

SACRAMENTO

Bike Hikers



RIDE SCHEDULE

APRIL • MAY • JUNE • 2005

The **SACRAMENTO BIKE HIKERS** is the oldest continually active bicycle club in the Sacramento area - founded in 1968.

The club's focus is on touring and recreational cycling. This ride schedule provides for year round weekend rides; holiday rides; summer evening rides; weekday rides; special rides such as the Party Pardee Century and multi-day rides... A variety of rides is scheduled to attempt to provide for all abilities and interests. Riders should review this schedule carefully and select those rides that fall within their capability... The schedule is available to interested cyclists at Sacramento area bike shops and is mailed to all members.

Monthly membership meetings provide club business updates, open discussion on club activities and policies, and feature speakers on subjects of interest to cyclists.

Non-members are invited to attend rides and meetings to get a feel for the club, without obligation.

Riders under age 18 may participate on rides if they are accompanied by a parent or other responsible adult.

A sign-in roster is available at the start of each ride. All riders must sign the roster to be regarded as a participant.

If a rider has to leave a ride for any reason, the ride leader must be informed.

Helmets are required on all Bike Hiker club rides.

This Ride Schedule is available on our home page.

Come to our website and learn how you can join the **Bike Hiker Mailing List**, check your club mileage and get up to date information about rides and special events!

<http://www.bikehikers.com>

**SEE THE RIDE GRADING
CODE ON THE INSIDE BACK PAGE**



A P R I L

TOUR REMINDERS:

Payments are due this quarter for the following tours:

Davis Double Training Ride April 1
Tour de Solano April 15
Monterey Tour April 30
Calistoga Overnighter. June 1

FRI 1 T.G.I.F. COFFEE RIDE

8:30 AM Grade: E/D30+

Enjoy a variety of rides. Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.

Leader: Karl Tracy 381-5338 or 601-0769

THE PARTY PARDEE!

SAT 2 PARTY PARDEE METRIC CENTURY AND HALF-METRIC CENTURY

7:00-9:00 AM

Don't miss this one! Here are two terrific early spring ride options in the rolling foothills around the gold rush town of Lone. At the end of the ride, you will enjoy a fully catered dinner and live music by Mumbo Gumbo. For more information and on-line registration, log on to <http://www.bikehikers.com> or pick up a Party Pardee brochure from your local bike shop. Club members are encouraged to volunteer their time for this worthwhile club function. If you haven't yet signed up to volunteer, please call Kevin Regan at 454-3350 or e-mail: kprbikes@surewest.net

SUN 3 PARTY'D OUT!

9:00 AM.....Grade: D20-35+

Are you party'd out after the hard work and long hours yesterday? Then let's have a relaxing, no-brainer bike trail ride up to Beals Point. Meet at the 5 Points shopping center on the corner of Fair Oaks Blvd and Arden Way. We'll go up the north side of the trail to Beals Point and return on the south side for a "social stop" at La Bou/Jamba Juice (just off the trail at Blue Ravine). Ride Leader: Susan Wallis 985-2121.



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 **April Cont.**

MON 4 ROVING MONDAY MORNING COFFEE
8:30 AM Grade: E/D30+
Let's ride to get coffee at Karen's in Folsom. Meet at Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Pete Altenburg 363-9564 or petecycle@aol.com

MON 4 MONDAY EVENING BIKE TRAIL RIDE
6:00 PM Grade: E/D/C11-52
Ride leaves the Fish Hatchery (Hwy 50 and Hazel Ave) at 6PM sharp. Beginners ride west on the easy bike trail. More experienced riders can ride east on the bike trail uphill to Beals Point. Club members may opt to begin at any point along the trail as long as they sign in at 6 PM. Everyone is welcome, including non-members. Come out and have fun getting in shape with us.
Leader: Debbie LeVon 725-2238

TUE 5 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29
Come join us for a brisk pace (15-20+mph) series of rides. This month we will be meeting in the Big Lots parking lot at Watt Ave and La Riviera Dr. Route varies week to week using bike trail and surface streets. Lights are required front and rear. We usually go to dinner afterwards.
Leader: Peggy Blair 386-1842

WED 6 WEDNESDAY MORNING BREAKFAST RIDE
8:30 AM Grade: E/D30+
Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We will ride for 30 miles or so depending on the restaurant we are going to.
Leader: Marshall Stadt 944-0174

WED 6 BIKE HIKERS CLUB MEETING
7:00 PM

The speaker for tonight is Dr. Doug Loerher, a local chiropractor, who enjoys mountain biking and is familiar with cycling-related stresses our bodies endure. Dr. Doug will discuss techniques we can use which will help us avoid injury and ride with more comfort. Meet at the Lukens auditorium at the Mercy Physicians Plaza, Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. Visitors are always welcome. Find a campus map on www.bikehikers.com.

 **April Cont.**

THU 7 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30
Join us at the Nimbus Fish Hatchery (Hwy 50 and Hazel Ave) each Thursday evening until September 8. All levels of riders are welcome. Riders will ride at their own pace. The leader will sweep the trail to ensure all riders return to the starting point. Come out, get in shape, and find out what the Bike Hikers is all about. No need to be a club member to ride with us; just show up and be ready to ride at 6:00 PM sharp.
Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com

FRI 8 T.G.I.F. COFFEE RIDE
8:30 AM Grade: D30
See April 1 for ride description and meeting place.
Leader: Floyd Bumbaca 961-8139

SAT 9 MOUNT DIABLO QUICK AND EASY
8:00 AM Grade: B40/30/20
Meet at the West Sacramento Park and ride (last exit I-80 West before causeway) to carpool or ride starts in the Walnut Creek shopping center at the southeast corner of Treat Blvd and Bancroft. This is a scenic ride with great views and a sweet descent. Good training for the Chico Wildflower Century. We traditionally stay together into the park and regroup at various points. Water available in the park and a museum on top if it is open. I can't promise the Red Bull vehicle at the ranger station this time. It tends to be cooler on top so be prepared.
Leader: Alan Votava 369-2281

