

## Sacramento Wheelmen's Ride Schedule & Newsletter

### Plan B Options for the Canceled Oregon Tour

This year's annual tour to Oregon was canceled due to a major fire burning outside Glendale Oregon. The tour's start location in Glendale became the fire command post. The road the riders would have used to come home was closed and air quality was marginal. So, with a little help from their friends, members opted for a couple of Plan B options.

#### Oregon Coast Adventure

by Don DuPage

My friend Ward had been talking about a ride down the Oregon coast from Astoria to Brookings for the last year. So we decided to give it try and left for Astoria on August 15th. His wife Jane graciously volunteered to drive and be our sag. Jane did an outstanding job for us and made our ride really great. She found us campgrounds and bought groceries and the essential BEER. The state park campgrounds along the coast of Oregon are wonderful,



Wade and Jane prepare to leave Astoria

found a great back road to Seaside 18 miles south of Astoria. This route kept us off the bridge on 101 out of Astoria. Seaside was horrible traffic everywhere coming and going out of town. Soon we were down the road and passed through Cannon Beach, a very picturesque beach community. We finished the day off in Rockaway Beach with 64 miles.

Day two from Rockaway Beach to Lincoln City another 65 mile day with some great back roads out of Tillamook passing by the Three Arch Rocks National Wildlife Refuge. This road kept us on 101 to Pacific City. A long climb before Lincoln City and another great campground called Devils Lake right in Lincoln City. We usually started our riding rather late by Wheelmen standards, usually about 10- 10:30 A.M.

*continued on page 2*

#### All Dressed Up, and No Place to Go.

by Sandy Yarrow

After fires in Oregon caused an unprecedented cancellation of the Oregon Club Tour, we were 'all dressed up and no place to go'. Quick thinking Dave Clifton, aka SuperDave, sprang into action and proposed an alternate camping trip to



Pt. Reyes Lighthouse.

*continued on page 3*



Don (top) and Wade leaving Humbug Mountain State Park

clean and unlimited hot water for showers (free) no quarters to hunt down for each shower.

We started our ride on Aug 17 from Astoria. We tried to stay off 101 whenever possible and

## SAVE <sup>this</sup> DATE! JANUARY

### ANNUAL AWARDS BANQUET

Saturday, January 25, 2014

Registration form inside or available on [www.sacwheelman.org](http://www.sacwheelman.org)

#### Look what's inside . . . .

3	Ride Director	6	Ride Calendar	12	November Ride Schedule
4	Wheel Community	7	Weekly Rides	16	December Ride Schedule
5	Club Calendar	8	October Ride Schedule	21	Zodiac Schedule



PO Box 15739  
Sacramento, CA 95852

President  
**Jim Dodds**  
sacwheelpres@gmail.com

Vice President  
swvicepres@gmail.com

Ride Director  
**Dan Anglim**  
swridedirector@gmail.com

Secretary  
**Laura Choate**  
swsecretary1@gmail.com

Treasurer  
**Dale Johnson**  
swtreasurer5@gmail.com

Sierra Century Directors  
**Mike and Elisabeth Kersten**  
swsierracentury@gmail.com

Membership  
**Dave Storm**  
sacmembership@gmail.com

Mileage Compilation  
**Mike Snyder**  
riderosters@gmail.com

Marketing/Special Events  
**Sandy Yarrow**  
swmarketing3@gmail.com

Community Affairs/Gov. Liaison  
**Dennis King**  
swcommunityaffairs@gmail.com

Email List Administrator  
**Rich Percival**  
swelistperson@gmail.com

### Administrative Volunteer Opportunities Available

WheelNews Advertising Coordinator

WheelNews Editor

Committee members (2) for Donations Committee

Please contact Club President Jim Dodds at [jmdodds@surewest.com](mailto:jmdodds@surewest.com)

### Plan B, Oregon Coast Adventures ... continues

Day 3 was tough 85 miles and some fairly big climbs, all on 101, ending the day at Honeyman State Park just south of Florence. We were beat up and needed extra BEER that night and Jane thoughtfully bought us a little whiskey to ease the pain. Day four was a only a 57 mile day that took us south of Coos Bay over Charleston and off 101 to Sunset Bay State Park.

Day 5 we were off 101 for the first part of the ride and down into Bandon and then back on 101 to Humbug Mountain State Park. Yup, another wonderful state park with a great beach again for an evening walk. We had another easy 56 mile day. The sixth and our last day into Brookings, the weather that morning was foggy and overcast, an unwanted surprise because we had had such great weather all the way to Humbug Mountain. So we started out about 10:30 and as we rode south to Brookings the weather got worse, thick fog, we had to pull over to wipe our sun glasses. We got to Gold Beach and now it was misting and getting wetter. We were 10 miles out of Brookings when we were in full blown rain storm. We had to quit. The trucks were blowing water on us, our brakes were not working down hill and we couldn't see very well. Ward called Jane to pick us up. Soon she was there and we put the bike rack on, put the bikes on the car, turned up the heat, and tried to recover

from near hypothermia. We finished that day with 40 miles and were just glad to be heading back to California and a warm motel in Eureka. Amazingly we had no flats or any mechanical problems. The trip was epic and a great time with a total of 370 miles in six days. I am sure the ride would have never happened without our wonderful SAG Jane, she made the trip go easy for us. Thanks Jane. ☺

## How to Join SacWheelmen YAHOO! GROUP

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

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

## Congratulations to our Sacramento Wheelmen Triple Crown Winners

A Triple Crown winner is a cyclist who completes three or more of the California Triple Crown Double Centuries in one calendar year.

