

Sacramento Wheelmen's Ride Schedule & Newsletter

SIERRA CENTURY 2013

by Bud and Jeanne Leland, Event Directors

The 2013 Sierra Century was held June 15, 2013. The weather cooperated with us this year and we had a beautiful day for the ride. All the preparations were in place and everyone was ready to host this year's riders.

Last year's event was successful and this year the Club continued to make improvements to the event. These included a small route change in Ione, moving the Howard Park Rest Stop location to a more accessible water stop at the Park & Ride on S. Sacramento Rd. With that change, we opted to make the first full rest stop Amador High School in Sutter Creek and eliminated the Lions Park location.

Our sponsors, GU, sent us boxes of great product to distribute to our riders. Our caterer's, Beth Sogaard Catering in Plymouth, planned a delicious and varied post-ride meal. Clark's Corner in Ione again donated the much needed morning coffee.

Andis Winery from the Amador Vintners Association poured for our Friday

evening preregistration event. Thanks to Eppie's Great Race for the loan of all the bike racks.

We want to thank those who stepped up to volunteer as Captains in leadership roles, helping to get other members involved, and others key positions:

Steve Anderson, Ken Bell, Ron and Susie Brown, Peter Bustabade, Art and Carol Choate, Bill and Marilyn Floyd, Steve Forsberg, Tom Gardner, Tom Goodwin, Michael Goble, John Hockenbury, Nick Hourigan, Dale Johnson, Dennis King, Larry Matz, Mary and Glenn Moore, Carl Northeimer, Scott Pierce, Dale Tudor, Ed Scanlon, Marie Schnelling, Pat Tracey, Dick Shultz, and Sandy Yarrow.



WHEEL COMMUNITY



Mary Moore and Linda Zeisler read to students at Glenwood School for Dr. Seuss's birthday.

SAVE ^{this} DATE!
SEPT 29TH

CLUB RIDE & PICNIC

Join us for a fun day of riding, eating and socializing. Ride starts at 9:00 AM. Choose from 3 different routes and distances so you'll be back by noon when the Picnic starts. If you are new, or haven't been around for a while, this is a good opportunity to get acquainted or re-acquainted. Spouses welcome. We will BBQ Tri-Tip and Brats. Please bring a dish to share. RSVP appreciated.

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Administrative Volunteer Opportunities Available

Sierra Century Director
2014 & 2015

Sunshine Coordinator
WheelNews Advertising
Coordinator

WheelNews Editor

Committee members (2) for
Donations Committee

Please contact Club
President Mike Kersten at
sacwheelpres@gmail.com

THANK YOU MARY!



Thanks to Mary Moore who served so ably as Awards Banquet Committee Chair.


FAMILIAR FACES IN NEW PLACES

Rich Percival replaces Kerry Wilson as Email List Administrator Bob and Susie Evans replace Mary Moore as Awards Banquet Committee Chair

Sierra Century ... continues

Club members, their friends and family members have come out in force. We had a total of 273 volunteers. Our volunteers worked hard and showed their energy and talent along with the pride they take in hosting a great bike event.

This year's preride on June 2, 2013 had a great turnout. We had riders on all three courses. Five members completed the double metric Challenge with 10,000 feet of climbing. Congratulations to Sandy Yarrow, Dan Anglim, Robert Samms, Tom Gardner, and Clayton Boudreau. The ride reminded us all of the beauty and challenge of these great routes.

Being Sierra Century Directors has been a rewarding experience. To see the Club come together to make this event happen is amazing. Thanks everyone involved for your support.
Bud and Jeanne Leland 



Dirk Manley

squadraabruzzo.com

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M-F 10a.m to 6pm
Sat. 10a.m to 6 pm
Sun 12pm to 4pm

EPPIE'S GREAT RACE



Coming up is the 40th Eppie's Great Race, Friday (Set-Up) and Saturday (Race Day), July 19 and 20, 2012 Guy West Bridge

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 on Friday, July 19 from 7:00 AM-12 Noon. Last year we had a good number of volunteers and finished before lunchtime. On Saturday, July 20 volunteers are needed from 6:00 AM-early afternoon to operate the transition stage and take-down the set-up. The more volunteers we have, the easier it is. Come out and join us.

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

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.eppiesgreatrace.org or call 916-480-0270. ☺

RIDE DIRECTOR

by 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. We have over 13,000 miles of rides, and two really big tours, several away rides, and also several rides from other organizations. While you can't do it all, here's a suggestion: try something different this quarter. Get out of your comfort zone and go on a ride you haven't done before, or join a Ride Leader you haven't ridden with before. Lastly, make plans to attend the Club Picnic on Sept 29. It's a great way to wrap up the summer months and reminisce with friends about the great rides you have done this year.