You can check your mileage on the web!
<http://www.bikehikers.com>

SUN 10 WILL RIDE FOR BEER
8:30 AM Grade: F25-50+
Work up an appetite, on this great ride south and west of Elk Grove through farms, vineyards, and orchards with very little traffic and just 5 miles on the River Rd for a rest stop in Walnut Grove; then back through Franklin. Options for shorter distance. Good chance to work on pace and drafting skills. Finish at the Brewery for a discounted, award winning cold one and maybe some great garlic fries! Meet in the Elk Grove Brewery parking lot in Old Elk Grove on Elk Grove Blvd, south side of the street, approximately 1.5 mi east of Hwy 99; or west of Grantline if you're coming from Sunrise Blvd.
Leader: Eleanor Mark 685-7951 or 734-9797

MON 11 ROVING MONDAY MORNING COFFEE
8:30 AM Grade: E/D30+
Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way to ride to Old Sacramento for coffee at Steamers.
Leader: Pete Altenburg 363-9564 or petecycle@aol.com

MON 11 MONDAY EVENING BIKE TRAIL RIDE
6:00 PM Grade: E/D/C11-29
See April 4 evening ride description and meeting place.
Leaders: Dori and Carl Drake 530-626-1442 and Virginia Hamilton 530-622-0579



April Cont.

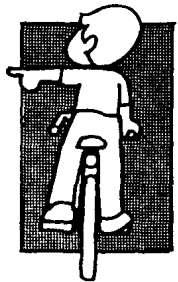
TUE 12 TUESDAY EVENING RIDE AND DINNER
6:00 PM Grade: C20-29
See April 5 for ride description and meeting place.
Leader: Peggy Blair 386-1842

WED 13 WEDNESDAY MORNING BREAKFAST RIDE
8:30 AM Grade: E/D30+
See April 6 for ride description and meeting place.
Leader: Dave Abbot 961-8826

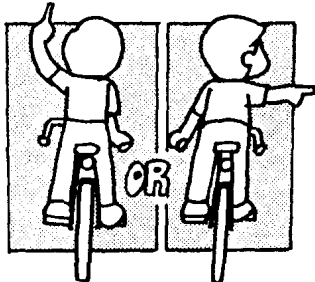
THU 14 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30
See April 7 for ride instructions and meeting place.
Leader: Kathy Wright 363-9343

FRI 15 T.G.I.F. COFFEE RIDE
8:30 AM Grade: D30
See April 1 for ride description and meeting place.
Leader: Karl Tracy 381-5338 or 601-0769

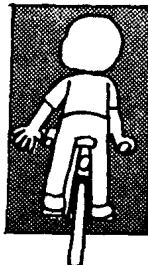
FRI 15 TOUR PAYMENT REMINDER
If you're joining Peggy and Jerry for the Tour de Solano self-contained trip, you need to send in your payment to them today. Contact: Jerry Beckett 214-3203 or jerrbeck@comcast.net or Peggy Blair 801-1179 or peggybikes@yahoo.com



LEFT



RIGHT



STOPPING

SAT 16 BIKE AROUND THE BUTTES!
Yes, you and all of your friends are invited to the 20th annual Bike Around the Buttes. It is simply tons of fun, great exercise, rider and family friendly, and all proceeds go to support a great cause-Society of Sutter Yuba (Diabetes Society). You can find out more by calling 674-9112. Registration fee required. Bike Hiker mileage credit will be given for participation in this ride if you wear a Bike Hiker jersey or jacket, complete one of the designated rides, and sign in on the Bike Hiker ride sheet, which will be available at the start of the ride.
Sign in with: Don Scalise 485-2611

SAT 16 RIDIN' AROUND EL DORADO HILLS
8:30 AM Grade: C33+
Meet at the Raley's parking lot on El Dorado Hills Blvd. Go East on Hwy 50 to the El Dorado Hills Blvd, exit, then go north. Raley's is on the right, about one-tenth of a mile from the freeway. The route will follow the old El Dorado Century 33 mile option on Green Valley, Shingle Springs, Latrobe, and other roads.
Leader: Al Mehaffey 386-1239



April Cont.

SUN 17 CAMP FAR WEST
8:30 AM Grade: D31
Take a ride through Camp Far West! Meet at McBean Park in Lincoln. Take Hwy 65 north off I-80 to Lincoln. Turn right on McBean Park Drive. The park is on the right. Bring plenty of fluid and food. Only one place to stop.
Leader: Al Mehaffey 386-1239

SAT 16 DAVIS DOUBLE TRAINING RIDE
SUN 17
7:00 AM Grade: Sat. B115/Sun. E40
This is an excellent opportunity to preview the most beautiful part of the Davis Double route. The hills are green and the temperature is still mild. We will camp at the beautiful Cache Creek Campground just north of Rumsay. Meet at the Park and Ride across from the Putah Creek Café. \$20.00 fee covers sag support, campground fees, Saturday night dinner, and Sunday AM breakfast. Payment due to Bike Hikers by April 1.
Leaders: Bill and Norma Chadwell 725-2571

MON 18 ROVING MONDAY MORNING COFFEE
8:30 AM Grade: E/D30+
Enjoy a variety of rides starting from Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Floyd Bumbaca 961-8139

MON 18 MONDAY EVENING BIKE TRAIL RIDE
6:00 PM Grade: E/D/C11-52
See April 4 evening ride for description and meeting place.
Leader: Debbie LeVon 725-2238

TUE 19 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29
See April 5 for ride description and meeting place.
Leader: Peggy Blair 386-1842

WED 20 WEDNESDAY MORNING BREAKFAST RIDE
8:30 AM Grade: E/D30+
See April 6 for ride description and meeting place.
Leader: Jerry Beckett 214-3203


4 Great Tours for 2005!

- | | |
|----------------|--|
| May 6-8 | Sonoma Getaway |
| June 25-July 9 | Salmon River, Idaho |
| August 6-13 | California Tour North #16 |
| October 15-28 | China - Cycling through History |



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April Cont.

