Dick Nussbaum, Frank Yates, Bob Yates, Eric Saur, Mike Goble, Mary McPoil, and Bill and Marilyn Floyd assisted an estimated 150 young participants at the recent Bike Rodeo held at Florin Elementary School. They inspected and repaired bicycles, fitted helmets, and as a final touch, attached bells to handlebars.

Children's Bicycles Needed for Mustard Seed Event

Help support the Mustard Seed students to complete their first 20-mile ride along the American River Parkway. Donate a bicycle and your time. Do you have child's

or small adult bike that is not being used? Maybe you spot a gently used small bike at a garage sale for a few dollars. Why not donate it to the Mustard Seed Annual Bike



Busy Wheelmen volunteers at Florin Elementary School Bike Rodeo event

Giveaway? This year's annual event will take place at William Pond Park on September 26, 2010 and supports the Mustard Seed School. The Mustard Seed School is a free, private school for homeless children aged 3-15 years old.

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webmaster@sacwheelmen.org

Dan Anglim, Ride Director

There's a lot going on this summer! The Esteemed Ride Leaders listed below have generously contributed to a really great Ride Schedule, with lots of options to fit your location, distance, and degree of difficulty. Our Calendar includes over 16,000 miles of riding, including three overnites, three Zodiacs, and two club tours. For those that like to venture out, there are ten events from other organizations listed. We've added several more 'Get in Shape' Saturday rides, as well as some new Monday rides. Finally, be sure to mark your Calendar for the Club Picnic, which is on Sunday September 26.

I'm continuing to tweak the Ride Schedule format to make it more user-friendly. This quarter, you will see all weekly rides listed. Your feedback is greatly appreciated.

If you don't see a ride you were hoping for, lead one yourself next quarter. To learn how to lead a ride, go to our Ride Leader Guidelines and Suggestions link on the website, [sacwheelmen.org/Rides, For Ride Leaders](http://sacwheelmen.org/Rides/ForRideLeaders). If you need more information, I'm here to help.

Fourth quarter rides may be submitted now through August 1 for the months of October, November, and December on our website at www.sacwheelmen.org/swrides/rideforms/ridedescriptions.html. You can also send your rides to me at ridedir@sacwheelmen.org. Our club depends on a deep and varied offering of rides, and so we depend on you to step up and lead rides. You can create your own ride, or choose one from the Ride Library found on the website. Additionally, please submit 2011 Tour and Zodiac dates so that our members can start planning for next year.

Third Quarter Esteemed Ride Leaders

Dan Anglim
David Azevedo
David Bailey
Shelly & Scott Barrette
Joni Bauer
Peter Becker
Doug Beisner
Ken Bell
Ron Brown
Peter Bustabade
Steven Cimini
Dave Clifton
Mike Dodson
Chris Drews
Rod Farley
Bill & Marilyn Floyd
Mike & Sandy Fox
Tom Goodwin
Dave Graska
Paul Gunkel
Bob Hawkins
John Hockenbury
Nick Hourigan
Dale Johnson

Dennis King
Tim Koch
Jerry Lasarow
Stan Leff
Ralph & Kris LeMeur
Doug Lent
Bob Maben
Larry Matz
Joe McCormick
Mary McPoil
Glenn Moore
George Neill
Dick Nussbaum
Francisco Prieto
Gerry Rohlfes
Casey Sakamoto
Pam & Robert Samms
Marie Schelling
Dick Schultz
David Storm
Kathy Tom
Fred Turner
Deborah Walburg
Mark Yamagiwa
Sandy Yarrow
Bob Yates
Linda & Richard Zeiszler

ARE YOU ON OUR YAHOO E-MAIL LIST?

Wheelmen members are encouraged to subscribe to our e-mail discussion list on Yahoo Groups. Not only does this method provide discussion opportunities but it allows the membership to keep each other informed quickly, if needed.

Enrolling is a two-step process. First, you need to create a Yahoo e-mail account and second, you need to join the Sacwheelmen group.

1) Create a Yahoo e-mail account (if you already have one, go to step 2).

Go to www.yahoo.com and click on the Free Mail: Sign Up link in the upper-right corner.

Follow the steps by providing a little personal info (enter only what is required if you prefer).

You'll then be directed to an account confirmation page that shows your username and password (write these down, if necessary), and then to your e-mail page (there may be a tutorial).

You now have a Yahoo account that you can use to join the Sacwheelmen group.

2) Join the Sacwheelmen Yahoo Group

Go to this link: <http://sports.groups.yahoo.com/group/sacwheelmen/> (or search for "sacwheelmen" in Yahoo Groups) and click the Join This Group button.

If prompted, sign in to your Yahoo account and follow the steps on the Options page.

Be sure to include your real name in the "Comment to Owner" box. Your real name is what identifies you to the group moderator as a member of the Sacramento Wheelmen and allows the moderator to approve your membership.

Click the Join button. After the moderator approves your membership, you'll receive a confirmation e-mail with instructions on how to finalize your membership in the Sacwheelmen Group (1-2 days).

Check your Yahoo e-mail (click on the e-mail link from www.yahoo.com) and follow the instructions in the confirmation e-mail from the Sacwheelmen Group e-mail.

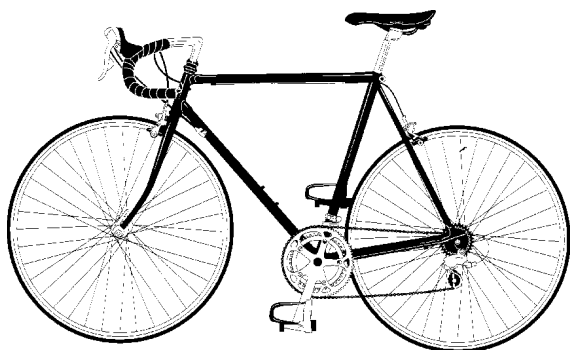
Having trouble? You may call any of the following for help:

Kerry Wilson (916) 663-2126

Rich Percival (916) 482-9793

Bob Evans (916) 966-6077

John Hockenbury (916) 685-5972



BUSINESS MEETINGS

EXECUTIVE BOARD BUSINESS MEETINGS 2010

January 11

March 15

May 17

July 12

August 9

October 11

6:00 p.m.

Hoppy's Brewery
6300 Folsom Blvd.

GENERAL MEETINGS 2010

February 25

April 22

June 24

September 23

November 18

6:30 p.m. socialize,
7:00 p.m. meeting
SMUD Building

6201 S Street, Sacramento

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

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

Contact Linda Ziesler at preslindaz@sbcglobal.net to arrange for pick up. This event gives children the opportunity to learn about cycling safety with the guidance of experienced cycling adults. Bikes and bike parts are needed will be accepted between now and the day of the event.

Before the 20-mile ride along the American River Parkway, Sacramento Wheelmen volunteers will be checking bikes and helmets and providing basic safety instruction. Volunteers from the Sacramento BikeHikers will serve as course marshals to ensure safety and to cheer the riders on. There will be a rest stop with snacks and drinks at the Lower sunrise picnic area. After the ride, there will be refreshments, games, prizes and a wonderful sense of achievement for the young participants. Let's make it happen.

2009 Families First Holiday Volunteer Event by Dick Nussbaum

Many cyclists in our area tend to think of the month of May as "Bike Month," due to the Million Mile May campaign to encourage cycling instead of driving. For the Sacramento Wheelmen, however, there is another "Bike Month" that adds a new meaning to the term for us.

November now offers the opportunity to volunteer in the annual Families First community services project to build and tune donated bicycles. These new bicycles are presented to foster children at their annual Foster Santa party.

This year was the third year that the Wheelmen performed this service and it was the biggest and best one so far. There was a tremendous turnout of volunteer builders as we worked a very busy two Fridays in November; we were able to turn out nearly 300 bikes for this year's event. I would try to name all the participants but would be afraid I would miss someone in the process and I wouldn't want to do that. You all know who you are and should take great pride in having participated. Your efforts are greatly appreciated by those at Families First and the children who receive a new bicycle from Santa. For those who couldn't make it this year, mark your calendars for next November and join us in participating in a very gratifying volunteer event. This is another community volunteer event in which the Club does itself proud!!

