

Sacramento Wheelmen's Ride Schedule & Newsletter

MALLORCA 2011 De Todo Un Poco



by Gilbert Martinez

It was clear from the start of the Sacramento Wheelmen adventure on the Spanish *insula* (island) of Mallorca that we would all be in search of our own little piece of all that is Mallorca. This island, located approximately 50 minutes by air from Barcelona, offers as much and as little as one might want from Spain.

Wheelmen riding with what was referred to as the "speed boys" by the master of ceremonies (tour operator Fred Rompelberg) could enjoy the thrill of speeding along narrow roadways



Wheelmen Group with Fred Rompelberg



Speed Group Gilbert Martinez (R) with Hooshang Mehranpor

in double pace lines, at times rounding corners which could reveal miles of open road or result in the pack having to dodge an oncoming car with the only warning being the alarming call of

"auto" from riders at the front. Other Wheelmen could enjoy a slower, more relaxed pace in the "plausch" group, where one might actually take a peek at the beautiful dry stacked walls made from native limestone rocks unique to Mallorca. These beautiful rock walls line the narrow roads and separate pastures throughout the island. Wheelmen in this group might also have taken a moment to consider the bravery of Don Quixote doing battle with a windmill much like those which dotted the Mallorcan countryside.

Whether embracing the exhilaration of speeding along narrow roads or basking in the beauty of rock-wall-lined

roads, all of us celebrated the traditional mid-ride break at quaint cafés purposely located in picturesque villages and coastal ports. Outdoor seating in a tree-lined plaza and a *Café con Leche* was a welcomed celebration of the relaxing side of Mallorcan cycling.

Along with the unequalled cycling experience, which was, after all, the excuse for this Wheelmen excursion, other indulgences abounded. Perhaps foremost among (indulgences) them was the post-ride stop at Paco's, where many a Wheelmen could be spotted

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CLUB PICNIC SAVE THE DATE
Sunday, Sept. 18th, Ride at 9 • Picnic at 12
Loomis Park South
see inside of details
Spouses welcome.
BBQ Tri tip & Brats



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Dan Anglim

Fall is a great time for rides in the Sacramento area, and our Esteemed Ride Leaders have given you plenty of opportunities to get out there and ride. If you don't see a ride you were hoping for, lead one yourself next quarter. To learn how to lead a ride, go to our Ride Leader Guidelines and Suggestions link on the website, www.sacwheelmen.org, Rides, For Ride Leaders. If you need more information, I'm here to help.

Fourth quarter 2011 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/ridedescription.html. You can also send your rides to me at ridedirector@surewest.net. Our club depends on a deep and varied offering of rides, and so we depend on YOU to step up and lead rides. You can create your own ride, or choose one from the Ride Library found on the website. Additionally, please submit 2011/2012 Tour and Zodiac dates so that our members can start planning for the future.

Q3 Esteemed Ride Leaders

Dan Anglim	Tim Koch
Jennie Babich	Doug Lent
Bob Barker	Bob Maben
Shelly Barrette	Joe McCormick
Joni Bauer	Glenn Moore
Peter Becker	Mary Moore
Doug Beisner	George Neill
Barbara Bravos	Dick Nussbaum
Ron Brown	Francisco Prieto
Steve Cimini	Gerry Rohlfes
David Clifton	Andy Samms
Jeannie Ennis	Pam Samms
Tom Gardner	Robert Samms
Tom Goodwin	Eric Sauer
David Graska	Marie Schelling
Paul Gunkel	Dick Shultz
John Hafkenschiel	David Storm
John Hockenbury	Deborah Walburg
Nick Hourigan	Sandy Yarrow
Dennis King	Linda Zeiszler

New Members

February 16 to May 15, 2011

Jim Dobbs
Kevin Ellingson
Eppie's Great Race
Fe Espanola
Gabrielle Espanola
William Espanola
Ismail Flowers
Saphonia Flowers
Joan Gineil
Valerie Hanson
Tim Jordan
William Knight
Stephen Maxwell
Brenda Perry
Bill Poulton
Joey Punsalan
Robert Scofield
James Stody
Laurinda Stody

President's Report

George Neill

Many thanks to the hundreds of members who helped make the 2011 Sierra Century a success. What a fine example of teamwork to see so many experienced cyclists working diligently together to preserve a rich tradition of service and support to our guests. Thanks to Curt and Ginny Taylor for directing the club's largest event of the year. All of your volunteer efforts are much appreciated.

You'll note that there are a number of Club activities on the Wheelmen Club Calendar, elsewhere in this issue. This calendar is a good resource for notice of Club meetings, social events, deadlines, and volunteer opportunities with contact information. Volunteers are needed to help organize Eppie's Great Race and the Run to Feed the Hungry. Mustard Seed Spin volunteers are needed for fitting helmets and bikes. Bike assembly volunteers are needed for Families First and the Foster Santa Party. And of course, you won't want to miss the Club Picnic.

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

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with a *pequeno* (small) beer in one hand and a fist full of peanuts in the other. The events of each day's ride were discussed at Paco's with the zeal perhaps equaled only by the zeal of Quixote's love for the fair Dolcena del Toboso; at times perhaps with a bit more flair than even the tolerant Sancho Panza could have endured.