SUN 24 CD's ZONE RIDE

8:30 AM.....Grade: D25/C53

The Cycling Divas created this ride last year to practice monitoring their heart rate zones. Come hit your ZONE as we pedal over hills and dales to Lincoln and back. Two Zone-options are available; the long option will be swept. Meet at Vic's parking lot on the southwest corner of Oak Ave Parkway and American River Canyon Drive. From Folsom-Auburn Rd, go west approximately a mile to Vic's.

Ride Leader: Susan Wallis 985-2121

MON 25 ROVING MONDAY MORNING COFFEE

8:30 AM Grade: E/D30+

See April 18 for ride description and meeting place.

Leader: Floyd Bumbaca 961-8139

MON 25 MONDAY EVENING BIKE TRAIL RIDE

6:00 PM Grade: E/D/C11-52

See April 4 evening ride for description and meeting place.

Leader: Gary Noland 863-5789

TUE 26 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See April 5 for ride description and meeting place.

Leader: Peggy Blair 386-1842

WED 27 WEDNESDAY MORNING BREAKFAST RIDE

8:30 AM Grade: E/D30+

See April 6 for ride description and meeting place.

Leader: Marshall Stadt 944-0174

THU 28 THURSDAY EVENING BEGINNER'S RIDE

6:00 PM Grade: E12-30

See April 7 for ride description and meeting place.

Leader: Don Scalise 485-2611

FRI 29 T.G.I.F. COFFEE RIDE

8:30 AM Grade: D30

See April 1 for ride description and meeting place.

Leader: Karl Tracy 381-5338 or 601-0769

SAT 30 RETURN OF THE KING, AKA SOUTH PLACER SUNDAE

8:30 AM Grade: C35/B50

Last "fall," when I lead this ride, Dan got to see only the first three miles. So this time, I thought he would have better luck attempting the ride in the spring. We'll start in Rocklin and enjoy the rollers of Loomis, Newcastle, Ophir, and Penryn – we'll even see about 100 yards of Auburn! This is basically a tough "C" ride with two or three "B" climbs. Take I-80 to the Rocklin Road exit. At the bottom of the off-ramp, turn left to go under the freeway. Turn right at the first signal, Granite Drive. Turn right into Safeway parking lot. Leader: Norma Chadwell 725-0571

SAT 30 TOUR PAYMENT REMINDER

If you're going on the Monterey Tour, you will need to send in your payment today. Be sure to make your room reservations at the Light-house Lodge, if you haven't already.

Contact: Ray and Phyliss Billings 334-2827



April Cont.

WED 20 SPRING BLITZ DINNER

6:00 PM

You've burned the calories, now fuel the body. Celebrate your spring blitz with a plate of pasta! Join the rest of the Spring Blitzers for a dinner celebration. The Spring Blitz Dinner will be held at the Spaghetti Factory located at 1910 J Street, Sacramento.

Contact: Debbie LeVon 725-2238

THU 21 THURSDAY EVENING BEGINNER'S RIDE

6:00 PM Grade: E12-30

See April 7 for ride description and meeting place.

Leader: Kathy Wright 363-9343

FRI 22 T.G.I.F. COFFEE RIDE

8:30 AM Grade: D30

See April 1 for ride description and meeting place.

Leader: Floyd Bumbaca 961-8139

SAT 23 DOUBLE DAM RIDE

9:00 AM Grade: C/B30

Kinda like Party Pardee, but without the Party. This ride is 4 miles longer, in the same area, and has a trifle bit more climbing than the 50 km Party Pardee. Plan on a leisurely ride that circles Comache Lake, starting from Mary's MiniMart- the corner of Liberty Rd and Highway 88. Mary's MiniMart has promised to be stocked with Gatorade, cookies, nuts, and such to prepare us for the ride, and/or sustain us afterwards. We will ride around the lake for a total of 30 miles. The starting place is about 35 miles from Sacramento, so we will start the ride at 9:00 AM. Parking is limited, so carpooling would be appreciated. Come enjoy the wildflowers, our fellow Bike Hikers and the fresh air.

Leader: Mary and Bill Fuhs 209-368-2591 or fuhs@inreach.com

SUN 24 CHICO WILDFLOWER CENTURY

Sponsored by the Chico Velo Cycling Club. Registration fee required. Bike Hiker club mileage credit will be given for participation in this ride if you wear a Bike Hiker club jersey, vest, or jacket, complete one of the designated rides, and sign in on the Bike Hiker ride sheet, which will be available at the start of the ride. Check out their website for more details: <http://www.chicovelo.org/>

Sign in with: Bruce Morrical 369-8272



M A Y

YOSEMITE TOUR

SUN 1 TOUR TO YOSEMITE THU 5

Cycle in one of the most scenic place on earth awaits those who have signed up for this tour. Everyone is bound to have a great time and lots of photos and stories to share when they return.
Leader: Hazi Alwan 988-2591 and Steve Cimini 483-5222

SUN 1 MAY DAY RIDE 9:00 AM Grade: C10-30+

Get out those climbing legs and ride country roads in the Apple Hill and Placerville area. Meet at the new bus stop in Placerville (Hwy 50 to Placerville, take Broadway exit, R under the freeway onto Mosquito Rd; bus stop is the 2nd left). Approximately 1 hour drive from Sacramento.
Leaders: Dori and Carl Drake 530-626-1442 and Virginia Hamilton 530-622-0579

SUN 1 DELTA CENTURY

Join the Stockton Bicycle Club for the 2005 Delta Century. Enjoy riding the rural Delta roads of the San Joaquin Valley on the Century, Metric Century, or 50k route. Each route is a flat loop covering scenic vineyard, farm, and Delta roads with rewarding rest stops along the way. Registration fee required. Check their website: <http://www.sbclub.org/sbc/>. If you wear your Bike Hiker club jersey or jacket, you get to claim the miles for the route you ride. Look for the clipboard at the registration table. If you don't find it, contact Scott to claim your miles.
Sign-in with: Scott Miller 984-7552

PLEASE BE PROMPT FOR RIDES!!

The time listed for each ride in the schedule is the STARTING time of the ride. Arrive at the meeting place sufficiently ahead of the listed time to allow for whatever personal preparation is necessary so that the ride can start on time.

