

# SACRAMENTO

## Bike Hikers



# RIDE SCHEDULE

**JULY • AUGUST • SEPTEMBER • 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**



**J U L Y**

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

8:00 AM ..... Grade: D30+  
To the coffee shop and beyond! Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Enjoy a variety of rides.  
Leader: Floyd Bumbaca 961-8139.

**SAT 2 FOLSOM & EL DORADO HILLS LEMBI PARK RIDE**

8:00 AM ..... Grade: D34/C39  
Enjoy a round trip ride up to El Dorado Hills. Decide on the long/short options after your coffee break. The ride is a bit hilly, but very rideable for those who consistently complete D-designated rides. Meet at Lembi Park on Riley St in Folsom. From the Rainbow Bridge, the park is located on the right about ¾ mile; use the entrance across from the Raley's sign and park near the tennis courts.  
Leader: Andy Chandler 988-1499 or ahandler@apexweb.com.

**SUN 3 "THE IRISH ARE COMING"**

8:00 AM ..... Grade: D+/C42+/-  
A nice hill training ride with no hill longer than 1 mile. Lots of little ones of varying degrees on Irish Hill Rd, west of Lone on the way to Plymouth. This covers the beginning of the Sierra Century route in reverse. Rest stop at a deli in Plymouth with snacks, freshly made sandwiches, ice cream, and espresso drinks; then backtrack with one deviation to the route along Irish Hill Rd (the easier way). Good roads with very little traffic on most of them. Meet in lone in the parking lot by the Police Station, off of Main St. Carpooling is recommended.  
Leader: Eleanor Mark 685-7951  
or eleanor.mark@ucdmc.ucdavis.edu.

**MON 4 CELEBRATE AMERICAN RIDE**

8:00 AM ..... Grade D36  
Happy 4th of July! Today, in honor of our Nation's birthday, we will ride across America! From California, our journey includes many Oaks, a Rocky Ridge, Roses, and the Sierra, as we pedal to Main(e). Before the Sunsets, we will travel to New York and the land o' Lincoln, then Wind-our-Way back to California. This incredible adventure starts from Five Points Shopping Center, on the corner of Fair Oaks Blvd and Arden Way. Bring your travelin' supplies and water.  
Leader: Susan Wallis 985-2121.

## 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**



**Affordable Adventures  
for the Touring Cyclist**

From 3 days to 2 weeks  
starting at \$195

Call for details! (800) 924-2453 [www.imagnetours.com](http://www.imagnetours.com)



## July Cont.

**TUE 5 TUESDAY EVENING RIDE AND DINNER**  
6:30 PM ..... Grade: D/C20-29

Come join us for a brisk-paced (15-20mph) series of rides while enjoying the Delta breezes. This month, we will meet at South Hills Shopping Center near the Post Office on South Land Park Drive between 35th and 43rd Ave. Route varies week to week using mostly surface streets and some bike trail. Lights front and rear are required. We usually go to dinner afterwards.

Leader: Mark Munguia 422-4672.

**WED 6 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 visit.

Leaders: Barbara Peck 722-7257 and Rich Baber 924-7927.

**WED 6 NO BIKE HIKER CLUB MEETING TONIGHT**  
No meeting tonight. Bike Hikers and family members will gather on Saturday, July 9th, for the Bike Hikers Annual Picnic and Ride. This is the last day to let the picnic coordinators know if you are attending. See July 9th description for meeting place and details. Please RSVP to Nicole Karres via e-mail: [ssubiolady@yahoo.com](mailto:ssubiolady@yahoo.com).

**WED 6 NEW SERIES-WEDNESDAY EVENING  
FOOTHILLS RIDE**  
6:15 PM ..... Grade: C15-25+

This is the first of a new midweek evening ride series! Meet in the Sweetpea's restaurant parking lot in Auburn. Take I-80 east to the Forehill exit; turn left and go over the freeway; turn right on Bowman Road; go left on Luther Road; then left into the parking lot. This is a brisk-paced ride in the Auburn area. Dinner after is always an option.

Leaders: Jim Karpowicz 782-8523 and Mark Miller 530-823-9627.

**THU 7 THURSDAY EVENING BEGINNER'S RIDE**  
6:00 PM ..... Grade: E12-30

Join the Bike Hikers at the Nimbus Fish Hatchery (Gold Country Blvd, off of Hwy 50 & Hazel Ave) for an evening ride on the bike trail. All levels of riders are welcome. Riders will ride at their own pace and 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: Kathy Wright 363-9343.

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

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

Leader: Karl Tracy 381-5338 or 601-0769.



## July Cont.

### CLUB PICNIC

**SAT 9 BIKE HIKERS CLUB RIDE AND ANNUAL PICNIC**  
8:30 AM ..... E20/D38

All members and their families are invited to attend the annual club ride and picnic! The ride starts from the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Good day to wear your club jersey! Return to William Pond recreation area for the picnic and festivities, which start at 11:30 AM. Please RSVP by July 6th to Nicole Karres via e-mail ([ssubiolady@yahoo.com](mailto:ssubiolady@yahoo.com)) if you and your family plan to attend the picnic.

Ride Leader: Mike Vignogna 624-9198.

Picnic Coordinators: Nicole Karres 276-6375

and Dan King 783-7002.

**SUN 10 MAIDU TO MEADOW VISTA LOOP RIDE**  
8:00 AM\* ..... C30

The perfect ride! Grind up some C hills with plenty of services along the way. Meet at Maidu Market in Auburn (on Auburn Folsom Road, between Maidu Dr and Sacramento St; park on the street nearby). We'll climb to Meadow Vista and return to Auburn on scenic roads.

\*Hot weather = earlier start time; watch for an e-mail update.

Leader: Nicole Karres 276-6375.

**MON 11 ROVING MONDAY MORNING COFFEE 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 rove around in search of our morning coffee.

Leader: Ray and Phyllis Billings 334-2827.