- |                 |                  |
|-----------------|------------------|
| Joni Bauer      | Tom Storelli     |
| Doug Beisner    | Russell Thurman  |
| Keith Cook      | David Vandershaf |
| Kevin Ellingson | Matthew Wietrick |
| Tim Mason       | Mabel Wong       |
| Bob Storelli    |                  |





# RIDE DIRECTOR

by Dan Anglim

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. For those who are still working, the Commute-to-Work options are available. This is your last chance 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. First quarter 2014 rides may be submitted now through November 1 for the months of January, February, and March on our website at [www.sacwheelmen.org](http://www.sacwheelmen.org). Go to the Rides dropdown, and select "Lead a Ride". All of the rides you led over the past three plus years are included in the Rides Archive. I suggest you print a copy of your rides, and then use the Ride Submittal Form to send them in. If it's a new ride you have in mind, that's ok too. There's a new form for that also. If you would rather just send me an email, that's ok too. If you have any questions, please let me know. I'm here to help. Our club depends on a deep and varied offering of rides, and so we depend on YOU to step up and lead rides. You can create your own ride, or choose one from the Ride Library found on the website. Additionally, please submit 2014 Tour and Zodiac dates so that our members can be planning ahead. ☺

## 4TH QUARTER ESTEEMED RIDE LEADERS

Dan Anglim	Dave Clifton	Nick Hourigan	Glenn & Mary Moore	Marie Schelling
Joni Bauer	Jeannie Ennis	Dale Johnson	Dick Nussbaum	Dick Shultz
Doug Beisner	Bill & Marilyn Floyd	Dennis King	William Poulton	David Storm
Ken Bell	Mike & Sandy Fox	Tim Koch	Gerry Rohlfes	Deborah Walburg
Barbara Bravos	Tom Goodwin	Bob Maben	Rick & Sandy Rusconi	Sandy Yarrow
Dale Butler	Paul Gunkel	Joe McCormick	Pam & Robert Samms	Linda & Richard Zeisler

## No Place To Go ... continues



Peteluma participants

the Point Reyes area. Time off from work is precious and most were already packed, so we were off to Olema Ranch Campground.

Our first ride was a hilly 44 mile out and back through Holsteinland to the historic Point Reyes Lighthouse.

We were able to ride our bikes beyond the parking area, but the last 300 ft to the lighthouse were stairs.

The first evening we shared a tasty communal meal. Later that night the pesky raccoons raided the camp. So, after that, we ate at the delicious nearby Farmhouse Restaurant.



Peteluma posse

The next day's ride included a stop at the Cheese Factory for coffee, and an "attention getting" climb up Wilson Hill before a nice lunch stop in bike friendly Laganitas.



Where to get your buns!

Thursday we took the new Marin Cross Trail paralleling Sir Francis Drake. Then into Fairfax for a stop at the Fat Angel Bakery before climbing Fairfax-Bolinas Rd up to Ridgecrest and descended down into the funky town of Bolinas for a great lunch.

The last day was marvelous over the Golden Gate, along the marina district

## Welcome New Members

May 16, 2013 - August 15, 2013



Matthew Becker

Sharon Beggs Thompson

Diaone Hiehle

Dean Mench

Jeff Murray

Dennis Nicholas

Stephen Strain



Super Dave at the Golden Gate

to Fisherman's Wharf and back. Thanks Dave!





**Heather Nielson**  
USA Cycling certified coach  
and elite level bike racer

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

E-mail: [nielson.heather@yahoo.com](mailto:nielson.heather@yahoo.com)  
Phone: 916-261-5392  
Mail: PO Box 1901, Orangevale CA 95662



**Daniel S. Glass**  
Attorney At Law

641 Fulton Avenue  
Suite 200  
Sacramento, CA 95825

(916) 483-1971  
Facsimile: (916) 483-1371  
e-mail: [dsglawyer@sbcglobal.net](mailto:dsglawyer@sbcglobal.net)

**EXPERIENCED CYCLIST  
EXPERIENCED LITIGATOR  
ATTORNEY FOR 23 YEARS**

## Annual Awards Banquet

The Sacramento Wheelmen Annual Awards Banquet will be held on Saturday, January 25, 2014. 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 Roast Prime Rib of Beef, 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 Bob Evans at 916.966-6077 or e mail him at [rjevans1943@gmail.com](mailto:rjevans1943@gmail.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

## WHEEL COMMUNITY

### 20th Thanksgiving Day Run to Feed the Hungry

Those interested in volunteering to help with course management, please contact Dennis King at [velo\\_king@sbcglobal.net](mailto:velo_king@sbcglobal.net). The ride will begin at Five Pints Shopping Center on Thanksgiving morning at the Scottish Rite Temple at 7:30 a.m..

### Annual Christmas Volunteer Events

Remember Families First and the Foster Santa annual events in December. Dick Nussbaum will be sending out information on the dates and times.

### Wheelman featured on Good Day Sacramento

Wheelmen Ed Scanlon was featured on Good Day Sacramento for his volunteer work at the Ronald McDonald House. Take a look at this video at <http://gooddaysacramento.cbslocal.com/video/9218258-good-people-doing-good-things/>. Do you have food, kitchen, electronics and other items you no longer need? Consider donating these to the Ronald McDonald House. See <http://www.rmhcnc.org>. Ed said even aluminum can pull tabs are collected. Last year these donated little tabs raised \$15,000. Give Ed a call or email, he'll even come get them.



## 2013 Sacramento Wheelmen Club Calendar

Club Meetings, Social Events, Volunteer Opportunities, & Deadlines

Date	Event	Contact
October 1	September Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
October 14	<b>Board &amp; Business Meeting*</b>	Mike Kersten, 966-3095, mikejkersten@aol.com
November 1	Jan, Feb, Mar Ride Description Deadline	Dan Anglim, swridedirector@gmail.com
November 1	October Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
November 15	January WheelNews Submission Deadline	sweditor122@gmail.com
November 21	<b>General Membership Meeting**</b>	Jim Dodds, 515-9812, jmdodds@surewest.net
November 28	Run to Feed the Hungry Volunteers	Dennis King, 284-4555, velo_king@sbcglobal.net
December ?	Families First Bike Assembly Volunteers	Dick Nussbaum, 424-0933
December ?	Sac Police Activities League Volunteers	Dick Nussbaum, 424-0933
December 5	November Ride Rosters Submission Deadline	Mike Snyder, riderosters@gmail.com
December ?	Foster Santa Party Volunteers	Dick Nussbaum, 424-0933

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

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

# RUN TO FEED THE HUNGRY

KERA 3 [www.kera3.com](http://www.kera3.com) KQCA my 53 [myqca.com](http://myqca.com)  
 present the 20th Annual  
 Western Health Advantage  
 Benefiting SACRAMENTO Food Bank & Family SERVICES  
 THANKSGIVING MORNING 2013 SACRAMENTO, CALIFORNIA