Disciplined Wheelmen (I am not at all sure there were many) could have ignored the ringing bells and cat calls coming from Paco's riding directly to the host hotel, where a hot shower and afternoon siesta would prepare them for indulging in the buffet dinner made available promptly at 7pm each night. Many a calorie burned during the day's riding could be replaced (even joined by additional calories) each night even before the desserts were descended upon. Many a slice of Mallorcan cake accompanied by a scoop of vanilla ice cream (well, if I am to be accurate here, scoops of vanilla, chocolate and strawberry ice cream) were consumed to ensure a full tank for the next day's ride.

I would be remiss if I did not mention the indulgences of our more sophisticated Wheelmen. A determined group of Wheelmen attended Easter services with hopes of rubbing shoulders with King Juan Carlos and Queen Sophia at the historic jewel that is the Palma Cathedral which stands above the Bay of Palma. While a sighting was reported, I cannot verify that a Wheelmen jersey was anywhere close to the royal couple; but many a Wheelmen was spotted jostling with tourists from all of Europe at local shops and boutiques.

What would a visit to Mallorca be without one of my favorite indulgences,

a stroll along the beachside promenade at sunrise (or sunset for the more adventurous)? Indulge for a moment with me: find your copy of Stan Getz's "The Girl from Ipanema," close your eyes and feel the ocean breeze, feel the soft warmth of the morning sun. Yes, "*de todo un poco*" can be so simple.

Wait. Did I mention the wine? Oh, yes. What would a Wheelmen excursion abroad be without wine? Yes, the finest (and not so fine) local wines were sampled, rated and re-rated. Again, here I will need to refrain from providing any critique of local wines and instead refer you to any one of the more learned Wheelmen who ventured to the 9th floor of our hotel.

Oh, there is so much more to Mallorca than I have time, imagination or space to share with you. So, please, by all means, engage in conversation with one of the many Wheelmen who ventured to this Spanish *insula* with adventure in their heart and euro's in their pockets. Be forewarned, you may be as puzzled by the tales of "*aventura*" as Sancho Panza was by those of his squire Don Quixote, but that, my friends, is the point; isn't it? Puzzlement and wonder at all that is possible in Mallorca.



Mallorcan Windmills



38th Eppie's Great Race

Friday and Saturday, July 22 and 23
Guy West Bridge

Eppie's Great Race and the *US Bank Kids Duathlon* benefit the Sacramento County Therapeutic Recreation Services (TRS) that help thousands of people with physical and mental disabilities to live more fulfilling lives. This popular summertime triathlon tradition consists of a 5.82-mile run, 12.5-mile cycle and a 6.35-mile downriver paddle. Kids can even take part in the fun by participating in the *US Bank Kids Duathlon*, a 2-mile run and 5.75-mile bike ride. Visit www.thegreatrace.org or call 916-381-0255.

Wheelmen volunteers will once again be needed for the Run-to-Bike Transition located at the Guy West Bridge. Help is needed to set-up the transition leg Friday, July 22. Saturday, July 23 will need volunteers to operate the transition stage and take-down the set-up.

Volunteers will receive an Eppie's T-shirt and lunch on both days. Please contact Bud Leland at velobuddy@comcast.net. Be sure to include your shirt size and day(s) you will be able to help. Additional information will be sent to volunteers.

Mustard Seed Spin Sunday, September 25th at 11:00 AM

Wheelmen volunteers will again be needed this year to help with helmet and bike fitting on the day of the ride. Please contact Linda Zeiszler at preslindaz@sbcglobal.net

The 7th annual Mustard Seed Spin is scheduled for Sunday, September 25th at 11:00 AM, starting at William Pond Park. This fun family bike ride, in addition to promoting cycling for kids of all ages, generates a donation for the Mustard Seed School for homeless children. The 10K and 20K courses on the beautiful American River Bike Trail are perfect for younger and older children and their families, and T-shirts, snacks, rest stops, music and games are included. Lunch, accompanied by a bike raffle and silent auction, will be provided after the ride. The cost of the ride is \$25 per person, with family discounts available.

The Mustard Seed Spin was granted tax-exempt status last year and expanded their mission: to promote total wellness for youth through safe cycling, while creating opportunities to help less fortunate children. Visit online at www.mustardseedspin.org.

2011 Wheelmen Club Schedule

Club Meetings, Social Events, Deadlines, & Volunteer Opportunities

Date	Event	Contact
July		
5	June Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
21	General Membership Meeting**	Mike Kersten, 966-3095
22-23	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
August		
1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
5	July Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
8	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
15	September WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
September		
5	August Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
15	General Membership Meeting**	Mike Kersten, 966-3095
18	Club Picnic	Sandy Yarrow, marketing@sacwheelmen.org
25	Mustard Seed Spin Volunteers	Linda Zeiszler, 457-8815
October		
5	September Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
10	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
November		
1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
5	October Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
15	January WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
17	General Membership Meeting**	Mike Kersten, 966-3095
	Families First Bike Assembly Volunteers	Dick Nussbaum 424-0933
24	Run to Feed the Hungry Volunteers	Dennis King, 284-4555
December		
5	November Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
	Foster Santa Party Volunteers	Dick Nussbaum 424-0933
10	Photography Contest Deadline	Marilyn Floyd, 300-3595

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

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

SACRAMENTO WHEELMEN RIDE GRADING SYSTEM

BAD WEATHER

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



HELMET USE

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



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

Flat

May have some short gentle grades.



