



WheelINews

Sacramento Wheelmen's Ride Schedule & Newsletter

OREGON TOUR 2010 to Crater Lake

by Eric and Leyne Milstein



Leyne and Eric Milstein

Photo by: M. Kemp

Leyne: You want to ride where? How many miles? Camping? Really? These were all questions I asked Eric when he suggested we do the 2010 Crater Lake Tour.

Eric: When I suggested the trip to Leyne, I was pretty confident. My dentist, Tim Koch, had been talking up the trip for a number of visits and since he usually had sharp instruments in my mouth, I wasn't arguing!

Now the questions we get from friends when we tell them what we did (voluntarily...really we assure them) on our time off are: You rode where? How many miles? Camping? Really?

E & L: While we had been members for about a year, prior to this trip, we had never been on a Wheelmen ride. We had heard about the Wheelmen tours for

years from friends and family and read the quarterly newsletter, thinking about how great it would be to go on a zodiac or one of the tours – or even just one of the day rides. But somehow logistics of family and work got the best of us and truthfully, the mileage and camping had held us back from committing to a longer trip. WHAT WERE WE THINKING???

We didn't really know how great the experience would be until we found ourselves riding the hills up and around Crater Lake. L: And the riding was great. Some days were definitely harder than others, like 50 miles into the first day when my handlebars literally broke in my hand, and I had to ride the last 10 miles holding them together! Thank goodness for the FABULOUS SAG support who ferried me into Medford, waited while the new bars were installed and then ferried me back out to Prospect. Or the 69 mile day where the first 10 miles were all downhill...my only goal: to stay upright and not wear out my brake pads! Really,



Crater Lake
Photo by: M. Kemp

I had such a sense of satisfaction each day as I rode into camp.

E: I agree with Leyne (I'd better!) but we are definitely stronger riders than when we started. While this wasn't our purpose for taking the trip, it was definitely a nice fringe benefit. Our average speed on our usual local rides is now a few mph faster and after the climb to Crater Lake, other hills are no big deal.

L: For me the riding was only part of it. For a whole week I didn't have to orchestrate the work/family routine. The only thing I had to worry about was getting me from point A to point B each day. Daily camp logistics, food, maps, SAG support...everything else was taken care of. With the exception of the mosquitoes at Diamond Lake, the challenge of cooking rice at elevation and my desperate quest for ice (only in my head as there was none to be found) on Dead Indian Memorial Road...the week was really a great break from reality, with the opportunity to spend some quality time with my husband and dad, see some fantastic scenery (when I remembered to look up and around!) and

36th Sierra Century – Saturday, June 11, 2011

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Dan Anglim, Ride Director

It's fall again, and the weather is great for riding in the foothills! The Esteemed Ride Leaders listed below have generously contributed to a really great Ride Schedule, with lots of options to fit your location, distance, and degree of difficulty. Our Calendar includes over 11,000 miles of riding, including two Zodiacs. For those that like to venture out, there are six events from other organizations listed. We've included seven "Get in Shape" rides, and five "Conquer the Basin" rides on Saturdays in addition to all the old classics. Time to get your miles up to the next level.

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.

First quarter 2011 rides may be submitted now through November 1 for the months of January, February, and March on our website at www.sacwheelmen.org/swrides/rideforms/ridedescription.html. You can also send your rides to me at ridirector@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 Tour and Zodiac dates so that our members can start planning for next year.

Speaking of 2011 Tours, check out the information on the April trip to Mallorca. WE'RE GOING AGAIN! Let Sandy know you are going to join us. This is about as cheap as you can do cycling in Europe, and anyone who's been there before will tell you how much fun it is.

Fourth Quarter Esteemed Ride Leaders

David Azevedo
Jennie Babich
David Bailey
Shelly & Scott Barrette
Joni Bauer
Peter Becker
Doug Beisner
Barbara Bravos
Ron Brown
Dave Clifton
Chris Drews
Jeannie Ennis
Bill & Marilyn Floyd
Tom Gardner
Tom Goodwin
Dave Graska
Paul Gunkel
John Hockenbury
Nick Hourigan
Dale Johnson
Dennis King

Stan Leff
Ralph & Kris LeMeur
Bob Maben
Larry Matz
Joe McCormick
Glenn & Mary Moore
George Neill
Dick Nussbaum
Gerry Rohlfes
Pam & Robert Samms
Eric Saur
Marie Schelling
Dick Schultz
David Storm
Kathy Tom
David Underwood
Deborah Walburg
Mark Yamagiwa
Sandy Yarrow
Bob Yates
Linda & Richard Zeiszler



Remember all that pedaling you did back in May? Well it was all worth it!

**Wheelies Wed in Wasilla Alaska
June 27, 2010**



Mary (McPoil) & Glenn Moore

17 years of training
6 months of planning
A lifetime of happiness
Priceless!

NEW MEMBERS

June 1st through August 1st



- Janet Baker
- John Baker
- Meg Conkling
- Paul Criss
- Harvey Crockett
- Lloyd Feaver
- Madison Feaver
- Michael LaFrenais
- Sherry Mark
- Frank Resch
- Brian Sax
- Dave Tamayo
- Helen Tsuchida





Photo by: G. Masuda

Mt. Shasta

Not Your Usual Cup O' Joe and Definitely Worth the Habit

Check out Geno Masuda's blog at www.javageno.blogspot.com for great photos and terrific narrative on his many adventures including Dale Johnson's recent Mt. Shasta Zodiac, the Fall River Century, and much more...

MARK YOUR CALENDARS

UPCOMING ANNUAL BANQUET

The Sacramento Wheelmen Annual Awards Banquet will be held on Saturday, January 29, 2011. This gala evening will be held at the Sacramento Hilton, 2200 Harvard St., Sacramento, CA. Dinner choices include roasted New York strip sirloin, grilled salmon, or tri colored cheese tortellini, preceded by light appetizers. The cost for the evening is \$30.00 per person. You must be a member or guest of a member to attend (see separate registration form). Please note that prepaid advance reservations are necessary. We invite all members to join us for this wonderful evening. For questions, call Banquet Chair Mary Moore at 916.359.6450 or email her at Bike.Moore@yahoo.com.

