

SACRAMENTO

Bike Hikers



RIDE SCHEDULE

OCTOBER • NOVEMBER • DECEMBER • 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**



NEWS FLASH

BEGINNING THIS QUARTER, the most common start locations for club rides have been centralized in the "Start List" below. These locations apply to a number of club rides and are referenced in the ride descriptions (e.g., Meet at Five Points Shopping Center, see Start List for directions). If a ride starts from one of the locations below, check the Start List for directions. The ride descriptions for rides that start at other locations will continue to include the specific start locations and directions.

RIDE START LIST

Five Points Shopping Center - Located in Carmichael, on the southwest corner of Fair Oaks Blvd and Arden Way. Park along the Arden Way side of the parking lot.

Gold River Town Center - Located in Gold River, off of Gold Field Dr, about ½ mile south of the American River. From Sunrise Blvd, turn east on Gold Country Blvd, then right (south) on Gold Field Dr, then right into the parking lot.

Madera Park - Located at 8046 Wonder St in Citrus Heights. From Sunrise Blvd, turn east on Antelope Rd, go one block, then turn left (north) on Wonder St. Park is located on the right at the far end of Wonder St.

Nimbus Fish Hatchery - Located on Nimbus Rd off of Gold Country Blvd, just west of Hazel Ave. From Hwy 50, take Hazel Ave exit, travel north .7 miles, turn left on Gold Country Blvd, then right into Fish Hatchery parking lot.

Vic's Market - Located in the Folsom Village Shopping Center, Folsom, on the southwest corner of Oak Ave Parkway and American River Canyon Dr. From Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left.



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October Cont.

WED 5 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides and favorite restaurants that serve tasty breakfasts.

Leader: Don Scalise 485-2611.

CLUB MEETING

WED 5 BIKE HIKERS CLUB MEETING
7:00 PM

Tonight's guest is Christopher Davis-Murai, owner and head chef of Bicycle Chef Bicycles in Sacramento. Christopher will set us straight on some common cycling myths. Come out to the meeting and be disillusioned/educated. 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 6 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E12-30

Our Easy Riders series continues this month from the Five Points Shopping Center (see the Ride Start List for directions). The route is basically a bike trail ride and occasionally includes less-traveled local streets. However, this is not a beginner ride as group riding skills are required and the pace is maintained at 12-14mph. The fall evenings cool off quickly, so come prepared with appropriate clothing and gear. Lights are required front and rear. We usually go out to dinner after the ride.

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

FRI 7 T.G.I.F. COFFEE RIDE
9:00 AM Grade: D30+

Meet at the Madera Park in Citrus Heights (see the Ride Start List for directions) and we'll pedal to a favorite coffee shop.

Leader: Pat Angello 988-5704.

SAT 8 HILLS AND DALES TO LINCOLN
8:00 AM Grade: D25/C53

Meet at Vic's Market (see the Ride Start List for directions) for a repeat of the Cycling Divas' Zone Ride to Lincoln and back. Two route options are available; the long route will be swept. The weather could still be warm, so bring fluids and fuel.

Leader: Tim Bartoe 916-394-0561
or Fancylug2000@yahoo.com.

SAT 8 NEWCOMERS' ORIENTATION RIDE
9:00 AM Grade: F20

This will be a true Newcomers' Orientation Ride where new riders learn what the Bike Hikers are all about. Veteran riders are encouraged to help welcome our newest riders. This ride will go down to Old Sac, with a longer option for a few extra miles. Meet at the Guy West Bridge on University Ave, off Howe Ave, across from CSUS.

Leader: Mike Vignogna 624-9198.



OCTOBER

SAT 1 RH PHILLIPS WINERY RIDE
10:00 AM Grade: D/C42

Join the Davis Bike Club and us for a joint ride in the Dunnigan Hills. We will stop at RH Phillips Winery for lunch and enjoy the beautiful setting. Bring your own lunch or, for \$10, purchase the scheduled fare of Cabernet Sauvignon and Shepherd's Pie. Meet at the Nugget Market, 157 W. Main St, in Woodland. Take I-5 north to Woodland and exit at Main St.

Leaders: Lois and Bob Weast 961-5193.

SUN 2 HERE WE GO LOOP-D-LOOP
8:30 AM Grade: C30/C35/C+40

Get in some hill prep for Foxy's or just enjoy this solid "C" ride on some of the familiar roads around El Dorado Hills. The total route can be challenging, but there are "bail out" options. Meet at the Ralph's shopping center on the southwest corner of Natoma St and Blue Ravine Rd in Folsom. From Folsom Blvd, go east on Natoma St approx 3.6 miles to Blue Ravine; the shopping center is on the right. Park near the Placer Sierra Bank.