**Families First provides comprehensive services to help children in crisis and their families. They provide mental health treatment, foster care and social services that help families recover from trauma, abuse and addiction. They advocate for improvements in*

the local, state and federal systems that serve children in need. For more information visit www.familiesfirst.org.

In March 2010, the Sacramento Wheelmen donated a total of \$10,000 to the following organizations:

Sacramento Area Bicycle Advocates (SABA)
www.sacbike.org
Donation \$2,000

California Bicycle Coalition (CBC)
www.calbike.org
Donation \$1,500

American River Parkway Foundation (ARPF)
www.arpf.org
Donation \$1,500

Save The American River (SARA)
www.riverwatch.org
Donation \$1,500

League of American Bicyclists (LAB)
www.bikeleague.org
Donation \$1,500

Central Valley Rails to Trails Foundation (CVRTTF)
www.cvrtf.org
Donation \$ 500

Sacramento Bicycle Kitchen
www.sacbikekitchen.org
Donation \$ 500

Support the Parkway (The Rex Ride)
www.arpf.org
Donation \$ 500

Families First
www.familiesfirst.org
Donation \$ 500

2010 VOLUNTEER CALENDAR

May 2010

Bike to Work

Sandy Yarrow, skybike@surewest.net

Bike Rodeo

Mary McPoil, mcpoil@surewest.net

Amgen Tour / Bike Give Away

Dick Nussbaum, rcnflyer@aol.com

July 2010

Eppie's Great Race

July 16 (set-up), July 17 event
Bud Leland, lelandone@comcast.net

September

Mustard Seed Bike Giveaway

September 26
Linda Zeisler, preslinda@sbcglobal.net

November

Families First Bike Assembly

Date TBA
Dick Nussbaum, rcnflyer@aol.com

November

Run to Feed the Hungry

November 25
Dennis King, velo_king@sbcglobal.net

December

Foster Santa Party

Date TBA
Dick Nussbaum, rcnflyer@aol.com

If you would like to help the club by volunteering for one or more of these events, please contact the coordinator listed. If you already volunteer, mark your calendar and thank you for your service to others and supporting our community.

(This list will be updated periodically as more information becomes available.)

PRESIDENT'S RIDE

On Saturday, May 08, 2010, about thirty Wheelmen along with members of the Board and staff gathered at Sunrise & Gold Country to participate in the President's Welcome Ride. This recently re-established quarterly "get-acquainted" ride welcomes new members and guests.

It was a beautiful day for a bike ride. We had several new riders join us. After brief introductions in the parking lot, Curtis, Corey, Chuck, and Joe joined us to pedal through, and of course, up the hills in El Dorado County. We started out along the bike trail at a "chatty" pace. Curtis, from Newcastle, said he's fairly new to cycling though he and his son participated in a rigorous mountain bike event or two. Chuck, from Sacramento, has been riding only since October. He initially took up cycling for health reasons and has recently shed over 100 pounds. Now he rides with several clubs in the area. When our group stopped for lunch at Karen's in Folsom, I had a chance to talk with Joe who was riding with a couple of other members on a route of their own. He has been riding for at least 15+ years and has toured overseas and in Europe. Since he lives in the El Dorado area, today's route was familiar territory. When I first saw Corey in the parking lot, I thought he just looked fast and that proved to be true. Needless to say, I didn't see much of him on the ride at all, especially once we hit the hills where my chatty pace turns to breathless silence. The hills were not a problem for these riders who proved to be a strong and friendly group.

Guests and new members are encouraged to have sufficient cycling experience and be able to make a minor repair, such as fix a flat tire, to participate in most of the club rides. Since the Wheelmen do not sweep rides, rides are geared toward the intermediate and advanced levels. Each ride generally offers a variety of route options both in mileage and terrain, so you can find an option that suits your pace and abilities.

Some new members have done a good deal of solo riding but may be somewhat uncomfortable riding with a group. If you'd like to learn the "ins and outs" of riding in a group but are uncertain how to start, just ask your ride leader who can help you or who will direct you to a seasoned rider or two to answer your questions and give you some pointers.

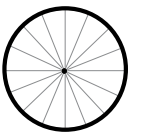
Those that would prefer to start at a more comfortable pace as well as learn how to ride in a group might try the Get in Shape Ride. This every-other-Saturday ride starts at 9:00 A.M. at the Discovery Park Bike Trail, mile "0" and also offers a variety of routes with stops for coffee, etc.

Another option is the Tuesday and Thursday Breakfast Rides each with an 8:30 A.M. start, for a more comfortable pace, and a 9:00 A.M. start, for a pace line ride to a local restaurant.

Come out and join us for a bike ride

NEW MEMBERS

Aamodt	Carl	Forsberg	Steve	Sparks	Paulla
Aamodt	Sarah Lin	Hedderson	John	Styrsky	Ginger
Burns	Bob	Johnson	Curtiss	Styrsky	Karl
Chesney	Don	Nieh	Raymond	Sunseri	Michael
Corcoan	Emilie	Pham	Corey	Tedmon	Teri
Corcoan	Ken	Rumenapp	Ken	Tracy	Ford
Forsberg	Sheila	Smith	Karen	Wright	Heather



MARK YOUR CALENDARS

Sunday, September 26, 2010

Club Picnic

Saturday, January 29, 2011

Wheelman Banquet

Hilton Arden Way

Photos at 6:00 P.M.

Dinner at 7:00 P.M.

WHEELNEWS SUBMISSIONS

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

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

Submission deadlines for 2010/2011 are:

August 15, 2010
November 15, 2010
February 15, 2011
May 15, 2011

WHEELNEWS GOES GREEN

The newly revised membership form now includes a checkbox stating "I wish to have the WheelNews mailed to me rather than downloading it at <http://www.sacwheelmen.org>."

New and renewing members must check the box to continue to receive their WheelNews by mail.

ANNUAL PHOTOGRAPHY CONTEST

The Rules:

Individuals may enter as many photos as they would like into the contest, each photo may only be entered into one of the following categories:

- Cycling Action
- Cycling Still
- Cycling Landscape
- Cycling Lifestyles
- Cycling Creative Digital



Photos must be taken between December 1, 2009 and November 30, 2010.

Photos must have a bicycle involved in the photo such as wheel, shadow, bicycle.

Photos can be submitted in color or black & white.

Entries will be evaluated based on appeal, content and photographic skill. The decision of the judges is final.

Submission Details:

The Entry Deadline is December 10th, 2010.

Submit 8 x 10 photos mounted on white poster board with at least one inch of the poster board surrounding the photo so judges can handle the entries without putting fingerprints on the photos. Care will be taken with regard to handling and protecting entries, however, the Wheelmen Bicycle Club will not be held liable for damage or loss. Do not write on the front. On the back of the poster board write your name, phone number and category for the photo.

All photos submitted will be displayed at the Wheelmen Banquet 2011. Please pick up your entries after the banquet.

There will be a box available for your submissions at every general meeting. If you are unable to bring your photos to a general meeting, please e-mail Marilyn Floyd at mfloyd286@yahoo.com to make other arrangements for submission.

Prizes:

Ribbon awards will be given for first, second, and third places in each category. Two honorable mention recognitions will also awarded in each category.

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CAMERA SETTINGS and IMAGE RESOLUTION

Resolution is the measurement of how many dots/pixels fit into one inch. Most digital cameras give you the option of shooting at best/high, normal, and Web/computer quality, although some cameras have more options.

You can change the quality settings through the camera's menu. Press the menu button on your camera. Scroll through the menu choices. The option to look for is "image size". Please refer to chart below to determine the best "Image Resolution" for the purpose of your photo.

Image Resolution	Maximum Print Size
less than 640X480	Wallet size only
640X480	absolute largest, 4X6
1024X768	4X6
1152X864	5X7
1600X1200	8X10



Images with more compression and fewer pixels will have less overall image quality and require less storage space. Images with less compression and more pixels will have more image quality, but they will require more storage space. Memory is inexpensive these days, and may be purchased with an extra memory stick. You'll rarely want to shoot at settings resulting in low image quality. Once a photo is shot, you can't go back and add pixels. Images that you plan to print should be of a high image quality with the highest image resolution your camera allows.

We would like to use your digital photos from Wheelmen events in the WheelNews and on the web site. Printing a picture in the WheelNews requires the image be high resolution or the picture will be pixilated or fuzzy.