MON 2 ROVING MONDAY MORNING COFFEE 8:30 AM Grade: E/D30+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way to enjoy a variety of rides.
Leader: Floyd Bumbaca 961-8139

MON 2 MONDAY EVENING BIKE TRAIL RIDE 6:00 PM Grade: E/D/C11-52

Ride leaves the Fish Hatchery (Hwy 50 and Hazel Ave) at 6:00 PM sharp. Beginners ride west on the easy bike trail. More experienced riders can ride east on the bike trail to Beals Point. Club members may opt to begin at either end and do the entire circuit from the Guy West Bridge to Beals Point as long as they sign in at 6:00 PM. Everyone is welcome, including non-club members. Come out and have fun getting in shape with us.
Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com



May Cont.

TUE 3 TUESDAY EVENING RIDE AND DINNER 6:30 PM Grade: C20-29

Come join us on our continuing series of brisk paced (15-20+mph) Tuesday night rides. We will be meeting at the Rite Aid pharmacy parking lot in the Gold River Town Center near the southeast corner of Sunrise and Gold Country Blvds, off Gold Field Drive. Route varies from week to week, using bike trail and surface streets. Lights are required front and rear. We usually to out to dinner afterwards.
Leader: Bill Chadwell 725-0571

WED 4 WEDNESDAY MORNING BREAKFAST RIDE 8:30 AM Grade: E/D30+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We will ride for 30 miles or so depending on the restaurant we are going to.
Leader: Karl Tracy 381-5338 or 601-0769

WED 4 BIKE HIKERS CLUB MEETING 7:00 PM

This will be a MEMBERS FORUM. Here is your opportunity to share ideas on how to improve our club. Suggest new programs, critique current club practices or policies, let your officers, staff, and fellow Bike Hikers know what you like, what you would like to change or add, and what you don't like. We will have a brainstorming session, and will use the ideas generated to help guide future club activities. Meet at the Lukens auditorium at the Mercy Physicians plaza, Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. Visitors are always welcome. Find a campus map at www.bikehikers.com

THU 5 THURSDAY EVENING BEGINNER'S RIDE 6:00 PM Grade: E12-30

Join us at the Nimbus Fish Hatchery (Hwy 50 and Hazel Ave) each Thursday evening. All levels of riders are welcome; riders will ride at their own pace. The leader will sweep the trail to ensure all riders return to the starting point. Come out, get in shape, and find out what the Bike Hikers is all about. No need to be a club member to ride with us; just show up and be ready to ride at 6:00 PM sharp.
Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com

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CALFEE CO-MOTION BURLEY SANTANA MERLIN RANS



May Cont.

FRI 6 T.G.I.F. COFFEE RIDE
8:30 AM Grade: E/D30+
Enjoy a variety of rides. Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Karl Tracy 381-5338 or 601-0769

SAT 7 TOUR DE LINCOLN
8:00 AM Grade: E10/D20/C (a few B hills) 43-65
A benefit bike ride for the Lincoln Volunteer Center. Meet at McBean Park in Lincoln (corner of McBean Park Dr and A St). Choose from the 4 routes; fee for 10 mi-\$15; 20 mi-\$20; 40/65 mi-\$25. After April 30 add \$5. Includes continental breakfast, route maps, pre-ride safety check, rest sips w/ food and potties, SAG, and great post-ride BBQ. Tour T-shirt available for \$15. For rider application or more info contact: Lincoln Volunteer Center, P.O.Box 1295, Lincoln, Ca. 95648 or phone (916) 645-6254, email bromness@ci.lincoln.ca.us or visit www.lincolnvollunteer.com. Wear your Bike Hiker jersey or jacket, complete one of the scheduled rides, and sign in on the Bike Hiker ride sheet, which will be available at the start of the ride.
Sign in with: Linda Krugman 485-1810 or 804-1810

SAT 7 WINE COUNTRY CENTURY
Sponsored by the Santa Rosa Cycling Club (www.srcc.com). Registration fee required. Bike Hiker club mileage credit will be given for participation in the ride if you wear a Bike Hiker club jersey or jacket, complete one of the designated rides, and sign in on the Bike Hiker ride sheet which will be available at the start of the ride.
Sign in with: Gary Noland 863-5789

SAT 7 HEAD FOR THE HILLS
9:00 AM Grade: D/C30
Meet at Home Depot in Folsom (off East Bidwell). This route will take you through El Dorado Hills and back to Folsom. This is basically a D ride with some C climbs in the beginning. Roads will include Iron Point, Empire Ranch, Green Valley, and White Rock. You will end up on the Humbug-Willow Creek trail for the return home. Go east on Hwy 50 and take the Scott Rd exit, turn left onto East Bidwell.
Leader: Scott Miller 984-7552

SUN 8 MOTHER'S DAY
9:00 AM Grade: D20-25
Mom, it's your day! Come out for a spin in the morning. Non-moms are welcome too. Meet at Vic's Market on the southwest corner of Oak Avenue Parkway and American River Canyon Drive in Folsom (from Folsom-Auburn Rd, go west about a mile on Oak Avenue Parkway).
Leader: Judy Brim 987-6127



May Cont.

MON 9 ROVING MONDAY MORNING COFFEE
8:30 AM Grade: E/D30+
Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, turn left on Fair Oaks Blvd, then left on Bannister Rd at the signal light)
Leader: Karl Tracy 381-5338 or 601-0769

MON 9 MONDAY EVENING BIKE TRAIL RIDE
6:00 PM Grade: E/D/C11-52
See May 2 evening ride for description and meeting place.
Leader: Debbie LeVon 725-2238

TUE 10 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: E12-30
See May 3 for ride description and meeting place.
Leader: Bill Chadwell 725-0571

WED 11 WEDNESDAY MORNING BREAKFAST RIDE
8:00 AM Grade: E37
Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We will ride to Rio Linda for breakfast.
Leader: Pete Altenburg 363-9564 or petecycle@aol.com

THU 12 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30
See May 5 for ride description and meeting place.
Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com

