

Sacramento Wheelmen's Ride Schedule & Newsletter

OREGON TOUR 2011

By Dale Butler



Dicken's wrote, back when we were a bit younger, that "It was the best of times" he continued a bit later with a line, which too few have heard "... it was the age of foolishness..." What a perfect theme for a ride around IDIOTVILLE. A town who's existence is so absurd that the name stuck. It was not too surprising that Million Dollar Earth appointed Charlie Sheen Chief Idiot of Idiotville on June 13th this year. I actually never met either Charles but I seem to remember drinking wine with a couple of their buddies. Here's a bumper sticker for Chief Idiot Sheen sent in by George Neil

**I'M FAMOUS IN
IDIOTVILLE, OREGON**

As usual the Tim Koch crowd set up the six days of riding, over seven days, to perfection. We have grown to expect the crew to somehow secure the best weather for the ride. The clouds part and the sun glows down on our pates, some increasing free from hair. Only one morning with a bit of wet...but, only a bit. HOW did Tim et al get the Oregon Department of Transportation to repave miles of the route? Very good connections. Smooth roads under a canopy of trees! One question that came up was, is

why they call them "public restrooms" when each of us was always alone in there?

The ride was wonderful. Trees, ocean, very nice locals who did, incidentally, speak our language. And after about 180 miles of riding through forests how can anyone ignore or forget the Eau de Tillamook. But the trees ... Then there was a stretch of 1.9 miles of good gravel road. Some may complain but as two or three slow moving cars passed me I experienced a very nice dermabrasion along with riding along a beautiful mountainside on one of the several roads we were on that was limited to local car traffic.

The State of Oregon also has very descriptive signage. (see photo) I could have used this sign before I crashed on the tracks on Market Street. Note the sky and this was near the Washington border.

Perhaps cycling sixty plus miles results in a bit of disconnect from reality. In this correspondent's history ... a lot of disconnect is to be expected. The fantastic kitchen created by Ed Scanlan has always resulted in wonderful meals. The dinner, I believe, I enjoyed the most this ride was the Pissaladiere nicoise then

the prima plata of Quiche aux Champignons followed by the wonderful Coq Au Vin (with new potatoes covered in butter and English Parsley of course). There was some rumor that this particu-



Yo (Wood) and Mo (Kemp) at bridge caution sign sign

lar meal was actually tri-tip etc. Which is also good. But after the physical and mental high of sixty plus fantastic miles and a "welcome to camp" adult beverage what's wrong with a fantasy? My favorite part was the ride up the Banks-Vernonia Rails to Trails pathway. The 21 mile ride, which climbed about 1000 feet, and included the fantastic 700 foot long Buxton trestle that arched 80 feet above a deep ravine. This 21 mile path led some of us directly to the Ver-

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President's Report

By George Neill

The Wheelmen have won three awards since the last issue. We were selected for the "Volunteers of the Year" Award by the Eppie's Great Race Executive Committee and are featured in the 2011 Eppie's Great Race tabloid as co-recipients. This is "The World's Oldest Triathlon"® held on the American River Parkway with proceeds benefitting Sacramento County Therapeutic Recreation Services. Many thanks to Bud Leland and the 35+ Sacramento Wheelmen who volunteered to help with the 2011 Eppie's Great Race. Thanks Bud for your leadership!



We also received an award and letter from the Sacramento Police Department for our Families First Bike Assembly volunteers and fitting at the Foster Santa Party last November and December. Thanks to Dick Nussbaum for his leadership and all the volunteers who assembled and fitted several hundred bikes.



Congratulations to the Sacramento Wheelmen on winning 2nd place Cog Award for the team/club mileage competition during May Bike to Work Month. Thanks to Sandy Yarrow for organizing us and to all the members who logged miles for the Wheelmen.

If you'd like to reap the benefits from helping on these Club supported cycling related volunteer events, see the Wheelmen Club Calendar, elsewhere in this issue and on the web, for events and contact information. This calendar is a good resource for notice of Club meetings, social events, and deadlines as well.

A very special thanks to Club Tour Director Tim Koch for another wonderful Oregon Tour, this time around Idiotville, Oregon. Great routes, accommodations, meals, riders, entertainment, and weather. Riders did six mountainous days of 61 to 79 miles including some of the Northern coast. This was Tim's 22nd consecutive annual Club Tour. Several riders have posted beautiful photographs with links sent to members on the Yahoo E-mail List. Contact E-mail List Administrator Kerry Wilson (listadmin@sacwheelmen.org) if you need help joining this list.

We have Secretary Marilyn Floyd to thank for posting photographs of all the above events, and more, on our website. Thank you Marilyn for keeping our website current.

The Board of Directors established a committee to upgrade our website. Dan Anglim will chair the committee to facilitate updating our website and to add an interactive ride calendar. Other members include Helen Tsuchida, Jeanne Leland, Mike Goble, Sandy Yarrow, and George Neill.

Mike Snyder is our new Locker Coordinator, with the key to our Club Tour and Sierra Century equipment locker. He replaces Mike Dodson who has done an absolutely commendable job for the last several years. Thanks Mike...

Be safe, lead a ride, and bring a friend to enjoy a rocking Wheelmen ride and camaraderie. It's not necessary to have been a professional cycling champion to join us.

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nonia High football field ... those that actually followed the route map took a tour of the Vernonia business district



Courtesy of the State of Oregon

A very similar ride will be scheduled for next year which will even be better as the team uses this year's experience to improve on a perfect ride. Is that even possible? The ride will be dedicated to Nancy Fish and Annie Slade who both passed this year.