# 4th Quarter 2013 Ride Calendar

## October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 W1, W3, W4 Occidental Loaded Tour	2 W1, W2, W6 Occidental Loaded Tour	3 W1, W8, W9 Occidental Loaded Tour	4 W1, W2, W10	5 Sacramento 20/35/60 Penryn 30/40/50
6 Crocket 43/66 Gold River 30/37	7 W1, W2 Freeport 35/80	8 W1, W3, W4	9 W1, W2, W6	10 W1, W8, W9	11 W1, W2, W10	12 Sacramento 20/35/60 San Fran Zodiac
13 Loomis 36/54 San Fran Zodiac	14 W1, W2 Sacramento 45/74 San Fran Zodiac	15 W1, W3, W4	16 W1, W2, W6	17 W1, W8, W9	San Fran Zodiac 18 W1, W2, W10	19 Sacramento 20/35/60 Davis 35/65/104 Penryn 30/40/50
20 Shingle Springs 33/44/53 Sacramento 100	21 W1, W2 Oakland 100	22 W1, W3, W4	23 W1, W2, W6	24 W1, W8, W9	25 W1, W2, W10	26 Sacramento 20/35/60
27 Loomis 38/60 Winters 35/50	28 W1, W2 Lincoln 48/68	29 W1, W3, W4	30 W1, W2, W6	31 HALLOWEEN W1, W8, W9		

## November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 W1, W2, W10	2 Sacramento 20/35/60 Penryn 30/40/50
3 El Dorado Hills 50	4 W1, W2	5 W1, W3, W4 Jackson Zodiac	6 W1, W2, W6 Jackson Zodiac	7 W1, W8, W9 Jackson Zodiac	8 W1, W2, W10	9 Sacramento 20/35/60
10 Loomis 45 Elk Grove 40/60	11 W1, W2 Sacramento 54/80	12 W1, W3, W4 Tour de Venetian	13 W1, W2, W6 Tour de Venetian	14 W1, W8, W9 Tour de Venetian	15 W1, W2, W10	16 Sacramento 20/35/60 Penryn 30/40/50
17 Somerset 60	18 W1, W2 Sacramento 51/77/99	19 W1, W3, W4	20 W1, W2, W6	21 W1, W8, W9	22 W1, W2, W10	23 Sacramento 20/35/60
24 Carmichael 30/60	25 W1, W2 Davis 47/70	26 W1, W3, W4	27 W1, W2, W6	28 THANKSGIVING	29 W1, W2, W10	30 Sacramento 20/35/60 Penryn 30/40/50 Malibu 200

## December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Folsom 31/45/53 Elk Grove 40-60	2 W1	3 W1, W3, W4	4 W1, W6	5 W1, W8, W9	6 W1, W10	7 Sacramento 20/35/60
8 Loomis 46	9 W1 Rancho Cordova 32/78	10 W1, W3, W4	11 W1, W6	12 W1, W8, W9	13 W1, W10	14 Sacramento 20/35/60 Penryn 30/40/50
15 Rancho Murieta 40/60	16 W1 Sacramento 40/55	17 W1, W3, W4	18 W1, W6	19 W1, W8, W9	20 W1, W10	21 Sacramento 20/35/60
22 Loomis 50	23 W1 Elverta 52/94	24 W1, W3, W4	25 CHRISTMAS Sacramento 20/55	26 W1, W8, W9	27 W1, W10	28 Sacramento 20/35/60
29	30 W1 Sacramento 51/74/94	31 NEW YEAR'S EVE W1, W3, W4				



# Fourth Quarter 2013

# Weekly Rides

•event	•description	•grading
<b>(W1) MONDAY – FRIDAY COMMUTE RIDE</b>	Commute to work and gain Club miles. Submit your plan to the Ride Leader. Your plan must include to/from and RT mileage. Send a weekly note to the Ride Leader listing the days you rode. <b>Mike Snyder, 468-9745, riderosters@gmail.com</b>	10-50 Flat Flexible
<b>(W2) MONDAY, WEDNESDAY, FRIDAY THE DAILY CONSTITUTIONAL</b>  Five Points, corner of Arden & Fair Oaks	This series ride will be every Monday, Wednesday, and Friday, unless canceled on Yahoo Groups and is intended to just be a ride. No stops for food or coffee. You can get coffee at Bella Bru after the ride. We ride up the trail to Folsom Lake and turn around. You may choose to turn around at any time. <b>October Start is 9:00 AM, November Start is 10:00 AM. No Dec Ride</b> <b>Dennis King, 284-4555, velo_king@sbcglobal.net</b>	
<b>(W3) TUESDAY BREAKFAST RIDE</b>  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. <b>Tom Goodwin, 362-1780, tgoodwin0703@att.net</b> <b>Nick Hourigan, 487-0993, helnick@sbcglobal.net</b>	25 to 75 Rolling Flexible
<b>(W4) TUESDAY BREAKFAST RIDE DOWNTOWN</b>  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. <b>Bob Maben, 455-5715, rcnaben@surewest.net</b> <b>Dave Storm, 665-2169, infobike@yahoo.com</b>	25 to 75 Flat Flexible
<b>(W6) WEDNESDAY BREAKFAST RIDE</b>  9:00 AM Sacramento Grant Park on C St. near 22 <sup>nd</sup> 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. <b>Joe McCormick, 448-1032, mccormickjm@att.net</b> <b>William Poulton, wpoulton@sbcglobal.net</b>	25 to 75 Flat Flexible
<b>(W8) THURSDAY BREAKFAST RIDE</b>  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. <b>Dick Shultz, 853-1011, dieseldick@sbcglobal.net</b> <b>Sandy Yarrow, 791-3426, skybike@surewest.net</b> <b>Dave Clifton, 354-1137, superdave911@sbcglobal.net</b>	45 to 75 Rolling Flexible
<b>(W9) THURSDAY BREAKFAST RIDE, SOUTH</b>  9:00 AM Florin & Riverside	We'll meet across street from Shell station (Florin & Riverside). There will be long and short options available. <b>Gerry Rohlfs, 422-7711</b> <b>Bob Maben, 455-5715, rcnaben@surewest.net</b>	30 to 60 Flat Flexible
<b>(W10) FRIDAY BRUNCH RIDE</b>  9:00 AM Sacramento Grant Park on C St. near 22 <sup>nd</sup> St	Goal is to ride in all 4 directions in a month, if possible-yes, this means 15mph or slower on the bike path! This ride is a good transition for newer riders, who mostly ride the bike path, to branch out to ride in bike lanes and roads along with Wheelmen who have experience and are comfortable with traffic. Rides tend to be 2 hours or 30 miles in length, sometimes longer depending on the weather. We will find a place to have brunch along the way. <b>Joe McCormick, 448-1032, mccormickjm@att.net</b> <b>William Poulton, wpoulton@sbcglobal.net</b>	30 to 75 Flat Casual