MEMBER MILEAGE SHIRT: As a club member, if you would like a free mileage shirt, and you have qualified by riding at least 500 club miles, please refer to the banquet registration form to place your order. You do not need to attend the banquet to receive the free mileage shirt.

Oregon Tour Continued from page 1

to meet a whole bunch of really nice, supportive and funny Wheelmen.

E: Again, I second what Leyne said. The trip as a whole was a lot of fun and a big part of that was the camaraderie and friendship of our fellow Wheelmen. There was always somebody interesting to talk to, either on the ride, at a rest stop, or in camp. Everyone was very friendly and welcoming. I would offer some tips to any other newbies on their first Wheelmen trip:

First, relax! These guys are organized and you will know where you are going, your gear will be at your destination, and there will always be plenty of food. The "back pocket" sandwiches do leave something to be desired though and you don't want to get between the group and a freshly opened bottle of Cabernet! The camping facilities are just fine and there was always a shower. Second, pack light - heavy on cycling clothes and light on everything

else. We probably could have gone with one less bag of clothes and miscellanea.



Mt. Thielson

Photo by: Mauren Kemp

Finally, enjoy the companionship of fellow cyclists, both Wheelmen and otherwise. When Leyne snapped her bars, it was Sunday afternoon in Prospect, Oregon. We could have very easily been out of luck. Everyone in camp was offering solutions and Leyne was able to find a bike shop over an hour away that stayed open until she got there. Our faithful

SAG drivers, Carol & Arthur Choate got her there, the shop replaced the bars with an aluminum set, installed and wrapped them. While they could have charged almost any amount, they only asked for slightly over cost (\$70! - Al's Cycle & Hobby in Medford). I can think of few endeavors I am involved in where you find this kind of camaraderie. We are looking forward to our next trip or Zodiac and now have yet another reason to look forward to retirement and more time for riding!



Mt. Bailey from Diamond Lake
Photo by: Rich Percival

2010 VOLUNTEER CALENDAR

September

Mustard Seed Bike Giveaway
 September 26
 Linda Zeisler, preslinda@sbcglobal.net

November

Families First Bike Assembly
 Date TBA in October
 Dick Nussbaum, rcnflyer@aol.com

Run to Feed the Hungry
 November 25
 Dennis King, velo_king@sbcglobal.net

December

Foster Santa Party
 Date TBA in October
 Dick Nussbaum, rcnflyer@aol.com

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

Faster Further Safer

- Biomechanical Video Bike Fitting
- Heart Rate, Spin, and Power Testing
- Training Programs and Coaching
- Strength and Flexibility Programs
- Skills Clinics and Training Series

We Treat You Like a Pro
"Knowledge - Experience"

Robert Kopitzke
 Physical Therapist
 Elite USA Cycling Coach
 Master Pilates Instructor
 Neuromuscular Reprogrammer

- Club Discounts -

Body Concepts - Peak Cycling

705 Gold Lake Drive, Ste. 350
 Folsom, CA 95630

916-939-6800

www.bodyconceptsinc.com

Next to Karen's Bakery and Bicycles Plus

ANNUAL PHOTOGRAPHY CONTEST

The Rules:

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

- Bicycling Action
- Bicycling Still
- Bicycling Landscape
- Bicycling Lifestyles
- Bicycling Creative Digital



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

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

Photos can be submitted in color or black & white.

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

Submission Details:

The Entry Deadline is December 10th, 2010.

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

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

There will be a box available for your submissions at every general meeting.

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

Prizes:

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

Yahoo Group E-Mail – Sacwheelmen Is today’s ride canceled due to rain?

Have you enrolled in the club’s group email?
234 out of 571 of us have subscribed.

Wheelmen members are encouraged to subscribe to our e-mail list on Yahoo Groups. This e-mail list is for members only and will provide you with information quickly, (ride cancellations, changes, etc.)

For steps to enroll please go to www.sacwheelmen.org and click on E-Mail.

**Is your mailing address and email up-to-date?
Would you like to go green and
opt out of receiving the printed WheelNews?**

Just contact Dave Storm at membership@sacwheelmen.org.

Mark Your Calendars

Club Picnic – September 26, 2010

Photography Contest Deadline – December 10, 2010

Wheelmen Banquet – Saturday, January 29, 2011

Sierra Century – June 11, 2011

WHEELNEWS SUBMISSIONS

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

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

Submission deadlines for 2010/2011 are:
November 15, 2010 for January’s edition
February 15, 2011 for April’s edition
May 15, 2011 for July’s edition
August 15, 2011 for September’s edition

BUSINESS MEETINGS

EXECUTIVE BOARD BUSINESS MEETINGS

2010

October 11

No December Meeting Scheduled

2011 schedule to be announced

6:00 p.m.
Hoppy's Brewery
6300 Folsom Blvd.
Sacramento

GENERAL MEETINGS

2010

September 23

November 18 (Elections)

2011 schedule to be announced

6:30 p.m. socialize,
7:00 p.m. meeting
SMUD Building
6201 S Street, Sacramento

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

For more information contact Mary Moore at 916.359.6450.