Rolling

Gentle grades.



Moderate

Grades less than two miles.



Hilly

Short steep grades and long moderate hills.



Mountainous

Very steep grades and climbs approaching five miles.



Severe

Extremely steep grades and mountain passes.



RIDE CATEGORIES

Casual

A more leisurely paced ride. Ride leader will wait for less experienced riders at predetermined regroup locations.



Flexible

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



Training

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



Offroad

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



3rd Quarter 2011 Ride Calendar

July 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Sac 20/30/55 Elk Grove 40/60/80
3 Loomis 50	4 Independence Day El Dorado Hills 38/49/59	5 W2, W3, W4	6 W5, W6	7 W7, W8, W9	8	9 Elk Grove 38/55 Silver Lake 52/66
10 Foothill Frolics 50	11	12 W2, W3, W4	13 W5, W6	14 W7, W8, W9	15	16 Freeport 35/50 MacArthur 35/65/128
17 Fab Fifties Series 50/75	18 Elk Grove 50/63	19 W2, W3, W4	20 W5, W6 Murieta 15	21 W7, W8, W9	22 Eppie's Great Race Sac 40/70/101	23 Eppie's Great Race Sac 20/30/55 Elk Grove 40/60
24 Foothill Frolics 38/50 W. Sac 63/108	25 Sacramento 46/65	26 W2, W3, W4	27 W5, W6	28 W7, W8, W9	29 Sac 66/99	30 Sheldon 44/54 Oregon Club Tour
31 Oregon Club Tour Fab Fifties Series 34/44						

August 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Sacramento 50 Oregon Club Tour	2 W2, W3, W4 Oregon Club Tour	3 W5, W6 Oregon Club Tour	4 W7, W8, W9 Oregon Club Tour	5 Rancho Cordova 43/81 Oregon Club Tour	6 Lake Tahoe 72 Oregon Club Tour
7 Oregon Club Tour Foothill Frolics 50 Davis 47/70	8	9 W2, W3, W4	10 W5, W6 Murieta 15	11 W7, W8, W9	12 Sac 40/77/100	13 Sac 20/30/55 W. Sac 37/54 Davis 65/100
14 Fab Fifties Series 33/44/53	15 Sac 54/80	16 W2, W3, W4	17 W5, W6	18 W7, W8, W9 Truckee Zodiac	19 Truckee Zodiac	20 Petaluma 35/60/100 Truckee Zodiac
21 Foothill Frolics 40/50 Yountville 35/65/100	22	23 W2, W3, W4	24 W5, W6	25 W7, W8, W9	26 Winters 66	27 Sac 20/30/55 Elk Grove 42/57 South Lake Tahoe 60
28 Fab Fifties Series 49 Citrus Hts 23 to 107	29	30 W2, W3, W4	31 W5, W6			

September 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 W7, W8, W9	2 Sac 51/77/99	3 Sac 20/30/55 Rancho Murieta 38/50/73
4 Foothill Frolics 32/40/50 Elverta 52/94	5 Labor Day Gold River 30/37 Markleeville Zodiac	6 W2, W3, W4 Markleeville Zodiac	7 W5, W6 Markleeville Zodiac	8 W7, W8, W9 Markleeville Zodiac	9	10 Sac 20/30/55 Elk Grove 40/60/80
11 Fab Fifties Series 39/50 Sac 85/97	12	13 W2, W3, W4	14 W5, W6	15 W7, W8, W9	16 Winters 39/85/98	17 Clarksburg 35/50 San Francisco 40/75 Vacaville 200
18 Club Picnic 21/50 San Francisco 40/75	19 Sac 58/84	20 W2, W3, W4	21 W5, W6 Murieta 15	22 W7, W8, W9	23	24 Sac 20/30/55 Davis 50
25 Mustard Seed Spin Fab Fifties Series 65	26	27 W2, W3, W4	28 W5, W6	29 W7, W8, W9	30	

Weekly Rides

event	•description	•grading
(W2) TUESDAY COMMUTE RIDE 6:00 AM Starbuck's 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, 19 th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	50+ Flat Flexible
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 Rolling Flexible
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcmafen@comcast.net Dave Storm, 665-2169, dlstorm@worldnet.att.net	25 to 75 Flat Flexible
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench in William Pond Park 4:45 PM Cal/EPA Hdqtrs 11 th 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+ Flat Flexible
(W6) WEDNESDAY BRUNCH RIDE 9:00 AM Sacramento West of Playground at Grant Park on C St. near 22 nd St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. Joe McCormick, 448-1032, mccormickjm@comcast.net Mary Moore, 284-1905, bike.moore@yahoo.com	25 to 75 Flat Flexible
(W7) THURSDAY COMMUTE RIDE 6:00 AM Starbucks in Gold River 4:30 PM Cal/EPA Building 5:00 PM Old Sac at bike trail.	Commute to downtown in the morning and return from Cal/EPA building at 1001 I Street at 4:30 p.m. Riders can also join us for the evening return ride at 5:00 at the bike trail entrance near Blue Diamond Almond Factory, 19 th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	10-30-50+ Flat Flexible
(W8) THURSDAY BREAKFAST RIDE 8:30 AM Sunrise Bridge PL & Bike Trail 9:00 AM Gold River Shopping Center, southeast corner of Sunrise Blvd & Gold Country Rd	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 Rolling Flexible
(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 Rohlfs, 422-7711 Bob Maben, 455-5715, rcmafen@comcast.net	35 to 60 Flat Flexible