SACRAMENTO WHEELMEN RIDE GRADING SYSTEM

BAD WEATHER

Unless stated otherwise, club rides will be cancelled if it is raining or a storm is imminent. Please contact the ride leader if you are unsure if an event will be held.



The Wheelmen use a system to specify the distance, terrain, and category of club rides. This system attempts to grade rides consistently and accurately. Guests and non-members are welcome on all rides, however we recommend that you refer to the ride grading to verify your ability to enjoy an event.

RIDE CATEGORIES

Casual

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



Flexible

Riders are encouraged to ride at their own pace. Designated rest stops.



Training

Brisk rides with few or no stops for regrouping. Ride leaders do not sweep.



Offroad

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



HELMET USE

For your safety, the Wheelmen have adopted a mandatory helmet policy on all club rides.



Flat

May have some short gentle grades.



Rolling

Gentle grades.



Moderate

Grades less than two miles.



Hilly

Short steep grades and long moderate hills.



Mountainous

Very steep grades and climbs approaching five miles.




Severe




Extremely steep grades and mountain passes.



Series Rides

event	•description	•grading
(W2) TUESDAY COMMUTE RIDE 6:00 AM Starbucks in Gold River 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute to downtown In the morning and return from Cal/EPA building at 1001 I Street at 4:30 p.m. Riders can also join us for the evening return ride at 5:00 at the bike trail entrance near Blue Diamond Almond Factory, 19th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	50+ 
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcmafen@comcast.net Dave Storm, 665-2169, Dlstorm@worldnet.att.net	25 to 75 
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench in William Pond Park 4:45 PM Cal/EPA Hdqtrs 11th St between H & I Downtown	Join us for the morning commute into work and the evening commute back home along the American River Parkway. Every Wednesday except holidays. Dennis King, 284-4555, velo_king@sbcglobal.net	30+-40+ 
(W6) WEDNESDAY BRUNCH RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22nd St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. Joe McCormick, 448-1032, mccormickjm@comcast.net	25 to 75 
(W7) THURSDAY COMMUTER RIDE 6:00 AM Starbucks in Gold River 4:45 PM Cal/EPA Building 5:00 PM Old Sac at bike trail.	Commute to downtown In the morning and return from Cal/EPA building at 1001 I Street at 4:45 PM Riders can also join us for the evening return ride at 5:00 PM in Old Sac, at the bike trail near the I Street Bridge. David Azevedo, 798-1390, dazevedo@waterboards.ca.gov Dennis King, 284-4555, velo_king@sbcglobal.net	10-30-50+ 
(W 8) THURSDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Sunrise Bridge & Bike Trail Park at shopping center, southeast corner of Sunrise and Gold Country	A social group ride to a different breakfast spot each week with two groups to allow for varied distances, paces and abilities. We usually offer an extended ride option after breakfast depending on the area and the weather. Away starts are periodically planned in addition to the Sunrise start, and will be announced at the Tuesday Breakfast ride or earlier and by email. Dick Shultz, 853-1011, dieseldick@sbcglobal.net Sandy Yarrow, 791-3426, skybike@surewest.net Dave Clifton, 354-1137, superdave911@sbcglobal.net	45 to 70 

Series Rides

event	•description	•grading
(W9) THURSDAY BREAKFAST RIDE, SOUTH 9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmafen@comcast.net	35 to 60 
(W10) THURSDAY NIGHT RIDE 5:45 PM Freeport Cavanaugh Golf Course parking lot	It's that time of year to ride a great annual summer ride. Join the gang and cycle where it is always a tad cooler than in Sacramento. This is the ride where the motto, "The wind is your friend." started. No ride on spare the air days, please check for air quality at www.sparetheair.com. Mark Yamagiwa, 997-5170, mark.yamagiwa@doj.ca.gov Bob Yates, 838-4757, robert.yates3040@sbcglobal.net	23 
(W11) FURLOUGH FRIDAY RIDE 9:00 AM Carmichael 5 Points Shopping Center Arden & Fair Oaks	This ride will go up or down the bike trail on Fridays in search of coffee or breakfast. David Bailey, 925-8123, davidsbailey@yahoo.com Dennis King, 284-4555, velo_king@sbcglobal.net	30 to 40+ 

WHEELMEN CLUB CLOTHING UPDATE

Shorts – On Sale Now!

The blue panel Wheelmen Voler brand shorts and bib shorts are now **only \$25.00** while supplies and sizes last at both Patriot Bicycles and the Bicycle Chef.

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: _____







July Rides

•event	•description	•grading
1 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
2 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
2 FRI	Fair Oaks to Bowman 9:00 AM Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	54-72 
2-4 FRI-SUN	Northwest Tandem Rally Medford, Oregon 815 S. Oakdale Ave Join us for the 25th Anniversary Northwest Tandem Rally. We will ride past vineyards, historic covered bridges, and through the historic towns of the Oregon gold rush. You can find detailed information at www.nwtr.org/2010/ . Mike & Sandy Fox, (916) 202-4750, mkfox@sbcglobal.net	23-143 
3 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center) Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
3 SAT	South/West Ride Series 9:00 AM Rancho Murieta South Gate Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, left on Reynosa-Park is on the right. Ride will explore Ione, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Ralph & Kris LeMeur, 354-0416, ralfkris@sbcglobal.net	40-60 
4 SUN	Celebrate the 4th! 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Let's ride North to Celebrate the 4th! We will leave Patriot Bicycles and head North toward Loomis, Auburn and beyond! Show us your patriotic spirit by wearing your Patriot Jersey or Red White and Blue!! Prize for the Most Patriotic Rider!! Coffee stop included. Shelly Barrette, 216-6527, irongirl1234@yahoo.com Scott Barrette, 599-9646, scottbarrette@comcast.net	40-50 
4 SUN	Looping Around Loomis 9:00 AM Loomis Loomis Community Park Ong & King Rd Two Loops around Loomis. First down to Granite Bay and then up to Auburn with some favorite roads included. A Groupo ride. Stan Leff, 488-2563, swleff@surewest.net	32-40 
4 SUN	Meridian Loop 9:00 AM Davis Carl's Jr PL Covell & Rd 102 North from Davis, through Dunnigan to Meridian, then return on either side of the Sacramento River to Knight's Landing, then Woodland to Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	51-74-112 

July Rides

Continued

•event	•description	•grading
5 MON Perfect Monday Starter 9:00 AM Wayne's Place in William Pond Park	Bike Trail at the end of Arden Way The "P.M.S." Ride: Start the week off with the "Perfect Monday Starter" ride. We will depart from William Pond Park (Bike Trail at the end of Arden Way) and ride at a more leisurely pace. Will ride the trail to Beal's Point, then Auburn Folsom to The Flower Farm for coffee. Return the same route or choose an extendo. Departure time: 9:00 AM (EVERYONE!) Shelly Barrette, 216-6527, irongirl1234@yahoo.com	44-50 
6 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
7 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
7 WED Fair Oaks to Lincoln Bowman 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Fair Oaks Blvd. Old Auburn to Sierra College. The short ride will take English Colony Way returning on Auburn Folsom Rd. The long ride will continue to Lincoln then Wise Rd. Baxter Grade, and Dry Creek Rd. to Bowman, Auburn and Newcastle. 3870 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	48-76 
8 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
10 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
10 SAT South/West Ride Series 9:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	The ride will explore the Delta area south of Sacramento. We'll have a short stop halfway through the ride. Chris Drews, 802-4487, sactocd@comcast.net	40-60 