# October Rides

•event	•description and grading
<b>1-3</b> <b>TUE-THUR</b> <b>Occidental Heavy</b> <b>Bike Tour</b> 8:00 AM Sacramento, AMTRAC Train Station	<b>Ride:</b> 200 Hilly Flexible <b>Leader:</b> David Clifton, 354-1137, superdave911@sbcglobal.net <b>Description:</b> A heavy bike tour of the old Occidental Zodiac. Baggage support available. Take the train to San Francisco then ride to Occidental on the first day. On to Napa on day two, and then back to Sacramento on day three. Contact the Ride Leader for details.
<b>1</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>2</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>3</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>4</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>5</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento Discovery Park Bike Trail @ Mile 0	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Mary Moore, 284-1905, Mary-Moore@surewest.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>5</b> <b>SAT</b> <b>Conquer The Basin</b> 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net <b>Description:</b> Come out and conquer the hills that surround the Loomis Basin. We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water along the route.
<b>6</b> <b>SUN</b> <b>Fab Fifties –</b> <b>Déjà Voodoo</b> 9:00 AM Crockett, Carquinez Regional Park, Crockett Blvd	<b>Ride:</b> 43-66 Moderate/Hilly Flexible <b>Leader:</b> Sandy Yarrow, 791-3426, skybike@surewest.net <b>Description:</b> Take I-80 WB exit 27 to Crockett, thru town on Pomona St, R on Crockett Blvd, and go .3 mi to the park. Water & bathrooms at start. This is infoDave's version of the metric loop of the Grizzly Peak Century. We'll ride Carquinez Scenic Drive, McEwen Rd, the mild mannered Mama, Pappa & Baby Hills of Bear Creek Rd, the switchbacks of Wildcat Canyon, and delight in the panoramic Grizzly Peak Drive, plus a great descent thru the redwood forest on Pinehurst Rd. Elev. 5,500 long route, and 2,500 short. No food for first 48 miles. This is one of my favorite rides! Yes, there are scenic worthy hills!
<b>6</b> <b>SUN</b> <b>Col du Costco/</b> <b>Brittany</b> 9:00 AM Gold River, Gold River Shopping Center, SE Corner of Sunrise Blvd & Gold Country Rd	<b>Ride:</b> 30-37 Moderate Flexible <b>Leader:</b> Deb Walburg, 458-2200, walburg@surewest.net <b>Description:</b> Let's labor over some hills. We'll take the bike trail to Folsom with two "Cols" to help you earn that after ride treat at Starbucks or Jamba Juice. The short ride avoids the two hills. Elevation gain-1600ft. A Groupo ride.



# October Rides *Continued*

•event	•description and grading
<b>7 MON</b> Around & About 9:00 AM Freeport, Cavanaugh GC PL, Freeport Blvd at the Bridge	<b>Ride:</b> 35-80 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A ride around Sacramento going south to Courtland, then east to Wilton, north to the bike path in Rancho Cordova, then west to Old Sac and back to Freeport.
<b>7 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>8 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>9 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>10 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>11 FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>11-14 FRI-MON</b> San Francisco Zodiac 9:00 AM San Francisco, Fort Mason Hostel	See Tour/Zodiac Schedule for details.
<b>12 SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Linda Zeiszler, 457-8815, lzeiszler@surewest.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>13 SUN</b> Foothill Frolics – Rocklin-Lincoln Clockwise Loop 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	<b>Ride:</b> 36-54 Rolling Flexible <b>Leader:</b> Dan Anglim, 797-0337, djanglim@surewest.net <b>Description:</b> This ride goes thru Rocklin and up Crest Drive before heading out to Lincoln via East Joiner Parkway. Return is by way of Sierra College and English Colony. The long ride is 54 miles/2450 ft. climbing, but there are several shortcuts that can reduce it to as little as 36 miles.
<b>14 MON</b> Camp Far West Loop 9:00 AM Sacramento, Sacramento Air Museum PL, Freedom Park & 32nd St.	<b>Ride:</b> 45-74 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A tour north to Camp Far West and return through Wheatland and Lincoln.
<b>14 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).

# October Rides *Continued*

•event	•description and grading
15 TUE	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
16 WED	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
17 THUR	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
18 FRI	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
19 SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
19 SAT Conquer The Basin 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Bill & Marilyn Floyd, 300-3593, xpress@surewest.net <b>Description:</b> Come out and conquer the hills that surround the Loomis Basin. We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water along route.
19 SAT Foxy's Fall Century 7:00 AM Davis, Veteran's Memorial Center	<b>Ride:</b> 35-65-104 Flat/Rolling Flexible <b>Leader:</b> Dennis King, 284-4555, velo_king@sbcglobal.net Marie Schelling, 972-8750, velo_girl@sbcglobal.net <b>Description:</b> 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 follows 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.
20 SUN Fab Fifties - Ride Around the Block 9:00 AM Shingle Springs, Shingle Springs P&R, Ponderosa Rd exit at HWY 50	<b>Ride:</b> 33-44-53 Rolling/Moderate/Hilly Flexible <b>Leader:</b> Tom Goodwin, 362-1780, tgoodwin0703@att.net <b>Description:</b> 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. <b>Ride With GPS:</b> See On-line Calendar for links. <b>Cue Sheet:</b> CSTG02
20-21 SUN-MON Bay & Back 8:30 AM Sacramento, Walgreens PL, Florin & Riverside	<b>Ride:</b> 200 Hilly Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> 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.
21 MON	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).



# October Rides *Continued*

•event	•description and grading
<b>22</b> TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>23</b> WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>24</b> THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>25</b> FRI	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>26</b> SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>27</b> SUN Last Sunday of the Month - Cantelow & Beyond 9:00 AM Winters, City PL, Railroad & Main	<b>Ride:</b> 35-50 Rolling/Hilly Flexible <b>Leader:</b> Mary Moore 284-1905, Mary-Moore@surewest.net Glenn Moore 524-7785, bikemoore5@yahoo.com <b>Description:</b> We are going to ride up Cantelow and go beyond. Maybe Mix Canyon, go into Vallejo or Cardiac. Depends on what the ride leader is in the mood for. Rain cancels.
<b>27</b> SUN Foothill Frolics – Cross Over the Bridges 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	<b>Ride:</b> 38-60 Rolling/Hilly Flexible <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> The ride goes around Folsom Lake crossing the new Folsom Crossing bridge, then up Salmon Falls Rd, Hwy 49, Old Foresthill Rd, and Foresthill Rd to Auburn and returning to Loomis. Plenty of climbing. Shorter option available with less climbing.
<b>28</b> MON Lincoln Loop 9:30 AM Lincoln, Thunder Valley Casino East PL, Athens Rd & Industrial	<b>Ride:</b> 48-68 Moderate/Rolling Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> Ride to Newcastle via Camp Far West. Short ride doesn't go all the way to Newcastle.
<b>28</b> MON	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>29</b> TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>30</b> WED	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>31</b> THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).