(watch for announcements on Yahoo and in future newsletters)

4th Quarter 2010 Sacramento Wheelmen Ride Calendar

October 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Lakeport 30/65/103 Auburn 40/43 Davis 34/66
3 Foothill Frolics 38/54 Solvang Zodiac	4 Solvang Zodiac	5 W2, W3, W4 Solvang Zodiac	6 W5, W6 Solvang Zodiac	7 W7, W8, W9, W10 Solvang Zodiac	8 W11 Solvang Zodiac	9 Roseville 30/40/50 Elk Grove 40/60 Clovis 201
10 Fab Fifties Series 33/44/53	11	12 W2, W3, W4	13 W5, W6 Cisco Grove 38/62	14 W7, W8, W9, W10	15 W11	16 Sac 20/30/55 Rancho Murrieta 38/50/73 Davis 35/65/100 Solvang 201
17 Foothill Frolics 50 Citrus Hts 23-107	18	19 W2, W3, W4	20 W5, W6	21 W7, W8, W9, W10	22	23 Sac 20/30/55 Roseville 30/40/50 Elk Grove 41/60
24 Fab Fifties Series 60	25	26 W2, W3, W4	27 W5, W6	28 W7, W8, W9, W10	29	30 Sac 20/30/55 Rancho Mur. 40/60
31 Foothill Frolics 50 Davis 51/74/112						

November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Rancho Cordova 32/78	2 ELECTION DAY W2, W3, W4	3 W5, W6	4 W7, W8, W9, W10	5	6 Roseville 30/40/50 Sheldon 44/54 Mesquite, Nev. 114
7 DAYLIGHT SAVINGS TIME ENDS Fab Fifties Series 65 Citrus Hts 23-107 Acampo 31/62	8 Sacramento 75	9 W2, W3, W4 Jackson Zodiac	10 W5, W6 Jackson Zodiac	11 VETERANS DAY W7, W8, W9 From Jackson 75 Jackson Zodiac	12 W11	13 Sac 20/30/55 Freeport 40/60 Gold River 45/60
14 Foothill Frolics 50 Sacramento 41/67/89	15	16 W2, W3, W4	17 W5, W6	18 W7, W8, W9	19 W11 Sacramento 54/80	20 Sac 20/30/55 Roseville 30/40/50 Rancho Murrieta 40/60
21 Fab Fifties Series 31/45/53 Sacramento 100	22 From Oakland 100	23 W2, W3, W4	24 W5, W6	25 THANKSGIVING	26 Fair Oaks 50	27 Sac 20/30/55 Elk Grove 40/60 Gold River 30/37
28 Foothill Frolics 34/38/61 Sheldon 32/66/78	29	30 W2, W3, W4				

December 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 W5, W6	2 W7, W8, W9	3 Winters 70	4 Elk Grove 40/60 Gold River 30/40/50
5 Fab Fifties Series 37/42	6 Sacramento 31/50	7 W2, W3, W4	8 W5, W6	9 W7, W8, W9	10 W11	11 Sac 20/30/55 Roseville 30/40/50 Elk Grove 40/60
12 Foothill Frolics 46 Sacramento 97	13	14 W2, W3, W4	15 W5, W6	16 W7, W8, W9	17 W11	18 Citrus Hts 23-107 West Sac. 37/59
19 Fab Fifties Series 38/50/72 Sacramento 64/98	20	21 W2, W3, W4	22 W5, W6	23 W7, W8, W9	24	25 CHRISTMAS Sacramento 40
26	27 Sacramento 50	28 W2, W3, W4	29 W5, W6	30 W7, W8, W9	31	

Mustard Seed Spin

Mustard Seed Spin organizer, pediatrician Victoria Atkins, attended our May 17 Sacramento Wheelmen Business meeting to personally thank the Wheelmen for their continued support and to talk about this year's event. As a pediatrician Dr. Atkins sees more and more of her young patients with health issues related to inactivity and obesity. Her motivation to create this event is to blend her love of cycling with getting kids active, outside, and living a healthy lifestyle.

The Mustard Seed Spin will hold its 6th annual cycling event on Sunday, September 26th, to introduce young people to the wonderful world of organized cycling, while giving them an opportunity to help their less fortunate peers. Last year the ride had 630 participants. Over the last five years this event has raised over \$90,000 all of which goes to the Mustard Seed School.

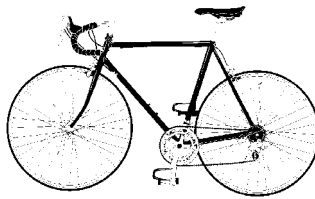
Before the ride, bikes and helmets will be checked and riders will receive basic safety instruction. Beginning at 12 noon kids will ride either a 13 or 20 mile route on the American River Parkway, accompanied by chaperones from the Sacramento Bike Hikers and the Sacramento Wheelmen bicycle clubs. The Woodcreek High School Cycling Team will also be volunteering their time.

Marshals will be posted along the course to ensure safety and cheer the riders on. There will be a rest stop with snacks and drinks at the Lower Sunrise picnic area and water stops along the route. After the ride, there will be refreshments, games and prizes. A number of cycling gear scholarships will be given out to Mustard Seed students.

The maximum number of riders is 750. All riders, including adults, are required to wear a helmet! The event will conclude at approximately 4 pm.

For more information, go to www.mustardseedspin.org.

Wheelmen who would like to volunteer, please contact Linda Zeisler at preslinda@sbcglobal.net.



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.