If you don't see a ride you were hoping for, lead one yourself next quarter. Fourth quarter 2013 rides may be submitted now through August 1 for the months of October, November, and December on our website at www.sacwheelmen.org. Go to the Rides dropdown, and select "Lead a Ride". All of the rides you led over the past three plus years are included in the Rides Archive. I suggest you print a copy of your rides, and then use the new Ride Submittal Form to send them in. If it's a new ride you have in mind, that's ok too. There's a new form for that also. If you have any questions, please let me know. I'm here to help. Our club depends on a deep and varied offering of rides, and so we depend on YOU to step up and lead rides. You can create your own ride, or choose one from the Ride Library found on the website. Additionally, please submit 2013/2014 Tour and Zodiac dates so that our members can be planning ahead. ☺

3RD QUARTER ESTEEMED RIDE LEADERS

Jerry Adams	Bill & Marilyn Floyd	Joe McCormick	Mike Snyder
Dan Anglim	Mike & Sandy Fox	Glenn Moore	Lorri Street
Scott Barrette	Tom Goodwin	Mary Moore	David Storm
Shelly Barrette	Paul Gunkel	Dick Nussbaum	Fred Turner
Joni Bauer	Nick Hourigan	William Poulton	Deborah Walburg
Doug Beisner	Dale Johnson	Francisco Prieto	Sandy Yarrow
Ken Bell	Dennis King	Gerry Rohlfes	Linda & Richard Zeiszler
Barbara Bravos	Tim Koch	Pam & Robert Samms	
Jeannie Ennis	Bob Maben	Dick Shultz	

MUSTARD SEED

The 9th annual Mustard Seed Spin will be held on September 29, 2013. This organized cycling event for kids and their families is becoming a Sacramento tradition of fun, fitness and philanthropy. This event is the primary fundraiser for the Mustard Seed School, an emergency school for homeless children associated with Loaves and Fishes. The Spin is an upbeat organized cycling event for kids and their parents to promote increased bicycle use, fitness, and environmental stewardship. The Spin's scholarship program provides 50-75 underprivileged children each year with a bike and a helmet and free entry to the event.

Wheelmen volunteers, please contact Linda Zeiszler at Zeiszler@sbcglobal.net ☺



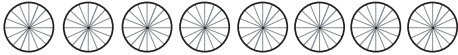
How to Join SacWheelmen YAHOO! GROUP

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

For step by step directions, go to www.sacwheelmen.org, log in with your email address and password which takes you the to "members" section of the site. Click on Yahoo Groups. ☺

Welcome New Members

February 16, 2012 - May 15, 2013



- Dan Arthur
- Travis Black
- Chris Clarke
- Jack Covert
- K.C. Covert
- Charles Deschanden
- Ralph Famiglietti
- Scott Hershey
- Stuart Hong
- Bryan Jackson
- Jonna Lanigan
- Dan Magaw
- Judy Magaw
- Debra Nelson
- Ruth Nelson
- Tom Nelson
- Ted Rasmussen
- John Rodrigo
- Wanda Shiotsuka
- Rosemary Steward
- Lois Wade
- Melvin Wade



Heather Nielson
USA Cycling certified coach
and elite level bike racer

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

E-mail: nielson.heather@yahoo.com

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El Dorado Hills, CA 95762
TCBikeAndTri.com

GIANT TREK *FAST* PINARELLO BMC cervélo REDLINE

2013 Sacramento Wheelmen Club Calendar

Club Meetings, Social Events, Volunteer Opportunities, & Deadlines

Date	Event	Contact	
July	5	June Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
July	18	General Membership Meeting**	Jim Dodds, 515-9812, jmdodds@surewest.net
July	19-20	Eppie's Great Race Volunteers	Bud Leland, velobuddy@comcast.net
August	1	Oct, Nov, Dec Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
August	5	July Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
August	12	Board & Business Meeting*	Mike Kersten, 966-3095, mikejkersten@aol.com
August	15	September WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
September	5	August Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
September	19	General Membership Meeting**	Jim Dodds, 515-9812, jmdodds@surewest.net
September	29	Club Picnic	Sandy Yarrow, swmarketing3@gmail.com
September	29	Mustard Seed Spin Volunteers	Linda Zeisler, 457-8815
October	1	September Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
October	14	Board & Business Meeting*	Mike Kersten, 966-3095, mikejkersten@aol.com
November	1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
November	1	October Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
November	15	January WheelNews Submission Deadline	Jeanne Leland, sweditor122@gmail.com
November	21	General Membership Meeting**	Jim Dodds, 515-9812, jmdodds@surewest.net
November	28	Run to Feed the Hungry Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
December	?	Families First Bike Assembly Volunteers	Dick Nussbaum, 424-0933
December	?	Sac Police Activities League Volunteers	Dick Nussbaum, 424-0933
December	5	November Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
December	?	Foster Santa Party Volunteers	Dick Nussbaum, 424-0933

* 5:30 PM No host dinner, 6:00-8:00 PM Board & Business Meetings, Fresh Choice Restaurant, 535 Howe Avenue, Sacramento. Future meeting locations to be announced. Board members and committee chairs are expected to attend, all members are welcome.