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July Rides


Continued

•event	•description	•grading
<p>10 SAT</p> <p>Colfax 17 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd</p>	<p>The ride will take Sierra College, Fowler, Baxter Grade, Joeger, and Bell where the short ride will return through Auburn. The long ride continues on Placer Hills and Tokayana to Colfax. We will return through Applegate and Auburn.</p> <p>Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	<p>65-95</p> 
<p>11 SUN</p> <p>Foothill Frolics 9:00 AM Loomis Loomis Train Station Horseshoe Bar & Taylor Loomis exit onto Horseshoe Bar Rd. and go north into Loomis. Cross Taylor and into the Train Station parking lot.</p>	<p>We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 2000 ft of climbing.</p> <p>Nick Hourigan, 487-0993, helnick@sbcglobal.net</p>	<p>40-50</p> 
<p>11 SUN</p> <p>Loma Rica Loop 8:30 AM Lincoln Safeway PL HWY 65 & Ferrari Ranch Rd</p>	<p>A loop north through Camp Far West, Beale AFB, on to Smartville, then looping north through Loma Rica and back through Marysville to Lincoln.</p> <p>Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	<p>53-95</p> 
<p>11-12 SUN-MON</p> <p>Nevada City Overnight 9:00 AM Newcastle Newcastle Park N Ride</p>	<p>Our ride will begin in Newcastle and head to Nevada City. Upon arrival, check in to the Nevada City Inn and enjoy the evening on your own or as a group. There will be someone to transport belongings. We will depart the next morning for our return to Newcastle. Space is limited; rate is \$79.00 for a queen room. Contact ride leader for availability.</p> <p>Shelly Barrette, 216-6527, irongirl1234@yahoo.com Scott Barrette, 599-9646, scottbarrette@comcast.net</p>	<p>45</p> 
<p>12 MON</p> <p>Higgins Corner 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd</p>	<p>The ride will take Sierra College to Lincoln then we will take Wise Rd. Baxter Grade, to Bell Rd. The medium ride will take Bell Rd to Auburn and return to Fair Oaks. The long rides will take Hwy 49 to Higgins Corner, Magnolia Rd to Dog Bar Rd and return through Auburn to Fair Oaks</p> <p>Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	<p>41-72-94</p> 

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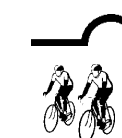


July Rides

Continued






•event	•description	•grading
12-15 MON-THUR	Big Sur Zodiac 7:00 AM Sacramento Amtrak Station	250 
13 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
14 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
15 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
16 FRI	Fair Oaks to Foresthill 13 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-91 
16 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
17 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bik Trail @ Mile 0	20-30-55 
17 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 
17 SAT	South/West Ride Series 9:00 AM Sheldon Bert's Diner 8972 Grant Line Rd. Between Sheldon Rd. and Wilton Rd.	44-54 


July Rides

Continued

•event	•description	•grading	
17 SAT	Fall River Century 7:00 AM McArthur McArthur Fairgrounds	McArthur is located about 70 miles east of Redding up Hwy 299. Camping is free at the fairground. The area offers many opportunities to ride in solitude with commanding views of two of California's famous volcanoes: Mt Shasta to the northwest and Lassen Peak to the south. This is a small community and they are very happy to have us visit and ride their ride. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	63-100-126 
17 SAT	Healdsburg Harvest 6:30 AM Healdsburg Healdsburg High School 1024 Prince St	Healdsburg's 24th annual tour. Pedal through the heart of Sonoma County Wine Country. Bicycling Magazine listed this as one of The 7 Greatest Rides on Earth. Well known for its great food and fabulous cycling through the Alexander, Russian River and Dry Creek Valleys. Probably the easiest metric and the most beautiful ride you will find. Register by mail or online at active.com. Ride info at http://www.healdsburg.com/events/bike_tour/bike_tour.asp or contact Healdsburg Chamber of Commerce at (707) 433-6935. Fred Turner, 962-2626, ft58@sbcglobal.net	37-60 
18 SUN	Fab Fifties Series 9:00 AM El Dorado Hills El Dorado Hills Park & Ride White Rock & Latrobe Rds	A counter-clockwise loop on rural roads. Challenging, but not a mountain goat ride. Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net	37-42 
18 SUN	Sloughouse Loop 8:30 AM Sacramento Walgreen's PL Florin & Riverside	An easy loop through Elk Grove, Sheldon, then Sloughouse and back around through Wilton to Hood and up the river to the start. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-74 
19 MON	Perfect Monday Starter 9:00 AM Wayne's Place in William Pond Park	Bike Trail at the end of Arden Way The "P.M.S." Ride: Start the week off with the "Perfect Monday Starter" ride. We will depart from William Pond Park (Bike Trail at the end of Arden Way) and ride at a more leisurely pace. Will ride the trail to Beals Point, then Auburn Folsom to The Flower Farm for coffee. Return the same route or choose an extendo. Departure time: 9:00 AM (EVERYONE!) Shelly Barrette, 216-6527, irongirl1234@yahoo.com	44-50 
20 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).		
21 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).		
21 WED	Fair Oaks to Auburn and Lincoln 07 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Auburn Folsom Rd. to Auburn. The short ride will take Indian Hill, English Colony, and Sierra College to Fair Oaks. The long ride will take Bald Hill and Chili Hill to Gold Hill, climbing Baxter Grade to Mt. Vernon then to Lincoln returning on Sierra College to Fair Oaks. 4400 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	51-77 

July Rides *Continued*

•event	•description	•grading
22 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
24 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
24 SAT South/West Ride Series 8:30 AM West Sacramento Jefferson Blvd & Lake Washington Blvd Starbucks @ Town Center	To Davis and then on to Dixon. Peter Becker, 442-1850, ps_beck@sbcglobal.net	35-52 
24 SAT Blue Lakes Ride 9:00 AM South Lake Tahoe Corner of HWY 50 & 89	Ride to beautiful Blue Lakes over Luther Pass. Enjoy the streams, waterfalls and wild flowers. After the ride enjoy a party at my house. This year we will have it catered so if you want to attend you must RSVP no later than July 12. The cost is only \$7.00 per person and it is BYOB. Address is 1923 Marconi Way. Jerry Lasarow, 530-544-2048, lynneintahoe@aol.com	40-65 
24 SAT Fair Oaks to Placerville 10 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride goes through Folsom, Cameron Park, Shingle Springs to Placerville. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	58-77 
24 SAT Midnight Century 7:00 PM Davis Carl's Jr at Covell Rd & Poleline Rd	Come out for a romp under the stars and full moon with Davis Bike Club on the annual Midnight Century. We start in Davis, ride out to Grimes, and return on the same roads. Riding by moonlight on a warm evening with friends and little traffic is a lot of fun. Lights front and rear required (need at least 5 hours worth)...reflective gear recommended. \$10 fee covers SAG support and goodies at the rest stop near the turn-around point. Important...be sure to RSVP by July 17th to the e-mail address below so that we have enough food at the rest stop. Steven Cimini, 205-3958, Cyslstev@aol.com	100 (shorter options avail) 



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July Rides *Continued*

•event	•description	•grading
25 SUN	Foothill Frolics Colfax Loop 9:00 AM Loomis Loomis Com. Park King Rd & Ong	The long ride goes to Colfax via Applegate, and returns via Placer Hills Rd (about 4400 ft of climbing). Masochists can add additional miles by riding Iowa Hill (7 miles to the river and return, 1200 ft, or 19 miles for the entire loop). The medium/short rides loop around Auburn. Dan Anglim, 797-0337, djanglim@surewest.net
25 SUN	Knight's Landing Loop 8:30 AM Sacramento Walgreen's PL Florin & Riverside	Out through Woodland and Knight's Landing, on to Tudor and back via the Garden Highway. Dick Nussbaum, 424-0933, rcnflyer@aol.com
25-31 SUN-SAT	RAGBRAI 2010 Ride Across Iowa	Registration has now closed for RAGBRAI. 10,000 plus riders will ride and graze 442 miles across Iowa from Sioux City to Storm Lake to Algona to Clear Lake to Charles City to Waterloo to Manchester to Dubuque. For any questions or to express an interest in future year rides, contact David Bailey. http://ragbrai.com/index.php/2010/01/30/overnight-towns-announced-2010-ragbrai-is-one-of-shortest-flatest-ever/ David S. Bailey, 925-8123, davidsbailey@yahoo.com
26 MON	Delta Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A little cruise through the Delta via Thornton and Walnut Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com
26 MON	Fair Oaks to Auburn & Lincoln 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Auburn Folsom to Powerhouse Rd. then Indian Hill to Auburn. The ride returns on Mt Vernon to Lincoln and Fair Oaks. 3625 feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net