Weekly Rides

event	•description	•grading
(W2) TUESDAY COMMUTE RIDE 6:00 AM Starbucks in Gold River 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute to downtown In the morning and return from Cal/EPA building at 1001 I Street at 4:30 p.m. Riders can also join us for the evening return ride at 5:00 at the bike trail entrance near Blue Diamond Almond Factory, 19th and C streets. Dennis King, 284-4555, velo_king@sbcglobal.net	50+ 
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcmafen@comcast.net Dave Storm, 665-2169, Dlstorm@worldnet.att.net	25 to 75 
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench in William Pond Park 4:45 PM Cal/EPA Hdqtrs 11th St between H & I Downtown	Join us for the morning commute into work and the evening commute back home along the American River Parkway. Every Wednesday except holidays. Dennis King, 284-4555, velo_king@sbcglobal.net	30+-40+ 
(W6) WEDNESDAY BRUNCH RIDE 9:00 AM October 10:00 AM November/December Sacramento West of Playground at Grant Park on C St. near 22nd St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. Joe McCormick, 448-1032, mccormickjm@comcast.net	25 to 75 
(W7) THURSDAY COMMUTER RIDE 6:00 AM Starbucks in Gold River 4:45 PM Cal/EPA Building 5:00 PM Old Sac at bike trail.	Commute to downtown In the morning and return from Cal/EPA building at 1001 I Street at 4:45 PM Riders can also join us for the evening return ride at 5:00 PM in Old Sac, at the bike trail near the I Street Bridge. David Azevedo, 798-1390, dazevedo@waterboards.ca.gov Dennis King, 284-4555, velo_king@sbcglobal.net	10-30-50+ 
(W8) THURSDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Sunrise Bridge & Bike Trail Park at shopping center, southeast corner of Sunrise and Gold Country	A social group ride to a different breakfast spot each week with two groups to allow for varied distances, paces and abilities. We usually offer an extended ride option after breakfast depending on the area and the weather. Away starts are periodically planned in addition to the Sunrise start, and will be announced at the Tuesday Breakfast ride or earlier and by email. Dick Shultz, 853-1011, dieseldick@sbcglobal.net Sandy Yarrow, 791-3426, skybike@surewest.net Dave Clifton, 354-1137, superdave911@sbcglobal.net	45 to 70 

Weekly Rides

event	description	grading
(W9) THURSDAY BREAKFAST RIDE, SOUTH 9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. Gerry Rohlfes, 422-7711 Bob Maben, 455-5715, rcmaen@comcast.net	35 to 60 
(W10) THURSDAY NIGHT RIDE 5:45 PM Freeport Cavanaugh Golf Course parking lot	Summers over, but there's still a little time for an evening ride. Join the gang and cycle until Daylight Savings ends (Nov 7). This is the ride where the motto, "The wind is your friend." started. No ride on spare the air days, please check for air quality at www.sparetheair.com. Mark Yamagiwa, 997-5170, mark.yamagiwa@doj.ca.gov Bob Yates, 838-4757, robert.yates3040@sbcglobal.net	23 
(W11) FURLOUGH FRIDAY RIDE 9:00 AM Carmichael 5 Points Shopping Center Arden & Fair Oaks	As long as state employees are furloughed, this ride will go up or down the bike trail on Fridays in search of coffee or breakfast. SECOND AND THIRD FRIDAYS ONLY! David Bailey, 925-8123, davidbailey@yahoo.com Dennis King, 284-4555, velo_king@sbcglobal.net	30 to 40+ 

Sacramento Area Bicycle Advocates

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

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

Membership levels:

- \$1000 Legacy Club *
 - \$500 Leadership Circle*
 - \$100 Century*
 - \$75 Sustaining*
 - \$75 Business/Group *
 - \$50 Sponsoring
 - \$40 Family
 - \$30 Individual
- * Free SABA T-Shirt Please specify size (S, M, L, XL)

Membership Application

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






Name(s): _____

 Address: _____





 City: _____
 State: _____ Zip: _____ Phone: _____
 E-mail: _____



October Rides

•event	•description	•grading
2 SAT	Konocti Challenge 7:00-10:00 AM Lakeport Lakeport Yacht Club 5th Street Pier	30-65-103 
	Ride around California's largest natural lake and breathe California's cleanest air. Great routes, fabulous support, and an awesome post ride barbecue. Must register in advance and pay fee. Visit www.konoctichallenge.com for details. Long route 6200 ft climb / medium route 2200 ft climb. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	
2 SAT	On To Rough & Ready 9:00 AM Auburn Combie Corners Wolf Road & Hwy 49	40-43 
	Combie Corners to Dogbar road, to Grass Valley. Food stop at Tofanelie's. Choice of return by same route or continue on to Rough and Ready, Penn Valley and back by Wolf Road. Nice country roads, light traffic. Meet at Park and Ride behind church on N/W corner Wolf Road. Long climb – 3800 ft, Medium climb – 2000 ft. David Underwood, 721-8689, bike2sac@surewest.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	
2 SAT	South/West Ride Series Le Tour de Vacaville 9:00 AM Davis Davis High School E. Covell & Oak	34-66 
	Scenic ride through farm lands, a climb over Cantelow hill and on into Old Town Vacaville for a stop at Pure Grain Bakery & return. Leave from Davis High School. Hwy 80 exit Mace (N) becomes E. Covell. 3.8 Miles, L Oak. Look for Wheelmen on L. Peter Becker, 442-1850, ps_becker@sbcglobal.net	
3 SUN	Foothill Frolics Foresthill to Robinson Flat 9:00 AM Foresthill, Main Street	38-54 
	Allow 20 minutes driving from I-80 Foresthill exit in Auburn, to start in Foresthill. This ride is an out & back on one road. From the start at 3,225 feet, ride on Foresthill Divide Road to end of pavement at Robinson Flat at 5,400 feet elevation. Bring food and water. Jeannie Ennis, 205-2225, jeannieennis@att.net	
3-8 SUN-FRI	Solvang	
	Solvang Zodiac. See Tour/Zodiac Schedule.	
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). Thursday Night Ride. See Weekly Ride Schedule (W10).	
8 FRI		
	Furlough Friday Ride. See Weekly Schedule (W11).	
9 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 
	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville, and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	