**MON 11 MONDAY EVENING BIKE TRAIL RIDE**  
6:00 PM ..... Grade: E/D/C11-52

Ride leaves the Fish Hatchery (Gold Country Blvd off of Hwy 50 and Hazel Ave) at 6:00 PM sharp. Beginners ride west on the bike trail. More experienced riders can ride east on the bike trail uphill 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. Everybody is welcome, including non-club members. Come out and have fun getting in shape with us.

Leader: Gary Noland 987-7971.

**TUE 12 TUESDAY EVENING RIDE AND DINNER**  
6:30 PM ..... Grade: D/C20-29

See July 5th Tuesday Evening Ride description for details.

Leader: Mark Munguia 422-4672.

**WED 13 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 choice for today.

Leader: Don Scalise 485-2611.

**WED 13 WEDNESDAY EVENING FOOTHILLS RIDE**  
6:15 PM ..... Grade: C15-25+

See July 6th Wednesday Evening Foothills Ride description for meeting place and details.

Leaders: Jim Karpowicz 782-8523 and Mark Miller 530-823-9627.

**THU 14 THURSDAY EVENING BEGINNER'S RIDE**  
6:00 PM ..... Grade: E12-30

See July 7th Thursday Evening Beginner's Ride description for meeting place and details.

Leader: Susan Wallis 985-2121.



## July Cont.

### FRI 15 T.G.I.F. COFFEE RIDE

8:00 AM ..... Grade: D30+

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

Leader: Floyd Bumbaca 961-8139.

### FRI 15 EPIE'S SET UP DAY

3:00-6:00 PM

Volunteers are needed at lower Sunrise to help set up for Eppie's Great Race tomorrow morning. Please contact Kevin Regan at 454-3350 or kprbikes@surewest.net if you are available to help.

### SAT 16 EPIE'S GREAT RACE

Time again for the Bike Hiker tradition to support Eppie's Great Race at the Bike-to-Boat transition point! Only a few hours of your time is needed to help Eppie's and the contestants with their bikes. Morning munchies are provided and Eppie's offers free lunch tickets. Members who ride to/from and help at the event will receive animal miles. We need lots of volunteers as Eppie's Great Race has continued to grow! To volunteer, please contact Kevin Regan 454-3350.

### SAT 16 HEALDSBURG HARVEST CENTURY-EVENT RIDE

Registration information at (707) 433-6935/1-800-648-9922 or www.healdsburg.org. Bike Hiker club mileage credit will be given for participation in this event if you register (fee required). 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. Club members are encouraged to wear Bike Hiker club apparel. Sign in with: Ray and Phyllis Billings 334-2827.

## TAHOE OVERNIGHTER

### SAT 16 TAHOE OVERNIGHTER

SUN 17

10:00 AM ..... Grades: Sat-C65/B80; Sun-B40

Saturday's ride takes us through Loyaltan, Portola, Clio, and Basets. The first 40 miles are flat. Long route has a nine-mile climb to the Gold Lakes region. Short route not as difficult. Sunday is a loop over Brockway Summit to Kings Beach and Tahoe City for lunch. Campgrounds reserved at Donner Memorial State Park. \$15.00 fee covers campsites, snacks, and Sunday morning continental breakfast. No sweep. Tour fee due by July 1.

Leader: Bill Chadwell 725-0571.

### SUN 17 ROCKLIN & ROLLIN' ROSEVILLE

7:30 AM ..... D30/36

Note the early start time. We will traverse Roseville east to west and return by way of Rocklin to the start point. Rest stop at the 22 mile mark (Starbucks on West Oaks Blvd). Short ride avoids Sierra College climb. Long ride will be swept. Meet at Maidu Park in Roseville. From I-80, take Douglas Blvd exit and go east; turn right (south) on Rocky Ridge Rd, then left into Maidu Park. Leader: Gary Noland 987-7971.

### MON 18 ROVING MONDAY MORNING COFFEE RIDE

8:00 AM ..... Grade: E/D30+

Enjoy a variety of inspiring morning rides starting from the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We will rove around until we find that perfect cup of french roast.

Leader: Floyd Bumbaca 961-8139.



## July Cont.

### MON 18 MONDAY EVENING BIKE TRAIL RIDE

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

See July 11th Monday Evening Bike Trail Ride description for meeting place and details.

Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com.

### TUE 19 TUESDAY EVENING RIDE AND DINNER

6:30 PM ..... Grade: D/C20-29

See July 5th Tuesday Evening Ride description for details.

Leader: Mark Munguia 422-4672.

### WED 20 WEDNESDAY MORNING BREAKFAST RIDE

8:00 AM ..... Grade: E/D30+

Meet at 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 visit.

Leader: Dave Abbott 961-8826.

### WED 20 WEDNESDAY EVENING FOOTHILLS RIDE

6:15 PM ..... Grade: C15-25+

See July 6th Wednesday Evening Foothills Ride description for meeting place and details.

Leader: Mark Miller 530-823-9627.

### THU 21 THURSDAY EVENING BEGINNER'S RIDE

6:00 PM ..... Grade: E12-30

See July 7th Thursday Evening Beginner's Ride description for meeting place and details.

Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com.

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

8:00 AM ..... Grade: D30+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Let's find that cup of java by riding around town.

Leader: Karl Tracy 381-5338 or 601-0769.

### SAT 23 MOUNTAIN BIKE RIDE THE QUARRY TRAIL

8:00 AM ..... Grade: C/B15

Dust off your mountain bike again and meet in the Raley's parking lot in Auburn. Take I-80 east to Auburn; exit at the Foresthill exit; go right at the light; then an immediate left at the light onto Lincoln Way; and right into the Raley's parking lot. We will ride down the Stagecoach Trail, then over onto the Quarry Trail to the end and return.

Leader: Jim Karpowicz 782-8523.