Leader: Kathy Wright 363-9343.

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

MON 3 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides to favorite coffee shops.

Leader: Floyd Bumbaca 961-8139.

TUES 4 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D/C20-29

Join us on our continuing series of brisk-paced (15-20+mph) Tuesday night rides. This month we will meet at the Big Lots parking lot at Watt Ave and La Riviera Dr. The route varies from week to week, using bike trail and surface streets. The fall evenings cool off quickly, so be prepared with appropriate clothing and gear. Lights are required front and rear. We usually go out to dinner after the ride.

Leader: Bruce Morrival 369-8272.



October Cont.

SUN 9 MT. DIABLO RIDE

9:00 AM Grade: C20/B40

Ride up Mt. Diablo the easy way. Meet at West Sac Park & Ride, north side of I-80 at 8am. From I-80, take West Capitol Ave exit to the Park & Ride lot. We will carpool to the start of the ride in Walnut Creek. Ride starts from parking lot on southeast corner of Treat and Bancroft (north end) around 10AM. A flat group warm up, then a progressively challenging ride to the top. Two distance options available (your choice). Good working brakes are suggested. It can be cooler on top, be prepared. This is a great trainer for Foxy's.

Leader: Alan Votava 369-2281 or alanv@ulink.net.

SUN 9 FOLSOM FALL FROLIC

9:00 AM Grade: C20/35/45

Meet at Five Points Shopping Center (see the Ride Start List for directions). Enjoy the fall scenery as we frolic along to Folsom. Various distance options are available and a break is planned in Folsom so bring \$ for sips/snacks.

Leader: Mas Hatano 451-5000.

SUN 9 RIVERBANK CHEESE AND WINE CENTURY (BENEFIT RIDE)

The Stanislaus County Bicycle Club sponsors this benefit ride. The ride begins at Riverbank High School. Take Hwy 99 south to the Salida exit, go east on Hwy 219 (Kiernan Rd), then left on Claus Rd to the High School on the left. Registration fee is required; check the website for details (www.stancobike.org). Bike Hiker club mileage credit will be given for participating in this ride if you register and pay the entry fee, sign in on the Bike Hiker ride sheet, and complete one of the designated routes. Sign-in sheet will be in the registration area. Wearing club apparel (jersey or jacket) is encouraged.

Sign-in with: Pete Altenburg 363-9564.

MON 10 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: D30+

Meet at the Gold River Town Center (see the Ride Start List for directions). Enjoy a variety of routes and coffee joints.

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

MON 10 COLUMBUS DAY METRIC CENTURY

8:00 AM Grade: F45/65

Note the start time and meet at the Sweet Bean coffee shop on the southwest corner of Laguna Blvd at Bruceville Rd in Elk Grove. Please park in the lot behind the coffee shop. This ride will go through the Delta and along the river to a rest stop (and ice cream?) in Walnut Grove. The short route riders return at this point, while the longer route continues on to Isleton and lunch before returning.

Leaders: Steve Cimini 482-5222 or Cyclstev@aol.com and Eleanor Mark 685-7951.

TUE 11 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See October 4th Tuesday Evening Ride description for meeting place and details.

Leader: Bruce Morrival 369-8272.



October Cont.

WED 12 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the restaurant choice for today.

Leader: John Hickey 446-1768.

THU 13 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See October 6th Thursday Evening Easy Riders description for meeting place and details.

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

FRI 14 T.G.I.F. COFFEE RIDE

9:00 AM Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides in search of good coffee.

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

SAT 15 POCKET TO DELTA RIDE

8:30 AM Grade: E/D30+

Meet at the new Nugget Market on the corner of Greenhaven and Florin Rd. From I-5 south, exit at Florin Rd and go west. The parking lot is on the left side, on the corner. Bring \$ for sips/snacks at end of ride.

Leader: Mark Munguia 422-4672.

SAT 15 FOXY'S FALL CENTURY (BENEFIT RIDE)

This event is sponsored by the Davis Bike Club. Registration fee is required. Check out the website for details (www.davisbikeclub.org) and event location. Bike Hiker club mileage credit will be given for participating in this ride if you register and pay the entry fee, sign in on the Bike Hiker ride sheet, and complete one of the designated routes. Sign-in sheet will be in the registration area. Wearing club apparel (jersey or jacket) is encouraged.

Sign-in with: Don Scalise 485-2611.

SAT 15 PIZZA RIDE

4:00 PM Grade: E20

Meet, greet, use your feet, and then eat at Steve's Pizza in the Five Points Shopping Center (see the Ride Start List for directions). Spin up to the Nimbus Fish Hatchery and return for carb reloading at Steve's. Hasta la pasta, baby!