October Rides *Continued*

•event	•description	•grading
9 SAT South/West Ride Series Delta Grind 9:00 AM Elk Grove Elk Grove Blvd & Waterman Rd It's a Grind	We will "grind" out a ride in the Delta, finding a good place to snack midway through the ride. Points of interest will be Thornton, Walnut Grove, Lodi and Herald, depending upon the route. A good ride for our Elk Grove and South Sacramento friends. Rain cancels. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60 
9 SAT Bass Lake Powerhouse Double Century 3:15 AM Clovis 808 4th St Clovis Veterans District Hall	A trip through the Western Sierra Nevada's including Pine Flat Lake and Bass Lake. Must register in advance and pay fee. Save \$10.00 before September 1. Visit www.fresnocycling.com for details. 10,500 ft climb. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	201 
10 SUN Fab Fifties Series Ride Around The Block 9:00 AM Shingle Springs P & R Ponderosa Rd exit at HWY 50	Join Tom on his Birthday Ride. From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles, and the long route continues on to Georgetown; plenty of climbing on both. The shortest splits at HWY 193 and 49 above Placerville. No Racing. Tom Goodwin, 362-1780, tgoodwin0703@att.net	33-44-53 
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).	
13 WED Ride to Squaw Valley 9:30 AM Cisco Grove Hwy 80 E Exit Cisco Grove Rd	A scenic alpine ride over the old Donner Pass into Squaw Valley for lunch. The medium ride goes to Truckee. Both rides stop briefly at the Donner Party Memorial. 1400 ft climb both rides. Exit Cisco Grove, go Left (under Freeway) then Right on Hampshire Rocks Rd. Rain Cancels. Peter Becker, 442-1850, ps_beck@sbcglobal.net	38-62 
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). Thursday Night Ride. See Weekly Ride Schedule (W10).	



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October Rides *Continued*

•event	•description	•grading
15 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
16 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 
16 SAT Foxy's Fall Century 7:00 AM Davis Veterans Memorial Center	Join us to celebrate the Barrette's 1st Anniversary and ride through the farmlands of Solano County and rolling hills of Napa County. The 50K and 100K are pretty flat, while the 100 mile has about 2000 ft of climbing. Registration will open in late August. Be sure to register early as it tends to fill up quickly. Anniversary cake to be served at the final rest stop of the 100 mile route! Pasta dinner at the finish for registered riders. Must wear Wheelmen Jersey to get club miles. Shelly Barrette, 216-6527, irongirl1234@yahoo.com Scott Barrette, 599-9646, scottbarrette@comcast.net	35-65-100 
16 SAT Solvang Autumn Double Century 6:00 AM Solvang 1579 Mission Drive Royal Copenhagen Inn	Ride through some of the most beautiful terrain in California. Must register in advance and pay 85.00 fee by September 18, or \$100.00 after. Visit www.planetultra.com for details. 10,300 ft climb. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	201 
16 SAT South/West Ride Series 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, turn 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 

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October Rides *Continued*

•event	•description	•grading
17 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 
17 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east of Fair Oaks Blvd	Choose from five easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from six Sierra Foothills routes heading East with up to 6,250 ft climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23-107 
19 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
20 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
21 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9). Thursday Night Ride. See Weekly Ride Schedule (W10).	
23 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Mary Moore, 284-1905, mcpoil@surewest.net	20-30-55 
23 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
23 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Shop Elk Grove Blvd & West Taron	Long ride goes to Isleton and back via Walnut Grove and Thornton. Short ride goes through Walnut Grove & Thornton. Dave Graska, 698-1506, davidgraska@yahoo.com	41-60
24 SUN Fab Fifties Series Grizzly Adams 08:45 AM Somerset NE corner of Bucks Bar & Mt Aukum	Take Hwy 50 to Missouri Flat Rd & turn east (L) on Pleasant Valley Rd., (R) on Bucks Bar to the intersection of Bucks Bar & Mt. Aukum Rd. in Somerset. Park in the dirt lot on the NE corner. Be ready to go by 0900 as we head up to Grizzly Flat, and beyond. After 30 miles and 4000 ft of climbing, we'll reach Pipi campground that has water and outhouses. This ride does have some short steep climbs of 16-20%, and overall about 5700 ft of climbing, so bring climbing gears. Route descends Omo Ranch Rd. This ride is in the wilderness and the store is very late in the ride, so bring enough water and food! You'll really want it and need it. Sandy Yarrow, 791-3426, skybike@surewest.net	60 

October Rides *Continued*

•event	•description	•grading
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).	
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). Thursday Night Ride. See Weekly Ride Schedule (W10).	
30 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55 
30 SAT	South/West Ride Series 9:00 AM Rancho Murieta South Gate	40-60 
31 SUN	Foothill Frolics Monster Men 9:00 AM Loomis Community Park King Rd & Ong	50 
31 SUN	Meridian Loop 9:00 AM Davis Carl's Jr PL Covell & Rd 102	51-74-112 

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November Rides

•event	•description	•grading	
1 MON	South Loop 10:30 AM Rancho Cordova Mather Light Rail PL Folsom Blvd & Mather Field Rd	From Mather, south through Galt to Thornton and return via Elk Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com	32-78 
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). Thursday Night Ride. See Weekly Ride Schedule (W10).	
6 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
6 SAT	South/West Ride Series 9:00 AM Sheldon Bert's Diner 8972 Grant Line Rd. Between Sheldon Rd. and Wilton Rd.	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 
6 SAT	Tri-State Gran Fondo 9:00 AM Mesquite, Nevada Virgin River Conv. Ctr Sandhill Boulevard & Hillside Dr	Nevada, Arizona and Utah all in one day! Unsurpassed scenery on quiet roads with plenty of climbing. \$95.00 entry fee includes jersey. Must register in advance at www.planetultra.com . Long climb – 7500 ft. Contact ride leaders if unable to locate roster. Must wear Wheelmen Jersey to get club miles. Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net	114 
7 SUN	Fab Fifties Series Revisit 25th Anniversary Sierra Century Metric 9:00 AM Plymouth Public Park on Main St	You always had to work the Sierra Century. Here is your chance to ride one of the Club's greatest rides. Start in Plymouth, ride through Ione, Sutter Creek, Volcano and Fiddletown. Bring plenty of water. No sweep, no SAG. Rain or forecast of rain cancels ride. Ron Brown, 486-3665, rl-brown@pacbell.net	65 
7 SUN	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east of Fair Oaks Blvd	Choose from five easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from six Sierra Foothills routes heading East with up to 6,250 ft climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23-107 