PS: Beyond some fantastic roads and views there was another good reason to be on the Tour this year. High temperatures in Sacramento and Astoria:

	Sacramento	Astoria
Sunday	85	67
Monday	89	70
Tuesday	94	67
Wednesday	92	71
Thursday	82	66
Friday	92	68
Saturday	86	65

EPPIE'S GREAT RACE 2011



The Sacramento Wheelmen received the "Volunteer of the Year" award for their coordination of the Run to Bike Transition leg in Eppie's Great Race. The award was presented to Wheelman and Run to Bike Coordinator Bud Leland at the Eppie's Great Race Recognition dinner. Now in its 38th year the Great Race benefits the Sacramento County Therapeutic Recreation Services. Wheelmen and friends worked Friday and Saturday, July 22 and 23rd, 2011 to set-up, then prepare and man-

age race day activities and take-down. Friday's set-up began at 7:00 AM. and finished by 10:30 A.M! Race Day began earlier with Stan Pochop and Tom Gardner volunteering to arrive before dawn to keep an eye on the race bikes already showing up at the transition site. Race day had volunteers busy directing racers and spectator traffic and handing out water. Post-race take-down was completed by 11:30. All went smoothly and efficiently.

Thanks to our Wheelmen Volunteers: John Abbe, Dan and Jane Anglim, Jennie Babich, Albert Banlingit, Barbara Bravos, Mike Broderick, Dave and Marci Clifton, Mike Dodson, Bob Evans and his grandson Ethan, Marilyn Floyd, Tom Gardner, Mike Goble with grandkids Quinn and Sage, Barbara Greenwood, Paul Gunkel, Dale Johnson, Donna Klug and her sister Molly, Mason Leland (Bud's son), Doug and Dixie Lent, Gilbert Martinez, Bruce Nixon, Dale and Lesli Pletcher, Stan Pochop, Doran Simmons, Mike Snyder, Curt Taylor, Helen Tsuchida, Sandy Yarrow, and Frank Yates. Next year's event will be held July 21, 2012.



Volunteers preparing to load bike racks

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 plenty of local rides. We've included nine "Get in Shape" rides, and five "Conquer the Basin" rides on Saturdays in addition to all the old classics. For those that like to venture out, there are four away rides plus two Zodiacs and a loaded tour. 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, sacwheelmen.org, Rides, For Ride Leaders. If you need more information, I'm here to help.

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

Fourth Quarter Esteemed Ride Leaders

Dan Anglim	Tim Koch
Bob Backer	Ralph & Kris LeMeur
Hal Baker	Bob Maben
Shelly Barrette	Gilbert Martinez
Peter Becker	Joe McCormick
Barbara Bravos	Glenn & Mary Moore
Ron Brown	George Neill
Dale Butler	Dick Nussbaum
Dave Clifton	Scott Pierce
Bill & Marilyn Floyd	Pam & Robert Samms
Tom Gardner	Eric Saur
Tom Goodwin	Marie Schelling
Dave Graska	Dick Shultz
Paul Gunkel	David Storm
John Hockenbury	Doug Souvignier
Nick Hourigan	Deborah Walburg
Dale Johnson	Sandy Yarrow
Dennis King	Linda & Richard Zeiszler

Wheelmen Club Calendar

Club Meetings, Social Events, Deadlines, & Volunteer Opportunities

2011 4th Quarter

Date	Event	Contact
October 5	September Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
October 10	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
November 1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
November 5	October Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
November 15	January WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
November 17	General Membership Meeting**	Mike Kersten, 966-3095, geor63@jps.net
November	Families First Bike Assembly Volunteers	Dick Nussbaum 424-0933, rcnflyer@aol.com
November 24	Run to Feed the Hungry Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
December 5	November Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
December	Foster Santa Party Volunteers	Dick Nussbaum 424-0933, rcnflyer@aol.com
December 10	Photography Contest Deadline	Marilyn Floyd, 300-3595, mfloyd286@yahoo.com

2012 1st Quarter

Date	Event	Contact
January 5	December Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
January 9	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
January 28	Annual Awards Banquet	Mary Moore, bike.moore@yahoo.com
February 1	Apr, May, Jun Ride Description Deadline	Dan Anglim, ridedirector@surewest.net
February 5	January Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
February 13	Board & Business Meeting*	George Neill, 722-8592, geor63@jps.net
February 15	April WheelNews Submission Deadline	Jeanne Leland, editor@sacwheelmen.org
March 5	February Ride Rosters Submission Deadline	Bob Evans, mileage@sacwheelmen.org
March 15	General Membership Meeting**	Mike Kersten, 966-3095, geor63@jps.net

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

** 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.

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.



Fit to Bike

Many of the assembled audience at July's Wheelmen General Meeting were veteran cyclists with their collective share of cycling related aches and pains and stories to tell about them. So all were very interested in hearing what Robert Kopitzke had to say about cycling injuries.

Rob is a physical therapist, Pilates instructor, cyclist and the owner of Body Concepts in Folsom. He has been an Orthopedic-Sports Physical Therapist for over 23-years and obtained an "Elite" USA Cycling Coaching license in 1998. He is a Master Pilates Instructor and certified Neuromuscular Reprogrammer. He has worked with hundreds of cyclists (including many Wheelmen) throughout the Sacramento region since 1994 when he started Peak Cycling. He established Body Concepts in 1998 and has a thorough understanding of the human body and what a cyclist needs to be painfree.



He explained the four main causes of cycling injuries: trauma (the dreaded crash), volume (repetitive injury), intensity (riding harder) and positional (how your bike fits you). While the first three causes deal with healing existing injuries, it's the bike fit that with slight adjustments and adaptation can actually prevent injuries and improve performance.

Since we are all built differently, each rider has their own unique physical dimensions. How these dimensions relate to those of your bike can create problems if not aligned correctly. If, after a ride you are experiencing knee soreness, for example, improper alignment of your knee in relation to your foot could be the culprit. The same applies for hip, back, neck and hand pain. There could be several reasons for cycling discomfort. It's a bit like the song "the knee bone is connected to the thigh bone, the thigh bone is connected to the hip bone..." The process of a professional bike fit can identify and correct these alignment issues and alleviate aches and pain. We all plan to ride forever. We spend a good deal of our time and money on our bicycles. If pain is keeping you from enjoying riding or from riding at all, another alternative to popping those daily ibuprofens is a professional bike fit.

For more information about Rob and Body Concepts: www.bodyconceptsinc.com

Thank You Mike!

Mike Dodson has served as Locker Coordinator for the last eight years. His duties included maintaining inventory, distributing, organizing, and cleaning our Club's event supplies, tools, and materials. Locker items are used throughout the year for the Sierra Century, the Club Tour, Picnic and Banquet as well as loans to other clubs and organizations. Mike took his job very seriously. He would come at a moment's notice when asked. As Tom Goodwin said, "the locker ain't no cakewalk". Mike went above and beyond for the Wheelmen.