	<p><b>MEMBERS!</b>  <b>FREE CONSULTATIONS WITH THERAPY &amp; ACCESSORIES AT GREAT MEMBERSHIP RATES!</b></p> <p>BIKE RENTALS  CUSTOM FITTING BY APPOINTMENT  PROFESSIONAL FULL SERVICE SHOP  REPAIR CLASSES  ROAD, TRI, MTB, BMX, &amp; KIDS BIKES  WEEKLY RIDES</p>
<p>WORLD CLASS SERVICE &amp; FREE H2O</p> <p>1860 PRAIRIE CITY RD. #300  FOLSOM, CA 95630</p> <p><b>916.355.1234</b></p> <p>IN THE PRAIRIE CITY SHOPPING CENTER  ACROSS FROM THE INTEL CAMPUS  WWW.BICYCLEPLANET.NET</p>	       





# AUGUST



## August Cont.

**MON 1 ROVING MONDAY MORNING COFFEE RIDE**  
 8:00 AM ..... Grade: E/D30+  
 Meet this lovely morning at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go 1 block east on Antelope and left on Wonder St to the park at the far end of Wonder St. Come and enjoy a wake-up ride with us!  
 Leader: Pat Angello 487-1127.

**MON 1 MONDAY EVENING BIKE TRAIL RIDE**  
 6:00 PM ..... Grade: E/D/C11-52  
 The ride leaves the Fish Hatchery (Gold Country Blvd off of Hwy 50 and Hazel Ave) at 6:00 PM sharp. Beginners ride west on the bike trail. More experienced riders can ride east on the bike trail uphill 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 into shape with us.  
 Leader: Linda Jew 682-8287 or Jewls4me2001@yahoo.com.

**TUE 2 TUESDAY EVENING RIDE AND DINNER**  
 6:30 PM ..... Grade: C20-29  
 Come join us on our continuing series of brisk-paced (15-25+mph) Tuesday night rides. This month we meet in Folsom at the Willow Creek Town Center at the Bella Bru near the corner of Blue Ravine and East Bidwell. We will ride some hills around Folsom, El Dorado Hills, and Roseville. Even though we tend to get back before dark this time of year lights front and rear are still required. We usually go out to dinner afterwards.  
 Leader: Larry Ng 505-6166.

**WED 3 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: Marshall and Irene Stadt 944-0174.

**WED 3 BIKE HIKERS CLUB MEETING**  
 7:00 PM

Tonight's program is presented by the Sacramento County Department of Regional Parks. Come find out about our park rangers and their role with the bike trail, cycling, safety, law enforcement and the myriad of services they provide. 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. Find a campus map at [www.bikehikers.com](http://www.bikehikers.com). Join us for an interesting program and light refreshments.

**MOVED RECENTLY? NEW PHONE NUMBER?**  
 Please send your new contact info to  
**Bob Keven, Membership Chair**

**THU 4 THURSDAY EVENING BEGINNER'S RIDE**  
 6:00 PM ..... Grade: E12-30  
 Join the Bike Hikers at the Nimbus Fish Hatchery (Gold Country Blvd off of Hwy 50 and Hazel Ave) for an evening ride on the bike trail. All levels of riders are welcome. Riders will ride at their own pace and 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: Linda Jew 682-8287 or Jewls4me2001@yahoo.com.

**FRI 5 T.G.I.F. RIDE**  
 8:00 AM ..... Grade: D30  
 Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Enjoy a variety of rides as we pedal to and from a favorite coffee shop.  
 Leader: Karl Tracy 381-5338 or 601-0769.

**SAT 6 POOL TO POOL PARTY**  
 9:00 AM ..... Grade: D27  
 Meet at Phoenix Park in Fair Oaks for a fun summer ride with a splash! We will depart the Vernal Pools while it is still cool and stop at Patty's pool for a dip and lunch near the end of the ride. Pack your bathing suit and sunscreen (towels and refreshments provided), and join us for a cool pedal-pool party! From Hwy 50, go north on Hazel Ave, turn right on Sunset Ave, continue ¼ mile to the park on the right.  
 Leaders: Patty Blesso 988-6915 and Susan Wallis 985-2121.

**SUN 7 SUNSPASH WATER PARK RIDE**  
 10:00 AM ..... Grade: D/C40  
 Take a ride to Sunsplash Water Park in Roseville. Remember to bring the following if you plan to stay: swimwear, bike lock, sunscreen, and money for admission and food. Return route will not be swept. Meet at the Fish Hatchery (Gold Country Blvd off of Hwy 50 and Hazel Ave) to start.  
 Leader: Scott Miller 984-7552.

**MON 8 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.  
 Leader: Floyd Bumbaca 961-8139.

**MON 8 MONDAY EVENING BIKE TRAIL RIDE**  
 6:00 PM ..... Grade: E/D11-52  
 See August 1st Monday Evening Bike Trail Ride description for meeting place and details.  
 Leader: Susan Wallis 985-2121.

**TUE 9 TUESDAY EVENING RIDE AND DINNER**  
 6:30 PM ..... Grade: C20-29  
 See August 2nd Tuesday Evening Ride description for meeting place and details.  
 Leader: Larry Ng 505-6166.

**WED 10 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 our choice of restaurant today.  
 Leader: Karl Tracy 381-5338 or 601-0769.

"Northern California's Tandem, Recumbent & Touring Specialists"

*Gold Country Cyclery* 

Hours:  
 Tues-Thurs 11-6pm  
 Fri 11-7pm  
 Sat 11-5pm

3081 Alhambra Dr., Suite 103  
 Cameron Park, CA 95682  
 (530) 676-3305  
[gctandems@calweb.com](mailto:gctandems@calweb.com)

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

CALFEE CO MOTION BURLEY SANTANA MERLIN RANS



**Bicycles Plus**  
www.onlinecycling.com ~ Sales-Service-Rental



**Club Discounts!**





**Folsom: 355-8901**



**August Cont.**

**SUN 14 TORTOISE RIDE**  
8:00 AM ..... Grade: D/E20-30  
Come out for a morning ride to La Bou's in Folsom. Non-club members are welcome. This is a slow-paced ride mainly on the bike trail. 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.