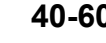





November Rides *Continued*

•event	•description	•grading
7 SUN	Giro d' Vino 8:00 AM Acampo Woodbridge Winery 5950 E. Woodbridge Rd	31-62  
	The Tour features loops through the beautiful vineyards passing by private wineries, and includes some rolling hills of the Mokelumne River basin. All the rest stops are located at wineries and wine tasting will be available at most or all of the wineries. Long ride climb is only 500 ft. Register on line at Active.com. Must wear wheelmen jersey to get club mileage. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	
8 MON	Ride to Jackson 8:30 AM Sacramento Walgreen's PL Florin & Riverside	75  
	A ride to join the Jackson Zodiac. En-route joins are encouraged. Baggage support can be arranged. Contact the ride leader for arrangements. Dick Nussbaum, 424-0933, rcnflyer@aol.com	
9-11 TUE-THUR	Jackson Zodiac 10:00 AM Jackson Best Western Amador Inn	
	See Tour / Zodiac Schedule.	
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).	
10 WED		
	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
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).	
11 THUR	Return From Jackson 8:30 AM Jackson Best Western PL	75  
	A return ride from the Jackson Zodiac. Baggage support available. Dick Nussbaum, 424-0933, rcnflyer@aol.com	
12 FRI		
	Furlough Friday Ride. See Weekly Schedule (W11).	
13 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55  
	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	
13 SAT	South/West Ride Series 9:00 AM Freeport Cavanaugh Golf Course Freeport Blvd.	40-60 
	Long ride goes to Isleton. David Storm, 665-2169, dlstorm@frontiernet.net	


November Rides *Continued*

•event	•description	•grading
13 SAT	Penryn and Then Some 9:00 AM Gold River Gold River Town Center off Sunrise-Starbucks and Rite Aide.	45-60 
14 SUN	Foothill Frolics Perfect Scenery 9:00 AM Auburn Clipper Gap Park & Ride 180 @ Placer Hills/Mead- ow Vista off ramp	50 
14 SUN	Woodland and Beyond 9:00 AM Sacramento Miller Park Marina PL Front St south of Broadway	41-67-89 
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).	
19 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	
19 FRI	Sutter Loop 9:00 AM Sacramento Walgreen's PL Florin & Riverside	54-80 
20 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	20-30-55 
20 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	30-40-50 

Novemer Rides *Continued*

•event	•description	•grading	
20 SAT	South/West Ride Series 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, turn left on Reynosa. Park is on the right. Ride will explore Ione, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Rain Cancels. Ralph & Kris LeMeur, 354-0416, ralfkris@sbcglobal.net	40-60  
21 SUN	Fab Fifties Series Fish or Climb Hills 9:00 AM Gold River Nimbus Fish Hatchery Gold Country Blvd &	The short ride will climb to El Dorado hills and return. The long ride will visit Cameron Park before returning to the start. Richard Zeiszler, 501-9563, zeiszler@sbcglobal.net	31-45-53  
21-22 SUN-MON	Bay & Back 8:30 AM Sacramento Walgreen's PL Florin & Riverside	Down to Oakland via the Delta, with an overnight in Oakland. Returning via Vallejo the following day. Baggage support provided. Contact the ride leader for details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	200  
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).	
26 FRI	Torch That Turkey! 9:00 AM Fair Oaks Patriot Bicycles	Eat too much turkey??? Well, let's work it off. Ride departs from Patriot Bicycles and heads for Loomis/Newcastle. Coffee stop at mile 40. Shelly Barrette, 216-6527, irongirl1234@yahoo.com	50  
27 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55  
27 SAT	South/West Ride Series 9:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	The ride will explore the Delta area south of Sacramento. We'll have a short stop halfway through the ride. David Storm, 665-2169, dlstorm@frontiernet.net	40-60  
27 SAT	Col du Costco 10:00 AM Gold River Town Center off Sunrise-Starbucks and RiteAide.	From Gold River Town Center we 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 Grupo ride. Deborah Walburg, 451-2470, walburg@surewest.net	30-37  
28 SUN	Foothill Frolics Perfect Blend 9:00 AM Roseville SW Corner Sierra College & E. Roseville Pkwy	We will visit some familiar roads around Auburn, Newcastle, Lincoln and Loomis with a break about half way through the ride. Rain Cancels. Dale Johnson, 284-5208, davijohnslckr@comcast.net	34-38-61  

November Rides *Continued*

•event	•description	•grading
<p>28 SUN</p> <p>Valley Springs Loop 8:30 AM Sheldon Bert's Diner PL Grant Line Rd</p>	<p>South to Lockeford, Linden, near Valley Springs, then back through Buena Vista, Ione and Rancho Murieta, returning to Sheldon. Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	<p>32-66-78</p> 
<p>30 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>	



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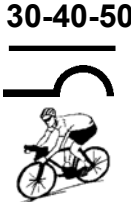