July Rides

•event	•description	•grading
2 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55 Flat/Rolling Casual
2 SAT South/West Ride Series 9:00 AM Elk Grove It's a Grind Elk Grove Blvd & Waterman	We will "grind" it out on the holiday weekend around the Delta or in the lower foothills. Stop for refreshments half way. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60-80 Flat/Roll Flexible
3 SUN Poker Ride Loomis Train Station (Behind Wild Chicken)	This ride will take us from Loomis to points in Penryn, Newcastle and Auburn. For those wishing to play cards along the way, you will receive your first card at the start of the ride, collect three in route, and complete your five card hand when you sign out!! Prizes will be awarded so come ready for some cycling and card playing fun!! Coffee stop at Trailhead near the end of the ride. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	50 Mod Flexible
4 MON Celebrate the 4th! Irish Hill Ride 8:30 AM El Dorado Hills Latrobe Elementary School Latrobe Road & South Shingle	Let's ride to celebrate the 4 th of July! Enjoy the rolling hills around Lone and Lake Comanche (long ride). You will be home in plenty of time for parties. 3100 ft of climbing, medium ride 2400 ft, short ride 2000 ft of climbing. Water and food in Lone. No restrooms at start. A Groupo ride. Deborah Walburg, 451-2470, walburg@surewest.net	38-49-59 Mod Flexible
5 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4)	
6 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
7 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
9 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron 1/5 th mile east of I-5	Both rides go through Thornton with a stop there. Dave Graska, 698-1506, davidgraska@yahoo.com	38/55 Flat Flexible

July Rides

Continued

•event	•description	•grading
9 SAT Mormon Emigrant Trail 9:00 AM SLY Park On Mormon Emigrant Trail at 2 nd (east most) dam crossing	A dreamy climb up through the pines on a (nearly) no-cars road. No need for a map because this ride is on only two roads, Mormon Emigrant Trail and State Route 88. Turn around after 26 miles of climbing (or sooner) when you get to the stop sign at Highway 88 or turn left and go 7 more miles up and down to Silver Lake and visit the store there. 3000/4000 ft of climbing. Bring plenty of water and food because the only store is at mile 33. No sweep, for experienced hill climbers only. John Hafkenschiel, 454-1115, brabworld@sbcglobal.net	52-66 Mountainous Flexible
10 SUN Foothill Frolics Girly Girls Ride 9:00 AM Penryn Trailhead Coffee & Cycle Taylor & English Colony	Come join us for frolicking fun and cycling in the foothills. We will meet at the Trailhead Coffee and Cycling Lounge, where you can start and end the ride with fresh pastries and coffee. Take Penryn Road exit and go left on Penryn Road back over freeway. Go through light and then turn right at stop sign at Taylor Road. Follow Taylor up the hill to the 4-way stop. Cafe on left. Manly men welcome. Jennie Babich, 927-8888, jenniebabich@att.net	50 Moderate Flexible
12 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
13 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
14 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
16 SAT South/West Ride Series 9:00 AM Freeport Cavanaugh Golf Course Freeport Blvd at the Bridge	Ride goes through Walnut Grove, Thornton, and Galt David Storm, 665-2169, dlstorm@frontiernet.net	35-50 Flat Flexible



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July Rides


Continued

•event	•description	•grading
<p>16 SAT</p> <p>New Fall River Century 7:30 AM MacArthur Fairgrounds</p>	<p>Fall River Mills is nestled in a pristine northeastern California valley. 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. Many options available in riding distance. 500/2500/4000 ft of climbing. Register on Active.com or by mail-in paper. Must wear Wheelmen jersey to get club miles.</p> <p>Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net</p>	<p>35-65 to 100-128 Flat/Mod/Hill Flexible</p>
<p>17 SUN</p> <p>Fab Fifties Series Ride With The Wind 9:00 AM Sacramento AMTRAC Station</p>	<p>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.</p> <p>David Clifton, 354-1137, superdave@sbcglobal.net</p>	<p>50-75 Rolling/Mod Flexible</p>
<p>18 MON</p> <p>Delta Wanderer 10:30 AM Elk Grove Safeway PL Franklin & Laguna</p>	<p>A mostly flat loop south, then east to Clay Station and back through Lodi and Thornton.</p> <p>Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	<p>50/63 Flat Flexible</p>
<p>19 TUE</p>	<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>	
<p>20 WED</p>	<p>Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).</p>	
<p>20 WED</p> <p>Murieta Mountain Bike Ride 9:00 AM Rancho Murieta Lake Clementia</p>	<p>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.</p> <p>David Clifton, 354-1137, superdave@sbcglobal.net</p>	<p>15 Mod/Hill Off-Road Flexible</p>