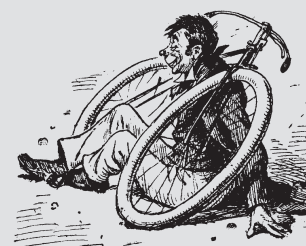
** 6:30 PM Socialize, 7:00 PM General Membership Meetings, SMUD Building, 6201 S Street, Sacramento, all members are encouraged to attend; guests and prospective members are always welcome to attend

Report Road and Bicycle Hazards

To report a bicycle hazard

Email SABA at hazard@sacbike.org

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



3rd Quarter 2013 Ride Calendar

July 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 W1, W2	2 W1, W3, W4	3 W1, W2, W6	4 INDEPENDENCE DAY W9 Arden 50	5 W1, W2, W10	6 Sacramento 20/35/60
7 Loomis 51 Davis 40/73	8 W1, W2 Sacramento 40/55	9 W1, W3, W4	10 W1, W2, W6	11 W1, W8, W9	12 W1, W2, W10	13 Sacramento 20/35/60 Penryn 30/40/50 Davis 35/50
14 El Dorado Hills 50	15 W1, W2 Sacramento 40/70/101	16 W1, W3, W4	17 W1, W2, W6	18 W1, W8, W9	19 W1, W2, W10	20 Sacramento 20/35/60
21 Loomis 32/64 Lincoln 48/68	22 W1, W2	23 W1, W3, W4	24 W1, W2, W6	25 W1, W8, W9	EPIES G. R. 26 W1, W2, W10	EPIES G. R. 27 Sacramento 20/35/60 Penryn 30/40/50
28 Plymouth 49/69 Gold River 30/60 Davis 60/80	29 W1, W2 Rancho Cordova 48/68	30 W1, W3, W4	31 W1, W2, W6			

Aug 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 W1, W8, W9	2 W1, W2, W10	3 Sacramento 20/35/60 Oregon Tour
4 Loomis 39/60	5 W1, W2 Winters 66	6 W1, W3, W4	7 W1, W2, W6	8 W1, W8, W9	9 W1, W2, W10	10 Sacramento 20/35/60 Penryn 30/40/50 San Rafael 200 Oregon Tour
Oregon Tour	Oregon Tour	Oregon Tour	Oregon Tour	Oregon Tour	Oregon Tour	
11 Folsom 31/45/53 Sacramento 100	12 W1, W2 Oakland 100	13 W1, W3, W4	14 W1, W2, W6	15 W1, W8, W9	16 W1, W2, W10	17 Sacramento 20/35/60
18 Loomis 37/50 Yountville 30/65/100	19 W1, W2 Sacramento 40/68	20 W1, W3, W4	21 W1, W2, W6	22 W1, W8, W9	23 W1, W2, W10	24 Sacramento 20/35/60 Penryn 30/40/50 Elk Grove 38/49
25 El Dorado Hills 32/62 Gold River 40/65	26 W1, W2	27 W1, W3, W4	28 W1, W2, W6	29 W1, W8, W9	30 W1, W2, W10	31 Sacramento 20/35/60

September 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Newcastle 38 Sacramento 25	2 LABOR DAY W2 Elk Grove 50/61	3 W1, W3, W4	4 W1, W2, W6	5 W1, W8, W9	6 W1, W2, W10	7 Sacramento 20/35/60 Penryn 30/40/50
8 Shingle Springs 40 Thornton 51/104 San Juan IS. Tour	9 W1, W2 San Juan IS. Tour	10 W1, W3, W4 San Juan IS. Tour	11 W1, W2, W6 San Juan IS. Tour	12 W1, W8, W9 San Juan IS. Tour	13 W1, W2, W10 San Juan IS. Tour	14 Sacramento 20/35/60 San Juan IS. Tour
15 Loomis 50 Bishop 200	16 W1, W2 Elverta 45/86	17 W1, W3, W4	18 W1, W2, W6	19 W1, W8, W9	20 W1, W2, W10	21 Sacramento 20/35/60 Penryn 30/40/50 Vacaville 200 San Francisco 75
22 AUTUMN Shingle Springs 33/44/53 Winters 35/50 Sacramento 40/77/10 San Francisco 75	23 W1, W2	24 W1, W3, W4	25 W1, W2, W6	26 W1, W8, W9	27 W1, W2, W10	28 Sacramento 20/35/60
29 CLUB PICNIC 20/50	30 W1, W2 Sacramento 43/70					