**MON 15 ROVING MONDAY MORNING COFFEE RIDE**  
8:00 AM ..... Grade: E/D30+  
Meet this morning at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go 1 block east on Antelope and left on Wonder St to the park at the far end of Wonder St.  
Leader: Pat Angello 487-1127.

**MON 15 MONDAY EVENING BIKE TRAIL RIDE**  
6:00 PM ..... Grade: E/D/C11-52  
See August 1st Monday Evening Bike Trail Ride description for meeting place and details.  
Leader: Susan Wallis 985-2121.

**TUE 16 TUESDAY EVENING RIDE AND DINNER**  
6:30 PM ..... Grade: D/C20-29  
See August 2nd Tuesday Evening Ride description for details.  
Leader: Larry Ng 505-6166

**WED 17 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 choose for today.  
Leader: Don Scalise 485-2611.

**WED 17 WEDNESDAY EVENING FOOTHILLS RIDE**  
6:15 PM ..... Grade: C15-25+  
See August 10th Wednesday Evening Foothills Ride description for meeting place and details.  
Leader: Mark Miller 530-823-9627.

**THU 18 THURSDAY EVENING BEGINNER'S RIDE**  
6:00 PM ..... Grade: E12-30  
See August 4th Thursday Evening Beginner's Ride description for meeting place and details.  
Leader: Kathy Wright 363-9343.

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

**FRI 19 T.G.I.F. COFFEE RIDE**  
8:00 AM ..... Grade: D30+  
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 20 EL DORADO HILLS TO RESCUE/GOLD HILL**  
8:00 AM ..... Grade: C+ 57/40  
Enjoy a midsummer ride through the scenic, rolling hills of El Dorado County. Go east on Hwy 50 and exit at El Dorado Hills Blvd. Go north about one-tenth mile to Raley's which is on the right. The ride takes us through the small communities of Latrobe, Rescue, and Gold Hill, and back to El Dorado Hills. It may be hot, so bring enough water to get to Rescue. Long ride will not be swept.  
Leader: Peggy Blair 801-1179 or peggybikes@yahoo.com.



**August Cont.**

**WED 10 WEDNESDAY EVENING FOOTHILLS RIDE**  
6:15 PM ..... Grade: C15-25+  
Meet in the Sweetpea's restaurant parking lot in Auburn. Take I-80 east to the Foresthill exit; go left over the freeway; turn right on Bowman Rd; then left on Luther Rd; and left into the parking lot. This is a brisk paced ride in the Auburn area. Dinner after is always an option.  
Leaders: Jim Karpowicz 782-8523 and Mark Miller 530-823-9627.

**THU 11 THURSDAY EVENING BEGINNER'S RIDE**  
6:00 PM ..... Grade: E12-30  
See August 4th Thursday Evening Beginner's Ride description for meeting place and details.  
Leader: John Findley 967-7353.

**LAKE ALMANOR**

**THU 11 LAKE ALMANOR/LASSEN TOUR**  
**FRI 12 HIKING IN LASSEN PARK**  
**SAT 13** ..... Grade: D/C30 or C65  
**SUN 14** ..... Grade: D/C25  
We will check into our motel accommodations in Chester on Thursday night. Friday we will carpool to Lassen Park to spend a day of hiking. Saturday includes a ride around Lake Almanor or a ride down to Greenville before completing the trek around the lake. Sunday begins with a group breakfast (continental) and then a beautiful ride towards Drakesbad and back. We usually meet for breakfast on the trip home. Tour fee is \$15 due now. Mail to: Bike Hiker Lassen Tour, P.O.Box 1363, Carmichael, CA 95609.  
Tour Leaders: Bob and Sherry Keven 761-0979.

**FRI 12 T.G.I.F. COFFEE RIDE**  
8:00 AM ..... Grade: D30+  
Meet at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go 1 block east on Antelope and left on Wonder St to the park at the far end of Wonder St.  
Leader: Pat Angello 487-1127.

**SAT 13 AUBURNEASYCRIDE**  
8:00 AM\* ..... Grade: C30+  
Carpool with a friend or two and head for Auburn and the foothills. Take the Hwy 49 exit and turn left at Dry Creek Rd and then left into the Regional Park. Restrooms and picnic grounds abound. We will head for Meadow Vista via some scenic routes. Plenty of services along the way. \*Hot weather = earlier start time; watch for an e-mail update.  
Leader: Nicole Karres 276-6375.



## August Cont.

**SAT 20 MOUNTAIN BIKE THE DRIVER'S FLAT LOOP**  
8:00 AM ..... Grade: C15

If you haven't had time to ride your mountain bike very much, come out for this ride. This is a nontechnical single track. Meet at the upper parking lot on Foresthill Rd. Take I-80 east; exit at Foresthill Rd in Auburn; go right onto Foresthill Rd down across the Foresthill Bridge and continue past the parking lot on the right a couple of miles further to the parking lot on the left. Bring food and water.  
Leader: Jim Karpowicz 782-8523.

**SAT 20 MIDNIGHT CENTURY**  
6:00 PM ..... Grade: F100

Come join us for our annual evening century ride. This year we are starting the ride an hour earlier because some of us are NOT night owls! The ride will be SAGGED and food is provided at the turn-around point in Grimes. All riders are required to be able to ride 100 miles at a brisk pace (16-20mph). Be sure your lights are fully charged—enough to last 4-5 hours. Meet behind Carl's Jr at the corner of Poleline and Covell Rd in Davis. There is a \$5 per rider fee, payable at the start of the ride.  
Leaders: Bill Chadwell 725-0571 or Gumbibites@aol.com and Steve Cimini 483-5222 or Cyclstev@aol.com.

**SUN 21 SUMMERSHINE RIDE**  
7:30 AM ..... D/C43/29

Enjoy an early morning ride through the Loomis/Granite Bay countryside. Bring plenty of water and snacks, as there is no convenient facility to get either until the ride's end. Long ride will be swept. Meet at Vic's Market at the corner of Oak Ave and American River Canyon Dr in Folsom. From Folsom-Auburn Rd go west about a mile on Oak Ave Parkway to the shopping center on the left.  
Leader: Linda Noland 987-7971.