Patriot Bicycles

Scott Barrette, Owner
916-961-9646

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



4719 San Juan Avenue Fair Oaks, CA 95628

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Free Initial Consultation

Daniel S. Glass
Attorney at Law

experienced cyclist
experienced litigator

Telephone (916) 447-5697

1006 Fourth St., Tenth Floor, Sacramento, CA 95814

Sacramento Wheelmen
July Rides

Continued

•event	•description	•grading
21 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
22 FRI Let's Do 101 8:00 AM Sacramento Walgreen's PL Florin & Riverside	Down the river to Rio Vista and back via El Macero. Some good quality unpaved segments. Long distances between stores. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40/70/101 Flat Flexible
23 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
23 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & West Taron 1/5 th mile east of I-5	Out in the Delta, with a stop along the way. Dave Graska, 698-1506, davidgraska@yahoo.com	40-60 Flat Flexible
24 SUN Foothill Frolics 8:30 AM Loomis Loomis Community Park King Rd & Ong	We will ride to Auburn, drop down in the canyon if you wish, up towards Christian Valley, then over to Mt Vernon, down Baxter Grade and back to Loomis. Short ride doesn't go to Christian Valley. Jeannie Ennis, 205-2225, jeanniebike@att.net	38-50 Mod/Hill Flexible
24 SUN Solano Century 8:00 AM W. Sacramento Starbucks PL Jefferson Blvd & Linden Rd	A long loop through Suisun City, then the Montezuma Hills to Rio Vista and back to West. Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	63/108 Flat/Rolling Flexible
25 MON Double Loop West 10:30 AM Sacramento Walgreen's PL Florin & Riverside	South into the Delta and back through W. Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	46/65 Flat Flexible
26 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	

July Rides *Continued*

•event	•description	•grading
27 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
28 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
29 FRI	North through Lincoln, Camp Far West, Beale AFB, and looping north around Beale and back through Wheatland. Photo ID required for the long ride. Dick Nussbaum, 424-0933, rcnflyer@aol.com	66-99 Rolling/Hilly Flexible
30 SAT	Ride will explore the area south of Elk Grove with a stop half way through the ride. John Hockenbury, 685-7527, j.hockenbury@comcast.net	44-54 Flat Flexible
30-Aug 7 SAT-SUN	Oregon Club Tour. See Tour/Zodiac Schedule. Oregon Club Tour Corvallis, Oregon	
31 SUN	Enjoy some favorite shady back roads of the sunny foothills in the Shingle Springs, Placerville and Gold Hill areas. 3500 ft climbing on the long ride. A Groupo ride. Eric Sauer, 259-1711, esaurbiz@yahoo.com	34/44 Mod Flexible

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August Rides

•event	•description	•grading
1 MON Summer Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A short, flat, easy ride in the Delta. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50 Flat Flexible
2 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).	
3 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
4 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).	
5 FRI Up & Back 8:30 AM Rancho Cordova Mather Light Rail PL Folsom Blvd & Mather Field Rd	A climb up through the Shingle Springs area by way of Lower Latrobe, then back on Deer Valley and Green Valley through Folsom to the start. Dick Nussbaum, 424-0933, rcnflyer@aol.com	43/81 Rolling/Moderate Flexible
6 SAT Tahoe Loop 10:00 AM Start at the "Y"	Beat the heat. Come ride around beautiful Lake Tahoe. Start at the "Y", and ride clockwise around the Lake. Breakfast at Ernie's Restaurant at 8:30 AM. There's a 30 mile extension for those who choose to do more. Andy Samms, 530-903-2167, andysamms@yahoo.com	72 Hilly Flexible
7 SUN Foothill Frolics To Bell and Back 9:00 AM Loomis Loomis Community Park King Rd & Ong	We are going out to the end of Bell Road and back just to see what's there (quiz on return). This is an easy ride to shorten as you wish, but you won't pass the quiz if you don't go to the end of Bell. Dan Anglim, 797-0337, djanglim@surewest.net	50 Rolling Flexible
7 SUN Davis Loop 8:30 AM Davis Shopping Center PL Chiles Rd & Mace Blvd	A loop from El Macero to Dixon, Winters, north to Woodland, and back to Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	47/70 Flat Flexible
9 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).	

August Rides

Continued

event	description	grading
10 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
10 WED Murieta Mountain Bike Ride 9:00 AM Rancho Murieta Lake Clementia	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. David Clifton, 354-1137, superdave@sbcglobal.net	15 Mod/Hill Off-Road Flexible
11 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).	
12 FRI Delta Century 8:30 AM Sacramento Walgreen's PL Florin Rd & Riverside Ave	Down the river to Rio Vista and back by way of Brannan Island, Twichel Island, Isleton, Walnut Grove, and Thornton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40/77/100 Flat Flexible
13 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual



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REI Roseville
1148 Galleria Blvd.
Roseville, CA 95678
(916) 724-6750