# November Rides

•event	•description and grading
<b>1</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>2</b> <b>SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Mary Moore, 284-1905, Mary-Moore@surewest.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>2</b> <b>SAT</b> Conquer The Basin 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Mike & Sandy Fox, 652-6308, mkfox@sbcglobal.net <b>Description:</b> Come out and conquer the hills that surround the Loomis Basin. We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water along route.
<b>3</b> <b>SUN</b> Fab Fifties - Not a Mountain Goat 9:00 AM El Dorado Hills, Town Center Parking Lot near Starbucks; Hwy 50 Exit 30A	<b>Ride:</b> 50 Rolling/Moderate Flexible <b>Leader:</b> Paul Gunkel, 929-8988, gunkel4578@sbcglobal.net Barbara Bravos, 929-8988, gunkel4578@sbcglobal.net <b>Description:</b> A counter-clockwise loop on rural roads. Challenging, but not a mountain goat ride.
<b>4</b> <b>MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>5</b> <b>TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>5-7</b> <b>TUE-THUR</b> Jackson Zodiac 9:00 AM Jackson, Best Western Amador Inn	See Tour/Zodiac Schedule for details.
<b>6</b> <b>WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>7</b> <b>THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>8</b> <b>FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>9</b> <b>SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Linda Zeiszler, 457-8815, lzeiszler@surewest.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

# November Rides *Continued*

•event	•description and grading
<b>10 SUN</b> Foothill Frolics – Virginiatown 9:00 AM Loomis, Loomis Community Park, King Rd & Ong	<b>Ride:</b> 45 Rolling Flexible <b>Leader:</b> Jeannie Ennis, 205-2225, jeanniebike@att.net <b>Description:</b> We will do some local roads: down Ridge, Virginiatown, back up Wise, Newcastle, Auburn Folsom and back to the Park. Rain cancels.
<b>10 SUN</b> Pears, Grapes & Water Ride 9:00 AM Elk Grove, Kinetic Bicycles, 2525 Riparian Dr.	<b>Ride:</b> 40-60 Flat Flexible <b>Leader:</b> Rick & Sandy Rusconi, 684-2957, rerusconi@yahoo.com, sbrusconi@yahoo.com <b>Description:</b> Ride down the Sacramento River into the Delta. All you Northerners, come join the “Southern Alliance” for a ride into “our territory”. We go north at times; time for you to come south. We plan on a stop for refreshments in Walnut Grove. Rain or serious threat of rain cancels.
<b>11 MON</b> Sutter Loop 10:30 AM Sacramento, Walgreen’s PL, Florin & Riverside	<b>Ride:</b> 54-80 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> Up the river to Nicolaus, east to the Natomas Canal, and south through Sacramento.
<b>11 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>12 TUE</b>	Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>12-14 TUE-THUR</b> Tour de Venetian 8:00 AM Sacramento, AMTRAC Train Station	<b>Ride:</b> 200 Hilly Flexible <b>Leader:</b> David Clifton, 354-1137, superdave911@sbcglobal.net <b>Description:</b> Take the train to San Jose, then ride over the mountains to Capitola, where we will stay at the Venetian Hotel. Day two will be a ride in the area, and day three takes us back over the mountains to San Jose to catch the train back home. Baggage support available. Contact the Ride Leader for details.
<b>13 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>14 THUR</b>	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>15 FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>16 SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> Join us for a comfortable pacy ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).



# November Rides *Continued*

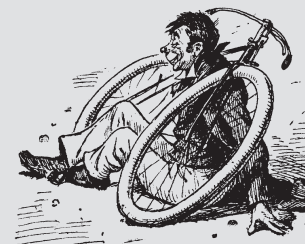
event	•description and grading
<b>16</b> <b>SAT</b> <b>Conquer The Basin</b> 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Bill & Marilyn Floyd, 300-3593, xpress@surewest.net <b>Description:</b> Come out and conquer the hills that surround the Loomis Basin. We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water along route.
<b>17</b> <b>SUN</b> <b>Fab Fifties - Grizzly Adams</b> 8:45 AM Somerset, NE Corner of Bucks Bar & Mt Aukum	<b>Ride:</b> 60 Hilly Flexible <b>Leader:</b> Sandy Yarrow, 802-0898, skybike@surewest.net <b>Description:</b> 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.
<b>18</b> <b>MON</b> <b>Woodland &amp; Beyond</b> 9:00 AM Sacramento, Walgreens PL, Florin & Riverside	<b>Ride:</b> 51-77-99 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> Northwest through Woodland, on to Madison, then south to Winters before returning through Davis.
<b>18</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>19</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>20</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>21</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>22</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>23</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>24</b> <b>SUN</b> <b>Last Sunday of            the Month - Flower            Farm</b> 9:00 AM Carmichael, Five Points Shopping Center, Fair Oaks & Arden Way	<b>Ride:</b> 30-60 Rolling Flexible <b>Leader:</b> Mary Moore, 284-1905, Mary-Moore@surewest.net Glenn Moore, 524-7785, bikemoore5@yahoo.com <b>Description:</b> We'll meet at Five Points Shopping Center on the corner of Arden Way and Fair Oaks Blvd., Sacramento. We are going to ride to the Flower Farm in Loomis taking the bike trail to Beals Point. Then Auburn Folsom Road to the Flower Farm for coffee. You can extend or return to Five Points. Rain cancels.