Leader: John Findley 967-7353.



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October Cont.

**SUN 16 RIDE TO THE RANCHO
(GOOD MORNING IRENE)**
8:00 AM Grade: D/D+53

Meet at the Five Points Shopping Center (see the Ride Start List for directions) for an out-and-back ride to Rancho Murieta. We'll use a combination of bike trail, Folsom streets and rolling country roads as we pedal to Rancho Murieta, holler "Good Morning" to Irene, and take a break at the local coffee shop or bakery before heading back. Bring \$ for sips/snacks.
Leader: Kevin Regan 454-3350.

SUN 16 PUMPKIN PATCH RIDE
9:00 AM Grade: D25

Good grief, Charlie Brown...the pumpkin patch ride has moved East. But fear not, there ARE pumpkins in the Folsom-Orangevale-Citrus Heights regions, too. Meet at Vic's Market (see the Ride Start List for directions) for a pleasant romp through the Fall foliage and, perhaps, even some fresh cider!
Leader: Judy Brim 987-6127.

MON 17 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D30+

Our coffee ride begins this morning at the Gold River Town Center (see the Ride Start List for directions).
Leader: Karl Tracy 381-5338 or 601-0769.

TUE 18 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29

See October 4th Tuesday Evening Ride description for meeting place and details.
Leader: Bruce Morrical 369-8272.

WED 19 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/C30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.
Leader: Karl Tracy 381-5338 or 601-0769.

THU 20 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See October 6th Thursday Evening Easy Riders description for meeting place and details.
Leaders: Mark Munguia 422-4672
and Charlie Archuleta 731-8749.



October Cont.

FRI 21 T.G.I.F. COFFEE RIDE
9:00 AM Grade: D30+

Thank Goodness It is Friday and time to ride for coffee! Meet at the Five Points Shopping Center (see the Ride Start List for directions).
Leader: Floyd Bumbaca 961-8139.

SAT 22 MAGICAL HISTORY TOUR
9:00 AM Grade: D30

Meet at the Five Points Shopping Center (see Ride Start List for directions) for a ride with something extra. We'll pedal down to Sacramento and go back in time as we pass historical sites and monuments to the recently renovated Stanford Home. An optional tour of the Stanford Home will be available (approx \$6; bring a bike lock) before a quick coffee break, then we'll leave the past behind and pedal back to the future.
Leaders: Susan Wallis 985-2121 and Andrew Chandler 988-1499.

SAT 22 PEDAL FOR PIZZA
3:30 PM Grade: E20

Meet at the Five Points Shopping Center (see Ride Start List for directions) for a quick spin up to the Nimbus Fish Hatchery and back. We'll burn some calories and then refuel at Steve's Pizza.
Leader: Linda Noland 987-7971.

You can check your mileage on the web!

<http://www.bikehikers.com>

SUN 23 SOUTH PLACER SUNDAE
9:00 AM Grade: C40/B50/B65

Meet in the Safeway shopping center on Granite Dr in Rocklin for some climbing opportunities as we visit the towns of Loomis, Penryn, Ophir and Newcastle. The route is almost completely rural and scenic, but weaves around the towns. Rest/food stops are 15-20 miles apart. The B routes have substantial climbs, with moderate climbs on the C route. Take I-80 to Rocklin, exit at Rocklin Rd, and turn left (west) onto Rocklin Rd, then right on Granite Dr (first signal light), then right into the shopping center. Park down by the Starbucks.
Leader: Norma Chadwell 725-0571.

MON 24 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D20-30+

Meet at the Nimbus Fish Hatchery (see Ride Start List for directions). To the coffee shop and beyond!
Leader: Pat Angello 988-5704.

TUE 25 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29

See October 4th Tuesday Evening Ride description for meeting place and details.
Leader: Bruce Morrical 369-8272.

WED 26 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.
Leader: Richard Baber 924-7927.



October Cont.

THU 27 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See October 6th Thursday Evening Easy Riders description for meeting place and details.
Leaders: Mark Munguia 422-4672 and Charlie Archuleta 731-8749.

FRI 28 T.G.I.F. COFFEE RIDE
9:00 AM Grade: Grade: D30+
Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides in between our search for good coffee.
Leader: Karl Tracy 381-5338 or 601-0769.