FRI 13 T.G.I.F. COFFEE RIDE
8:30 AM Grade: E/D30+
See May 6 for ride description and meeting place.
Leader: Floyd Bumbaca 961-8139

SAT 14 SHINGLE SPRINGS RIDE
8:30 AM Grade: B50
Meet at the Shingle Springs Park 'N' Ride for a ride through the Shingle Springs/Cameron Park/Lotus area. The toughest climbing comes toward the end of the ride. A water stop is available but there are no food stops. Please come prepared. Go east on Hwy 50 and take the Ponderosa Road Exit.
Leader: Bob Banning 721-4137

SAT 14 QUICK RIDE BEFORE CHORES
8:30AM Grade: D28
Got chores to do but you're itching to put in a few miles? Join us for a quick spin. Meet at Madera Park in Citrus Heights. One block south of Sunrise on Antelope Road. Turn left on Wonder Street. Madera Park is about 1/2 mile down on the right side.
Leader: Debbie LeVon 725-2238

SUN 15 EVERY STINKIN' HILL
8:30 AM Grade: C30
Meet at the Bel Air in Rocklin at the corner of Stanford Ranch Rd and Sunset for a ride in which you'll climb every hill in Rocklin, or think that you did. This is a hard "C" ride, but most average riders should be able to do it. There will be bailout options. Take I-80 to Hwy 65 and take the first exit-Stanford Ranch Rd. The Bel Air is approximately 1 mile ahead on the left. Plenty of opportunity for snacking and socializing after the ride.
Leader: Mike Vignogna 624-9198



FRI 13 TOUR DE SOLANO

SUN 15 Grade: E/D 150
Join us for a 3-day, self-contained camping trek through Solano County! First, we head south from Sacramento through the Sacramento River Delta with its sloughs, islands, quaint riverfront towns, ferries, and bridges to Rio Vista. The second day takes us northward via Fairfield over gentle rolling roads through farmlands, ranches, and orchards to Lake Solano. On day 3 we return via Winters, Woodland, and the scenic route south along the Sacramento River. The campgrounds are attractive, spacious, and have hot showers. The route is relatively flat and free of traffic, making it suitable for beginners as well as experienced bike tourists. Participants must be able to maneuver a loaded bike and maintain a reasonable pace (11-13mph) for 50 miles or so per day. A 2-day option is possible.

The tour is self-supported-everything you need must be on your bike or person, or obtained along the way-no external sag support is provided or allowed. The tour is limited to 20 members or 12 tents. The fee is \$15/person due April 15th. The starting location will be determined according to the needs of the participants. If you don't have the necessary racks, panniers, or other equipment, let us know and we'll try to help. Come along for a great ride!

Please contact us for the details: Jerry Beckett 214-3203 or jerrbeck@comcast.net or Peggy Blair 801-1179 or peggybikes@yahoo.com

BIKE TO WORK WEEK

MON-FRI BIKE TO WORK (AND EVERYWHERE) WEEK MAY 16-20

This annual event promotes bicycling as an everyday means of transportation and recreation. Watch your gas bill drop this week. Bike to work, to school, to the gym, to the grocery store, or to your friends' homes. Join the club for Bike-to-Work festivities in Sacramento and Folsom. Watch for details on the Bikehikers e-group.

MON 16 ROVING MONDAY MORNING COFFEE
8:30 AM Grade: E/D30+

See May 2 morning ride for ride description and meeting place. Leaders: Ray and Phyllis Billings 334-2827

MON 16 MONDAY EVENING BIKE TRAIL RIDE
6:00 PM Grade: E/D/C11-52

See May 2 evening ride for description and meeting place. Leader: Gary Noland 863-5789

TUE 17 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: E/D/C11-52

See May 3 for ride description and meeting place. Leader: Bill Chadwell 725-0571

WED 18 WEDNESDAY MORNING BREAKFAST RIDE
8:30 AM Grade: E/D30+

See May 4 for ride description and meeting place. Leader: Dave Abbot 961-8826



THU 19 BIKE TO WORK DAY!
10:00 AM Grade: E30
Ride to the North steps of the Dome (where Ahnold smokes). Meet at the 5 Points shopping center on the corner of Arden Way and Fair Oaks Blvd. The return will not be swept. Leader: Pat Larson 962-0344 or patbar111@sbcglobal.net

THU 19 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30
See May 5 for ride description and meeting place. Leader: Don Scalise 485-2611

FRI 20 BIKE TO WORK RIDE - FOLSOM
8:30 AM Grade: D30
Meet at the 5 Points Shopping Center on the corner of Fair Oaks Blvd and Arden Way. The route is heading to Folsom to enjoy the Bike to Work Week festivities. More details will be forthcoming. Leader: Karl Tracy 381-5338 or 601-0769

SAT 21 CITY OF ROSEVILLE BIKE FEST RIDE
8:30 AM Grade: D30
We will take a wonderful ride through Folsom, Orangevale, Granite Bay, and Roseville. Our break will be at the 2005 Roseville Bike Safety Bikefest at Spanger School (yes, there will be refreshments!). Ride leaves from Lembi Park on Riley just south of Old Town Folsom. From Hwy 50 take Bidwell North, L on Wales into the park (north of Blue Ravine). Use the parking lot across from the grocery store. Leader: Andy Chandler 988-1499 or achandler@apexweb.com

SAT 21 DAVIS DOUBLE CENTURY
Sponsored by the Davis Bike Club. Registration fee required. Bike Hiker club mileage credit will be given for participation in this ride if you wear a Bike Hiker club jersey or jacket, complete the designated ride, and sign in on the Bike Hiker ride sheet which will be available when registration opens. Sign in with: Steve Cimini 483-5222 or Cyclstev@aol.com

SAT 21 SUNRISE CENTURY (LODI)
The Lodi Sunrise Rotary Club is holding their annual Sunrise Century. The event includes a 50k, 100k and 100 mile grand tour of the Lodi region. Each of the routes offers scenic views of the vineyards, pastures and farmlands along lightly traveled roads. Registration required. Wear your Bike Hiker jersey or jacket to claim club miles for your ride. Check out their website: www.lodisunrisecentury.com Sign in with: Linda Zeisler 457-8815

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May Cont.