New Members May 16-July 29, 2011

Debbie Day
Diana Gaskins
Niki Gamboa
Denise Jurich
John Kennedy
Etienne Louw
Shelley Marenka
Susan Pierce
Doug Ratliff
Ed Shaffer
Suzanne Shaffer
Jon Scofield
Kathryn Scofield
Carl Stein
Sherwood Sterling
Charlie Weiss
Dena Wilson
Jennifer Wooley

ANNUAL AWARDS BANQUET

The Sacramento Wheelmen Annual Awards Banquet will be held on Saturday, January 28, 2012. This gala evening will be held at the Sacramento Hilton, 2200 Harvard St., Sacramento, CA.

Festivities begin at 6:00 P.M. with a No Host Bar and Mileage Photos. Dinner is at 7:30 P.M. and menu selections include Roasted New York Strip Sirloin, Grilled Salmon, or Tri Colored Cheese Tortellini. Presentations will follow dinner. The cost for the evening is \$35.00 (by 12/15) or \$40 (after 12/15) 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 e mail 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.

4th Quarter 2011 Ride Calendar

October 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Sac 20/30/55 Elk Grove 40/60/80
2 Foothill Frolics 42/55 Folsom 50 Davis 40/73	3 Sac 40/55 Paso Robles Zodiac	4 W2, W3, W4 Paso Robles Zodiac	5 W5, W6 Paso Robles Zodiac	6 W7, W8, W9 Paso Robles Zodiac	7 Paso Robles Zodiac	8 Davis 34/65 Roseville 30/40/50
9 Mt Diablo 58	10	11 W2, W3, W4 Heavy Bike Tour	12 W5, W6 Heavy Bike Tour	13 W7, W8, W9 Heavy Bike Tour	14	15 Sac 20/30/55 Davis 35/65/104 Elk Grove 42/57
16 Foothill Frolics 39/60 Citrus Hts 23 to 107	17 Sac 50/74	18 W2, W3, W4	19 W5, W6	20 W7, W8, W9	21	22 Davis 30/53 Winters 40/55 Roseville 30/40/50 San Francisco 75
23 San Francisco 25 Fab Fifties 38/60	24 Rancho Cordova 32/78	25 W2, W3, W4	26 W5, W6	27 W7, W8, W9	28 Lincoln 52/103	29 Sac 20/30/55 El Dorado Hills 40
30 Foothill Frolics 35/50 Sac to Chico 105	31 Halloween Chico to Sac 105					

November 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 W2, W3, W4	2 W5, W6	3 W7, W8, W9	4 Sac 56/75	5 Sac 20/30/55 Rancho Murieta 40/60 Roseville 30/40/50
6 Daylight Savings Time Ends Fab Fifties 31/45/53 Folsom 50 Acampo 31/63	7 Sac to Jackson 70	8 Election Day W2, W3, W4 Jackson Zodiac	9 W5, W6 Jackson Zodiac	10 W7, W8, W9 Jackson to Sac 70 Jackson Zodiac	11 Veteran's Day Roseville 36	12 Sac 20/30/55 Clarksburg 35/50
13 Foothill Frolics 35/48	14	15 W2, W3, W4	16 W5, W6	17 W7, W8, W9	18 Sheldon 32/66/78	19 Rancho Murieta 38/50/73 Roseville 30/40/50
20 Fab Fifties 33/44/53 Citrus Hts 23 to 107 Davis 60/80	21	22 W2, W3, W4	23 W5, W6	24 Thanksgiving Run to Feed the Hungry	25 Folsom 41/87	26 Sac 20/30/55 Freeport 40/60
27 Foothill Frolics 40/60	28 Freeport 39/74	29 W2, W3, W4	30 W5, W6			

December 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 W7, W8, W9	2 Elverta 45/86	3 Sac 20/30/55 Rancho Murieta 40/60 Roseville 30/40/50
4 Fab Fifties 37/42 Folsom 50 Sac 51/74/94	5 Rancho Cordova 48/68	6 W2, W3, W4	7 W5, W6	8 W7, W8, W9	9	10 Sac 20/30/55 Sheldon 44/54
11 Foothill Frolics 46 Davis 60/80	12	13 W2, W3, W4	14 W5, W6	15 W7, W8, W9	16	17 Sac 20/30/55 Clarksburg 35/50
18 Fab Fifties 40 Citrus Hts 23 to 107	19 Sac 40/68	20 W2, W3, W4	21 W5, W6	22 W7, W8, W9	23	24 Elk Grove 40/57
25 Christmas Sacramento 20/40	26 Elk Grove 50/61	27 W2, W3, W4	28 W5, W6	29 W7, W8, W9	30	31 New Years Eve Elk Grove 40/57

Weekly Rides

•event	•description	•grading
(W2) TUESDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W3) TUESDAY BREAKFAST RIDE 8:30 AM & 9:00 AM Wayne's Place in William Pond Park Bike Trail at the end of Arden Way	Join a group of easy riders on this long-standing traditional weekly ride on the bike trail. Different direction each week to find favorite breakfast spots, some old, some new. Tom Goodwin, 362-1780, tgoodwin0703@att.net Nick Hourigan, 487-0993, helnick@sbcglobal.net	25 to 75 Rolling Flexible
(W4) TUESDAY BREAKFAST RIDE DOWNTOWN 9:00 AM Miller Park Front Street South off Broadway	The "other" breakfast ride on Tuesday will explore a variety of breakfast destinations in the area. There will be an extended ride each week as well. Bob Maben, 455-5715, rcnaben@comcast.net Dave Storm, 665-2169, dlstorm@worldnet.att.net	25 to 75 Flat Flexible
(W5) WEDNESDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond.	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W6) WEDNESDAY BRUNCH RIDE 9:00 AM Oct 10 AM Nov & Dec Sacramento West of Playground at Grant Park on C St. near 22 nd St	Four winds Midtown brunch ride: The goal is to ride loops in each direction and to cover all 4 directions in a month. Food and water available in route. Joe McCormick, 448-1032, mccormickjm@comcast.net Mary Moore, 284-1905, bike.moore@yahoo.com	25 to 75 Flat Flexible
(W7) THURSDAY COMMUTE RIDE 6:00 AM Wayne's Bench William Pond Park 4:30 PM Cal/EPA building 5:00 PM Blue Diamond	Commute downtown to work and return home from Cal/EPA Building at the corner of 11 th and H Streets. Meet at 4:30 for 4:45 start. Non commuters are welcome (retired folks who want to get some miles and reminisce about the good old working days). If you want you can meet us along the way on the AR Bike Trail heading east. Routes may vary depending on weather. If you are new call me to confirm route. And yes, we may be riding in rain. Dennis King, 284-4555, velo_king@sbcglobal.net	10-50+ Flat Flexible
(W8) THURSDAY BREAKFAST RIDE 8:30 AM Sunrise Bridge PL & Bike Trail 9:00 AM Gold River Shopping center, southeast corner of Sunrise 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 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, rcnaben@comcast.net	35 to 60 Flat Flexible