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July Rides

Continued





•event	•description	•grading
27 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
28 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
29 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
30 FRI Fair Oaks to Auburn and Lincoln 06 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Auburn Folsom, Powerhouse to Auburn then Mt. Vernon to Lincoln returning on Sierra College to Fair Oaks. 3615 Feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	53-74 
31 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Linda Zeiszler, 457-8815, preslindaz@sbcglobal.net	20-30-55 
31 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
31 SAT Highhand Land 9:00 AM Rancho Cordova Shopping Center, SE Corner of Sunrise & Gold Country	We will take the bike path to Beals Point and then head to Loomis with a break at the Highhand Nursery. The extension will use Sierra College to make a loop before returning to Gold River. Mary McPoil, 359-6450, mcpoil@surewest.net	40-65 
31 SAT South/West Ride Series 9:00 AM Freeport Cavanaugh Golf Course Freeport Blvd.	Long ride goes to Isleton. David Storm, 665-2169, dlstorm@frontiernet.net	40-60 

August Rides

•event	•description	•grading
1 SUN Northwest Valley Loop 9:00 AM Davis Carl's Jr. PL Covell & Rd 102	The ride goes west from Davis then north along the hills to Dunningan, and returns to Davis through Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-73 
1 SUN Stan's Stomp 8:00 AM Loomis Loomis Com. Park King Rd & Ong	We'll go to Indian Hill, Baxter and Mt Vernon. We'll be starting at 8 AM to try to beat some of the heat. This ride will be reminiscent of a series from long ago. Stan Leff, 488-2563, swleff@surewest.net	31-48 
1-7 SUN-SAT Oregon Club Tour Crater Lake	Ride starts from Gold Hill, about 30 miles beyond Ashland. Join us for a week of cycling the lush green hills and lightly traveled back roads of Oregon. One of the highlights of the Tour is the 33 mile Rim Drive which circles the lake providing spectacular views of Crater Lake and the surrounding vistas with numerous overlooks and picnic areas to enjoy the magnificent scenery. The beautiful Crater Lake, once called Deep Blue Lake, was created by the eruption and collapse of Mt Mazama, and is the nation's sixth oldest national park. SAG, food, and campsites provided for \$250. Must be Club member. Registrations limited. Tim Koch, 488-8218, mtkoch@surewest.net	
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).	
4 WED Fair Oaks to Lincoln and Auburn 08 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will take Sierra College to Lincoln. The short ride will take English Colony to Newcastle and Indian Hill to Auburn Folsom and Fair Oaks. The long ride will take Wise Rd. to Mt. Vernon, down Baxter Grade to Gold Hill Rd, climbing Chili Hill and Bald Hill Rd. to Auburn returning on Auburn Folsom Rd. 4315 feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net	52-80 
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). Thursday Night Ride. See Weekly Ride Schedule (W10).	
6 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
7 SAT Orchard Ride /Mix Canyon 9:00 AM Winters City Park Railroad & Main	The ride will head towards Dixon and then west to Cantelow, which is a nice climb. 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 on Pleasant Valley Road. No water for the first 30 miles. Glenn Moore, 359-6450, mooreg@surewest.net	42-54 
7 SAT South/West Ride Series 9:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	The ride will explore the Delta area south of Sacramento. We'll have a short stop halfway through the ride. David Storm, 665-2169, dlstorm@frontiernet.net	40-60 

August Rides

Continued

•event	•description	•grading
7 SAT Fair Oaks to Ophir 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Auburn Folsom Rd to Newcastle, Baxter Grade, Dry Creek, and Christian Valley, returning through Auburn, Newcastle and Rocklin. <p style="text-align: right;">Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	50-79 
8 SUN Foothill Frolics Ray's Romps 9:00 AM Loomis Loomis Com. Park King Rd & Ong	Your choice of two Ray's Romp rides. The long ride goes to Foresthill. The short ride goes to Granite Bay. Plenty of turns to keep you entertained. <p style="text-align: right;">Dale Johnson, 284-5208, davijohnslckr@comcast.net</p>	38-64 
8 SUN Sutter Century 8:30 AM Sacramento Walgreen's PL Florin & Riverside	Up the river to Nicolaus, along the Garden Highway north, then back via Knight's Landing and Woodland. <p style="text-align: right;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	52-100 
9 MON Higgins Corner 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Sierra College to Lincoln then we will take Wise Rd, Baxter Grade, to Bell Rd. The medium ride will take Bell Rd to Auburn and return to Fair Oaks. The long rides will take Hwy 49 to Higgins Corner, Magnolia Rd to Dog Bar Rd, and return through Auburn to Fair Oaks. <p style="text-align: right;">Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	41-72-94 
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).	



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August Rides

Continued

•event	•description	•grading
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). Thursday Night Ride. See Weekly Ride Schedule (W10).	
12-13 THUR-FRI Ride 'n Glide Truckee	This is an opportunity for bike riding in the Lake Tahoe area, AND glider flights. There will be bike rides both Thursday and Friday, and possibly a Mountain Bike ride as well. Also, attendees have the option of taking a flight in a glider. Glider rides can be scheduled from about 9:00am until about 4:30. We have several rides available that are described on the Soar Truckee web site www.soartruckee.com . I'll discount all Glider rides 20% across the board. Thursday and Friday will be held open for club members before opening those days up to the general public. Saturday and Sunday will be first-come first-served Glider ride days. Camping and hotel options will be available. More details to follow. Doug Lent, 203-4038, dlent@sbcglobal.net John Hockenbury, 685-7527, jhockenbury@comcast.net	
13 FRI Fair Oaks to Lincoln and Auburn 08 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will take Sierra College to Lincoln. The short ride will take English Colony to Newcastle and Indian Hill to Auburn Folsom and Fair Oaks. The long ride will take Wise Rd. to Mt. Vernon, down Baxter Grade to Gold Hill Rd, climbing Chili Hill and Bald Hill Rd. to Auburn, returning on Auburn Folsom Rd. 4315 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	52-80 
14 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 







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August Rides*Continued*

•event	•description	•grading
14 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, littrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
14-15 SAT-SUN Volcano Overnighter 9:00 AM Fair Oaks Patriot Bicycles 4719 San Juan Ave	We will depart Patriot Bicycles and head for the quaint town of Volcano. Upon arrival, we will check into the St. George Hotel and freshen up for an amphitheatre experience of the play "Plaza Suite" by Neil Simon. We will return to Fair Oaks the next morning. There will be someone to transport belongings. Rates vary depending on room type (\$80, \$90, \$135). Tickets for the play are \$15 per person. Contact ride leader for availability. Shelly Barrette, 216-6527, irongirl1234@yahoo.com Scott Barrette, 599-9646, scottbarrette@comcast.net	45 
14 SAT South/West Ride Series 9:00 AM Freeport Cavanaugh Golf Course Freeport Blvd at the Bridge	We will ride out in the Delta. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-60 
15 SUN Fab Fifties Series Fish or Climb Hills 9:00 AM Gold River Nimbus Fish Hatchery Gold Country Blvd & Hazel Ave	The short ride will climb to El Dorado hills and return. The long ride will visit Cameron Park before returning to the start. Richard Zeiszler, 501-9563, zeiszler@sbcglobal.net	31-45-53 
17 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
18 FRI	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
18 WED Fair Oaks to Old Foresthill 12 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will follow Sunset Ave, Main Ave, and Oak Ave, to Auburn Folsom. We will go through Auburn to HWY 49, Old Foresthill Rd. and Foresthill Rd. The route goes out Mt. Vernon, Baxter Grade, and Ridge Rd to Newcastle then Taylor Rd. and Sierra College to Fair Oaks. 4850 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	51-79 
19 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
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August Rides *Continued*

•event	•description	•grading
21 SAT In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east of Fair Oaks Blvd	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  
21 SAT South/West Ride Series 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, left on Reynosa – park is on the right. Moderate degree of climbing. Short stop halfway through the ride. John Hockenbury, 685-7527, j.hockenbury@comcast.net	38-50-73  
21 SAT Fair Oaks to Auburn & Lincoln 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	Starts at the Fair Oaks Deli 10223 Fair Oaks Blvd. We will take Auburn Folsom to Powerhouse Rd. then Indian Hill to Auburn. The ride returns on Mt Vernon to Lincoln and Fair Oaks. 3625 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	51-72  
22 SUN Loomis Foothill Frolics Three Canyons Ride 9:00 AM Loomis Flower Farm Auburn Folsom @ Horseshoe Bar	The ride plays up, down, and around Auburn Folsom Rd, going as far south as Folsom, north-east through downtown Loomis, and as far east as Auburn and beyond. The long ride drops down into the Auburn State Recreation area, while the medium and short rides return by more moderate routes. Peter Bustabade, 652-5097, p.bustabade@sbcglobal.net	36-39-52  
22 SUN Tour of Napa Valley 100M 6:00-8:00 AM 65M 7:00-9:00 AM Yountville Yountville Veteran's Home Just off HWY 29	This is a paid event. Three great rides to choose from! • 35 Mile – a relatively flat course winding along rural roads through the beautiful Napa Valley wine country • 65 Mile – A challenging course with two moderate climbs. Approximately 3,000 ft of climbing • 100 Mile – Approximately 5,000 ft of climbing Wheelmen must register for the ride with the host club and pay the entry fee. Sign in and out on the Wheelmen Ride Roster, and wear the Wheelmen Jersey on the ride to be eligible for Club mileage. Dennis King, 284-4555, velo_king@sbcglobal.net	35-65-100  