**MON 22 ROVING MONDAY MORNING COFFEE**  
8:00 AM ..... Grade: E/D30+

Meet at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go 1 block east on Antelope and left on Wonder St to the park at the far end of Wonder St.  
Leader: Bob Albert 725-4063.

**MON 22 MONDAY EVENING BIKE TRAIL RIDE**  
6:00 PM ..... Grade: C/D/E11-52

See August 1st Monday Evening Bike Trail Ride description for meeting place and details.  
Leader: Karen Holland 927-1173.

**TUE 23 TUESDAY EVENING RIDE AND DINNER**  
6:30 PM ..... Grade: C20-29

See August 2nd Tuesday Evening Ride description for details.  
Leader: Larry Ng 501-6066.

**WED 24 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 visit.  
Leader: Jerry Beckett 214-3203 or jerrbeck@comcast.net.

**WED 24 WEDNESDAY EVENING FOOTHILLS RIDE**  
6:15 PM ..... Grade: C15-25+

See August 10th Wednesday Evening Foothills Ride description for meeting place and details.  
Leader: Mark Miller 530-823-9627.



## August Cont.

**THU 25 THURSDAY EVENING BEGINNER'S RIDE**  
6:00 PM ..... Grade: E12-30

See August 4th Thursday Evening Beginner's Ride description for meeting place and details.  
Leader: Susan Wallis 985-2121.

**FRI 26 T.G.I.F. COFFEE RIDE**  
8:00 AM ..... Grade: D30

Meet at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go 1 block east on Antelope and left on Wonder St to the park at the far end of Wonder St.  
Leader: Pat Angello 487-1127.

**SAT 27 FIERCE FOOTHILLS RIDE**  
8:00 AM\* ..... Grade: C45

Jump in the car, pick up some friends, and head east on I-80 toward Auburn to the Foresthill Exit and meet in the Raley's parking lot on Lincoln Way. Burn some calories, train on hills or mosey along (I'm famous for my 2.5 mph hill climbs) to Colfax via Clipper Gap, Applegate, and Heather Glen. Stoke the engine in Colfax and then cruise back up and down to the start. Services are sparse in spots so bring water and food. \*Hot weather = earlier start time; watch for an e-mail update.  
Leader: Nicole Karres 276-6375.

**SAT 27 HOT AUGUST NITE RIDE**  
6:30 pm ..... Grade: D25

Too hot to ride today? No hot plans for tonight? Then join me for a spin in the cooler and moonlit evening hours. This ride is well-suited to beginning or wanna-be nite riders. Meet at the Gold River Town Centre, located off of Gold Field Dr and Gold Country Blvd (east side of Sunrise Blvd, about 1/2 mile south of the American River). Park in the lot between Blockbuster and Applebee's; ride will start near Applebee's. Lights are required front and rear. Bring water for the ride and \$ for dinner or cool refreshments after the ride.  
Leader: Susan Wallis 985-2121.

**SUN 28 ELK GROVE COFFEE RIDE**  
8:00 AM ..... Grade: D37

Meet at Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way for an easy roll to La Bou in Elk Grove. The route includes suburban and country roads. Relax and socialize before the ride back to the start.  
Leader: Kevin Regan 454-3350.

## GO OUTSIDE AND PLAY.

For all your cycling gear, apparel, and accessory needs, visit your local REI store.

REI Sacramento  
1790 Expo Parkway  
(916) 924-8900  
REI Roseville  
1148 Galleria Blvd.  
(916) 724-6750  
REI Folsom  
24525 Iron Point Rd.  
(916) 817-8944

TIORARA

Litespeed



K2 BIKE

MARIN

Hundreds of great outdoor brands for millions of destinations.  
Visit [www.rei.com/stores](http://www.rei.com/stores) for details.





**PATRIOT**  
Bicycles, Inc.  
*Formerly The Bike Shop*




WWW.PATRIOTBICYCLES.COM  
**(916) 961-9646**

4719 San Juan Avenue Fair Oaks, CA 95628  
Hours: M-F 10AM to 6PM Sat 10AM to 5PM Sun 12PM to 4 PM  
Patriot Bicycles is the clothing host for the Bike Hikers. Make sure to stop by and check out all our club apparel



**August Cont.**

**MON 29 ROVING MONDAY MORNING COFFEE RIDE**  
8:00 AM ..... Grade: E/D30+  
Meet at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go 1 block east on Antelope and left on Wonder St to the park at the far end of Wonder St.  
Leader: Floyd Bumbaca 961-8139.

**MON 29 MONDAY EVENING BIKE TRAIL RIDE**  
6:00 PM ..... Grade: E/D/C11-52  
See August 1st Monday Evening Bike Trail Ride description for meeting place and details.  
Leader: Karen Holland 927-1173.

**TUE 30 TUESDAY EVENING RIDE AND DINNER**  
6:30 PM ..... Grade: D/C20-29  
See August 2nd Tuesday Evening Ride description for details.  
Leader: Larry Ng 505-6166.

**WED 31 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 visit.  
Leaders: Ray and Phyllis Billings 334-2827.

**WED 31 WEDNESDAY EVENING FOOTHILLS RIDE**  
6:15 PM ..... Grade: C15-25+  
See August 10th Wednesday Evening Foothills Ride description for meeting place and details.  
Leaders: Jim Karpowicz 782-8523 and Mark Miller 530-823-9627.



**SEPTEMBER**

**THU 1 OCCIDENTAL TOUR PAYMENT DUE!**  
Today is the deadline for the Occidental Tour. If you're going on this tour, you'll need to send your payment to Bill Chadwell. Contact Bill and Norma at 725-0571 for details.