October Rides

•event	•description	•grading
1 SAT South-West Ride Series 9:00 AM Elk Grove It's a Grind PL Elk Grove Blvd & Waterman	We'll "grind" it out around the Delta or in the lower foothills. Stop for refreshments half way. Tom Gardner, 685-4085, tbgardner@surewest.net	40-60-80 Flat/Rolling Flexible
1 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
2 SUN Foothill Frolics Searching for Bike Trails 9:00 AM Loomis Horseshoe Bar and Taylor Rds	Starts next to the Wild Chicken. Parking lot entrance on Webb St. off of Taylor. We'll be searching for the bike trails in the Loomis, Folsom, and Roseville area as we ride from Loomis. These are the fun, illusive and little known new bike trails. Of course, there will be a coffee stop. This is a great fall ride with easy bail outs if bad weather threatens. Tim Koch, 488-8218, mtkoch@surewest.net	42-55 Rolling Flexible
2 SUN Coffee Republic for the rest of Us 9:30 AM Folsom Coffee Republic Folsom Auburn Rd near Greenback Ln	Join us for a fast, hilly, fun ride on the first Sunday of the month. Routes will include Barton Rd, English Colony, Ridge Rd, Indian Hill, and Auburn Folsom. Gilbert Martinez, 524-7608, giljmart@pacbell.net	50 Hilly Training
2 SUN Northwest Valley Loop 9:00 AM Davis Carl's Jr PL Covell & Rd 102	The ride goes west from Davis then north along the hills to Dunnigan and returns to Davis through Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-73 Rolling Flexible
3 MON Delta Wanderer 10:30 AM Sacramento Walgreen's PL Florin & Riverside	A little cruise through the Delta via Thornton and Walnut Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-55 Flat Flexible
3-7 MON-FRI Paso Robles Zodiac Paso Robles Adelaide Inn	See Tour/Zodiac Schedule.	

October Rides

Continued

•event	•description	•grading
4 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).	
5 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
6 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).	
8 SAT South/West Ride Series Tour de Vacaville 9:00 AM Davis Davis High School Oak Ave	Meet at Davis HS parking lot next to athletic field on Oak Ave. From Sac, 80 West, Exit R Mace, BL Covell, X over tracks, L Oak Ave. Peter Becker, 442-1850. Ps_beck@sbcglobal.net	34-65 Flat Flexible
8 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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
9 SUN Fab Fifties Series Mt. Tarantula aka Diablo 8:30 AM Blackhawk-Camino Tassajara Starbucks Camino Tassajara & Crow Canyon/Blackhawk	Take I-80 W to 680 S, exit Crow Canyon, and Starbucks will be on the R at the corner of Camino Tassajara. We'll ride up Mt Diablo via the South Gate Rd., where you can continue up Summit Rd to the TOP for a great view, (1700 ft of the climbing). Be on the lookout for the amorous male tarantulas commonly seen crossing the road during the fall seeking mates (the grass is always greener). Descend North Gate Rd, then some climbing thru the scenic and rural Morgan Territory. Take a break in Clayton at mile 28. Bring 2 water bottles and snacks. Total elevation 5200 ft. Sandy Yarrow, 802-0898, skybike@surewest.net	58 Hilly Flexible



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Sacramento Wheelmen
October Rides

Continued

•event	•description	•grading
11-13 TUE-THUR Heavy Bike Tour Sacramento/Davis Train Station	See Tour / Zodiac Schedule.	
11 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).	
12 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
13 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).	
15 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-30-55 Flat/Rolling Casual
15 SAT Foxy's Fall Century 7:00 AM Davis Veteran's Memorial Center	On the 100 miler ride through the orchards of Yolo and Solano Counties and into the hills of Napa County with 2000 feet of climbing. The 100K is a new route this year following the 100 miler out to Pleasants Valley Rd then turns right back to Davis while the 100 miler continues to Fairfield and beyond. Be sure to register early as it tends to fill up quickly. Pasta dinner at the finish for registered riders. Must wear Wheelmen Jersey to get club miles. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	35-65-104 Flat, Rolling, Moderate Flexible

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October Rides

Continued

•event	•description	•grading
15 SAT South/West Ride Series Lodi Grapevine 9:00 AM Elk Grove Bruceville Rd @ Whitelock Pkwy	Ride through the vineyards to Panera's Bakery in Lodi. Peter Becker, 442-1850, Ps_beck@sbcglobal.net	42-57 Flat Flexible
16 SUN Foothill Frolics Ray's Romp Foresthill Ride 9:00 AM Loomis Community Park King Rd & Ong	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. Dale Johnson, 284-5208, davijohnsickr@comcast.net	39-60 Rolling/Hilly Flexible
16 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks	Choose a ride from 5 related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 Flat/Hilly Flexible
17 MON Sloughouse Loop 10:00 AM Sacramento Walgreen's PL Florin & Riverside	An easy loop through Elk Grove, Sheldon and Sloughouse, and then back around through Wilton to Hood and up the river to the start. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-74 Rolling Flexible
18 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).	
19 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
20 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
22 SAT South/West Ride Series Woodland Loop 9:00 AM Davis Carl's Jr E. Covell Blvd & Pole Line Rd.	A loop in the Valley up to Woodland and return through Winters. David Storm, 665-2169, dlstorm@frontier.net	30-53 Flat Flexible