Third Quarter 2013

Weekly Rides

•event	•description	•grading
(W1) MONDAY – FRIDAY COMMUTE RIDE	Commute to work and gain Club miles. Submit your plan to the Ride Leader. Your plan must include to/from locations and RT mileage. Send a weekly note to the Ride Leader listing the days you rode. Mike Snyder, 468-9745, riderosters@gmail.com	0-50 Flat Flexible
(W2) MONDAY, WEDNESDAY, FRIDAY THE DAILY CONSTITUTIONAL 7:00 AM/8:00 AM Five Points, corner of Arden & Fair Oaks	This series ride will be every Monday, Wednesday, and Friday, unless canceled on Yahoo Groups and is intended to just be a ride. No stops for food or coffee. You can get coffee at Bella Bru after the ride. We ride up the trail to Folsom Lake and turn around. You may choose to turn around at any time. JULY/AUGUST START IS AT 7:00 AM, SEPT IS AT 8:00. Dennis King, 284-4555, velo_king@sbcglobal.net	
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 Rolling Flexible
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcmaben@surewest.net Dave Storm, 665-2169, infobike@yahoo.com	25 to 75 Flat Flexible
(W6) WEDNESDAY BREAKFAST RIDE 9:00 AM Sacramento 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@att.net William Poulton, wpoulton@sbcglobal.net	25 to 75 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 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 75 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 Rohlfes, 422-7711 Bob Maben, 455-5715, rcmaben@surewest.net	30 to 60 Flat Flexible
(W10) FRIDAY BRUNCH RIDE 9:00 AM Sacramento Grant Park on C St. near 22nd St	Goal is to ride in all 4 directions in a month, if possible-yes this means 15mph or slower on the bike path.! This ride will be a good transition for newer riders who mostly ride the bike path to branch out to ride bike lanes and roads with Wheelmen who have experience, and are comfortable with traffic. Rides will tend to be 2 hours or 30 miles in length, sometimes longer depending on the weather. We will find a place to have brunch along the way. Joe McCormick, 448-1032, mccormickjm@att.net William Poulton, wpoulton@sbcglobal.net	30 to 75 Flat Casual

July Rides

•event	•description and grading
1 MON	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
2 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
3 WED	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
4 THUR Ride to the Races 9:00 AM Wayne's Place, William Pond Park (bike trail at the end of Arden Way)	Ride: 50 Flat Flexible Leader: Mary Moore, 284-1905, bike.moore@yahoo.com Description: Let's celebrate the 4 th with a ride to the Criterium Bike Races in Davis. You can view the schedule of races at https://www.voo.st/event/18A19-Davis-Bike-Club-4th-of-July-Criterium . This ride replaces the Thursday Breakfast Ride this week. Wear something Patriotic, or at least the 2012 Sierra Century Jersey.
4 THUR	Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
5 FRI	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
6 SAT Mile Zero Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Ride: 20-35-60 Flat/Rolling Casual Leader: Mary Moore, 284-1905, bike.moore@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
7 SUN Foothill Frolics – Nick's Foothills 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	Ride: 51 Rolling/Hilly Flexible Leader: Nick Hourigan, 487-0993, helnick@sbcglobal.net Description: Loomis exit onto Horseshoe Bar Rd. and go north into Loomis, cross Taylor and into the Train Station parking lot. We'll ride the foothills in and around Loomis, Newcastle, and Auburn. We'll have a coffee stop on the ride. 3500 ft of climbing.
7 SUN Northwest Valley Loop 9:00 AM Davis, Carl's Jr PL, Covell & Rd 102	Ride: 40-73 Rolling Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: The ride goes west from Davis then north along the hills to Dunnigan, and returns to Davis through Woodland.
8 MON Delta Wanderer V3 10:00 AM Sacramento, Walgreen's PL, Florin & Riverside	Ride: 40-55 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: A little cruise through the Delta via Thornton.
8 MON	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).

July Rides

Continued

•event	•description and grading
9 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
10 WED	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
11 THUR	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
12 FRI	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
13 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Linda Zeiszler, 457-8815, lzeiszler@surewest.net Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
13 SAT Conquer The Basin 9:00 AM Penryn Trailhead Coffee & Cycle, Taylor & English Colony	Ride: 30-40-50 Moderate/Hilly Flexible Leader: Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net Dan Anglim, 797-0337, djanglim@surewest.net Description: Come out and conquer the hills that surround the Loomis Basin. NOTE NEW START LOCATION! We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.
13 SAT Winters & Cantelow 9:00 AM Davis, Davis High School, Oak Ave. next to Athletic Field	Ride: 35-50 Flat/Rolling Flexible Leader: David Storm, 665-2169, infobiker@yahoo.com Description: A ride to Winters via Cantelow and Pleasant Valley Roads.
14 SUN Fab Fifties – 9:00 AM Eldorado Hills, Town Center Parking Lot near Starbucks; Hwy 50 Exit 30A	Ride: 50 Rolling/Moderate Flexible Leader: Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net Description: A counter-clockwise loop on rural roads. Challenging, but not a mountain goat ride.
15 MON	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
15 MON Let's Do 101 8:00 AM Sacramento, Walgreens PL, Florin & Riverside	Ride: 40-70-101 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: Down the river to Rio Vista and back via El Macero. Some good quality unpaved segments. Long distances between stores.
16 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).