**September Cont.**

**THU 1 THURSDAY EVENING BEGINNER'S RIDE**  
6:00 PM ..... Grade: E12-30  
Join the Bike Hikers at the Nimbus Fish Hatchery (Gold Country Blvd off of Hwy 50 and Hazel Ave) for an evening ride on the bike trail. All levels of riders are welcome. Riders will ride at their own pace and 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.  
Leader: Gary Noland 987-7971.

**FRI 2 T.G.I.F. COFFEE RIDE**  
8:00 AM ..... Grade: D30+  
Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Enjoy a variety of rides in search of good coffee.  
Leader: Karl Tracy 381-5338 or 601-0769.

**SAT 3 EAST OF NICHOLAUS**  
8:00 AM ..... Grade: E48  
Want to visit the Near East but don't care to enlist? Don't drive your Chevy to the levee; ride your bike there and rise above it all. Meet at the parking lot at the northeast corner of Watt and Elkhorn in North Highlands. **WARNING! Leave nothing of value in your vehicle.** This has been a problem area in the past.  
Leader: John Findley 967-7353.

**SAT 3 NEVER TOO MANY HILLS-FORESTHILL RIDE**  
8:00 AM\* ..... Grade: C35  
It's Labor Day Weekend, so form a carpool and escape to the Auburn hills. From I-80 east, take the Foresthill Exit and meet in the Raley's parking lot. We will climb up Foresthill Road to Worton's Market for sips and snacks and congratulate ourselves. Then it is back down to the famous Auburn Ravine Bridge and then back to the start. No services along the way to Foresthill so bring plenty of water and food. Make it a No-Bonk ride! \*Hot weather = earlier start time; watch for an e-mail update.  
Leader: Nicole Karres 276-6375.

**SUN 4 MOUNTAIN BIKE THE COOL OLMSTEAD LOOP**  
8:00 AM ..... Grade: C15  
This is another great mountain bike ride in our area. Meet at the shopping mall in Cool. Some single track, some short hills, nothing real technical. Come out and join us for a beautiful ride away from the traffic. This is the route of the Cool Mountain Bike Race held every winter/spring.  
Leader: Jim Karpowicz 782-8523.



**PEAK CYCLING**

video bike fitting • physical therapy  
registered dietician • Pilates-based studio  
lactate threshold testing • spin-scan analysis  
biomechanical testing • power testing  
personal training • massage therapy  
Icarian free-weight gym

Robert Kopitzke, PT, USACC  
4919 Windplay Dr., Ste. 4 El Dorado Hills  
5 min off Hwy. 50 - EDH Business Park  
**(916) 939-6800**  
info@bodyconceptsinc.com  
**Club Member Discounts!**



## September Cont.

**SUN 4 QUICK 'N SLICK FROM VIC'S...**  
 8:00 AM ..... Grade: D25/C52+  
**...with a twist.** The first part of this ride follows the traditional route from Vic's to Roseville and back. If you feel the need for more miles and a bit of elevation gain, then add the Twist Option out to the edges of El Dorado Hills and Folsom. Vic's will serve as the rest stop. Meet at Vic's Market parking lot on the southwest corner of Oak Ave Parkway and American River Canyon Drive. From Folsom-Auburn Rd, go west on Oak Ave Parkway approximately 1 mile to the parking lot on the left. Bring \$ and plenty of fluids.  
 Leader: Susan Wallis 985-2121.

**MON 5 LABOR DAY ROVING MONDAY MORNING COFFEE RIDE**  
 8:00 AM ..... Grade: E/D30+  
 Meet at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go one block east on Antelope and left on Wonder St to the park at the far end of Wonder St.  
 Leader: Pat Angello 487-1127.

**MON 5 MONDAY EVENING BIKE TRAIL RIDE**  
 6:00 PM ..... Grade: E/D/C11-52  
 The ride leaves the Fish Hatchery (Gold Country Blvd off of Hwy 50 and Hazel Ave) at 6:00 PM sharp. Beginners ride west on the bike trail. More experienced riders can ride east on the bike trail uphill 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 into shape with us.  
 Leader: Bruce Morrical 369-8272.

**TUE 6 TUESDAY EVENING RIDE AND DINNER**  
 6:30 PM ..... Grade: D/C20-29  
 Come join us on our continuing series of brisk-paced (15-20mph) 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 Dr. Route varies from week to week, using bike trail and surface streets. Lights are required front and rear. We usually go out to dinner after the ride.  
 Leader: Bill Chadwell 725-0571.

**WED 7 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'll ride 30 miles or so depending upon the restaurant we choose today.  
 Leader: Jerry Beckett 214-3203.

**WED 7 BIKE HIKERS CLUB MEETING**  
 7:00 PM

Tonight's program is presented by Peggy Blair and Jerry Beckett who will share the adventures from their self-supported bicycle expedition along the Lewis and Clark Trail. Also, bring your artwork for the 2006 Party Pardee Theme Contest so we can review and vote for next year's theme. 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](http://www.bikehikers.com).

**THU 8 THURSDAY EVENING BEGINNER'S RIDE**  
 6:00 PM ..... Grade: E12-30  
 See September 1st Thursday Evening Beginner's Ride description for meeting place and details.  
 Leader: Susan Wallis 985-2121.



## September Cont.

**FRI 9 T.G.I.F. COFFEE RIDE**  
 8:00 AM ..... Grade: D30+  
 Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Enjoy a variety of rides in search of good coffee.  
 Leader: Floyd Bumbaca 961-8139.

**SAT 10 "TRUST ME"**  
 9:00 AM ..... Grade: B75  
 Due to popular demand, the ride to Loon Lake is back! This time, however, I have selected a gentler route. "Trust me." The ride will start in Georgetown! We will be riding through the beautiful El Dorado National Forest on the newly paved Wentworth Springs Rd. I'm told this is a very sweet ride! There are no services available so bring plenty of food and water. We will have a sag vehicle for support. Meet on the main street in Georgetown (it's a small town). Carpooling is recommended. There will be a \$5 fee for sag support payable at the beginning of the ride. The sag vehicle will have a cooler available for riders to store food and drink.  
 Leader: "Kill Bill" Chadwell 725-0571 and Dan King 783-7002.