MONTEREY BAY TOUR

FRI 28 to MONTEREY BAY TOUR
SUN 30
Join us for the 6th annual Monterey cycling weekend. The tour offers cycling, walks, touring, shopping, and socializing. On Friday, meet at the Lighthouse Inn in the pool area after 3:30pm for our first social hour. You'll receive your route maps and itinerary for the weekend rides. Saturday, we ride along the coast to Carmel via 17 Mile Drive. Tour or eat at your leisure. Saturday's social hour and snack fest begin around 2pm at the Lighthouse Inn. Sunday takes us north on a beautiful bike trail to Marina where we will stop for a coffee break and pastries. We will leave at 8am to ensure we are back in time to clean and pack up by the 12-noon checkout time. Both days will give us plenty of time to explore and relax. Tour fee is \$15 per person. The Lighthouse Inn may be booked by now, but we have alternative lodging, so please contact us if you are interested in this wonderful cycling getaway. We need confirmation and tour fee(s) in advance.
Leaders: Phyllis & Ray Billings 334-2827 and Irene & Marshall Stadt 944-0174.



SAT 29 EVERY HILL
8:30 AM Grade: C/B42
Meet at the Folsom Civic Center on Natoma St, next to the Folsom Zoo. From Folsom Blvd, go east on Natoma St approx 1.1 miles to the Center on the left. We will ride through some residential areas in Folsom and El Dorado Hills (only those areas with short, steep hills) before heading up Green Valley Rd to Cameron Park. Bring \$ for a rest stop in Cameron Park before heading back to Folsom.
Leader: Kim Vasquez 684-7883 or cell 230-0024 or kim@catlinproperties.com.

SUN 30 SUNDAY MORNING IN FOLSOM
9:00 AM Grade: E/D30+
Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll pedal up to Folsom for a Sunday morning coffee break and then return.
Leader: Richard Baber 924-7927.



October Cont.

MON 31 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D20-30+
Meet at the Five Points Shopping Center (see Ride Start List for directions). Start your ghoulish day with a cup of bewitching coffee!
Leader: Carol Misquez 483-2644.



NOVEMBER

TUES 1 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D20+
Join us on our continuing series of brisk paced (15-20+mph) Tuesday night rides. This month we will meet at the Gold Country Town Center (see Ride Start List for directions). The route varies from week to week, using bike trail and surface streets. The fall evenings cool off quickly, so be prepared with appropriate clothing and gear. Lights are required front and rear. We usually go out to dinner after the ride.
Leader: "Kill Bill" Chadwell 725-0571.

WED 2 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+
Meet at the Gold Country Town Center (see Ride Start List for directions). Enjoy a variety of rides and breakfast locations.
Leader: Dave Abbot 961-8826.

WED 2 BIKE HIKERS CLUB MEETING
7:00 PM
Tonight's guest speaker is Jason Weckworth the team captain for Team Donate Life who took 2nd place in the 2005 Race Across America (RAAM). Jason, along with doctors from the UC Davis Medical Center, including Olympic gold medalist Eric Heiden, did the relay over 3,051 miles and 110,000 feet of climbing from San Diego to Atlantic City in 6 days, 15 hours and 28 minutes. Find out why they did it, how they did it, what it was like to sprint over the continental divide at 11,000 ft, and how they endured through sleep deprivation. NOTE: The meeting will be the Mercy San Juan Hospital, Conference Rooms 2,3, and 4, near the cafeteria. Enter through the service entrance at the rear of the hospital, which is on Coyle Ave (one traffic light north of Madison Ave) between Manzanita and Dewey. Visitors are always welcome. Find a campus map at www.bikehikers.com.

Advertisement for Bicycles Plus featuring a map of Folsom, contact information (355-8901), and logos for Cannondale, Trek, and Specialized.

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November Cont.

MON 7 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: D30+
Meet at the Five Points Shopping Center (see the Ride Start List for directions). Enjoy a variety of routes and coffee shops.
Leader: Floyd Bumbaca 961-8139.

TUE 8 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D20+
See November 1st Tuesday Evening Ride description for meeting place and details.
Leader: "Kill Bill" Chadwell 725-0571.

WED 9 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+
Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the restaurant choice for today.
Leader: Don Scalise 485-2611.

THU 10 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30
See November 3rd Thursday Evening Easy Riders description for meeting place and details.
Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

FRI 11 T.G.I.F. COFFEE RIDE
9:00 AM Grade: D30+
Meet at the Five Points Shopping Center (see Ride Start List for directions) for a Veteran's Day ride in search of good coffee.
Leader: Karl Tracy 381-5338 or 601-0769.

SAT 12 WAYNE'S BIRTHDAY RIDE
8:45 AM Grade: D/C33-45
This is an annual joint ride with the Sacramento Wheelmen in memory of beloved cyclist, Wayne Kincannon. Meet at the Five Points Shopping Center (see Ride Start List for directions). We will ride down to the William Pond Park and regroup with the Wheelmen near the two benches dedicated to Wayne, then officially begin the ride at 9AM. The route goes up the bike trail to Folsom for a break at LaBou (located off the bike trail, on the corner of Blue Ravine Rd and Folsom Blvd). The longer route continues through Granite Bay, Rocklin, etc., and the short route returns via the bike trail.
Leader: Mike Vignogna 624-9198.