July Rides

Continued

•event	•description and grading
17 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
18 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
19 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
20 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Dale Johnson, 284-5208, davijohnslckr@comcast.net Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
21 SUN Foothill Frolics Colfax 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Ride: 32-64 Moderate/Hilly Flexible Leader: Jeannie Ennis, 205-2225, jeanniebike@att.net Description: Let's head to Colfax by way of Baxter Grade, then Placer Hills Road, returning on Ponderosa and Applegate Rd. Shorter ride turns back on Bowman Rd. to Loomis
21 SUN Lincoln Loop 9:30 AM Lincoln, Thunder Valley Casino East PL, Athens Rd & Industrial	Ride: 48-68 Moderate/Rolling Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: Ride to Newcastle via Camp Far West. Short ride doesn't go all the way to Newcastle.
22 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
23 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
24 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
25 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
26 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
27 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

July Rides

Continued

•event	•description and grading
27 SAT Conquer The Basin 9:00 AM Penryn Trailhead Coffee & Cycle, Taylor & English Colony	Ride: 30-40-50 Moderate/Hilly Flexible Leader: Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net Dan Anglim, 797-0337, djanglim@surewest.net Description: Come out and conquer the hills that surround the Loomis Basin. NOTE NEW START LOCATION! We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.
28 SUN Fab Fifties – Blast from the Past (Sucker Hill Ride) 8:00 AM Plymouth, City Park, Old Sacramento Rd.	Ride: 49-69 Hilly Flexible Leader: Lorri Street, 728-2061. streetbiken@att.net Description: The ride is an original from back-in-the-day, courtesy of Ed Scanlon. We'll ride around Pardee Dam and Camanche Lake cycling on many 'off the beaten path roads'. Ride is named Sucker Hill because at mile 22 you have the optional challenge of climbing up a short, STEEP hill (proven to have brought a few good Wheelmen to their knees). If you take the challenge and complete successfully (i.e., you stay upright on your bike!), you'll be rewarded with a "Sucker" prize at the end of the ride.
28 SUN 4th Sunday of the Month- Flower Farm 9:00 AM Gold River, Gold River Shopping Center, SE Corner of Sunrise Blvd & Gold Country Rd	Ride: 30-60 Rolling Flexible Leader: Mary Moore 284-1905 bike.moore@yahoo.com Glenn Moore 524-7785 mooreg@surewest.net Description: We are going to ride to the Flower Farm in Loomis taking the bike trail to Beals Point. Then Auburn Folsom Road to the Flower Farm for coffee. You can extend or return to start. Rain ancel's.
28 SUN Davis Northwest 10:00 AM Davis, Carl's Jr PL, Covell & Rd 102	Ride: 60-80 Rolling Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: A flat and sometimes rolling loop through the farmlands near Dixon, Winters, Esparto, Knights Landing, and Woodland.
29 MON Galt Loop 9:00 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	Ride: 48-68 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: A long loop south through Galt.
29 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
30 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
31 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).

August Rides

•event	•description and grading
1 THUR	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
2 FRI	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
3 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Mary Moore, 284-1905, bike.moore@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
3-10 SAT-SAT Oregon Tour	Oregon Club Tour. See Tour/Zodiac Schedule
4 SUN Foothill Frolics – Foresthill Ride 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Ride: 39-60 Rolling/Hilly Flexible Leader: Dale Johnson, 284-5208, davijohnsickr@comcast.net Description: We'll have two separate Ray's Romps rides today. The short one heads towards Granite Bay, while the long one goes up to Foresthill. Stores and water along the route.
5 MON Fairfield Loop 8:30 AM Winters, City PL, Railroad & Main	Ride: 66 Hilly Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: Out to Moskovite, then Montecello Road to Wooden Valley. Through Fairfield, Pleasants Valley, and Cantelow then back to Winters.
5 MON	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
6 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
7 WED	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
8 THUR	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
9 FRI	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
10 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Linda Zeiszler, 457-8815, lzeiszler@surewest.net Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