October Rides

Continued

•event	•description	•grading
<p>22 SAT Cantelow and Mix Canyon 9:00 AM Winters City PL Railroad & Main</p>	<p>The ride will head towards Dixon through several walnut orchards. Then west to climb Cantelow. After climbing Cantelow, you have the option of climbing Mix Canyon (a 4.6 mile out and back) with some 20% grades. The ride takes you back to Winters. No water enroute unless you take a slight detour into Dixon. Mary Moore, 284-1905, bike.moore@yahoo.com Glenn Moore, 524-7785, mooreg@surewest.net</p>	<p>40-55 Moderate/ Mountainous Flexible</p>
<p>22 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)</p>	<p>Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Rain/ threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	<p>30-40-50 Moderate/ Hilly Flexible</p>
<p>22-23 SAT-SUN Marin and San Francisco 9:00 AM San Francisco Fort Mason Hostel</p>	<p>This is a two day ride covering both Marin County and San Francisco. The ride starts at the Fort Mason Hostel in San Francisco. Enter Fort Mason at the intersection of Franklin and Bay. Drive past the Chapel to your left and on to the Hostel. We have rented a separate building, with a bunk room for 20. Total cost to be shared is \$700, so \$35 each assuming we fill it. There is also a private room (\$85) plus four more on site. Saturday's ride will go up into Marin County, with several options and level of difficulty rides. On Sunday "Sunday Streets" is in the Mission District. This is the most fun of any of these events with salsa dancers and bands. Weird bicycles like the bicycling piano, merry-go-round, and fifteen foot tall cruisers. Tons of food being sold from booths set outside. Please contact Dale and let him know you are staying in the Hostel so that he doesn't get overbooked. Dale Butler, 415-563-5156, dalebutlerconsulting@gmail.com Sandy Yarrow, 802-0898, skybike@surewest.net</p>	<p>75 Hilly Flexible 25 Flat Casual</p>



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October Rides

Continued

•event	•description	•grading
23 SUN Fab Fifties Irish Hills Ride 9:00 AM El Dorado Hills Latrobe Elementary School Latrobe Rd & S. Shingle Springs Rd	East on Hwy 50 from Sacramento, take Latrobe Rd exit and continue South approx. seven miles. Park in the school lot. Enjoy the rolling hills around Ione and Lake Comanche (long ride). 2500 ft climbing. Water and food in Ione. No restrooms at start. Rain cancels. A Groupo ride. Eric Saur 359-1711 esaurbiz@yahoo.com	38-60 Moderate Flexible
24 MON South Loop 9:00 AM Rancho Cordova Mather Light Rail Station	The ride goes south from Mather AFB through Galt to Thornton, and returns via Elk Grove. Dick Nussbaum, 424-0933, rcnflyer@aol.com	32-78 Flat Flexible
25 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).	
26 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
27 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).	
28 FRI Penn Valley Loop 8:30 AM Lincoln Mc Bean Park A St & Hwy 193	North to Camp Far West then through Beale AFB, Smartville, Rough & Ready, and back through Higgins Corners, North Auburn before returning to Lincoln. Photo ID required for the long ride. Dick Nussbaum, 424-0933, rcnflyer@aol.com	52-103 Moderate Flexible
29 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
29 SAT South/West Ride Series Folsom Loop 9:00 AM El Dorado Hills El Dorado Hills P&R Latrobe & White Rock Rd Hwy 50 Exit 30 A	A scenic "as you like it" ride that goes over the new Folsom Dam bridge, loops Lake Natoma and Folsom with a pause at scenic views and stops at Karen's Bakery or Snook's Ice Cream Parlor (or both if you wish). Most major hills avoided but there are still a few to climb. Rain cancels. Bob Backer, 933-1366, RobertB603@aol.com	40 Rolling Flexible

October Rides*Continued*

event	description	grading
30 SUN Foothill Frolics Whistle Past the Graveyard 9:00 AM Penryn Trailhead Coffee & Cycle Taylor & English Colony	On the Eve of All Hallow's Eve, we will Whistle Past several Graveyards in the Penryn, Loomis, Lincoln, Auburn area. 1. (idiomatic, US) To attempt to stay cheerful in a dire situation; to proceed with a task, ignoring an upcoming hazard, hoping for a good outcome. 2. (idiomatic, US) To enter a situation with little or no understanding of the possible consequences. Dan Anglim, 797-0337, djanglim@surewest.net	35-50 Moderate Flexible
30-31 SUN-MON Chico and Back 8:00 AM Sacramento Walgreen's PL Florin & Riverside	Ride North to Chico, spend the night, and return the next day. Contact Ride Leader for details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	211 Rolling Flexible

Sacramento Wheelmen Annual Photo Contest for 2011

The Rules:

- Must be taken between December 1, 2010 and November 30, 2011.
- Must have bicycle involved in the photo such as wheel, shadow, bicycle (see categories below).
- Send admissions by January 10, 2012 or submit at every general meeting. There will be a box at every general meeting to submit your photos.
- Color and black/white

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

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

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

Submission Details:

The Entry Deadline is January 10th. Photos will be displayed at the banquet 2012. Please pick up your entries after the banquet. Submit 8 x 10 photos mounted on white poster board with at least one inch of the poster board surrounding the photo so we can handle the entries without putting fingerprints on the photos. Do not write on the front. On the back of the poster board write your name, phone number and category for the photo. Submit to Marilyn Floyd, at a ride or by mailing USPS to Marilyn Floyd. Care will be taken with regard to handling and protecting entries, however, Wheelmen Bicycle Club will not be held liable for damage or loss.

Email mfloyd286@yahoo.com with questions or address to mail entries.

Prizes:

Ribbon awards for top three places in each category and two Honorable mentions will also be awarded in each category.