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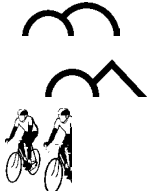
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August Rides *Continued*

•event	•description	•grading
22-31 SUN-TUE Tour of Southern Idaho	<p>We will be touring Southern Idaho. We will be spending three nights in Boise, then moving to Stanley for another three nights and on to Hailey for a couple of nights. There are both hotel and camping options available. Please contact one of the ride leaders for more information.</p> <p style="text-align: right;">Mary McPoil, 359-6450, mcpoil@surewest.net Linda Zeiszler, 548-1036, preslindaz@sbcglobal.com</p>	
23 MON Fair Oaks to Bowman 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	<p>We will take Sierra College, English Colony, then to Newcastle where the short ride will return on Auburn Folsom Rd. The long ride will continue to Ophir, Baxter Grade on the way to Bowman and Auburn. 4325 feet</p> <p style="text-align: right;">Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	54-72 
23-27 MON-FRI Markleeville Zodiac 1:00 PM Grover Hot Springs Markleeville, HWY 89	<p>For the folks not able to go on the Idaho Tour, Markleeville is another option. This Zodiac features great mountainous day rides over some of the Death Ride territory, including out-n-back up Ebbetts Pass, Monitor with lunch at the Casino by Topaz Lake, and a nice easier valley ride. Tent or RV Camping at Grover Hot Springs State Park, or if you prefer, there is lodging in town. This is a self serve bring your own food and drink trip. We'll gather round in the evenings so bring your chairs. The elevation at Markleeville is 5900 ft, so the evening temperatures can be rather cool. Go to Reserve America online and make your own reservations for the 37-65 loop. The bathrooms with showers are in that area. The fees are \$35 a night and the best spots are 50, 51, 52, 53, 46, 47, 48, 49, and 65. There is a \$7.50 cancellation fee, but I suggest you make your reservations early. These sites will generally hold two tents, so sharing is an option. Bring your bathing suit to use the nearby Hot Springs. Co-Leader wanted.</p> <p style="text-align: right;">Sandy Yarrow, 802-0898, skybike@surewest.net</p>	20-50/150-200 
24 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>	
25 WED	<p>Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).</p>	
26 THUR	<p>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). Thursday Night Ride. See Weekly Ride Schedule (W10).</p>	
27 FRI Fair Oaks to Ophir 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	<p>The ride will take Auburn Folsom Rd to Auburn, Christian Valley, Dry Creek, Baxter Grade returning through Newcastle and Rocklin.</p> <p style="text-align: right;">Ken Bell, 962-3841, kenbell4957@sbcglobal.net</p>	50-79 
28 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	<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.</p> <p style="text-align: right;">Kathy Tom, 712-1036, littrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	30-40-50 

August Rides *Continued*

•event	•description	•grading
28 SAT South/West Ride Series 9:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	The ride will explore the Delta area south of Sacramento. We'll have a short stop halfway through the ride. David Storm, 665-2169, dlstorm@frontiernet.net	40-60 
29 SUN Fab Fifties Series 9:00 AM El Dorado Hills El Dorado Hills Park & Ride White Rock & Latrobe Rds	Up Serrano Rd. to Shingle Springs to Brandon, French Creek, Old French Town, Deer Valley and Green Valley Roads. Mike Dodson, 366-7689, bikemike63@yahoo.com	50 
29 SUN Fun in the Foothills 8:30 AM Roseville Sierra Oaks Plaza, S/E corner of Douglas & Sierra College.	Climb Sierra College, Ridge Rd & Indian Hill in the first 25 miles, then all downhill and a few rollers back to the start. Short option leaves out Indian Hill. A Grupo ride. Deborah Walburg, 451-2470, walburg@surewest.net	38-45 
30 MON Anguin Loop 8:30 AM Winters Railroad & Main PL	Out to Moskovitz, then along the Knoxville Rd to Pope Valley, and Howell Mt to Anguin. St. Helena for lunch, then return via Lake Hennessy. Medium ride skips Howell Mt. Lots of climbing, so be prepared. Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-83-98 
31 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	











Sacramento Wheelmen

CLUB MISSION STATEMENT












The Sacramento Wheelmen is a recreational organization serving bicycle riders in the Sacramento area. While all are welcome as members, club rides are geared toward the intermediate to advanced rider. The organization provides recreational rides of various levels of difficulty, sagged and self-contained tours, an annual fundraising ride (the Sierra Century), and holds regular club meetings with riding related programs. In support of these activities, the club maintains an organization, publishes a newsletter, and maintains a website and message board. The organization supports and contributes to various bicycle related activities and organizations.

Eff. 4/21/03





September Rides

•event	•description	•grading
1 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
1 WED	Higgins Corner 21 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	41-72-94  
2 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
3 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
4 SAT	President's Welcome Ride 9:00 AM Sacramento Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	60 
4 SAT	South/West Ride Series 8:30 AM Freeport Cavanaugh Golf Course	51 
4 SAT	Fair Oaks to Bowman 02 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	54-72  
5 SUN	Foothill Frolics 8:00 AM Auburn 835 Lincoln Way Victory Velo Bike Shop	30-70  
5 SUN	Northeast of Lincoln 8:30 AM Lincoln Thunder Valley Casino East PL	48-73  

September Rides *Continued*

•event	•description	•grading
6 MON	Fair Oaks to Auburn and Lincoln 06 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	53-74  
7 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
8 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
8-12 WED-SUN	Three Amigo's Tour 8:00 AM Citrus Heights C Bar C Park	270  
9 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
10 FRI	Fair Oaks to Ophir 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	50-79  
11 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55  
11 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50   








September Rides *Continued*

•event	•description	•grading
11 SAT Out/Back & Moore 9:00 AM Foresthill Corner of Main & California	This is an out and back ride leaving from Foresthill and going to Robinson Flat. No food or water on route so bring plenty of both. Mary McPoil, 359-6450, mcpoil@surewest.net Glenn Moore, 359-6450, mooreg@surewest.net	10-50-60 
11 SAT South/West Ride Series 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, left on Reynosa-Park is on the right. Ride will explore Ione, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Ralph & Kris LeMeur, 354-0416, ralfkris@sbcglobal.net	40-60 
11-17 SAT-SAT Cycle Oregon 2010 Elgin Oregon	It's the Round-Up Ride, a two-state ramble through the canyons, wheat fields, vineyards and forests of northeastern Oregon and southeastern Washington that includes a two-day stop in Pendleton during the 100th anniversary of the Pendleton Round-Up. Starting and ending in the historic host town of Elgin, the route includes stops in Enterprise, OR; Clarkston, WA; Waitsburg, WA; and Pendleton, OR. \$850 http://www.cycleoregon.com/week-ride/ Long Elevation: 12,000. Rod Farley, 601-5402, beyondnapa@comcast.net	
12 SUN Fab Fifties Series Revisit 25th Anniversary Sierra Century Metric 9:00 AM Plymouth Public Park on Main St	You always had to work the Sierra Century. Here is your chance to ride one of the Club's greatest rides. Start in Plymouth, ride through Ione, Sutter Creek, Volcano and Fiddletown. Bring plenty of water. It will be hot! No sweep, no SAG. Ron Brown, 486-3665, rl-brown@pacbell.net	65 
13 MON Ride to Columbia Zodiac 8:00 AM Sacramento Walgreen's PL Florin & Riverside	A ride to the Columbia Zodiac. En route join-ups are encouraged. Baggage support is available with prior arrangement. Contact the ride leader for details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	108 
13-16 MON-THUR Columbia Zodiac	We'll stay in the Marble Quarry Campground near the quaint Columbia Historic State Park. RV, Tent camping, cabins, or opt for a hotel room. We'll have a group dinner one of the nights. Here are some accommodation possibilities: Marble Quarry RV Park - www.marblequarry.com - rv and tent campsites, cabins. See website for rates, pictures, amenities. Columbia Gem Motel - www.columbiagem.com ; 866-436-6685. Cabins and rooms (similar to Ferngrove). Columbia Inn Motel, 209-533-0446. For more info. on Columbia www.columbiacalifornia.com For pictures and story of the last Columbia Zodiac in 2004 go here http://www.sacwheelmen.org/swreports/zodiacs/columbia2004/columbia1.html I will start a list of attendees for future info.. Please let me know what days you will attend, where you will be staying, and if you are interested in a group dinner one night at Marble Quarry. John Hockenbury, 685-7527, jhockenbury@comcast.net	