**SUN 11 MEET THE BIKE HIKERS RIDE**  
 9:00 AM ..... F/D20-32  
 Want to get into biking or get back onto the saddle? Come and ride with the Bike Hikers on the trail and maybe some streets. Meet at the Rio Americano High School parking lot, 4540 American River Drive, between Morris Way and Saverien Dr. From Hwy 50, take the Watt Ave North exit, cross the river, then go east on American River Dr. From I-80, take the Watt Ave South exit, cross Fair Oaks Blvd, and then go east on American River Dr. There will be a short break so bring \$ for sips/snacks.  
 Leader: Karen Holland 927-1173 or cell 425-6385.

**MON 12 ROVING MONDAY MORNING COFFEE**  
 8:00 AM ..... Grade: E/D30+  
 Let's ride to get coffee at Karen's in Folsom. Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.  
 Leader: Pete Altenburg 363-9564 or [petecycle@aol.com](mailto:petecycle@aol.com).

**MON 12 THE LAST MONDAY EVENING BIKE TRAIL RIDE**  
 6:00 PM ..... Grade: E/D/C11-52  
 See September 5th Monday Evening Bike Trail Ride description for meeting place and details. This ride series will resume in April 2006. Pick up a Bike Hiker ride schedule and join us then!  
 Leader: Karen Holland 927-1173 or cell 425-6385.

**TUE 13 TUESDAY EVENING RIDE AND DINNER**  
 6:30 PM ..... Grade: C20-29  
 See September 6th Tuesday Evening Ride description for details.  
 Leader: Bill Chadwell 725-0571.

**YOUR BIKE SOME**

Everything you and your bike need to be happy - pedals, saddles, packs, videos, tools, maps, tires, helmets, shoes - you name it!

**GIVE**



**LOVE**

**The Rest Stop**

**Bicycle Accessories**

**3230 Folsom Blvd., Sacramento Open Mon - Sat**

**453-1870**

# THE BICYCLE BUSINESS

Road specialists: Trek•LeMond•Bianchi•Colnago  
Calfee•Eddy Merckx•Gary Fisher

Club Discount

3077 Freeport Blvd • Sacramento, CA • 442-5246



## September Cont.

### WED 14 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'll ride 30 miles or so depending upon the restaurant choice for today.

Leader: Don Scalise 485-2611.

### WED 14 WEDNESDAY EVENING FOOTHILLS RIDE

6:15 PM ..... Grade: C15-25+

Meet in the Sweetpea's restaurant parking lot in Auburn. Take I-80 east to the Foresthill exit; go left over the freeway; turn right on Bowman Rd; then left on Luther Rd; and left into the parking lot. This is a brisk paced ride in the Auburn area. Bring front and rear lights in case of darkness. Dinner after is always an option.

Leaders: Jim Karpowicz 782-8523  
and Mark Miller 530-823-9627.

### THU 15 THE LAST THURSDAY EVENING BEGINNER'S RIDE

6:00 PM ..... Grade: E12-30

See September 1st Thursday Evening Beginner's Ride description for meeting place and details. This ride series will resume in April 2006. Pick up a Bike Hiker ride schedule and join us then!

Leader: Kathy Wright 363-9343.

### FRI 16 T.G.I.F. COFFEE RIDE

8:00 AM ..... Grade: D30+

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

Leader: Karl Tracy 381-5338 or 601-0769.

## OCCIDENTAL TOUR

### FRI- 16 OCCIDENTAL TOUR

SUN 18 ..... Grade: C40/B65; B30

This three-day tour takes us through Sonoma County's beautiful coastal mountains, vineyards, and along the coast highway. We have arranged for a group of rooms in the town of Negri at the Occidental Hotel. The tour is limited to 30 people. Fee is \$25.00 per person, includes continental breakfast on Saturday and Sunday, snack lunch on Saturday and dinner Saturday night. Deadline to sign up and be paid up is September 1. We highly recommend making hotel reservations ASAP - the rooms go fast. Make reservations on line at [www.occidentalhotel.com](http://www.occidentalhotel.com) or (707) 874-3623. Any questions phone the tour leaders.

Leaders: Bill and Norma Chadwell 725-0571.



## September Cont.

### SAT 17 A NEWCASTLE LOOP

8:00 AM ..... E/D30+

Meet at Maidu Park in Roseville for a joint ride with the Sacramento Wheelman. From I-80 in Roseville, take the Douglas Blvd exit and go east; turn right (south) on Rocky Ridge Rd; then left into Maidu Park. We will go for a loop out to the Newcastle area and back.

Leader: Doug Souvignier 332-8194.

### SAT 17 AUBURN CENTURY (EVENT RIDE)

100 miles of extreme reward. Incredible scenery and a challenging ride. Lots of downhill stretches. Formerly known as the World's Toughest Century. Information is available at [www.auburncentury.com](http://www.auburncentury.com). Bike Hiker club mileage credit will be given for participation in this event if you register (fee required). 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. Club members are encouraged to wear Bike Hiker club apparel.

Sign in with: Nicole Karres 276-6375.

### SUN 18 BURBS OR BUST RIDE

8:00 AM ..... Grade: D26/38

This ride was so much fun, let's do it again! Meet at the Safeway located at 5450 Dewey Dr on the corner of Madison Ave and Dewey Dr in Fair Oaks. We will be using a combination of city streets with well-marked bike lanes and the American River Bike Trail to wheel off 38 miles of mostly rolling flats. A shorter route option is available. Bring \$ for sips/snacks along the way. Enjoy a Round Table pizza and socializing after the ride.

Leader: Debbie Levon 725-2238.

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](http://www.bikeleague.org).



### MON 19 ROVING MONDAY MORNING COFFEE

8:00 AM ..... Grade: E/D30+

Our coffee ride begins this morning at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go one block east on Antelope and left on Wonder St to the park at the far end of Wonder St.

Leaders: Sherry and Dennis Witt 852-1323.