November Rides

•event	•description	•grading
1 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).	
2 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
3 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).	
4 FRI Northeast Hills 8:30 AM Sacramento Cal Air Museum PL McClelland Field 32 nd St & Freedom Park	Outbound through Roseville, Newcastle, and Auburn, then looping back through Lincoln and south to return to McClelland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	56-75 Hilly Flexible
5 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 Hilly Flexible
5 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-30-55 Flat/Rolling Casual
5 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. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
6 SUN Fab Fifties Series Fish or Climb Hills 9:00 AM Gold River Nimbus Fish Hatchery Gold Country Blvd & Hazel	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 Moderate/Hilly Flexible

November Rides *Continued*

•event	•description	•grading
6 SUN Coffee Republic for the rest of Us 9:30 AM Folsom Coffee Republic Folsom Auburn Rd near Green- back Ln	Join us for a fast, hilly, fun ride on the first Sunday of the month. Routes will include Barton Rd, English Colony, Ridge Rd, Indian Hill, and Auburn Folsom. Gilbert Martinez, 524-7608, giljmart@pacbell.net	50 Hilly Training
6 SUN Giro d'Vino 8:30 AM Acampo Woodbridge Winery 5950 East Woodbridge Rd	If you like wine here is your chance to mix wine tasting with cycling! Not that that's a good thing. Remember to use the bucket. Ride along the Mokelumne River basin with all rest stops at local wineries. This is a fairly flat ride, with only 500 ft elevation climb on the long ride. Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net	31-63 Flat/Rolling Flexible
7 MON Ride to Jackson 8:30 AM Sacramento Walgreen's PL Florin & Riverside	Ride to the Jackson Zodiac. Contact the Ride Leader for baggage support and details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	70 Hilly Flexible
8-10 TUE-THUR Jackson Zodiac 10:00 AM Jackson Best Western Amador Inn	See Tour / Zodiac Schedule. Nick Hourigan, 487-0993, helnick@sbcglobal.net	180 Mountainous Flexible
8 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).	
9 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
10 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 THUR Ride From Jackson 9:00 AM Jackson Best Western Amador Inn	Return ride from Jackson Zodiac. Contact the Ride Leader for baggage support and details. Dick Nussbaum, 424-0933, rcnflyer@aol.com	70 Hilly Flexible

November Rides *Continued*

•event	•description	•grading
11 FRI Maidu Loop 9:00 AM Roseville Maidu Park Rocky Ridge between Cirby & Douglas	Easy counterclockwise circle to Newcastle and return. Shortcuts available. Rain cancels. Doug Souvignier, 332-8194, Bikepals@juno.com	36 Rolling Casual
12 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Linda Zeisler, 457-8815, zeisler@sbcglobal.net	20-30-55 Flat/Rolling Casual
12 SAT South/West Ride Series 9:00 AM Clarksburg Delta HS PL Netherlands Ave near River Rd	A ride in the Delta. Long ride goes through Rio Vista. David Storm, 665-2169, dlstorm@frontier.net	35-50 Flat Flexible



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November Rides *Continued*

•event	•description	•grading
13 SUN Foothill Frolics Rock Your CRAZY Socks 9:00 AM Loomis Train Station Behind Wild Chicken Taylor & Horseshoe Bar	Here is your chance to show off that pair of socks that just never seems to go with your gear~~ You know, the brighter, uglier or sillier the better!!! Our ride will take us from Loomis to Penryn and beyond with a little surprise for the CRAZIEST pair of socks!! <p style="text-align: right;">Shelly Barrette, 216-6527, irongirl11234@yahoo.com</p>	35-48 Rolling Flexible
15 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).	
16 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
17 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
18 FRI Valley Springs Loop 9:00 AM Sheldon Bert's Diner PL Grant Line Rd	South to Lockeford, Linden, near Valley Springs, then back through Buena Vista, Ione, and Rancho Murieta to Sheldon. Moderate climbing on the long ride. <p style="text-align: right;">Dick Nussbaum, 424-0933, rcnflyer@aol.com</p>	32-66-78 Hilly Flexible
19 SAT South/West Ride Series 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, left on Reynosa – Park is on the right. Moderate degree of climbing. Short stop halfway through the ride. <p style="text-align: right;">John Hockenbury, 685-7527, j.hockenbury@comcast.net</p>	38-50-73 Hilly Flexible
19 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. Rain/ threat of rain cancels. <p style="text-align: right;">Bill & Marilyn Floyd, 300-3593, xpress@surewest.net</p>	30-40-50 Moderate/ Hilly Flexible
20 SUN Fab Fifties Series Ride Around the Block 9:00 AM Shingle Springs Shingle Springs P&R Ponderosa Rd exit at Hwy 50	From Shingle Springs, two routes take us to Placerville. The route splits after 24 miles and the long route continues on to Georgetown (market and cafes), plenty of climbing on both. The shortest option splits at Hwy 193 and 49 above Placerville. <p style="text-align: right;">Tom Goodwin, 362-1780, tgoodwin0703@att.net</p>	33-44-53 Roll/Mod/Hill Flexible

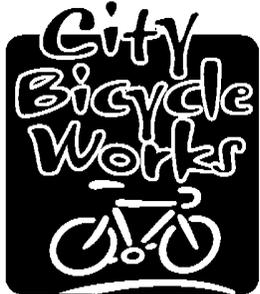
November Rides *Continued*

•event	•description	•grading
20 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks	Choose a ride from 5 related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 Flat/Hilly Flexible
20 SUN Davis Northwest 9:00 AM Davis Carl's Jr PL Covell & Rd 102	A flat and sometimes rolling loop through the farmlands near Dixon, Winters, Esparto, Knights Landing, and Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	60-80 Rolling Flexible
22 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).	
23 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
25 FRI Folsom Northeast 9:00 AM Folsom Folsom Light Rail Station Leidesdorff & Reading St	Out through Salmon Falls, up the hill to near Georgetown, and back through Placerville, El Dorado Hills, then Cameron Park on the way back to Folsom. Dick Nussbaum, 424-0933, rcnflyer@aol.com	41-87 Moderate/Hilly Flexible
26 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
26 SAT Delta Cruising 10:00 AM Freeport Cavanaugh GC PL Freeport Blvd at the Bridge	A meandering ride through the Delta. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-60 Flat Flexible
27 SUN Foothill Frolics A Perfect Blend 9:00 AM Roseville S.E. Corner of Sierra College & E. Roseville Pkwy	Ride the rollers of Loomis, Lincoln Newcastle, climb Ridge and come back to start to share a warm cup of coffee with fellow riders. A Groupo Ride. Deborah Walburg, 451-2470, walburg@surewest.net	40-60 Moderate/Hilly Flexible