September Rides *Continued*

•event	•description	•grading	
14 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).		
15 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).		
15 WED	Colfax 17 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	The ride will take Sierra College, Fowler, Baxter Grade, Joeger, and Bell where the short ride will return through Auburn. The long ride continues on Placer Hills and Tokayana to Colfax. We will return through Applegate and Auburn. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	65-95 
16 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).		
16 THUR	Return From Columbia Zodiac 8:30 AM Columbia	A return ride from the Columbia Zodiac. Contact the ride leader for baggage support and details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	108 
17 FRI	Furlough Friday Ride. See Weekly Schedule (W11).		
18 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary McPoil, 359-6450, mcpoil@surewest.net	20-30-55 
18 SAT	South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Shop Elk Grove Blvd. & West Taron 1/5th mile east of I-5	Ride will go out into the Delta through Thornton to Peltier. Short ride turns and loops back to Thornton and a stop before returning. Long ride goes down Thornton Rd. to Hwy 12 and lunch at Taco Bell. Then continues south to Devries Rd. and then heads back along some different roads into Thornton and takes Franklin Rd. back into Elk Grove and Kinetic Bike shop. Dave Graska, 698-1506, davidgraska@yahoo.com	40-65 
18 SAT	Fair Oaks to Auburn and Lincoln 07 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	We will take Auburn Folsom Rd. to Auburn. The short ride will take Indian Hill, English Colony, and Sierra College to Fair Oaks. The long ride will take Bald Hill and Chili Hill to Gold Hill, climbing Baxter Grade to Mt. Vernon then to Lincoln returning on Sierra College to Fair Oaks. 4400 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	51-77 
18 SAT	Knoxville Fall Classic Double Century Staff Ride 4:00 AM Vacaville Pena Adobe Park	Work at the public ride on September 25, 2010 and be pampered on the staff ride the week prior. Must sign up to volunteer in advance at www.quackcyclists.com . 11,500 ft climb. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	200 

September Rides *Continued*

•event	•description	•grading	
19 SUN	Fab Fifties Series Ride Around The Block 9:00 AM Shingle Springs P & R Ponderosa Rd exit at HWY 50	From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles, and the long route continues on to Georgetown; plenty of climbing on both. The shortest splits at HWY 193 and 49 above Placerville. No Racing. Tom Goodwin, 362-1780, tgoodwin0703@att.net	33-44-53 
19 SUN	Davis Loop 9:00 AM Davis Shopping Center PL Mace & Chiles	A loop from El Macero to Dixon then Winters, north to Woodland and back to Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	47-70 
20 MON	Fair Oaks to Bowman 02 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Sierra College, English Colony, then to Newcastle where the short ride will return on Auburn Folsom Rd. The long ride will continue to Ophir, Baxter Grade on the way to Bowman and Auburn. 4325 feet. Ken Bell, 962-3841, kenbell4957@sbcglobal.net	54-72 
21 TUE		Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
22 WED		Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
23 THUR		Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
24 FRI	Around & About 9:00 AM Freeport Cavanaugh Golf Course PL	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 
24 FRI	Fair Oaks to Auburn and Lincoln 06 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd.	We will take Auburn Folsom, Powerhouse to Auburn then Mt. Vernon to Lincoln returning on Sierra College to Fair Oaks. 3615 Feet Ken Bell, 962-3841, kenbell4957@sbcglobal.net	53-74 
25 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
25 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Cen-	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, littrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 

September Rides *Continued*


•event	•description	•grading
25 SAT	South/West Ride Series 9:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	40-60 
25 SAT	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east	23-107 
25-26 SAT-SUN	Waves to Wine 7:00 AM San Francisco UCSF Mission Bay Campus (across from AT&T Park)	40-75-100-SAT 50-75 SUN 
26 SUN	Foothill Frolics Club Ride & Picnic 9:00 AM Loomis Loomis Community Park Ong & King Rd	21-50 
27 MON	Action Jackson 9:00 AM Rancho Murieta Coffee Shop Murieta Dr	30-46-86 
28 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
29 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
29 WED	Fair Oaks to Foresthill 13 9:00 A.M. Fair Oaks Fair Oaks Deli 10223 Fair Oaks Blvd	65-91 
30 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	

2010-11


Tour/Zodiac Schedule

Submit tour plans/corrections to







Sandy Yarrow, 791-3426, skybike@surewest.net

<p>Jul 12-15 MON-THUR</p> <p>Big Sur Zodiac 7:00 AM Sacramento Amtrak Station</p>	<p>This is a relatively easy four-day camping Zodiac. Sag support will be provided. The SAG will be at the San Jose Amtrak station at 8:40 AM on July 12 to load camping gear for the ride. We ride from San Jose over the Santa Cruz mountains to Sunset Beach State Park. We then ride through Monterey to Big Sur Park, then Plaskett Creek campground, and finally Morro Bay State Campground. Friday we ride to San Luis Obispo. The Amtrak train leaves for Sacramento at 3:40 PM. It is suggested that you make reservations for the return trip from San Luis Obispo. Bikes must be boxed and checked as luggage. Another option is to use a one-way rental car for the return.</p> <p>Bob Hawkins, 892-1548, bbobhawk@yahoo.com</p>	<p>250</p> 
<p>July 25-31 SUN-SAT</p> <p>RAGBRAI 2010 Ride Across Iowa</p>	<p>Registration has now closed for RAGBRAI. 10,000 plus riders will ride and graze 442 miles across Iowa from Sioux City to Storm Lake to Algona to Clear Lake to Charles City to Waterloo to Manchester to Dubuque. For any questions or to express an interest in future year rides, contact David Bailey.</p> <p>http://ragbrai.com/index.php/2010/01/30/overnight-towns-announced-2010-ragbrai-is-one-of-shortest-flatest-ever/</p> <p>David S. Bailey, 925-8123, davidsbailey@yahoo.com</p>	
<p>Aug 1-7 SUN-SAT</p> <p>Oregon Club Tour Crater Lake</p>	<p>Ride starts from Gold Hill, about 30 miles beyond Ashland. Join us for a week of cycling the lush green hills and lightly traveled back roads of Oregon. One of the highlights of the Tour is the 33 mile Rim Drive which circles the lake providing spectacular views of Crater Lake and the surrounding vistas with numerous overlooks and picnic areas to enjoy the magnificent scenery. The beautiful Crater Lake, once called Deep Blue Lake, was created by the eruption and collapse of Mt Mazama, and is the nation's sixth oldest national park. SAG, food, and campsites provided for \$250. Must be Club member. Registrations limited.</p> <p>Tim Koch, 488-8218, mtkoch@surewest.net</p>	
<p>Aug 12-13 THUR-FRI</p> <p>Ride 'n Glide Truckee</p>	<p>This is an opportunity for bike riding in the Lake Tahoe area, AND glider flights. There will be bike rides both Thursday and Friday, and possibly a Mountain Bike ride as well. Also, attendees have the option of taking a flight in a glider.</p> <p>Glider rides can be scheduled from about 9:00am until about 4:30. We have several rides available that are described on the Soar Truckee web site www.soartruckee.com. I'll discount all rides 20% across the board. Thursday and Friday will be held open for club members before opening those days up to the general public. Saturday and Sunday will be first-come first-served glider ride days. Camping and hotel options will be available. More details to follow.</p> <p>Doug Lent, 203-4038, dlent@sbcglobal.net John Hockenbury, 685-7527, jhockenbury@comcast.net</p>	