**Natomas**



**Bike**

RALEIGH

**Shop**

SPECIALIZED

Custom Wheel Building

Since 1989

3291 Truxel Rd.

**641-8640**

In Albertsons Shopping Center, Corner Truxel & San Juan

**10% Discount to club members**



TUE 20 TUESDAY EVENING RIDE AND DINNER
6:30 PM ..... Grade: C20-29
See September 6th Tuesday Evening Ride description for meeting place and details.
Leader: Bill Chadwell 725-0571.

WED 21 WEDNESDAY MORNING BREAKFAST RIDE
8:00 AM ..... Grade: E/C30+
Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. We'll ride 30 miles or so depending upon the choice of restaurant for today.
Leader: Pete Altenburg 363-9564 or petecycle@aol.com.

WED 21 WEDNESDAY EVENING FOOTHILLS RIDE
6:15 PM ..... Grade: C15-25+
See September 14th Wednesday Evening Foothills Ride description for meeting place and details.
Leader: Mark Miller 530-823-9627.

THU 22 THURSDAY EVENING EASY RIDERS
6:30 PM ..... Grade: E/D20-30
Our Easy Riders series begins tonight and runs through the fall and winter. Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. The route is basically a bike trail ride with occasional less traveled streets. Lights are required front and rear.
Leaders: Mark Munguia 422-4672 and Charlie Archuleta 731-8749.

FRI 23 T.G.I.F. COFFEE RIDE
8:00 AM ..... Grade: E/D30+
Thank Goodness It is Friday and time to ride for coffee! Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Floyd Bumbaca 961-8139.

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.



SAT 24 BUD TO BUD LOOP (MORE THAN A BIKE RIDE)
9:30 AM ..... Grade: D27-37
This is a fall favorite with the Bike Hikers! Join us for a fun-filled day of cycling and other activities. The bike route includes two distance options through the beautiful gently rolling hills of Fairfield. We start and end at the Budweiser Beer Plant, with one stop at the Wooden Valley winery for wine tasting, snacking (bring \$ or your own snacks), and restroom break. When we return, you may opt for the free 45 minute tour of the Bud Plant. The tour includes 2 free beers or soft drinks, and pretzels. Which Bike Hiker will earn the esteemed title of "Beer Meister" this year? Meet in Fairfield at the Budweiser Plant. Take I-80 west to the Abernathy exit (about 50 miles from Sacramento); go over the freeway to the Bud Plant. Be ready to ride at 9:30. We normally take the 1:00 PM tour; but if you finish early you may choose to take the 12:00 tour. Tours run every hour.
Leaders: Karen Holland 927-1173 and Irene Stadt 944-0174.

SUN 25 A FLAT CENTURY
7:00 AM ..... Grade: F100
Note the early start time and meet at the West Capitol "Park & Ride" (north side I-80 west end of the Yolo Causeway). This flat ride is out and back via the same route; store/café at each 25 miles. If you have never ridden a century before, but have always dreamed of doing one, this is as easy as they get. I always sweep, but please have some "saddle time". Bring \$ and water.
Leader: John Hickey 446-1768.



"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 regroup 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.

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



September Cont.

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 26 ROVING MONDAY MORNING COFFEE

8:00 AM ..... Grade: E/D20-30+

Meet at Madera Park in Citrus Heights. From Sunrise Blvd and Antelope Rd, go one block east on Antelope and left on Wonder St to the park at the far end of Wonder St. To the coffee shop and beyond!

Leader: Pat Angello 487-1127.

TUE 27 TUESDAY EVENING RIDE AND DINNER

6:30 PM ..... Grade: C20-29

See September 6th Tuesday Evening Ride description for meeting place and details.

Leader: Bill Chadwell 725-0571.

WED 28 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'll ride 30 miles or so depending upon the choice of restaurant for today.

Leader: Dave Abbott 961-8826.

WED 28 WEDNESDAY EVENING FOOTHILLS RIDE

6:15 PM ..... Grade: C15-25+

See September 14th Wednesday Evening Foothills Ride description for meeting place and details.

Leaders: Jim Karpowicz 782-8523 and Mark Miller 530-823-9627.



September Cont.

THU 29 THURSDAY EVENING EASY RIDERS

6:00 PM ..... Grade: E/D20-30

See September 22nd Thursday Evening Easy Riders description for meeting place and details.

Leaders: Mark Munguia 422-4672 and Charlie Archuleta 731-8749.

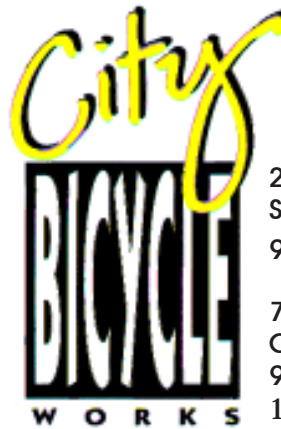
FRI 30 T.G.I.F. COFFEE RIDE

8:00 AM ..... Grade: Grade: E/D30+

Meet at the Five Points Shopping Center at the corner of Fair Oaks Blvd and Arden Way. Enjoy a variety of rides in between our search for good coffee.

Leader: Karl Tracy 381-5338 or 601-0769.

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



SPECIALIZED TREK USA

2419 K Street Sacramento, CA 95816 916.447.2453

7885 Greenback Lane Citrus Heights, CA 95610 916.726.2453

10% Discount to club members

Club Apparel may be purchased at 'Patriot Bicycles, Inc.', in Fair Oaks (see their ad for details).

Short Sleeve Jersey ..... \$59 Long Sleeve Jersey ..... \$65 Jacket ..... \$65 Shorts ..... \$45

Sizes available: Small, Medium, Large, Extra Large, plus (XXL), and (XXXL). Club apparel is not included in membership fees.

SACRAMENTO BIKE HIKERS MEMBERSHIP APPLICATION form with fields for Name, Address, City, State, ZIP, E-mail, Phone, Birthdate, and membership options.