August Rides *Continued*

•event	•description	•grading
13 SAT South/West Ride Series 8:30 AM W. Sacramento Starbucks @ Southport Town Center Jefferson Blvd & Southport Pkwy	An easy loop with a stop at the Solano Bakery in Dixon. Peter Becker, 442-1850-ps_beck@sbcglobal.net	37/54 Flat Flexible
13 SAT Midnight Century 7:00 PM Davis Carl's Jr Covell and Pole Line Rd	Come out for a romp under a full moon 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 summer evening with friends and little traffic is a lot of fun. This is not a race but could be your fastest Century. The only hill is the I-5 overpass. Lights front and rear are required, you will need at least 5 hours worth...multiple lights and reflective gear recommended. \$10.00 fee covers SAG support and goodies at the rest stop (near the turn around point). Be sure to RSVP by Aug 7 so that we have enough food etc for everyone (and cancel if you have a change in plans). Must wear Wheelmen Jersey to get Club mileage. Steve Cimini, 205-3958, cyclstev@aol.com	65-100 Flat Flexible
14 SUN Fab Fifties Series Ride Around the Block 9:00 AM Shingle Springs Shingle Springs P&R Ponderosa Rd exit at Hwy 50	From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles and the long route continues on to Georgetown (market and cafes), plenty of climbing on both. The shortest option splits at Hwy 193 and 49 above Placerville. Tom Goodwin, 362-1780, tgoodwin0703@att.net	33-44-53 Roll/Mod/Hill Flexible
15 MON Sutter Loop 10:30 AM Sacramento Walgreen's PL Riverside & Florin Rd	Up the river to Nicolas, east to the Atoms Canal, and south through Sacramento. Dick Nussbaum, 424-0933, rcnflyer@aol.com	54/80 Flat Flexible
16 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
17 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
18 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
18 – 20 THUR-SAT Ride'n Glide Truckee	Ride'n Glide Zodiac. See Tour/Zodiac Schedule	

August Rides

Continued

•event	•description	•grading
20 SAT Holstein Hundred 6:30 to 8:00 AM Petaluma 201 Fair Street Petaluma HS	Ride to benefit West Marin Senior Services. 875/2300/4550 ft of climbing. Visit www.wmss.org for event details and www.signmeup.com to register online. Contact ride leaders after the event if unable to locate ride roster. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	35-60-106 Flat/Roll/Hill Flexible
21 SUN Foothill Frolics 9:00 AM Loomis Loomis Train Station Horseshoe Bar & Taylor	Loomis exit onto Horseshoe Bar Rd. and go north into Loomis. Cross Taylor and into the Train Station parking lot. We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 2000 ft of climbing. Nick Hourigan, 487-0993, helnick@sbcglobal.net	40-50 Rolling/ Hilly Flexible
21 SUN Tour of Napa Valley 7:30 AM Yountville Veteran's Home	People from all over the world pay lots of money to ride in the Napa Valley. For a nominal fee you get to ride and you get a great after ride meal. Ride the Silverado Trail, Pope Valley, Mt Veeder, and Ink Grade. Register on-line at www.BikeReg.com . 500/3000/5000 ft of climbing. Must wear Wheelmen Jersey to get club mileage. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	35-65-100 Rolling/Mod/Hill Flexible
23 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).	
24 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
25 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).	
26 FRI Fairfield Loop 8:30 AM Winters City PL Railroad & Main	Out to Moskowitz, then Montecello Road to Wooden Valley. Through Fairfield, Pleasants Valley, and Cantelow then back to Winters. Dick Nussbaum, 424-0933, rcnflyer@aol.com	66 Hilly Flexible
27 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary Moore, 284-1905, bike.moore@yahoo.com	20-30-55 Flat/Rolling Casual
27 SAT South/West Ride Series 9:00 AM Elk Grove PL at Bruceville Rd & Whitelock Pkwy	A quiet ride through the vineyards to Panera's Bakery in Lodi. Peter Becker, 442-1850-ps_beck@sbcglobal.net	42/57 Rolling Flexible

August Rides *Continued*

•event	•description	•grading
27 SAT Tahoe Mountain Bike Ride 10:00 AM South Lake Tahoe Oneidas St PL Off of Pioneer Trail	This is a MOUNTAIN BIKE RIDE in the South Lake Tahoe area. There are two ride possibilities – Cold Creek Trail or Pioneer Trail. Mileage can be up to 60 miles. Andy Samms, 530-903-2167, andysamms@yahoo.com	60 Mod/Hill Off-Road Flexible
28 SUN Fab Fifties Series 9:00 AM El Dorado Hills El Dorado Hills Park & Ride White Rock & Latrobe Rds	A challenging route on rural roads but not quite a mountain goat ride. Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net	49 Rolling Moderate Hilly Flexible
28 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks	Choose a ride from 5 related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 Flat/Hilly Flexible
30 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).	
31 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	



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September 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).	
2 FRI Woodland & Beyond 9:00 AM Sacramento Walgreen's PL Florin & Riverside	Northwest through Woodland, on to Madison, then south to Winters before returning through Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	51/77/99 Flat Flexible
3 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
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. Moderate degree of climbing. Short stop halfway through the ride. John Hockenbury, 685-7527, j.hockenbury@comcast.net	38-50-73 Hilly Flexible
4 SUN Foothill Frolics 9:00 AM Loomis Loomis Train Station Horseshoe Bar & Taylor	Loomis exit onto Horseshoe Bar Rd. and go north into Loomis. Cross Taylor and into the Train Station parking lot. We'll ride the foothills in and around Loomis, Newcastle, and Auburn. The ride goes to Camp Far West via Lincoln. 2300 ft of climbing on the long route. Tim Koch, 488-8218, mtkoch@surewest.net	32-40-50 Rolling/ Hilly Flexible
4 SUN Northeast Valley Loop 8:30 AM Elverta Post Office PL Elkhorn Blvd & Elwyn Ave	North through Lincoln and Camp Far West, then west to the Feather River, south through Nicolaus and back to Elverta. Dick Nussbaum, 424-0933, rcnflyer@aol.com	52-94 Flat/Rolling Flexible
5-8 MON-THUR Markleeville Zodiac	Markleeville Zodiac. See Tour/Zodiac Schedule	
5 MON Col du Costco Col du Brittany 9:00 AM Gold River Town Center off Sunrise By Starbucks	Let's labor over some hills on this holiday. We will take the bike trail to Folsom with two "Cols" to help you earn that after ride treat at Starbucks or Jamba Juice. The short ride avoids the two hills. Elevation gain-1600ft. A Groupo ride. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	30-37 Moderate Flexible