2010 Tour/Zodiac Schedule

<p>Aug 22-31 SUN-TUE</p>	<p>Tour of Southern Idaho</p> <p>We will be touring Southern Idaho. Tentative plans have us spending three nights in or near Boise then moving to Stanley for another three nights, on to Hailey for a couple of nights and finishing up in Twin Falls for one night. Both hotel and camping options will be available. More information to follow.</p> <p style="text-align: right;">Mary McPoil, 359-6450, mcpoil@surewest.net Linda Zeiszler, 548-1036, preslindaz@sbcglobal.com</p>	
<p>Aug 23-27 MON-FRI</p>	<p>Markleeville Zodiac 1:00 PM Grover Hot Springs Markleeville, HWY 89</p> <p>For the folks not able to go on the Idaho Tour, Markleeville is another option. This Zodiac features great mountainous day rides over some of the Death Ride territory including out n back up Ebbetts Pass, Monitor with lunch at the Casino by Topaz Lake, and a nice easier valley ride. Tent or RV Camping at Grover Hot Springs State Park, or if you prefer, there is lodging in town. This is a self serve bring your own food and drink trip. We will gather round in the evenings so bring your chairs. The elevation at Markleeville is 5900 ft, so the evening temperatures can be rather cool. Go to Reserve America online and make your own reservations for the 37-65 loop. The bathrooms with showers are in that area. The fees are \$35 a night and the best spots are 50, 51, 52, 53, 46, 47, 48, 49, and 65. There is a \$7.50 cancellation fee, but I suggest you make your reservations early. These sites will generally hold two tents, so sharing is an option. Bring your bathing suit to use the nearby Hot Springs. Co-Leader wanted.</p> <p style="text-align: right;">Sandy Yarrow, 802-0898, skybike@surewest.net</p>	<p>20-50 150-200</p> 
<p>Sept 11-18 SAT-SAT</p>	<p>Cycle Oregon 2010 Elgin Oregon</p> <p>It's the Round-Up Ride, a two-state ramble through the canyons, wheat fields, vineyards and forests of northeastern Oregon and southeastern Washington that includes a two-day stop in Pendleton during the 100th anniversary of the Pendleton Round-Up. Starting and ending in the historic host town of Elgin, the route includes stops in Enterprise, OR; Clarkston, WA; Waitsburg, WA; and Pendleton, OR. \$850. http://www.cycleoregon.com/week-ride/ Long Elevation: 12,000 ft.</p> <p style="text-align: right;">Rod Farley, 601-5402, beyondnapa@comcast.net</p>	
<p>Sept 13-16 MON-THUR</p>	<p>Columbia Zodiac</p> <p>We'll stay in the Marble Quarry Campground near the quaint Columbia Historic State Park. RV, Tent camping, cabins, or opt for a hotel room. We'll have a group dinner one of the nights. Here are some accommodation possibilities: Marble Quarry RV Park - www.marblequarry.com - rv and tent campsites, cabins. See website for rates, pictures, amenities. Columbia Gem Motel - www.columbiagem.com; 866-436-6685. Cabins and rooms (similar to Ferngrove). Columbia Inn Motel, 209-533-0446. For more info. on Columbia www.columbiacalifornia.com For pictures and story of the last Columbia Zodiac in 2004 go here http://www.sacwheelmen.org/swreports/zodiacs/columbia2004/columbia1.html I will start a list of attendees for future info.. Please let me know what days you will attend, where you will be staying, and if you are interested in a group dinner one night at Marble Quarry.</p> <p style="text-align: right;">John Hockenbury, 685-7527, jhockenbury@comcast.net</p>	

2010 - 2011 Tour/Zodiac Schedule

<p>Oct 3-8 SUN-FRI</p>	<p>Solvang Zodiac Solvang Wine Valley Inn</p>	<p>The Solvang Zodiac is in lieu of the Paso Robles Zodiac. The reason for extending it to five days is because it is a 6 1/2 hour drive from Sacramento. We will arrive in Solvang on Sunday and return on Friday. Rides are scheduled for Monday, Tuesday, Wednesday, and Thursday. A block of 10 rooms for 5 nights has been reserved for the Sacramento Wheelmen at the Wine Valley Inn at a rate of \$105 (includes 10%tax). Reservations can be made by calling 805-688-2111. There is a 60 day release prior to arrival, so make your reservations early. Mary McPoil, 359-6450, mcpoil@surewest.net Glenn Moore, 524-7785, mooreg@surewest.net</p>	
<p>Nov 9-11 TUE-THUR</p>	<p>Jackson Zodiac 10:00 AM Jackson Amador Inn</p>	<p>We will be staying at the "Best Western Amador Inn" in Jackson. All rides will leave from the hotel parking lot, 10:00 AM on Tuesday, and 9:00 AM Wednesday and Thursday. Tuesday we will ride up to Volcano, Wednesday to West Point and Thursday out to Buena Vista. Come up for all three days or just one day. Mileage is 40-50 miles/day. Nick Hourigan, 487-0993, helnick@sbcglobal.net</p>	<p style="text-align: center;">180</p>  
<p>2011 Tour/Zodiac Schedule</p>			
<p>Jan 18-20 2011 TUE-THUR</p>	<p>Napa Zodiac 9:00 AM Winters Putah Creek Cafe</p>	<p>Meet in Winters for breakfast at Putah Creek Cafe. Ride starts at 9:00. SAG for gear available at Winters only. We'll be staying in Napa at The Chablis Inn, 3360 Solano Ave, 707-257-1944. Rates are one Queen-\$79, one King-\$84, and two Queens-\$89. Let the staff know you are with the Sacramento Wheelmen. If you plan to drive to Napa please volunteer to carry someone's gear. Those wanting a longer first and third day can leave from Davis or West Sacramento, but no official SAG from there. Total mileage is about 175 with 8,000 ft of climbing. The middle day takes us down the east side of the valley to Calistoga for lunch and returning down the west side of the valley. A longer (tougher) surprise ride will also be available for the middle day. Shopper chicks and wine tasters welcome. Please confirm with leaders if you plan to go. Hal Baker, 443-4514, hmbaker1@sbcglobal.net</p>	<p style="text-align: center;">175</p>  
<p>Feb 14-17 MON-THUR</p>	<p>Borrego Springs Zodiac Borrego Springs Palm Canyon Resort RV and hotel rooms available</p>	<p>We'll search for the sun in Borrego Springs, 80 miles south of Palm Springs. We'll ride Monday-Thursday and stay at the Palm Canyon Resort. Call the Resort (1-800-242-0044), and say you're with the Sacramento Wheelmen when making your reservations. This zodiac ties in perfectly with the Tour de Palm Springs, on Saturday, Feb 13th. Dennis King, 284-4555, velo_king@sbcglobal.net Dale Johnson, 284-5208, davijohnslckr@comcast.net</p>	<p style="text-align: center;">240</p>  
<p>Mar 7-10 MON-THUR</p>	<p>Santa Cruz Zodiac</p>	<p>You'll have the option to drive to Santa Cruz or take the train to San Jose, and ride from there. This year there will be an additional day, so the Zodiac will start on Monday, and give us more options to ride the great areas around Santa Cruz. Luggage SAG if needed. Call or email ride leader for motel information and train times. Sandy Yarrow, 791-3426, skybike@surewest.net</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

Name _____ M F
(circle one)

Phone _____ E-mail _____

List names of all family members who will ride or volunteer

_____ M F

_____ M F

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

Address _____

Please mail this application with check payable to:

City _____ Zip _____

Sacramento Wheelmen

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>

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to those caused by terrain, facilities, temperature, weather, condition of athlete, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers I hereby assume as part of the risks of participating / volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: **The Sacramento Wheelmen**, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers: (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event

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

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

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

All members please read the release, sign and date.

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE



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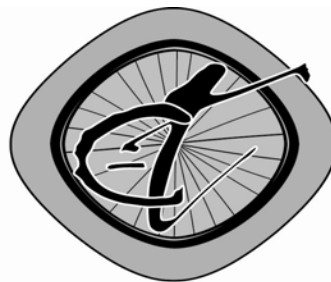
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