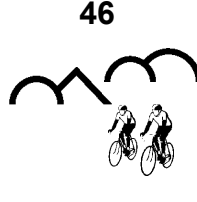


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December Rides

•event	•description	•grading
1 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
2 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
3 FRI	Fairfield Loop 9:00 AM Winters City PL Railroad & Main Out to Moskowitz, then Monticello Road to Wooden Valley, to Fairfield, Pleasants Valley to Cantelow, and back into Winters. No short Option. Dick Nussbaum, 424-0933, rcnflyer@aol.com	70 
4 SAT	South/West Ride Series Delta Grind 10:00 AM Elk Grove Elk Grove Blvd & Waterman Rd It's a Grind We will "grind" out a ride in the Delta, finding a good place to snack midway through the ride. Points of interest will be Thornton, Walnut Grove, Lodi and Herald, depending upon the route. A good ride for our Elk Grove and South Sacramento friends. Rain cancels. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60 
4 SAT	President's Welcome Ride 9:00 AM Gold River Shopping Center SE Corner Sunrise & Gold Country Come join the outgoing president for a fun ride around the area. We will do a little climbing and stop for coffee and conversation part way through. Good opportunity to meet members of the club. Linda Zeiszler, 457-8815, preslindaz@sbcglobal.net	30-40-50 
5 SUN	Fab Fifties Series El Dorado Hills Loop 9:00 AM El Dorado Hills Park & Ride White Rock & Latrobe Rds A counter clockwise loop on rural roads. Challenging, but not a mountain goat ride. Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net	37-42 
6 MON	Crusin' Down the River 10:30 AM Sacramento Walgreen's PL Florin & Riverside A nice easy ride through Hood, Franklin, Thornton, Walnut Grove, and Clarksburg. Dick Nussbaum, 424-0933, rcnflyer@aol.com	31-50 
7 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
8 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
9 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9)	
10 FRI	Furlough Friday Ride. See Weekly Schedule (W11).	

December Rides *Continued*

•event	•description	•grading	
11 SAT	Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortable paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	30-40-50 
11 SAT	Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Kathy Tom, 712-1036, litltrek@yahoo.com Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 
11 SAT	South/West Ride Series 9:00 AM Elk Grove Starbucks 10064 Bruceville at Whitelock Pkwy	The ride will explore the Delta area south of Sacramento. We'll have a short stop halfway through the ride. Chris Drews, 802-4487, sactocd@comcast.net	40-60 
12 SUN	Foothill Frolics Spring Chickens BD 0900 AM Loomis Train Sta. Horseshoe Bar & Taylor	Join me for an "Ain't No Spring Chicken" Birthday Ride. Why did the chicken climb Chili Hill, Crater Hill, Baxter (hill), Bald Hill, and Indian Hill? Because she thought it would be egg-citing. Why did the chickens cross the road? So they could have coffee at the Wild Chicken. What do chickens eat on their birthday? Coop cake. Sandy Yarrow, 791-3426, skybike@surewest.net	46 
12 SUN	Martinez Ride 7:15 AM Sacramento Amtrak Station	Take the train to Martinez and ride the Carquinez Scenic Highway to Crockett, cross the Straits to Vallejo, then through Benicia on the way to Fairfield and returning to Sacramento via Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	97 
14 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).		
15 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).		
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17 FRI	Furlough Friday Ride. See Weekly Schedule (W11).		
18 SAT	In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Avenue At signal half mile east	Choose from five easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from six Sierra Foothills routes heading East with up to 6,250 ft climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23-107 

December Rides *Continued*

•event	•description	•grading
18 SAT South/West Ride Series Dixon/Davis Loop 9:00 AM West Sacramento Town Center behind Starbucks Jefferson Blvd & Lake Washington Blvd	A loop along country roads and college town bike trails with a bakery stop in Dixon. West Sac. Meet behind Starbucks at Town Center-Jefferson Blvd. & Lake Washington Blvd. Rain Cancels. Peter Becker, 442-1850, ps_becker@sbcglobal.net	37-59 
19 SUN Fab Fifties Series Rancho to Camanche 9:00 AM Rancho Murieta South Reynosa Park, second stop sign Turn left .2 miles on right.	Ride from Murieta to Ione to Camanche. Rain or any other atmospheric event may cancel ride at ride leader's discretion. David Clifton, 354-1137, superdave911@sbcglobal.net	38-50-72 
19 SUN Alta Sierra Loop 8:30 AM Sacramento CA Air Museum PL Freedom Park & 32nd St McClelland Park	Through Lincoln to Higgins Corner, then through Alta Sierra, to Dogbar and back through Auburn and Lincoln. Dick Nussbaum, 424-0933, rcnflyer@aol.com	64-98 
21 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	



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December Rides *Continued*

•event	•description	•grading
22 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
23 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
25 SAT	Bean Soup Ride 10:00 AM Sacramento Discovery Park Mile Zero on the Bike Trail Join us for the 11th annual Holiday Ride. We'll do about 40 miles at a casual pace with holiday music and cold noses. You can extend your ride with a refreshment stop of bean soup and hot cider at the Moore's. Rain cancels but the soup will still be on. Mary Moore, 284-1905, mcpoil@surewest.net Glenn Moore, 524-7785, mooreg@surewest.net	40 
27 MON	Winter Loop 10:30 AM Sacramento Walgreen's PL Florin & Riverside A flat easy exercise ride, ideal for the short winter days. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50 
28 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
29 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
30 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	