# November Rides *Continued*

•event	•description and grading
<b>25 MON</b> Davis Loop 10:00 AM Davis, Davis Shopping Center PL, Mace & Chiles	<b>Ride:</b> 47-70 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A loop from El Macero to Dixon then Winters, north to Woodland and back to Davis.
<b>25 MON</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2).
<b>26 TUE</b>	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>27 WED</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>28 THUR</b>	THANKSGIVING DAY
<b>29 FRI</b>	Commute Ride. See Weekly Ride Schedule (W1). The Daily Constitutional. See Weekly Ride Schedule (W2). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>30 SAT</b> Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Mary Moore, 284-1905, Mary-Moore@surewest.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>30 SAT</b> Conquer The Basin 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Ken Bell, 962-3841, kenbell4957@sbcglobal.net <b>Description:</b> Come out and conquer the hills that surround the Loomis Basin. We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water along route.
<b>30 SAT</b> Dead of Winter Double Century 5:00 AM Malibu, Webster School, 3602 Winter Canyon Rd	<b>Ride:</b> 200 Hilly Flexible <b>Leader:</b> Joni Bauer, 209-482-2429, bionicbabe@comcast.net Doug Beisner, 635-2680, sierraranch@sbcglobal.net <b>Description:</b> Last chance of the year to ride a double century. Grand Tour lowland route to Ojai; Grand Tour highland route from Ojai. Ride elevation is 7000 ft. Limited to 75 riders. Visit www.lawheelmen.org for details. Contact ride leaders if unable to locate ride roster. Must wear Wheelmen Jersey to get Club Mileage.

## Report Road and Bicycle Hazards

To report a bicycle hazard  
 Email SABA at [hazard@sacbike.org](mailto:hazard@sacbike.org)  
 Please include: Your name; Your contact information (e-mail address, phone number, home address); The date you noted the hazard; The location (as specific and concise as possible); The direction of travel; The jurisdiction, and A brief description of the hazard



# December Rides

•event	•description and grading
<b>1</b> <b>SUN</b> <b>Fab Fifties - Fish or Climb Hills</b> 9:00 AM Folsom, Nimbus Fish Hatchery, Gold Country Blvd & Hazel	<b>Ride:</b> 31-45-53 Moderate/Hilly Flexible <b>Leader:</b> Richard Zeiszler, 501-9563, rzeiszler@surewest.net <b>Description:</b> The short ride will climb to El Dorado hills and return. The long ride will visit Cameron Park before returning to the start.
<b>1</b> <b>SUN</b> <b>Pears, Grapes &amp; Water Ride</b> 9:00 AM Elk Grove, Kinetic Bicycles, 2525 Riparian Dr.	<b>Ride:</b> 40-60 Flat Flexible <b>Leader:</b> Rick & Sandy Rusconi, 684-2957, rerusconi@yahoo.com, sbrusconi@yahoo.com <b>Description:</b> Ride down the Sacramento River into the Delta. All you Northerners, come join the "Southern Alliance" for a ride into "our territory". We go north at times; time for you to come south. We plan on a stop for refreshments in Walnut Grove. Rain or serious threat of rain cancels.
<b>2</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>3</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>4</b> <b>WED</b>	Commuter Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>5</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>6</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>7</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Linda Zeiszler, 457-8815, lzeiszler@surewest.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>8</b> <b>SUN</b> <b>Foothill Frolics – Spring Chicken's Birthday</b> 9:00 AM Loomis, Train Station, Horseshoe Bar & Taylor	<b>Ride:</b> 46 Moderate/Hilly Flexible <b>Leader:</b> Sandy Yarrow, 791-3426, skybike@surewest.net <b>Description:</b> Join the celebratory flock for an "Ain't No Spring Chickens" Birthday Ride. Why did the chicken climb Chili Hill, Crater Hill, Baxter (hill), Bald Hill, and Indian Hill? Because it would be egg-citing. Why did the chickens cross the road? So they could have coffee at the former) Wild Chicken. What do chickens eat on their birthday? Coopcakes. Goodies will be served. The cluckers are: Dan Anglim, Linda Zeiszler, Bud Leland, Steve Anderson, Mac Martinez and Sandy Yarrow.
<b>9</b> <b>MON</b> <b>South Loop</b> 9:00 AM Rancho Cordova, Mather Light Rail Station, Folsom Blvd & Mather Field	<b>Ride:</b> 32-78 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> The ride goes south from Mather AFB through Galt to Thornton, and returns via Elk Grove.
<b>9</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).



# December Rides *Continued*

•event	•description and grading
<b>10</b> TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>11</b> WED	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>12</b> THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>13</b> FRI	Commute Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>14</b> SAT Mile Zero Ride 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Dale Johnson, 284-5208, davijohnslckr@comcast.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>14</b> SAT Conquer The Basin 9:00 AM Penryn, Trailhead Coffee & Cycle, Taylor & English Colony	<b>Ride:</b> 30-40-50 Moderate/Hilly Flexible <b>Leader:</b> Dan Anglim, 797-0337, djanglim@surewest.net <b>Description:</b> Come out and conquer the hills that surround the Loomis Basin. We will ride various routes to Lincoln, Newcastle, Auburn and points in between. Stores and water along route.
<b>15</b> SUN Fab Fifties - Rancho Murieta to Sutter Creek 9:00 AM Rancho Murieta, South Gate, Riverview Park	<b>Ride:</b> 40-60 Hilly Flexible <b>Leader:</b> David Clifton, 354-1137, superdave911@sbcglobal.net <b>Description:</b> Ride will start at Riverview Park, take Murieta South Pkwy to Reynosa, left on Reynosa-Park is on the right. Ride will explore lone, Sutter Creek, and other foothills locations. Moderate degree of climbing. Short stop halfway through the ride. Rain cancels.
<b>16</b> MON Delta Wanderer 10:00 AM Sacramento, Walgreens PL, Florin & Riverside	<b>Ride:</b> 40-55 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A little cruise through the Delta via Thornton and Walnut Grove.
<b>16</b> MON	Commute Ride. See Weekly Ride Schedule (W1).
<b>17</b> TUE	Commute Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>18</b> WED	Commute Ride. See Weekly Ride Schedule (W1). Wednesday Breakfast Ride. See Weekly Ride Schedule (W6).
<b>19</b> THUR	Commute Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>20</b> FRI	Commute Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).