September Rides *Continued*

•event	•description	•grading
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).	
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).	
10 SAT	<p>Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc.</p> <p style="text-align: right;">Mary Moore, 284-1905, bike.moore@yahoo.com</p>	20-30-55 Flat/Rolling Casual
10 SAT	<p>We will “grind” it out around the Delta or in the lower foothills. Stop for refreshments half way.</p> <p style="text-align: right;">Tom Gardner, 685-4085, tbgardner@surewest.net</p>	40/60/80 Flat/Rolling Flexible
11 SUN	<p>Let’s go for a fun ride in the Amador/El Dorado wine country. Start from the fairgrounds. From there, we’ll head up toward Fiddletown and ride about 20 miles to the first stop. There are several wineries in the area and we’ll meander to a few. The 39 mile option returns down Slug Gulch to have lunch at the Fair Play Bistro. After lunch we can go by some more wineries if you’re still in the mood, or you can just enjoy the scenery. If you prefer a longer ride and no lunch, continue up Slug Gulch to Omo Ranch Rd and do the 50 mile route. Invite your family, and friends to come along and enjoy a fun day of wine tasting and lunch in the foothills (and maybe sag some wine). Wear your Wheelmen jersey or your Sierra Century jersey from the Slug Gulch years.</p> <p style="text-align: right;">Sandy Yarrow, 802-0898, skybike@surewest.net</p>	39-50 Roll/Mod Flexible
11 SUN	<p>Ride the train to Martinez, then ride the Carquinez Scenic Highway to Crockett, cross to Vallejo and continue through Benicia then on to Fairfield and Sacramento.</p> <p style="text-align: right;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	85-97 Rolling/Hilly Flexible
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).	

September Rides *Continued*

•event	•description	•grading
16 FRI Anguin Loop 9:00 AM Winters City PL Railroad & Main	Out to Moskovite, then Knoxville Rd to Pope Valley, Howell Mountain to Anguin. Stop for lunch in St. Helena then return via Lake Hennessy. The medium ride skips Howell Mountain. Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-85-98 Hilly/Mountainous/ Severe Flexible
17-18 SAT-SUN Waves to Wine 7:30 AM San Francisco UCSF Mission Bay 1300 4 th St	A beautiful 2 day ride (75 miles each day, w/ a shorter option each day) from SF, across the Golden Gate Bridge, up Hwy 1 and along Tomales Bay before heading inland to the wine country. Overnight in Petaluma area (camping or shuttles to local hotels provided) before heading to Lake Sonoma day 2. Fully supported w/ all meals, rest stops, sag support, music, beer & wine and more. A pledge ride for the National MS Society, and one of the best and best organized rides in N. California. More info at waviestowine.org Francisco Prieto, 205-1143, prietof@sutterhealth.org	40-75 Mod/Hill Flexible
17 SAT South/West Ride Series 9:00 AM Clarksburg Delta H. S. Parking Lot	A ride through the Delta to Rio Vista. David Storm, 665-2169, dlstorm@frontiernet.net	35-50 Flat Flexible
17 SAT Knoxville Fall Classic Double Century Staff Ride 4:30 AM Vacaville Pena Adobe Park	Work the public ride on September 24 and be pampered on the September 17 staff ride. 12,000 ft of climbing. Visit www.quackcyclists.com to volunteer. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	200 Hill Flexible
18 SUN Foothill Frolics Club Ride & Picnic 9:00 AM Loomis Loomis Community Park Ong & King Rd	Join us for a fun day of riding, socializing, and eating. Ride starts at 9:00 AM, and Picnic starts at noon. We will BBQ Tri-Tip and Brats. Please bring a dish to share. From I 80, exit right at Penryn Rd. Go right at King Rd, left at Ong into Park. Sandy Yarrow, 791-3426, skybike@surewest.net	21-50 Rolling/Moderate Flexible
19 MON South Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A long cruise through the Delta via Clarksburg, Ryer Island, Walnut Grove, Thornton, Galt, then back through Franklin and Hood. Dick Nussbaum, 424-0933, rcnflyer@aol.com	58-84 Flat Flexible
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).	