SUN 13 ROCKLIN ROLL
9:00 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 is approx one mile ahead on the left. There will be opportunities for snacks and socializing after the ride.
Leader: Mike Vignogna 624-9198.

MON 14 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D30+
Our coffee ride begins this morning at the Five Points Shopping Center (see Ride Start List for directions). We'll cycle to a favorite spot for a warm beverage.
Leader: Karl Tracy 381-5338 or 601-0769.



November Cont.

THU 3 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30
Our Easy Riders series continues this month at the Five Points Shopping Center (see the Ride Start List for directions). The route is basically a bike trail ride and occasionally includes less-traveled local streets. However, this is not a beginner ride as group riding skills are required and the pace is maintained at 12-14mph. The fall evenings cool off quickly, so come prepared with appropriate clothing and gear. Lights are required front and rear. We usually go out to dinner after the ride.
Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

FRI 4 T.G.I.F. COFFEE RIDE
9:00 AM Grade: D30+
Meet at the Madera Park in Citrus Heights (see the Ride Start List for directions) and we'll pedal to a favorite coffee shop.
Leader: Pat Angello 988-5704.

SAT 5 A VISIT TO BEEKS BIGHT
8:00 AM Grade: C37
Meet at the Safeway/Bicycle Planet parking lot on the northwest corner of Prairie City Rd and Iron Point Rd in Folsom. The route is an out-and-back to the Granite Bay Recreation Area via bike trail and streets, and returns through the older parts of Folsom. Bring a little snack to eat while enjoying the scenery at Beeks Bight. Take Hwy 50 to Prairie City Rd exit, go north approx 0.7 miles, turn left at Iron Point Rd, then right into the parking lot area.
Leaders: Joe & Jeanette Abbate 984-1834.

SOUP RIDE

SUN 6 ANNUAL SOUP RIDE
9:00 AM Grade: D20-30+
Time for our classic Fall ride to burn a few calories before enjoying some great soup! Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll pedal along familiar paths and then return to William Pond Park for the wonderful hot soup and snacks.
Leader: John Hickey 446-1768.



November Cont.

TUE 15 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D20+

See November 1st Tuesday Evening Ride description for meeting place and details.

Leader: "Kill Bill" Chadwell 725-0571.

WED 16 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/C30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.

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

THU 17 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See November 3rd Thursday Evening Easy Riders description for meeting place and details.

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

FRI 18 T.G.I.F. COFFEE RIDE

9:00 AM Grade: D30+

Thank Goodness It is Friday and time to ride for coffee! Meet at the Five Points Shopping Center (see the Ride Start List for directions).

Leader: Floyd Bumbaca 961-8139.

SAT 19 A COUNTRY RIDE

9:00 AM Grade: D30

Meet at the Raley's shopping center on the northwest corner of Douglas Blvd and Auburn-Folsom Rd in Granite Bay. We'll ride around the Loomis and Granite Bay areas. Bring \$ for sips/snacks after the ride

Leader: Don Scalise 485-2611.

SUN 20 PRE-THANKSGIVING CALORIE BURNER

9:00 AM Grade: C33/C58

Meet at Vic's Market (see the Ride Start List for directions) for a ride that will help you burn a few calories just in time for the holiday feast. The route goes to Loomis, Penryn, Newcastle and back to Vic's. The longer option adds a loop to Folsom and El Dorado Hills. Bring \$ for sips/snacks for the break.

Leader: Susan Wallis 985-2121.

MON 21 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D20-30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the coffee shop location today.

Leader: Dave Abbot 961-8826.

TUE 22 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D20+

See November 1st Tuesday Evening Ride description for meeting place and details.

Leader: "Kill Bill" Chadwell 725-0571.

WED 23 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.

Leader: John Hickey 446-1768.



November Cont.

THU 24 RIDE FOR THE HUNGRY

6:30 AM Grade: E28

Meet at the Gold River Town Center (see Ride Start List for directions), near Blockbusters. We'll pedal down to the Scottish Rite Temple across from Sac State to help with the annual Run for the Hungry event. We'll regroup by 8am for coffee, donuts and instructions, and then pedal to our assigned stations to help secure the streets for the participants. Please wear your Bike Hiker colors (jersey/jacket) to emphasize our presence. Lights are required front and rear. Since our return times will vary, this is a NO SWEEP ride. Rain cancels ride, but not the Run for the Hungry event nor the opportunity to help out.