# December Rides *Continued*

•event	•description and grading
<b>21</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Dale Johnson, 284-5208, davijohns1ckr@comcast.net <b>Description:</b> Join us for a comfortably paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).
<b>22</b> <b>SUN</b> <b>Foothill Frolics –</b> <b>Toto, We're Not in</b> <b>Kansas Anymore</b> 10:00 AM Loomis, Train Station behind Wild Chicken, Taylor & Horseshoe Bar	<b>Ride:</b> 50 Rolling Flexible <b>Leader:</b> Tim Koch, 488-8218, mtkoch@surewest.net <b>Description:</b> This is anything but a flat ride. We do McElroy out of Meadow Vista. 4500 ft of climbing. Starting time is 10 because it's one day past the shortest day of the year, and it's going to be cold. 9:00 AM start ok.
<b>23</b> <b>MON</b> <b>Northeast Valley</b> <b>Loop</b> 8:30 AM Elverta, Post Office PL, Elverta Rd & Elwyn Ave	<b>Ride:</b> 52-94 Flat/Rolling Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> North through Lincoln and Camp Far West, then west to the Feather River, south through Nicolaus and back to Elverta.
<b>23</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>24</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).
<b>25</b> <b>WED</b> <b>Bean Soup Ride</b> 10:00 AM Sacramento, Discovery Park Bike Trail at Mile 0	<b>Ride:</b> 20-55 Flat Flexible <b>Leader:</b> Mary Moore, 284-1905, Mary-Moore@surewest.net Glenn Moore, 524-7785, bikemoore5@yahoo.com <b>Description:</b> Join us for the 13th 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.
<b>26</b> <b>THUR</b>	Commuter Ride. See Weekly Ride Schedule (W1). Thursday Breakfast Ride. See Weekly Ride Schedule (W8). Thursday Breakfast Ride South. See Weekly Ride Schedule (W9).
<b>27</b> <b>FRI</b>	Commuter Ride. See Weekly Ride Schedule (W1). Friday Breakfast Ride. See Weekly Ride Schedule (W10).
<b>28</b> <b>SAT</b> <b>Mile Zero Ride</b> 9:00 AM Sacramento, Discovery Park Bike Trail at Mile 0 by the Jibboom Street Bridge.	<b>Ride:</b> 20-35-60 Flat/Rolling Casual <b>Leader:</b> Pam Samms, 396-6471, pamsamms@yahoo.com Robert Samms, 996-2413, Robert_samms@yahoo.com <b>Description:</b> Join us for a comfortable paced ride (15-17 mph). This is a great ride for new riders wanting to learn about the Sacramento Wheelmen. The ride will start at Discovery Park, and venture out to local coffee shops, etc. (Rain cancels).

# December Rides *Continued*

•event	•description and grading
<b>30</b> <b>MON</b> Woodland Loop 9:00 AM Sacramento, Walgreen's PL, Florin & Riverside	<b>Ride:</b> 51-74-94 Flat Flexible <b>Leader:</b> Dick Nussbaum, 424-0933, rcnflyer@aol.com <b>Description:</b> A loop around Woodland through Esparto and Davis.
<b>30</b> <b>MON</b>	Commuter Ride. See Weekly Ride Schedule (W1).
<b>31</b> <b>TUE</b>	Commuter Ride. See Weekly Ride Schedule (W1). Tuesday Breakfast Ride. See Weekly Ride Schedule (W3). Tuesday Breakfast Ride Downtown. See Weekly Ride Schedule (W4).

## Patriot Bicycles



**I WANT YOU TO BIKE NOW**

**BE A HERO • DRIVE LESS • SAVE EARTH**

Visit us at our **NEW LOCATION**  
 7441 Madison Ave. Citrus Heights, CA  
(corner of Madison and San Juan)

Scott Barrette, Owner  
**916-961-9646**  
 M-F 10am to 6pm  
 Sat. 10am to 6 pm  
 Sun 12pm to 4pm



**Dirk Manley**  
**squadraabruzzo.com**

Coaching  
 Bike Fitting  
 Italian Cycling Trips

916-966-8238  
 abruzzobiker@gmail.com



# BICYCLE

## EMPORIUM

Trek | Pinarello | Cervelo | Colnago | Intense | Santa Cruz | Electra

483 Grass Valley Highway | Auburn  
 530.823.2900

[www.BicycleEmporium.com](http://www.BicycleEmporium.com)





**10% off**

ANY BIKE ACCESSORY WITH THIS AD

**2 locations  
open 7 days**

**2419 K Street**  
Sacramento, CA 95816  
(916) 447-2453

**7885 Greenback Lane**  
Citrus Heights, CA 95610  
(916) 726-2453

[www.citybicycleworks.com](http://www.citybicycleworks.com)  
email [info@citybicycleworks.com](mailto:info@citybicycleworks.com)

**Faster  
Further  
Safer**

- Anatomical Wheel Bike Fitting
- Heart Rate, Spm, and Power Training
- Training Programs and Coaching
- Strength and Flexibility Programs
- Skills Clinics and Training Series

**We Treat You Like a Pro  
"Knowledge - Experience"**

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

- Club Discounts -

**Body Concepts - Peak Cycling**  
705 Gold Lake Drive, Ste. 305  
Folsom, CA 95688

**818-638-8880**

[www.bodyconceptsinc.com](http://www.bodyconceptsinc.com)

Next to Karen's Bakery and Bicycles Plus

**sales service - rental**



705 Gold Lake Dr Folsom, CA 95630 (916) 355-8901

GIANT TREK CUBE PINARELLO BMC cervélo REDLINE

**FOLSOM  
BIKE**

**TOWN CENTER  
BIKE  
& TRI**

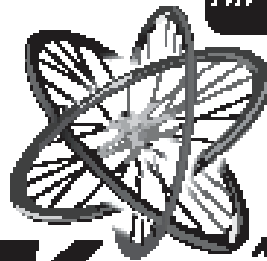
**916.844.1000**

7610 Folsom-Auburn Rd. #100  
Folsom, CA 95630  
FolsomBike.com

**916.941.0900**

4420 Town Center Blvd. #150  
El Dorado Hills, CA 95762  
TCBikeAndTri.com

GIANT TREK CUBE PINARELLO BMC cervélo REDLINE



**1-5 and Elk Grove Blvd.**  
2525 Riparian Drive, Suite 100  
Elk Grove, CA 95757

**916/683-2453**  
[www.KineticCycles.com](http://www.KineticCycles.com)

**ART ENERGY MOTION**  
**KINETIC  
CYCLES**

Northern California's Largest Tandem,  
Recumbent and Touring Bike Dealership

**Gold Country  
CYCLERY**

**(530) 676-3305**

[www.tandems-recumbents.com](http://www.tandems-recumbents.com)

3830 Dividend Dr. Suite B • Shingle Springs, CA 95682

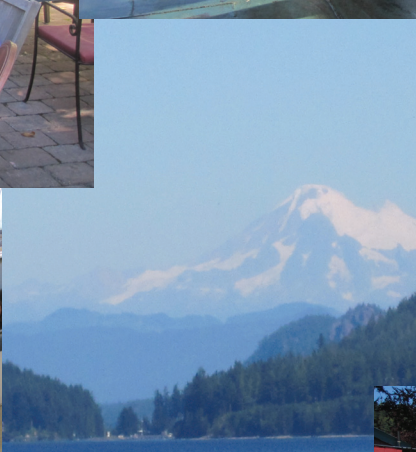


Bacchetta • Calfee • Catrike • Co-Motion • DaVinci  
Easy Racers • Greenspeed • Independent Fabrications  
KHS • Paketa • Rans • Slyway • Zona