SUN 22 LOTS OF TURNS

9:00 AM Grade: E25+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. This will be on surface streets with lots of turns. Bring \$ for snacks and sips.

Leader: Karen Wright 456-9792

MON 23 ROVING MONDAY MORNING COFFEE

8:30 AM Grade: E/D30+

See May 9 for ride description and meeting place.

Leader: Karl Tracy 381-5338/601-0769

MON 23 MONDAY EVENING BIKE TRAIL RIDE

6:00 PM Grade: E/D/C11-52

See May 2 evening ride for description and meeting place.

Leader: Gary Noland 863-5789

TUE 24 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See May 3 for ride description and meeting place.

Leader: Bill Chadwell 725-0571

WED 25 WEDNESDAY MORNING BREAKFAST RIDE

8:30 AM Grade: E/D30+

Meet in Land Park at the northeast corner of Park at Land Park Dr and 11th Ave. We will do mostly surface street riding with a short distance on the bike trail and have breakfast at Lyon's at Richards Blvd and Jiboom St.

Leader: Richard Barber 924-7927

THU 26 THURSDAY EVENING BEGINNER'S RIDE

6:00 PM Grade: E12-30

See May 5 for ride description and meeting place.

Leader: Susan Wallis 985-2121

FRI 27 NO RIDE DAY

Enjoy the day off, ride leaders! Have fun this weekend.



May Cont.

SAT 28 NEWCASTLE LOOP

9:00 AM Grade: D/C40

Meet at the Maidu Community Center in Roseville (Hwy 80 east, R on Douglas Blvd, R on Rocky Ridge Rd, L into Maidu Community Park) for a loop out to Newcastle and back-rest stop included.
Leader: Doug Souvignier 332-8194

SUN 29 STANFORD RANCH

8:30 AM Grade: D32

Meet at Sunset Blvd and Stanford Ranch Road in Rocklin. We will ride through Lincoln and the surrounding area. Take Hwy 54 from Roseville to Stanford Ranch Road. Turn left at Sunset Blvd, then right into the parking lot. No stores until we hit Lincoln on the way back.

Leader: Al Mehaffey 386-1239

MON 30 MEMORIAL DAY MONDAY MORNING RIDE

8:00 AM Grade: E/D30+

In honor of the men and women who have died serving our nation and protecting our freedoms, the route today will include stops at local memorials. Wear your most patriotic colors or yellow (as in "support our troops") and meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We will ride as a group as much as possible. Bring \$ for a coffee stop along the route.

Leader: Susan Wallis 985-2121

MON 30 MONDAY EVENING BIKE TRAIL RIDE

6:00 PM Grade: E/D/C11-52

See May 2 evening ride for description and meeting place.

Leader: Dan King 783-7002

TUE 31 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See May 3 for ride description and meeting place.

Leader: Bill Chadwell 725-0571

The Sacramento Bike Hikers are affiliated with the League of American Bicyclists.

Membership in L.A.B. is encouraged for all Bike Hiker members as well as all cyclists.

Call (202) 822-1333 or see their webpage at: www.bikeleague.org.



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J U N E

WED 1 TOUR PAYMENT REMINDER

If you're joining Bill on the Calistoga Overnighter tour, today is the deadline for making a payment on the trip.
Contact: Bill Chadwell 725-0571.

WED 1 WEDNESDAY MORNING BREAKFAST RIDE

8:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We will ride 30 miles or so depending on the restaurant we are going to.
Leader: Karl Tracy 381-5338 or 601-0769

WED 1 BIKE HIKER CLUB MEETING

7:00 PM

Join us in welcoming Judy Fields, a certified nutritionist, who will give us information and advice about what we should be doing to fuel our riding (and life in general), and will answer members questions about specific concerns. Meet in the Lukens auditorium at the Mercy Physicians Plaza, Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. Visitors are always welcome. You can find a map at www.bikehikers.com.

**BRING A FRIEND CYCLING,
You don't have to be a member to participate!**

THU 2 THURSDAY EVENING BEGINNER'S RIDE

6:00 PM Grade: E12-30

Join us at the Nimbus Fish Hatchery (Hwy 50 and Hazel Ave) each Thursday evening. All levels of riders are welcome; riders will ride at their own pace. The leader will sweep the trail to ensure all riders return to the starting point. Come out, get in shape, and find out what the Bike Hikers are all about. No need to be a club member to ride with us. Just show up and be ready to ride at 6:00 PM sharp.
Leader: David Adcock 416-9912

FRI 3 T.G.I.F. COFFEE RIDE

8:00 AM Grade: E/D30+

Enjoy a variety of rides. Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Karl Tracy 381-5338 or 601-0769

SAT 4 SIERRA CENTURY

If you're looking for a great and challenging century, the Sierra Century, sponsored by the Sacramento Wheelmen, is the ride for you. Signup forms can be found at all the local bike shops, on line at www.sacwheelmen.org. Bike Hiker club mileage credit will be given for participation in this ride if you wear a Bike Hiker club jersey or jacket, complete one of the designated rides, and sign in on the Bike Hiker ride sheet. The signup sheet will be available at the start of the ride (registration fee required).
Sign in with: Gary Noland 863-5789



June Cont.