November Rides

Continued

•event	•description	•grading
28 MON The Extended Cruise 10:00 AM Freeport Cavanaugh GC PL Freeport Blvd at the Bridge	A meandering ride through the Delta between Freeport and Iselton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	39-74 Flat Flexible
29 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).	
30 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	



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December Rides

•event	•description	•grading
1 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
2 FRI Nicolaus Kinght's Landing 8:30 AM Elverta Post Office PL Elverta Rd & Elwyn Ave	Some real backroads in the North Valley. Dick Nussbaum, 424-0933, rcnflyer@aol.com	45-86 Flat Flexible
3 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Linda Zeiszler, 457-8815, zeiszler@sbcglobal.net	20-30-55 Flat/Rolling Casual
3 SAT South/West Ride Series 9:00 AM Rancho Murieta South Gate	Ride will start at Riverview Park. Take Murieta South Pkwy to Reynosa, 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 Hilly Flexible
3 SAT Conquer the Basin 9:00 AM Roseville Sharp Bicycles 701 Pleasant Grove (Nugget Shopping Center)	Come out and conquer the hills that surround the Loomis Basin. We will meet at Sharp Bicycles in Roseville and ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water in route. Rain/threat of rain cancels. Bill & Marilyn Floyd, 300-3593, xpress@surewest.net	30-40-50 Moderate/ Hilly Flexible
4 SUN Fab Fifties Series 9:00 AM El Dorado Hills El Dorado Hills Park & Ride White Rock & Latrobe Rds	A challenging route on rural roads but not quite a mountain goat ride. Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net	37-42 Moderate Hilly Flexible
4 SUN Coffee Republic for the rest of Us 9:30 AM Folsom Coffee Republic Folsom Auburn Rd near Greenback Ln	Join us for a fast, hilly, fun ride on the first Sunday of the month. Routes will include Barton Rd, English Colony, Ridge Rd, Indian Hill, and Auburn Folsom. Gilbert Martinez, 524-7608, giljmart@pacbell.net	50 Hilly Training

December Rides

•event	•description	•grading
4 SUN Woodland Loop 9:00 AM Sacramento Walgreen's PL Florin & Riverside	A loop around Woodland through Esparto and Davis. Dick Nussbaum, 424-0933, rcnflyer@aol.com	51-74-94 Flat Flexible
5 MON Galt Loop 9:00 AM Rancho Cordova Mather Light Rail Station Folsom Blvd & Mather Field	A long loop south through Galt. Dick Nussbaum, 424-0933, rcnflyer@aol.com	48-68 Flat Flexible
6 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
7 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
8 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
10 SAT South/West Ride Series 10:00 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 Flat Flexible
10 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
11 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 Moderate/Hilly Flexible

December Rides *Continued*

•event	•description	•grading
11 SUN Davis Northwest 9:00 AM Davis Carl's Jr PL Covell & Rd 102	A flat and sometimes rolling loop through the farmlands near Dixon, Winters, Esparto, Knights Landing, and Woodland. Dick Nussbaum, 424-0933, rcnflyer@aol.com	60-80 Flat Flexible
13 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
14 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
15 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
17 SAT Get In Shape Ride 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	Join us for a comfortably paced ride. This is a great ride for new riders wanting to learn about the Sacramento Wheelmen and develop their biking skills. Primarily on the bike trail, venturing off to coffee stops, etc. Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com	20-30-55 Flat/Rolling Casual
17 SAT South/West Ride Series 9:00 AM Clarksburg Delta HS PL Netherlands Ave near River Rd	A ride in the Delta. Long ride goes through Rio Vista. David Storm, 665-2169, dlstorm@frontier.net	35-50 Flat Flexible
18 SUN Fab Fifties Series El Dorado Hills/Folsom Excursion 10:00 AM El Dorado Hills P&R Whiterock and Latrobe Rds	A new ride which will traverse some new and old roads we have all ridden at one time or another with plenty of climbing.. We will stay reasonably close in the advent of rain. There will be several opportunities for bail-out in case of rain. Rain at the start cancels the ride Ron Brown, 486-3665, rl-brown@pacbell.net.	40 Hilly Flexible
18 SUN In-N-Out Century 8:00 AM Citrus Heights C-Bar-C Park on Oak Ave At signal ½ mile east of Fair Oaks	Choose a ride from 5 related easy, flat routes with very little traffic, heading West along the American River Parkway Bike Trail to the Davis In-N-Out Burger, and return. Or, choose a ride from 6 related Sierra Foothills routes heading East with up to 6,250 foot climb to the Auburn In-N-Out Burger, and return. See http://home.surewest.net/g/century.html for more information. George Neill, 722-8592, geor63@jps.net	23 to 107 Flat/Hilly Flexible
19 MON Delta Loop 10:00 AM Sacramento Miller Park Marina PL Front St south of Broadway	A loop through West Sacramento, then south through Ryer Island, Walnut Grove, and back to Miller Park. Dick Nussbaum, 424-0933, rcnflyer@aol.com	40-68 Flat Flexible