*Sacramento Wheelmen***CLUB MISSION STATEMENT**









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

Eff. 4/21/03

2010-11

Tour/Zodiac Schedule

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

Oct 3-8 SUN-FRI	Solvang Zodiac Solvang Wine Valley Inn	The Solvang Zodiac is in lieu of the Paso Robles Zodiac. The reason for extending it to five days is because it is a 6 1/2 hour drive from Sacramento. We will arrive in Solvang on Sunday and return on Friday. Rides are scheduled for Monday, Tuesday, Wednesday, and Thursday. A block of 10 rooms for 5 nights has been reserved for the Sacramento Wheelmen at the Wine Valley Inn at a rate of \$105 (includes 10%tax). Reservations can be made by calling 805-688-2111. There is a 60 day release prior to arrival, so make your reservations early. Mary Moore, 359-6450, mcpoil@surewest.net Glenn Moore, 524-7785, mooreg@surewest.net	50-150  
Nov 9-11 TUE-THUR	Jackson Zodiac 10:00 AM Jackson Amador Inn	We will be staying at the "Best Western Amador Inn" in Jackson. All rides will leave from the hotel parking lot, 10:00 AM on Tuesday, and 9:00 AM Wednesday and Thursday. Tuesday we will ride up to Volcano, Wednesday to West Point and Thursday out to Buena Vista. Come up for all three days or just one day. Mileage is 40-50 miles/day. Nick Hourigan, 487-0993, helnick@sbcglobal.net	50-150  
2011 Tour/Zodiac Schedule			
Jan 18-20 TUE-THUR	Napa Zodiac 9:00 AM Winters Putah Creek Cafe	Meet in Winters for breakfast at Putah Creek Cafe. Ride starts at 9:00. SAG for gear available at Winters only. We'll be staying in Napa at The Chablis Inn, 3360 Solano Ave, 707-257-1944. Rates are one Queen-\$79, one King-\$84, and two Queens-\$89. Let the staff know you are with the Sacramento Wheelmen. If you plan to drive to Napa please volunteer to carry someone's gear. Those wanting a longer first and third day can leave from Davis or West Sacramento, but no official SAG from there. Total mileage is about 175 with 8,000 ft of climbing. The middle day takes us down the east side of the valley to Calistoga for lunch and returning down the west side of the valley. A longer (tougher) surprise ride will also be available for the middle day. Shopper chicks and wine tasters welcome. Please confirm with leaders if you plan to go. Hal Baker, 443-4514, hmbaker1@sbcglobal.net Scott Pierce, 714-9034, sandjpierce@frontier.net	175  
Feb 14-17 MON-THUR	Borrego Springs Zodiac Borrego Springs Palm Canyon Resort RV and hotel rooms available	We'll search for the sun in Borrego Springs, 80 miles south of Palm Springs. We'll ride Monday-Thursday and stay at the Palm Canyon Resort. Call the Resort (1-800-242-0044), and say you're with the Sacramento Wheelmen when making your reservations. This zodiac ties in perfectly with the Tour de Palm Springs, on Saturday, Feb 13th. Dennis King, 284-4555, velo_king@sbcglobal.net Dale Johnson, 284-5208, davijohnslckr@comcast.net	240  
Mar 7-10 MON-THUR	Santa Cruz Zodiac	You'll have the option to drive to Santa Cruz or take the train from Sac to San Jose, and ride from there. The Zodiac will start on Monday with a local ride or from SJ station if taking the train. Tues ride starts in Pescadero and takes in the beautiful Tunitas Crk Rd, lunch at Skywood Deli. Wed, we'll meander to Moss Landing. Thur, a short Santa Cruz loop before heading home, and train riders will head for SJ. Luggage SAG if needed. We'll stay at the Santa Cruz Beach Inn, 600 Riverside Ave, Santa Cruz. I will email motel information and train times in January. Sandy Yarrow, 791-3426, skybike@surewest.net	

2011 Tour/Zodiac Schedule

<p style="text-align: center;">Apr 15-30 Fri 4/15 Departure Sat 4/30 Return</p> <p style="text-align: center;">Mallorca Tour Palma Mallorca</p>	<p>Let's go to Mallorca! Plans are to stay again at the Taurus Park Hotel. Details are on www.fredrumpelberg.com. Group rides are Mon/Tues/Thur/Fri. Riders can join a variety of groups, based on level of difficulty from easy to very challenging. All groups are lead by Fred's experienced leaders. Wed/Sat/Sun is on your own for more riding or sightseeing tours.</p> <p>APPROXIMATE COSTS: Airfare - \$1300 RT Sacramento to Palma. (We will attempt to get a group rate for those traveling together). Hotel – 450 euros per person per week - (includes hotel, airport pickup/return, half-board (buffet breakfast & dinner), double or single room). To be paid in advance in three installments – two at \$500, and a third, based on euro exchange rate. Bike Rental (riders only) – 75 euros per week per bike (paid separately in Mallorca at time of rental). Rentals are new or less than 1 yr old, with Shimano Ultegra (triple or double). Tandems and Sport bikes are also available but more limited (reserve early). You can bring your own bike if you want. Mallorca is just off the coast of Barcelona, and it would be easy to extend your stay in Spain or elsewhere. If you are interested, send Sandy an email. Sandy Yarrow, 791-3426, skybike@surewest.net</p>
<p style="text-align: center;">June 20-24 MON-FRI</p> <p style="text-align: center;">Mt. Shasta Zodiac</p>	<p>This area is a recreational paradise. 5 days of riding. Lightly traveled roads, great scenery and neat little towns. Additional routes are planned for your cycling pleasure. Rides will start at the KOA campground. More info to follow or contact the ride leader. Dale Johnson, 284-5208, davijohnslckr@comcast.net Dennis King, 284-4555, velo_king@sbcglobal.net</p>

YES! I've decided to:

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

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

Leading Rides Other _____

Sierra Century

Club Administration

My Talents and Skills are:

Publishing

Administrative

Accounting

Bike Mechanic

Graphic Design

Computer

Management

Sales/Marketing

Name _____ M F
(circle one)

Phone _____ E-mail _____

List names of all family members who will ride or volunteer

_____ M F

_____ M F

Here's what it's going to cost:

One Year: Individual .. \$15 Family .. \$20

Two Year: Individual .. \$30 Family .. \$40

Three Year: Individual .. \$45 Family .. \$60

Address _____

Please mail this application with check payable to:

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ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

All members please read the release, sign and date.

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE



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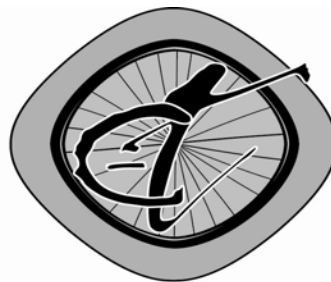
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