Leader: Mike Hoyal 723-8311 or cell 616-4938.

THU 24 FROZEN TURKEYS RIDE

9:00 AM Grade: E/D20+

Meet at Five Points Shopping Center (see the Ride Start List for directions) for a quick and easy Turkey Day ride on the bike trail and surface streets. The route distance is just enough to give you an appetite and then go home and thaw out. This ride is AKA "Al's Birthday Ride" and I remember the year my own sweet Mother gave me a birthday cake in the shape of a turkey.

Leader: Al Mehaffey 386-1239.

FRI 25 T.G.I.F. COFFEE RIDE

9:00 AM Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides in between our search for good coffee.

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

SAT 26 THE PRESIDENT'S RIDE

9:00 AM Grade: C40

Meet at the Safeway shopping center on Granite Dr in Rocklin. This ride is in honor of our President, Norma Chadwell, because she graciously gave me the route! We will ride to Lincoln, then up to Newcastle and return via familiar roads through Loomis. Take I-80 to Rocklin, exit at Rocklin Rd, turn left (west) onto Rocklin Rd, then turn right (first signal light) on Granite Dr to the shopping center on the right. Park down by the Starbucks.

Leader: Mike Hoyal 723-8311 or cell 616-4938.



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DECEMBER

THU 1 THURSDAY MID-MORNING RIDE
10:00 AM Grade: D/E/F30-40

This is the first of a new series of weekday mid-morning rides that start at the Five Points Shopping Center (see the Ride Start List for directions). The rides are planned for Tuesdays and Thursdays through the winter with a reasonable start time of 10am. The routes and rest stop/coffee shop destinations will vary around the greater Sacramento, Rio Linda and Folsom areas. Call for specific details on routes and distances.

Leader: Craig Hays 920-4297 or cthays@comcast.net.

THU 1 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

Our Easy Riders series continues this month at the Five Points Shopping Center (see the Ride Start List for directions). The route is basically a bike trail ride and occasionally includes less-traveled local streets. However, this is not a beginner ride as group riding skills are required and the pace is maintained at 12-14mph. Be prepared with cold weather clothing and gear. Lights are required front and rear. We usually go out to dinner after the ride.

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

FRI 2 T.G.I.F. COFFEE RIDE
9:00 AM Grade: D30+

Meet at the Madera Park in Citrus Heights (see the Ride Start List for directions) and we'll gear up for the holiday season by spinning to a favorite coffee shop.

Leader: Pat Angello 988-5704.

SAT 3 C BAR C RIDE
9:00 AM Grade: D34

Meet at the C-Bar-C Park in Citrus Heights. The park is located on the north side of Oak Ave, about 0.4 miles east of Fair Oaks Blvd. The route will take us into Roseville and Loomis for a quick early winter jaunt.

Leader: Bob Banning 721-4137.

SUN 4 LOOP THRU ORANGEVALE & GRANITE BAY
9:00 AM Grade: D34

Meet at Vic's Market (see Ride Start List for directions). The route loops thru country roads in Granite Bay, Roseville, Folsom and Orangevale. A coffee break is scheduled at mile 28.

Leader: Gary Noland 987-7971.



SUN 27 IONE IN THE FALL
10:00 AM Grade: C+/B-30

Join us in Ione for a fairly challenging, hilly ride. After all, we do need to keep in shape. We will ride to Sutter Creek, then up toward Jackson, then down the hill again and back to Ione. The distance is about 30 miles, most of which is a "C" ride, but with some short "B" climbs. Park by the Police Station (near the old train engine) on your left as you drive down the main street of Ione. Call for more specific directions.

Leaders: John and Sue Robbins 457-3122.

We can get caught in the rain, but we don't purposely start out in it. Poor visibility and slick roads make riding dangerous. And nobody likes cleaning up a messy bike. If in doubt about a cancellation of a ride because of rain, call the ride leader



MON 28 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D20-30+

Meet at the Madera Park (see Ride Start List for directions). To the coffee shop and beyond!

Leader: Pat Angello 988-5704.

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

See November 1st Tuesday Evening Ride description for meeting place and details.

Leader: "Kill Bill" Chadwell 725-0571.

WED 30 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.

Leader: Dave Abbott 961-8826.

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December Cont.

SUN 4 WARMER TOES – PIZZA TIME AGAIN

1:00 PM Grade: E20

Meet at Five Points Shopping Center (see Ride Start List for directions). We will ride up the bike trail to the Nimbus Fish Hatchery and return. Come join us after the ride at Steve's Pizza for a trip to the salad bar or a nice hot pizza.