August Rides *Continued*

•event	•description and grading
10 SAT Conquer The Basin 9:00 AM Penryn Trailhead Coffee & Cycle, Taylor & English Colony	Ride: 30-40-50 Moderate/Hilly Flexible Leader: Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net Dan Anglim, 797-0337, djanglim@surewest.net Description: Come out and conquer the hills that surround the Loomis Basin. NOTE NEW START LOCATION! We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.
10 SAT Mt. Tam Double Century Worker's Ride 5:00 AM Top of Form San Rafael, Vallecito Elementary School, 50 Nova Albion Way	Ride: 200 Mountainous Flexible Leader: Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net Description: Work on either Aug 2 or 3 and be pampered on the worker's ride on Aug 10. Visit http://www.marincyclists.com for details. Must wear Wheelmen Jersey to get club miles.
11 SUN Fab Fifties – Fish or Climb Hills 9:00 AM Folsom, Nimbus Fish Hatchery, Gold Country Blvd & Hazel	Ride: 31-45-53 Moderate/Hilly Flexible Leader: Richard Zeiszler, 501-9563, zeiszler@sbcglobal.net Description: The short ride will climb to El Dorado hills and return. The long ride will visit Cameron Park before returning to the start.
11-12 SUN-MON Bay & Back 8:30 AM Sacramento, Walgreens PL, Florin & Riverside	Ride: 200 Hilly Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: Down to Oakland via the Delta, with an overnight in Oakland. Returning via Vallejo the following day. Baggage support provided. Contact the ride leader for details.
12 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
13 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
14 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
15 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
16 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
17 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Dale Johnson, 284-5208, davijohnslckr@comcast.net Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

August Rides *Continued*

event	•description and grading
18 SUN Foothill Frolics – Christian Valley Looper 8:00 AM Loomis, Loomis Community Park, King Rd & Ong	Ride: 37-50 Moderate/Hilly Flexible Leader: Fred Turner, 521-3619, ft58@sbcglobal.net Description: The route travels through Newcastle to Bowman, Meadow Vista, Christian Valley, Auburn, and back through Penryn. The short option eliminates Meadow Vista and Christian Valley. Stores on route. 3000-4400 ft.
18 SUN Tour of Napa Valley 7:00 AM Yountville, Veteran's Home	Ride: 30-65-100 Rolling/Moderate Flexible Leader: Shelly Barrette, 698-4591, goshellygo@yahoo.com Scott Barrette, 599-9646, bikeshop@softcom.net Description: This is a beautiful ride around Napa Valley with options for 30, 65 or 100 miles. Registration is required and can be completed at https://www.bikereg.com/Net/18709 . Registration is limited and closes on August 15th. There is NO day of registration. The event is hosted by Eagle Cycling Club. Please remember to find the club sign in sheet at the start/finish and wear your Wheelmen clothing to get club mileage.
19 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
19 MON Delta Loop 10:00 AM Sacramento, Miller Park Marina PL, Front St South of Broadway	Ride: 40-68 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: A loop through West Sacramento, then south through Ryer Island, Walnut Grove, and back to Miller Park.
20 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
21 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
22 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9)
23 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
24 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
24 SAT Conquer The Basin 9:00 AM Penryn Trailhead Coffee & Cycle, Taylor & English Colony	Ride: 30-40-50 Moderate/Hilly Flexible Leader: Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net Dan Anglim, 797-0337, djanglim@surewest.net Description: Come out and conquer the hills that surround the Loomis Basin. NOTE NEW START LOCATION! We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.

August Rides *Continued*

•event	•description and grading
24 SAT Walnut Grove & Thornton 9:00 AM Elk Grove, Starbucks, 10064 Bruceville at Whitelock	Ride: 38-49 Flat Flexible Leader: David Storm, 665-2169, infobiker@yahoo.com Description: The long ride goes through Walnut Grove, Blossom Rd, Peltier Rd and Thornton. The short ride skips Blossom and Peltier Rds.
25 SUN Fab Fifties – Spanish Dry Diggins Mashup 9:00 AM El Dorado Hills, NE corner of Francisco and Green Valley Rd	Ride: 32-62 Hilly Flexible Leader: Sandy Yarrow, 791-3426, skybike@surewest.net Description: Park between Starbucks and the Safeway Market. Join me for a Mashup of some old rides, climbing included. The ride climbs Salmon Falls to Cool, Georgetown, and Spanish Dry Diggins. Short option-tour around in Cool. Long route, continue on to Georgetown, a scenic side road to Marshall, take a break in Coloma, and return on Lotus, Deer Valley, and Malcolm Dixon.
25 SUN 4 th Sunday of the Month-Highland Land 9:00 AM Gold River, Gold River Shopping Center, SE Corner of Sunrise Blvd & Gold Country Rd	Ride: 40-65 Rolling/Moderate Flexible Leader: Mary Moore, 284-1905, bike.moore@yahoo.com Description: We will take the bike path to Beals Point and then head to Loomis with a break at the Highland Nursery. The extension will use Sierra College to make a loop before returning to Gold River.
26 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
27 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4)
28 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
29 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
30 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10)
31 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Mary Moore, 284-1905, bike.moore@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