2013	<h2 style="text-align: center;">Tour/Zodiac Schedule</h2> <p style="text-align: center;">Submit tour plans/corrections to Sandy Yarrow, 791-3426, <a href="mailto:skybike@surewest.net">skybike@surewest.net</a></p>
<b>Oct 11-14</b> <b>San Francisco</b> <b>Zodiac</b> San Francisco, Fort Mason Hostel	<p><b>Ride:</b> 100-200 Rolling/Hilly Flexible</p> <p><b>Leader:</b> Dale Butler, 415-563-5156, <a href="mailto:dalebutlerconsulting@gmail.com">dalebutlerconsulting@gmail.com</a>            Sandy Yarrow, 802-0898, <a href="mailto:skybike@surewest.net">skybike@surewest.net</a>            Tim Koch, 488-8218, <a href="mailto:mtkoch@surewest.net">mtkoch@surewest.net</a></p> <p><b>Description:</b> This is a four day zodiac covering both Marin County and San Francisco. The rides start 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 \$900 per night, so \$45 each assuming we fill it. There is also a private room plus four more on site.            Saturday's ride will go up into Marin County, with several options and level of difficulty rides. On Sunday we'll ride the ins and out of the streets of SF. Friday and Monday rides TBA. Please contact Dale and let him know you are staying in the Hostel so that he doesn't get overbooked.</p>
<b>Nov 5-7</b> <b>Jackson Zodiac</b>  Jackson, Best Western Amador Inn	<p><b>Ride:</b> 180 Mountainous Flexible</p> <p><b>Leader:</b> Nick Hourigan, 487-0993, <a href="mailto:helnick@sbcglobal.net">helnick@sbcglobal.net</a></p> <p><b>Description:</b> We will be staying at the "Best Western Amador Inn" in Jackson. All rides will leave from the hotel parking lot, 10:00 AM on Tuesday, and 9:00 AM Wednesday and Thursday. Tuesday we will ride up to Volcano, Wednesday to West Point and Thursday out to Buena Vista. Come up for all three days or just one day. Mileage is 40-50 miles/day</p> <p><b>Ride With GPS:</b> See On-line Calendar for links.</p> <p><b>Cue Sheet:</b> CSNH02</p>
<b>Jan 14-15, 2014</b> <b>Napa Zodiac</b>  Winters, Putah Creek Caf'e	<p><b>Ride:</b> 100-150 Moderate Flexible</p> <p><b>Leader:</b> Hal Baker, 443-4514, <a href="mailto:hmbaker1@sbcglobal.net">hmbaker1@sbcglobal.net</a>            Scott Pierce, 714-9034, <a href="mailto:srp549@gmail.com">srp549@gmail.com</a></p> <p><b>Description:</b> The Napa Zodiac will be January 14, 15 (and maybe 16), 2014. Meet in Winters for breakfast at the Putah Creek Caf'e. Ride starts at 9:00 AM. Leaving early is ok. SAG for gear is available from Winters only. We are still working out the lodging details. Those wanting a longer first and final day can leave from Sacramento or Davis, but no official SAG from there. If you plan to drive to Napa, please volunteer to carry someone's gear. Shopper chicks and wine tasters welcome. Please confirm with the ride leaders if you plan to go.</p>
<b>Feb 10-14, 2014</b> <b>MON-FRI</b>  Borrego Springs, Palm Canyon Resort	<p><b>Ride:</b> 240 Moderate/Hilly Flexible</p> <p><b>Leader:</b> Dennis King, 284-4555, <a href="mailto:velo_king@sbcglobal.net">velo_king@sbcglobal.net</a>            Dale Johnson, 284-5208, <a href="mailto:davijohnsckr@comcast.net">davijohnsckr@comcast.net</a></p> <p><b>Description:</b> 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 8h.</p>
<b>Mar 10-13, 2014</b> <b>MON-THUR</b>  Santa Cruz Zodiac	<p><b>Ride:</b> 200 Hilly Flexible</p> <p><b>Leader:</b> Sandy Yarrow, 802-0898, <a href="mailto:skybike@surewest.net">skybike@surewest.net</a></p> <p><b>Description:</b> 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 with the Lobitas option. Stop for a great lunch in Woodside at Robert's Market-Deli, then ride thru the horsey country and the notorious but nice Old La Honda. Wed, options can include Gizdich (delicious pie) Ranch in Watsonville &amp;/or Phil's Fish Market in Moss Landing. Thur, a short Santa Cruz loop before heading home, and train riders will head for SJ. Luggage SAG if needed. 4 days of riding and stay 3 nights at the Days Inn, 600 Riverside Ave, Santa Cruz.</p>



# CYCLING THE San Juan Islands, ALL ABOARD...



## Good Times!



**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

(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:**

Sacramento Wheelmen  
PO Box 15739  
Sacramento, CA 95852

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

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

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

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

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

\_\_\_\_\_  
Signature of Participant Date

\_\_\_\_\_  
Signature of Participant Date

\_\_\_\_\_  
Signature of Participant Date

\_\_\_\_\_  
Signature of Participant Date

\_\_\_\_\_  
Signature of parent/guardian (if under 18) Date

\_\_\_\_\_  
Signature of parent/guardian (if under 18) Date



PO Box 15739  
Sacramento, CA 95852

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
Sacramento, CA  
PERMIT NO. 789

*This newsletter is  
mailed to club members*

# WheelNews www.sacwheelmen.org

## Editor

Bud & Jeanne Leland

[sweditor122@gmail.com](mailto:sweditor122@gmail.com)

WheelNews is published quarterly with a circulation of 3,000. Members are encouraged to submit material for publication. If possible, please submit your articles electronically.

WheelNews Distribution Coordinator

Doug Lent

[dlent@sbcglobal.net](mailto:dlent@sbcglobal.net)

## Advertising

Eric Saur

[esaurbiz@yahoo.com](mailto:esaurbiz@yahoo.com)

## Publisher

Teena-Marie Gordon

**Deadline for ride descriptions:**

**November 1, 2013**

**Deadline for articles/ads:**

**November 15, 2013**

Printed on recycled paper

## 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: \_\_\_\_\_