Leader: Beth Dillman 530-887-1124.

MON 5 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: D30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). Enjoy a variety of routes and coffee shops.

Leader: Floyd Bumbaca 961-8139.

TUE 6 TUESDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

This is the first of a new series of weekday mid-morning rides that start at the Five Points Shopping Center (see the Ride Start List for directions). The rides are planned for Tuesdays and Thursdays through the winter with a reasonable start time of 10am. The routes and rest stop/coffee shop destinations will vary around the greater Sacramento, Rio Linda and Folsom areas. Call for specific details on routes and distances.

Leader: Craig Hays 920-4297 or cthays@comcast.net.

TUE 6 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D20+

Join us on our continuing series of brisk paced (15-20+mph) Tuesday night rides. This month we will meet at the Five Points Shopping Center (see Ride Start List for directions). The route varies from week to week, using bike trail and surface streets. Be prepared with appropriate cold weather clothing and gear. Lights are required front and rear. We usually go out to dinner after the ride.

Leader: Steve Cimini 482-5222 or Cyclstev@aol.com.

WED 7 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the restaurant choice for today.

Leader: Don Scalise 485-2611.

CLUB POTLUCK!

WED 7 BIKE HIKERS CLUB MEETING AND ANNUAL HOLIDAY POT LUCK DINNER

7:00 PM

Bring your favorite dish and season's greetings to share with fellow Bike Hikers at our annual Holiday Pot Luck Party. Enjoy the festive air and chat with your fellow Bike Hikers. NOTE: The dinner location will be the Mercy San Juan Hospital, Conference Rooms 2,3 and 4, near the cafeteria. You can enter through the service entrance at the rear of the hospital, which is on Coyle Ave (one traffic light north of Madison Ave) between Manzanita and Dewey. Visitors are always welcome. Find a map at http://www.bikehikers.com.



December Cont.

THU 8 THURSDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 1st Thursday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 920-4297 or cthays@comcast.net.

THU 8 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See December 1st Thursday Evening Easy Riders description for meeting place and details.

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

FRI 9 T.G.I.F. COFFEE RIDE

9:00 AM Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions) for an early winter ride to a favorite coffee shop.

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

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 10 JOLLY OLD EAST NICOLAUS

9:00 AM Grade: E48

'Tis the season for your jollies. Be a star rising in the East of Nicolaus. Don't take your Chevy to the levee, ride your bike on it! Meet at the parking lot on the northeast corner of Watt Ave and Elkhorn Blvd in North (Pole) Highlands. Warning: Leave nothing of value visible in your vehicle.

Leader: John Findley 967-7353.

SUN 11 CHANUKAH CLAUS RIDE

10:00 AM Grade: E20

Whether you celebrate Chanukah, Christmas or Kwanzaa, take a break from the holiday crazies for a ride with a couple of clever elves! Meet at Madera Park in Citrus Heights (see Ride Start List for directions). Bring \$ for sips/snacks. If you feel the need for a few more miles, stick around for Norma's ride at 1pm.

Leaders: Judy Brim 987-6127 and Bob Albert 725-4063.

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December Cont.

SUN 11 WARMER TOES RIDE

1:00 PM Grade: E/D20-25

If you did the morning ride, you don't even have to move your car to a new location! Otherwise, meet at Madera Park in Citrus Heights (see Ride Start List for directions). Keep up the holiday spirit by riding on familiar roads in familiar neighborhoods.

Leader: Norma Chadwell 725-0571.

MON 12 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D30+

Our coffee ride begins this morning at the Gold River Town Center (see Ride Start List for directions). We'll cycle to a favorite spot for a warm beverage.

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

TUE 13 TUESDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 6th Tuesday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 916-920-4297

or cthays@comcast.net.

TUE 13 THE LAST TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D20+

See December 6th Tuesday Evening Ride description for meeting place and details. This is our last ride for the year; hope to see you in 2006!

Leader: Steve Cimini 482-5222 or Cyclstev@aol.com.

WED 14 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the southwest corner of Watt Ave and Elkhorn Blvd in North Highlands. Park behind the McDonalds. We'll ride 30 miles or so depending upon the choice of restaurant for today.

Leaders: Phyllis and Ray Billings 334-2827.

THU 15 THURSDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 1st Thursday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 916-920-4297

or cthays@comcast.net.



December Cont.

THU 15 THE LAST THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See December 1st Thursday Evening Easy Riders description for meeting place and ride details. We will celebrate our last Thursday evening ride with a Christmas lights theme. Riders are encouraged to decorate their bikes (and themselves) with festive lights.

Leaders: Charlie Archuleta 731-8749

and Mark Munguia 422-4672.