September Rides

•event	•description and grading
1 SUN Foothill Frolics – Hummingbird Day Celebration 9:00 AM Newcastle, Newcastle Produce, 9230 Cypress St.	Ride: 38 Moderate Flexible Leader: Shelly Barrette, 698-4591, goshellygo@yahoo.com Description: We will search for “hummingbirds” along the route with the possibility of winning a cool prize! Route includes Chili Hill, Baxter, Pleasant Hill, Ridge, Indian Hill.
1 SUN Bay Bridge Bike Ride 8:00 AM Sacramento, AMTRAC Station	Ride: 25 Flat Casual Leader: Jerry Adams, 837-2760, redbug65@hotmail.com Description: We will take Amtrak to Oakland to cycle the new Eastern Span of the Bay Bridge from Oakland to San Francisco during the Labor Day opening celebration. We will return to Sacramento by Amtrak. Train ride and registration fee will be posted when more info is available. Wear your Wheelmen Jersey.
2 MON Clay Station Loop 10:00 AM Elk Grove, Safeway PL, Franklin & Laguna	Ride: 50-61 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: A mostly flat loop south then east to Clay Station and back through Lodi and Thornton.
2 MON	The Daily Constitutional. See Weekly Ride Schedule (W2).
3 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
4 WED	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
5 THUR	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
6 FRI	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
7 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Linda Zeiszler, 457-8815, lzeiszler@surewest.net Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
7 SAT Conquer The Basin 9:00 AM Penryn Trailhead Coffee & Cycle, Taylor & English Colony	Ride: 30-40-50 Moderate/Hilly Flexible Leader: Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net Dan Anglim, 797-0337, djanglim@surewest.net Description: Come out and conquer the hills that surround the Loomis Basin. NOTE NEW START LOCATION! We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.

September Rides *Continued*

•event	•description and grading
8 SUN Fab Fifties – Plymouth Loop 9:00 AM Shingle Springs, Shingle Springs P&R, Ponderosa Rd exit at HWY 50	Ride: 40 Moderate Flexible Leader: Deb Walburg, 458-2200, walburg@surewest.net Description: Ride from Shingle Springs to Latrobe and out to Plymouth. Return through El Dorado with an option of Union Mine Rd. Rain cancels. A Groupo ride.
8 SUN South Delta Loop 8:30 AM Thornton, Store/Gas Station PL, I-5 exit at Walnut Grove/ Thornton	Ride: 51-104 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: South through Isleton, Antioch, Brentwood then east to Stockton and return north to Thornton.
8-14 SUN-SAT San Juan Islands Tour	See Tour/Zodiac Schedule for details.
9 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
10 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
11 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
12 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
13 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
14 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Dale Johnson, 284-5208, davijohnslckr@comcast.net Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
15 SUN Foothill Frolics – To Bell and Back 8:00 AM Loomis, Loomis Community Park, King Rd & Ong	Ride: 50 Moderate Flexible Leader: Fred Turner, 521-3619, ft58@sbcglobal.net Description: 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. Ride With GPS: http://ridewithgps.com/routes/1211365 http://ridewithgps.com/routes/1211368 Cue Sheet: See On-line Calendar for links.

September Rides *Continued*

•event	•description and grading
15 SUN White Mountain Double Century Staff Ride 4:00 AM Bishop, Ramada Limited, 155 E. Elm St	Ride: 200 Mountainous Flexible Leader: Joni Bauer, 209-482-2429. bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net Description: Work the public ride on September 14 and be pampered on the staff ride the next day. Visit http://www.ndzone.com to volunteer. 11,500 ft elevation gain. Must wear Wheelmen Jersey to get club miles.
16 MON Nicklaus Knight's Landing 8:30 AM Elverta, Post Office PL, Elverta Rd & Elwyn Ave	Ride: 45-86 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: Some real back roads in the North Valley.
16 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
17 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
18 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
19 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
20 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
21 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
21 SAT Conquer The Basin 9:00 AM Penryn Trailhead Coffee & Cycle, Taylor & English Colony	Ride: 30-40-50 Moderate/Hilly Flexible Leader: Bill & Marilyn Floyd, 300-3593, xpress@surewest.net Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net Ken Bell, 962-3841, kenbell4957@sbcglobal.net Dan Anglim, 797-0337, djanglim@surewest.net Description: Come out and conquer the hills that surround the Loomis Basin. NOTE NEW START LOCATION! We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route.
21 SAT Knoxville Fall Classic 4:30 AM Vacaville, Pena Adobe Park	Ride: 200 Hilly Flexible Leader: Joni Bauer, 209-482-2429. bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net Description: Work the public ride on September 28 and be pampered on the September 21 staff ride. This is a double century ride, with 12,000 ft of climbing. Visit www.quackcyclists.com to volunteer. Must wear Wheelmen Jersey to get club miles.