Sacramento Wheelmen
December Rides

Continued

•event	•description	•grading
20 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
21 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
22 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
24 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & W. Taron	A ride into the Delta. There will be a stop about halfway. Dave Graska, 698-1506, davidgraska@yahoo.com	40-57 Flat Flexible
25 SUN Bean Soup Ride 10:00 AM Sacramento Discovery Park Mile Zero on the Bike Trail	Join us for the 12 th annual Christmas 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.	20-40 Flat Flexible
26 MON Clay Station Loop 9:00 AM Elk Grove Safeway PL Franklin & Laguna	A mostly flat loop south then east to Clay Station and back through Lodi and Thornton. Dick Nussbaum, 424-0933, rcnflyer@aol.com	50-61 Flat Flexible
27 TUE	Tuesday Commute Ride. See Weekly Ride Schedule (W2). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).	
28 WED	Wednesday Commute Ride. See Weekly Ride Schedule (W5). Wednesday Brunch Ride. See Weekly Ride Schedule (W6).	
29 THUR	Thursday Commute Ride. See Weekly Ride Schedule (W7). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).	
31 SAT South/West Ride Series 9:00 AM Elk Grove Kinetic Bike Store Elk Grove Blvd & W. Taron	A ride into the Delta. There will be a stop about halfway. Dave Graska, 698-1506, davidgraska@yahoo.com	40-57 Flat Flexible

2011

Tour/Zodiac Schedule

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

Oct 3-7
MON-FRI

Paso Robles Zodiac
9:00 AM
Paso Robles
Adelaide Inn
1215 Ysabel Ave.

We will be riding through beautiful rolling hills and vineyards to the coast and along Highway 1. There are organized group rides starting on Tuesday, October 4th and ending Thursday, October 6th. You may opt to do a short ride on Friday the 7th before heading back to Sacramento. You can also select your own rides from a variety of route sheets provided. Tradition has been to do a SAG supported wine and olive oil tasting ride, a ride to the coast, and an inland ride.

A block of rooms, under the Sacramento Wheelmen, is being held until September 3rd at the Adelaide Inn (800-549-PASO) Price range is from \$84 to \$122 depending on number of beds and location. A Best Western Black Oak (805-238-4740) and Motel 6 are close to the Adelaide Inn. Camping is also available in the Paso area. It is about a 4 hour drive from Sacto, so plan accordingly.

Mary Moore 284-1905 bike.moore@yahoo.com
Glenn Moore 524-7785 mooreg@surewest.net

Oct 11-13
TUE-THUR

Heavy Bike Tour
Sacramento/Davis
Train Station

This ride is a reason to take your touring bike for a ride. There is no sag, and no bags, just what you can carry on your bike. We will be doing the old Occidental route (Oakland, San Francisco, Mt. Tam/Hicks Valley, Warm Springs Rd, Trinity, Cardiac). We will stay in Occidental and Napa. Contact the Ride Leader for further details. This is not a ride for the faint of heart, this is the real deal!

David Clifton, 354-1137, superdave911@sbcglobal.net

250
Severe
Casual

Nov 8-10
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

180
Mountainous
Flexible



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2012 Tour/Zodiac Schedule

<p>Jan 17-20 TUE-FRI Napa Zodiac 9:00 AM Winters Putah Creek Cafe</p>	<p>Meet in Winters for breakfast at Putah Creek Cafe. Ride starts at 9:00. SAG for gear available at Winters only. We'll be staying in Napa at The Chablis Inn, 3360 Solano Ave, 707-257-1944. Rates are one Queen-\$79, one King-\$84, and two Queens-\$89. Let the staff know you are with the Sacramento Wheelmen. If you plan to drive to Napa please volunteer to carry someone's gear. Those wanting a longer first and third day can leave from Davis or West Sacramento, but no official SAG from there. Total mileage is about 175 with 8,000 feet 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.</p> <p style="text-align: right;">Hal Baker, 443-4514, hmbaker1@sbcglobal.net Scott Pierce, 714-9034, sandjpierce@frontier.net</p>	<p>175 Moderate Flexible</p>
<p>Feb 11 SAT Tour de Palm Springs</p>	<p>Tour de Palm Springs is an event designed to raise money for non-profit organizations in the Coachella Valley. This year, organizers hope to raise over \$200,000 for local charities. Palm Springs' famous weather, gorgeous mountain scenery, thousands of bike riders, and raising money for charities make the Tour de Palm Springs and event like no other! For more information see www.tourdepalmsprings.com.</p> <p>Note: This tour is included for information only, since no Ride Leader has been identified at this time.</p>	
<p>Feb 13-16 MON-THUR Borrego Springs Zodiac Borrego Springs Palm Canyon Resort RV and hotel rooms available</p>	<p>We'll search for the sun in Borrego Springs, 80 miles south of Palm Springs. We'll ride Monday-Thursday and stay at the Palm Canyon Resort. Call the Resort (1-800-242-0044), and say you're with the Sacramento Wheelmen when making your reservations. This zodiac ties in perfectly with the Tour de Palm Springs, on Saturday, Feb 11th.</p> <p style="text-align: right;">Dennis King, 284-4555, velo_king@sbcglobal.net Dale Johnson, 284-5208, davijohnsickr@comcast.net</p>	<p>240 Moderate-Hilly Flexible</p>
<p>June 18-22 MON-FRI Mt. Shasta Zodiac Mt. Shasta Mt. Shasta KOA 900 N. Mt. Shasta Blvd</p>	<p>This area is a recreational paradise. 5 days of riding. Lightly traveled roads, great scenery, and neat little towns. Additional routes planned for this year. Rides start at the KOA campground. Camping at KOA, phone #800-562-3617. Cold Creek Inn for the non-campers is about 1/4 mile from the campground, phone #800-292-9421. Contact Ride Leader if you are going.</p> <p style="text-align: right;">Dale Johnson, 284-5208, davijohnsickr@comcast.net</p>	<p>200 to 300 Med Hill Long Mtn Flexible</p>

20% off to Wheelmen Club Members



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YES! I've decided to:

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

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

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

My Talents and Skills are:

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

(circle one)

Name _____ M F

List names of all family members who will ride or volunteer

_____ M F

_____ M F

Address _____

City _____ Zip _____

Phone _____ E-mail _____

Here's what it's going to cost:

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

Please mail this application with check payable to:

PO Box 15739
Sacramento, CA 95852

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

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

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

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

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

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

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

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

All members please read the release, sign and date.

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE

SIGNATURE(S) OF APPLICANT(S) DATE

SIGNATURE OF PARENT/GUARDIAN (if under 18) DATE



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- \$500 Leadership Circle*
- \$100 Century*
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- \$75 Business/Group *
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City: _____

State: _____ Zip: _____ Phone: _____

E-mail: _____