SUN 5 NEWCOMERS ORIENTATION RIDE

9:00 AM Grade: F20-32

Meet at the Fish Hatchery (Hwy 50 and Hazel Ave) and ride the bike trail down to Five Points, take a break, and return. This is an opportunity to mingle with and meet others who share your interest in cycling, while learning a little about the Bike Hikers. Club members are encouraged to attend to welcome and assist the newcomers. Leader: Patty Blesso 988-6915

MON 6 ROVING MONDAY MORNING COFFEE

8:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way to enjoy a variety of rides.
Leader: Floyd Bumbaca 961-8139

MON 6 MONDAY EVENING BIKE TRAIL RIDE

6:00 PM Grade: E/D/C11-52

Ride leaves the Fish Hatchery (Hwy50 and Hazel Ave) at 6:00 PM sharp. Beginners ride west on the easy bike trail. More experienced riders can ride east on the bike trail up to Beals Point. Club members may opt to begin at either end and do the entire circuit from Guy West Bridge to Beals Point as long as they sign in at 6: PM. Everyone is welcome, including non-club members. Come out and have fun getting in shape with us!
Leader: Linda Jew 682-8387 or Jewls4me2001@yahoo.com

TUE 7 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D/C20-29

Come join us for a brisk paced (15-20+mph) series of rides. This month we will be meeting at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Route varies from week to week, using bike trail and surface streets. Lights front and rear are required. We usually go to dinner afterwards.
Leader: Dan King 783-7002

WED 8 WEDNESDAY MORNING BREAKFAST RIDE

8:00 AM Grade: E/D30+

See June 1 for ride description and meeting place.
Leader: Karl Tracy 381-5338/601-0769

THU 9 THURSDAY EVENING BEGINNER'S RIDE

6:00 PM Grade: E12-30

See June 2 for ride description and meeting place.
Leader: David Adcock 416-9912



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 **June Cont.**

FRI 10 T.G.I.F. COFFEE RIDE
 8:00 AM Grade: E/D30+
 See June 3 for ride description and meeting place.
 Leader: Floyd Bumbaca 961-8139

SAT 11 THE REX RIDE BENEFIT RIDE FOR THE AMERICAN RIVER PARKWAY
 7:00-8:30AM check-in time

Here is a chance for a fun ride and an opportunity to support this beautiful parkway where we all spend so many wonderful days! The Rex Ride is a charity ride, which benefits the American River Parkway. Your tax-deductible entries will go directly to the Foundation. ARPF will get much needed funding, and you will get a nice bike ride, camaraderie, a T-shirt, refreshments and an excellent meal. The ride will begin at William Pond Recreation area; go to Discovery Park, and then up the trail to Beals Point and back to William Pond. You can ride as much or as little as you like. There will be rest stops, food and drink at Discovery Park, William Pond, and Beals Point. There will be a Bar-B-Que dinner at William Pond from 12:00-3:00p.m. Wear your Bike Hiker jersey and sign in for mileage credit. Contact this website for more information and registration: www.arpf.org
 Check-in Leader: Charlotte Frink 359-1317

- IMPORTANT ITEMS TO BRING ON A RIDE!!!**
- **REQUIRED:** Spare tube or tubular tire, patch kit, pump, lights/reflectors on night rides, **helmet.**
 - **RECOMMENDED:** Basic tools, first aid kit, filled water bottle, snack, money, identification.

SAT 11 TORTOISE RIDE
 3:00 PM Grade: E/D20

Come out and join the tortoise for a leisurely ride. This is a slow-paced ride (about 10-12mph) for those who want to bike at a slower pace. Newcomers are welcome. This can also be used as a recovery ride for you rabbits and greyhounds. The route will be to and from the Fish Hatchery. Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.
 Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com

 **June Cont.**

SUN 12 FORESTHILL-MOSQUITO RIDGE ROAD RIDE
 8:00 AM Grade: B60
 Meet at the Raley's Supermarket parking lot in Auburn (Hwy-80 east to Auburn, take the Foresthill exit) to ride to Foresthill and Mosquito Ridge Rd down the river and back.
 Leader: Mark Miller 530-823-9627

CALISTOGA

SAT 11 CALISTOGA OVERNIGHTER
SUN 12 8:00 AM Grade: B52-69 (Sat)/B52 (Sun)
 This is a beautiful ride through Pope Valley over to the Silverado Trail and Calistoga. Short route goes direct to Silverado Trail, long route includes Ink Grade. We will camp at the Napa County Fairgrounds. Showers available. \$15 fee (due by June 1 to the Bike Hikers) covers sag support, campground fee and after ride snacks. There are several restaurants within walking distance of campground.
 Leader: Bill Chadwell 725-0571

MON 13 ROVING MONDAY MORNING COFFEE
 8:00 AM Grade: E/D30+
 Meet at Bannister Park in Fair Oaks. Take Sunrise Blvd north across the American River; turn left on Fair Oaks Blvd. Turn left on Bannister Road at the signal light.
 Leader: Karl Tracy 381-5338 or 601-0769

MON 13 MONDAY EVENING BIKE TRAIL RIDE
 6:00 PM Grade: E/D/C11-52
 See June 6 evening ride for description and meeting place.
 Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com

TUE 14 TUESDAY EVENING RIDE AND DINNER
 6:30 PM Grade: C20-29
 See June 7 for ride description and meeting place.
 Leader: Dan King 782-7002

WED 15 WEDNESDAY MORNING BREAKFAST RIDE
 8:00 AM Grade: E/D30+
 See June 1 for ride description and meeting place.
 Leader: Dave Abbot 961-8826

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June Cont.

THU 16 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30
See June 2 for ride description and meeting place.
Leader: David Adcock 416-9912

FRI 17 T.G.I.F. COFFEE RIDE
8:00 AM Grade: E/D30+
See June 3 for ride description and meeting place.
Leader: Karl Tracy 381-5338 or 601-0769

SAT 18 ROCKLIN ROLL
8:00 AM Grade: C30
Meet at the Bel Air parking lot at Sunset and Stanford Ranch Rd in Rocklin for a ride with a few hills and a few thrills. Take I-80 to Hwy 65 and exit at Stanford Ranch Rd. The Bel Air will be approximately one mile ahead on the left. There will be opportunities for snacks and socializing after the ride.
Leader: Mike Vignogna 624-9198



"NO SWEEP" RIDES

The "No Sweep" rides, designated by this symbol, tell potential riders that they need to be self-sufficient. No one will be following behind to look out for them should they need assistance. It tells them that they shouldn't consider this ride unless they would probably do it on their own or with a friend. Basically it's a ride for experienced riders.

However, ride leaders are encouraged to arrange re-group points on the route to allow riders to stay together. Riders on "No Sweep" rides are encouraged to ride together and check with stopped riders to see if they need assistance. Ride leaders will still check to make sure everyone returns safely.