September Rides *Continued*

•event	•description and grading
21-22 SAT-SUN 30th Anniversary Waves to Wine 7:30 AM San Francisco, UCSF Mission Bay, 1300 4th St	Ride: 75+25 Hilly/Flat Flexible/Casual Leader: Francisco Prieto, 205-1143, prietof@sutterhealth.org Description: 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 wavestowine.org. Must wear Wheelmen Jersey to get club miles.
22 SUN Fab Fifties – Ride Around the Block 9:00 AM Shingle Springs, Shingle Springs P&R, Ponderosa Rd exit at Hwy 50	Ride: 33-44-53 Rolling/Moderate/Hilly Flexible Leader: Tom Goodwin, 362-1780, tgoodwin0703@att.net Description: 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. Ride With GPS: http://ridewithgps.com/routes/1110429 Cue Sheet: See On-line Calendar for links.
22 SUN 4th Sunday of the Month- Cantelow and Beyond 9:00 AM Winters, City PL, Railroad & Main	Ride: 35-50 Rolling/Hilly/Mountainous Flexible Leader: Mary Moore 284-1905 bike.moore@yahoo.com Glenn Moore 524-7785 bikemoore5@surewest.net Description: We will ride from Winters to Cantelow. You can opt to do Mix Canyon and explore other canyons on the route. Or, you can ride to Fairfield and go north through Gordon and Wooden Valleys on the way to Lake Berryessa. Something for everyone. Make it as short or as long as you want. Rain cancels.
22 SUN Delta Century 9:00 AM Sacramento, Walgreen's PL, Florin & Riverside	Ride: 40-77-100 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: Down the river to Rio Vista and back by way of Brannan Island, Twichel Island, Isleton, Walnut Grove and Thornton.
23 MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
24 TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4)
25 WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
26 THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
27 FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
28 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	Ride: 20-35-60 Flat/Rolling Casual Leader: Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com Description: Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

September Rides *Continued*

•event	•description and grading
29 SUN Club Ride & Picnic 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	Ride: 20-50 Rolling/Moderate Flexible Leader: Sandy Yarrow, 791-3426, skybike@surewest.net Description: 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.
30 MON Delta Loop 10:30 AM Sacramento, Walgreens PL, Florin & Riverside	Ride: 43-70 Flat Flexible Leader: Dick Nussbaum, 424-0933, rcnflyer@aol.com Description: A pleasant ride south onto Ryer Island and return through Walnut Grove.

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2013	<h2 style="text-align: center;">Tour/Zodiac Schedule</h2> <p style="text-align: center;">Submit tour plans/corrections to Sandy Yarrow, 791-3426, skybike@surewest.net</p>
<p>Aug 3-10 SAT-SAT Oregon Club Tour Glendale OR Members Only</p>	<p>Ride: 40-60 Hilly Flexible</p> <p>Leader: Tim Koch, 488-8218, mtkoch@surewest.net</p> <p>Description: Reminiscent of the 2000-2001 Tours, Day 1: Glendale to Myrtle Creek. Day 2: ride to Looking Glass, cross I-5 along the Umpqua River to Glide, then climb a 4000' summit and drop down to 17 mile Rails-to-Trails bike path to Cottage Grove. Day 4: This is a new route through Lorane and Mapleton to Florence and the Pacific Ocean. Day 5: A tailwind along coastal Hwy 101 to North Bend just north of Coos Bay. Day 6: Ride through Bandon, inland to the town of Powers. Day 7: Epic ride between Powers and Glendale via old logging roads turned bike routes. We climb a 3700' summit, and then descend back to Glendale.</p>
<p>Sept 8-14 SUN-SAT San Juan Islands Tour</p>	<p>Ride: 120-240 Rolling/Hilly Flexible</p> <p>Leader: Mary Moore, 284-1905, moore.bike@yahoo.com, Linda Zeiszler, 457-8815, preslinda@sbcglobal.net.</p> <p>Description: Join us for a six day San Juan Island tour which will visit Lopez, Shaw, Orcas, and San Juan. We will stay in Friday Harbor and ferry to the different islands to bike. Rooms have been blocked at a rate of \$182 (+10.1% tax) per night at the Best Western Friday Harbor Suites (680 Spring St. 360.378.3031). Reservations need to be made by August 9th to get this rate (mention you are with the Sacramento Wheelmen). Other activities will include golfing, kayaking, hiking, whale watching, fishing, shopping, etc. The ride is limited to 30 Wheelmen Club Members and spouses only. Please contact the Ride Leaders if you are going so that you will receive any updates.</p>





Marilyn preps the Podium



Bud, Pat, Glenn, and Tom hanging signs



Irish Hills



Wheelmen in Sierra Century 2013 Kits



Mary and Glenn Homebase Captains Extraordinaire

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

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:

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>

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

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

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

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THE AGREEMENT IS HELD INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

 Signature of Participant Date

 Signature of Participant Date

 Signature of Participant Date

 Signature of Participant Date

 Signature of parent/guardian (if under 18) Date

 Signature of parent/guardian (if under 18) Date



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