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

9:00 AM Grade: D30+

Thank Goodness It is Friday and time to ride for a holiday coffee! Meet at the Five Points Shopping Center (see the Ride Start List for directions).

Leader: Floyd Bumbaca 961-8139.

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.

SAT 17 COOKIE RIDE

10:30 AM Grade: F16

This ride is a Bike Hiker classic! Meet at Riverside Blvd and 11th Ave at the corner of William Land Park. Take I-5 south to the Sutterville exit. We will ride in the Greenhaven area. Bring 2 or 3 cookies and \$ for a stop at a coffee shop.

Leader: Becky Yee 427-6740.

SAT 17 WINTER PIZZA RIDE

2:00 PM Grade: E20

Meet at Five Points Shopping Center (see Ride Start List for directions) for a quick spin up to the Nimbus Fish Hatchery and back. We can warm up and chill out at Steve's Pizza after the ride.

Leader: Al Mehaffey 386-1239.

SUN 18 COLD NOSE 'N TOES HOLIDAY RIDE

9:00 AM Grade: E/D20-25

Meet at Madera Park in Citrus Heights (see Ride Start List for directions) for an invigorating winter spin on familiar roads and rollers in familiar neighborhoods.

Leader: Norma Chadwell 725-0571.



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SUN 18 WARMER TOES RIDE – FEDH LOOP

1:00 PM Grade: D+25

Now that you're warmed up from Norma's ride this morning, meet me at Vic's Market (see the Ride Start List for directions) for a perfectly good excuse to delay those holiday chores a bit longer. We'll loop through Folsom to El Dorado Hills and back to Vic's for warm cheer after the ride. Dress in layers appropriate for the weather conditions; bring \$ for sips/snacks.

Leader: Susan Wallis 985-2121.

MON 19 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D20-30+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). We'll ride 30 miles or so depending upon the coffee shop location today.

Leader: Floyd Bumbaca 961-8139.



"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.

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.



TUE 20 TUESDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 6th Tuesday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 916-920-4297

or cthays@comcast.net.

WED 21 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.

Leader: John Hickey 446-1768.

THU 22 THURSDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 1st Thursday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 916-920-4297

or cthays@comcast.net.

FRI 23 T.G.I.F. COFFEE RIDE

9:00 AM Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides in between our search for good coffee.

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

SAT 24 LAST CHANCE TO SHOP

9:00 AM Grade: D30

Meet at Vic's Market (see the Ride Start List for directions). We'll take a cool December ride near a shopping center (or two) in case anyone has last minute holiday shopping needs. Ride will be swept, though riders who stop to shop are on their own(!).

Leader: Linda Noland 987-7971.

2005 OFFICERS & STAFF

Table with 3 columns: Position, Name, Phone Number. Includes President Norma Chadwell, Vice President Kevin Regan, Secretary Martin Tomas, Membership Bob Keven, Treasurer Bruce Morrical.

STAFF

Table with 3 columns: Position, Name, Phone Number. Includes Chief Ride Coordinator Jim Karpowicz, Publishing Linda Jew, Website Ken & Judy Montgomery, Mailing List Moderators Ken Montgomery and Andy Chandler, Schedule Distribution Mark Munguia, Mileage Recorder Jerry Beckett, Tour Director Bill Chadwell, Locker Coordinator Bob Albert, Historian Kathy Wright, Party Pardee Chair Kevin Regan.



December Cont.

SUN 25 MERRY CHRISTMAS!



MON 26 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D20-30+

Meet at the Madera Park (see Ride Start List for directions). To the coffee shop and beyond!

Leader: Pat Angello 988-5704.

TUE 27 TUESDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 6th Tuesday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 916-920-4297

or cthays@comcast.net.

WED 28 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today.

Leader: Don Scalise 485-2611.

THU 29 THURSDAY MID-MORNING RIDE

10:00 AM Grade: D/E/F30-40

See December 1st Thursday Mid-Morning Ride description for meeting place and details.

Leader: Craig Hays 916-920-4297

or cthays@comcast.net.



December Cont.

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

9:00 AM Grade: D30+

Thank Goodness Its Friday! Meet at the Five Points Shopping Center (see Ride Start List for directions) for our last coffee ride of the year.

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

SAT 31 GET IN THOSE MILES!

9:00 AM Grade: D10-30

Meet at the Nimbus Fish Hatchery (see Ride Start List for directions) for your last chance to rack up some miles to meet your 2005 mileage goals. The route encircles Lake Natoma, so you can do one to three loops and record your mileage. The full route will be swept and coffee stops are planned. Come out and enjoy some quality time with your bike on the last day of the year.

Leader: Linda Noland 987-7971.

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