RIDE GRADING CODE

THREE FACTORS make up the ease or difficulty of a ride - not counting such chance factors as traffic, road conditions, and weather. These factors are important considerations for riders when selecting rides in which to participate. No rider will knowingly be left behind alone. However, riders should NOT sign up for rides beyond their ability. "Biting off more than you can chew" can result in discouragement, sore muscles, and invites accidents.

- **Terrain Elevation** - Represented by an alpha letter.
 - A - Steep - Mostly steep grades: strong riders only.
 - B - Steep/Moderate - Some relief from steep grades.
 - C - Moderate - Hilly; a challenge for the average rider.
 - D - Moderate/Easy - Rolling hills, a challenge for beginners.
 - E - Easy - Some gentle grades, but no problems.
 - F - Flat - If any route is really flat.

- **Distance** - Represented by the actual number of miles.
- **Pace** - Will range in 'miles per hour' between about 10 mph on easy short distance rides, to 20+ mph on hard long distance rides. Generally, the pace increases as the difficulty (steepness and distance) of the ride increases. Riders tend to increase their pace as they gain experience, fitness, and are challenged by difficulty. Beginners and novices are strongly advised to select easy and short distance rides to start with, and progress up the grading scale with experience and capability.



June Cont.

SUN 19 BETTER WISE UP (& OTHER ANNOYING THINGS OUR FATHERS SAY)
8:30 AM Grade: C30/40
We will start in Rocklin, but this time head up to Morning Glory for some Father's Day cheer. Then we'll turn towards Newcastle and enjoy a long straight stretch that is perfect for tandems. On the way back, we'll enjoy a few more straight, fast stretches that'll give riders of every ability the chance to enjoy a little speed. Meet in the Safeway parking lot, located on Granite Drive. Take I-80 to the Rocklin Road exit. At the bottom of the off-ramp, turn left to go under the freeway. Turn right at the first signal light, Granite Drive. Safeway will be on your right.
Leader: Norma Chadwell 725-0571

MON 20 ROVING MONDAY MORNING COFFEE
8:00 AM Grade: E/D30+
NOTE DIFFERENT MEETING PLACE-Madera Park (north on Sunrise Blvd; cross Antelope Rd and then turn right on Stafford to end). We'll be riding in the Citrus Heights and Roseville areas.
Leader: Sherry Witt 852-1323

MON 20 MONDAY EVENING BIKE TRAIL RIDE
6:00 PM Grade: E/D/C11-52
See June 6 evening ride for description and meeting place.
Leader: Susan Wallis 985-2121

TUE 21 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29
See June 7 for ride description and meeting place.
Leader: Dan King 783-7002

WED 22 WEDNESDAY MORNING BREAKFAST RIDE
8:00 AM Grade: E/D30+
See June 1 for ride description and meeting place.
Leaders: Sherry Witt 852-1323
and Irene Stadt 944-0174

2005 OFFICERS & STAFF

PRESIDENT Norma Chadwell 916 725-0571
VICE PRESIDENT Kevin Regan 916 454-3350
SECRETARY Martin Tomas 916 227-6277
MEMBERSHIP Bob Keven 916 761-0979
TREASURER Bruce Morrical 916 369-8272

STAFF

Chief Ride Coordinator ... Jim Karpowicz 916 782-8523
Publishing Linda Jew 916 682-8287
Website Ken & Judy Montgomery 916 944-3252
Mailing List Moderators Ken Montgomery 916 944-3252
Andy Chandler 916 988-1499
Schedule Distribution Mark Munguia 916-392-2969
Mileage Recorder Jerry Beckett 916 214-3203
Tour Director Bill Chadwell 916 725-0571
Locker Coordinator Bob Albert 916 725-4063
Historian Kathy Wright 916 363-9343
Party Pardee Chair Kevin Regan 916 454-3350



June Cont.

THU 23 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30

See June 2 for ride description and meeting place.
Leader: David Adcock 416-9912

FRI 24 T.G.I.F. COFFEE RIDE
8:00 AM Grade: D30

See June 3 for ride description and meeting place.
Leader: Floyd Bumbaca 961-8139

SAT 25 SUNFLOWERS OF PROVENCE
9:00 AM Grade: F40

Meet at the Vets Memorial parking lot in Davis. Located on 14th near B St. Hopefully the sunflowers will be in bloom on our travels to Dixon to the Sonoma Bakery. If any questions, please contact us.
Leader: Bob and Lois Weast 961-5193 or lweast@macnexus.org

SUN 26 LESLIE'S MYSTERY RIDE
8:00 AM Grade: C40

It's a mystery where we will be riding but we will start at Vic's Market (on the southwest corner of Oak Ave Parkway and American River Canyon Dr in Folsom). From Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left.
Leader: Leslie Davis 987-7657

MON 27 ROVING MONDAY MORNING RIDE
8:00 AM Grade: E/D30+

See June 13 for ride description and meeting place.
Leader: Karl Tracy 381-5338 or 601-0769

MON 27 MONDAY EVENING RIDE
6:30 PM Grade: E/D/C11-52

See June 6 evening ride for description and meeting place.
Leader: Don Scalise 485-2611



June Cont.

TUE 28 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29

See June 7 for ride description and meeting place.
Leader: Dan King 783-7002

WED 29 WEDNESDAY MORNING BREAKFAST RIDE
8:00 AM Grade: E/D30+

See June 1 for ride description and meeting place.
Leader: Karl Tracy 381-5338/601-0769

THU 30 THURSDAY EVENING BEGINNER'S RIDE
6:00 PM Grade: E12-30

See June 2 for ride description and meeting place.
Leader: David Adcock 416-9912

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State ZIP E-mail	Name of family member(s) who will be riding: Birthdate:		
Phone Birthdate			
Would you be willing to volunteer to help lead rides? <input type="checkbox"/> Could you help on club events? <input type="checkbox"/> Are you a beginning rider? <input type="checkbox"/>		<small>(Parental Consent Release forms will be sent for members under 18)</small> Mail application and check to: Sacramento Bike Hikers PO Box 1363 Carmichael, CA 95609-1363	
Make checks payable to: SACRAMENTO BIKE HIKERS			