September Rides *Continued*

•event	•description	•grading
21 WED Murieta Mountain Bike Ride 9:00 AM Rancho Murieta Lake Clementia	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. David Clifton, 354-1137, superdave@sbcglobal.net	15 Mod/Hill Off-Road Flexible
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).	
24 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
24 SAT South/West Ride Series 9:00 AM Davis Davis HS PL Oak Ave next to Athletic Field	From Sacramento, take I80 west, exit Right at Mace, Left on Covell, cross over tracks, Left on Oak Ave. A Wheelmen favorite ride. We'll do a brisk ride through farmland and a climb over Cantelow hill, and on to Old-Town Vacaville for a stop at the New Grain Bakery. Peter Becker, 442-1850-ps_beck@sbcglobal.net	50 Rolling Flexible
25 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 Lone, Sutter Creek, Volcano and Fiddletown. Bring plenty of water. No sweep, no SAG. Rain or forecast of rain cancels ride. Ron Brown, 486-3665, rl-brown@pacbell.net	65 Hilly Flexible
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).	

2011

Tour/Zodiac Schedule

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

July 30-Aug 7
SAT-SUN

Oregon Club Tour
Corvallis Oregon KOA

Cost: \$250
Sac Wheelmen Members only

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

401 miles
18,200 ft
climbing

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

Aug 18-20
THUR-SAT

Ride'n Glide
Truckee Airport
At Soar Truckee

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

Various, mtn. and
road biking

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

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

Doug Lent, 203-4038, dlent@sbcglobal.net
John Hockenbury, 685-7527, j.hockenbury@comcast.net



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2011 Tour/Zodiac Schedule

<p>Sept 5-8 MON-THUR</p> <p>Markleeville Zodiac 2:00 PM Grover Hot Springs Hyw 89 to Markleeville Take Hot Springs Rd to State Park</p>	<p>The Markleeville Zodiac is centered in Death Ride territory, and you can look forward to some great climbs and scenery. The arrival day will be an easy valley loop in the afternoon. Next day, it's up and over Monitor, with a lunch stop at the Casino in Topaz Lake before returning back over Monitor, or continue through the valley for a longer, flatter route. Wednesday, we'll do an out and back up Ebbetts Pass, and Thursday you can ride to Genoa for a 54 mile loop, or take a shorter version for 23 miles. Another great option is: check out and drive up Hwy 88 to Blue Lakes Rd, park at the road entrance and ride up to Blue Lakes and back. Grover Hot Springs State Park offers RV or tent camping, or if you prefer, there is reasonable lodging in town. This is a bring your own food, drink & snacks trip. The evenings can be cool at 5900ft. Bring your chairs to gather round the campfire. If anyone has some extra wood for the campfire, that would be great. Bring 2 water bottles or a camelback, and your bathing suit for the nearby Hot Springs.</p> <p>Go to Grover Hot Springs SP site and see what's available in the 37-65 loop. Go online to ReserveAmerica and make a reservation for the first night, then you'll already be there for a first come first serve for the next two nights. Fees are \$35 a night, plus a reservation fee of \$8 (\$2 discount for seniors). The best spots (near the showers) are 50, 51, 53, 46, 48, 49, & 65, and are large enough to share. Check in is at 2pm. I will send out an email to those interested, so let me know.</p> <p style="text-align: right;">Sandy Yarrow, 802-0898, skybike@surewest.net Bob Barker, 530-878-9224, aubbarker@hotmail.com</p>	
<p>Oct 3-7 MON-FRI</p> <p>Paso Robles Zodiac Paso Robles Adelaide Inn</p>	<p>We will be riding through beautiful rolling hills and vineyards to the coast and along Highway 1. There are organized group rides starting on Tuesday, October 4th and ending Thursday, October 6th. You may opt to do a short ride on Friday the 7th before heading back to Sacramento. You can also select your own rides from a variety of route sheets that are provided. Tradition has been to do a SAG supported wine and olive oil tasting ride, a ride to the coast, and an inland ride.</p> <p>A block of rooms, under the Sacramento Wheelmen, is being held until September 3rd at the Adelaide Inn (800-549-PASO) Price range is from \$84 to \$122 depending on number of beds and location. A Best Western Black Oak (805-238-4740) and Motel 6 are close to the Adelaide Inn. Camping is also available in the Paso area. It is about a 4 hour drive from Sacto, so plan accordingly.</p> <p style="text-align: right;">Mary Moore 284-1905 bike.moore@yahoo.com Glenn Moore 524-7785 mooreg@surewest.net</p>	
<p>Nov 8-10 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.</p> <p style="text-align: right;">Nick Hourigan, 487-0993, helnick@sbcglobal.net</p>	<p style="text-align: center;">180 Mountainous Flexible</p>

YES! I've decided to:

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

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

- Leading Rides
- Sierra Century
- Club Administration
- Other _____

My Talents and Skills are:

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

(circle one)

Name _____ M F

List names of all family members who will ride or volunteer

_____ M F

_____ M F

Address _____

City _____ Zip _____

Phone _____ E-mail _____

Here's what it's going to cost:

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

Please mail this application with check payable to:

PO Box 15739
Sacramento, CA 95852

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

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

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

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

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

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

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

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

All members please read the release, sign and date.

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE



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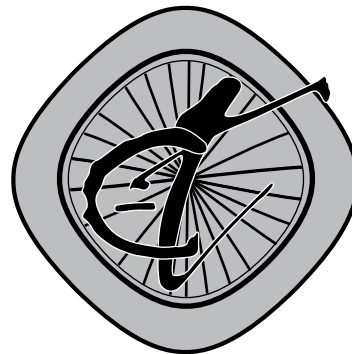
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