

# SACRAMENTO

## Bike Hikers



## RIDE SCHEDULE

OCTOBER • NOVEMBER • DECEMBER • 2006

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**



## RIDE STARTS

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

### SUN 1 THE 3 BRIDGES RIDE

8:30 AM ..... Grade: D30+

How many Bridges can the Bike Hikers ride in one day? Let's shoot for the Guy West Bridge, the Tower Bridge, and the Palmadessi Bridge. The ride starts at Five Points Shopping Center (see Ride Start List for directions), and will head West on the bike trail to the Guy West Bridge, then surface streets to Tower Bridge, on through West Sacramento to the Palmadessi Bridge for coffee at Starbuck's in SouthPort. Stick around after the ride to help with the Mustard Seed Spin event that starts at noon from William Pond Park (see description below).

Leader: Paulette Houser 804-2556  
or [phouser16@comcast.net](mailto:phouser16@comcast.net)

### SUN 1 THE MUSTARD SEED SPIN

11:30 AM ..... Grade: E/D10-20

The Mustard Seed Spin is an event to introduce young people to the wonderful world of organized cycling. The children learn a bit about bicycling and get some pedal-practice on the bike trail. Volunteers are needed to assist with bikes, helmets and to help lead the kids along the trail. Please arrive around 11:30 AM, the event starts at noon. Bike Hikers who volunteer at this event will receive club mileage credit for chaperoning the ride and/or animal miles for riding to/from the ride start at William Pond Park. More details to follow. In the meantime, check out the website at <http://mustardseedspin.org>.

Sign-in with: Susan Wallis 985-2121

### MON 2 ROVING MONDAY MORNING COFFEE

9:00 AM ..... Grade: E/D30+

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

Leader: John Grady 284-7279



## October Cont.

### TUE 3 TUESDAY EVENING RIDE AND DINNER

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

Come 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. Lights are required front and rear. Reflective gear highly recommended. We usually go out to dinner after the ride. Note: Tuesday the 31st is a spooky ride (see 10/31 ride description).

Leader: Steve Cimini 483-5222 or [Cyclstev@aol.com](mailto:Cyclstev@aol.com)

### WED 4 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: John Grady 284-7279

## CLUB MEETING

### WED 4 BIKE HIKERS CLUB MEETING

7:00 PM

Tonight's presentation will feature Scott Miller's cycling trip along the Alaskan Highway. The club meeting is held at the Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. **NOTE: Meet in Conference Rooms 2, 3 and 4, near the cafeteria on the northwest side of the hospital (not Lukens auditorium).** Visitors are always welcome. Find a campus map at [www.bikehikers.com](http://www.bikehikers.com).

### THU 5 THURSDAY EVENING EASY RIDERS

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

The 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. Regroup points will be planned and the route will be swept. 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.

Leader: Steve Cimini 483-5222 or [Cyclstev@aol.com](mailto:Cyclstev@aol.com)

### FRI 6 T.G.I.F. COFFEE RIDE

9:00 AM ..... Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). This week we will ride to Central Valley Coffee.

Leader: Russ Lo Bue 284-9908



**FRI 6 FRIDAY EVENING TRAIL AND CHEVY'S RIDE**

6:00 PM ..... Grade: D25

Meet at Chevy's on Sunrise Blvd, between Coloma Rd and Gold Express Dr. From Hwy 50, go north on Sunrise, turn right on Gold Express, turn into parking lot, then park between Washington Mutual and Chevy's. The ride goes to Beals Point and back via surface streets and bike trail. This is a brisk-paced ride (15-20mph) that requires group-riding skills. Reflective clothing/gear is recommended and lights required front and rear. Join me for dinner at Chevy's after the ride.

Leader: Lisa Sangston 483-6519 (home) or 849-4184 (cell)

**SAT 7 MARIN IN THE FALL (BEST BAKERY RIDE)**

9:30 AM ..... Grade: D20/D40+/C60

Come ride the beautiful roads of Marin County in the always perfect fall weather. You will experience the bucolic and sweeping views of Marin. Both the 40 and 60-mile rides pass through Pt Reyes Station, home of the Bovine Bakery and the always amusing organic farmer's market. The longer route will follow part of the CA Amgen Tour along Tamales Bay. The ride will start on Miller Creek Rd off of Lucas Valley Rd (1 mile west of Hwy 101). Please use MapQuest to determine appropriate travel time to the start. The destination address is 775 Miller Creek Rd, San Rafael, CA 94903. This is a park with lots of parking, both street and lot, and a restroom. The weather in Marin can be cool in October so dress accordingly. Contact Susan for ride day questions. Allow about 1.75 to 2 hrs drive time from Sacto area. We plan to sweep the 40 and 60-mile routes. Services available at 10, 15, 40 and 50 miles. The 40-mile route is an out and back; the 60-mile is a loop. The 20-mile route is a subset of the 40-mile, and can be longer or shorter to taste. Rain cancels.

Leaders: Hazi Alwan 916-988-2591 or cyclehazi@yahoo.com and Susan Anstrand 510-501-8553

**SAT 7 KONOCTI CHALLENGE (BENEFIT RIDE)**

This ride supports the Rotary Club of Lakeport. It is one of the best organized and supported rides that I've seen, and provides spectacular views of Clear Lake and the surrounding vineyards. Registration fee required. The event starts/ends in Lakeport. Three route options—a nearly flat 30-mile (500'), a 65-mile with 2,400' of climbing and a 100-mile with 4,700'. The 60 and 100 mile routes have climbs of 6-10% (see web site for profiles). Register for the event; complete one of the rides and sign-in for club mileage credit (sign-in sheet will be in the registration area). Show your club spirit by wearing Bike Hiker apparel (jersey, jacket). Contact Perry or visit www.pedalride.com for details.

Sign-in with: Perry Spetz 530-888-6542 or pspetz@iclincs.com



**SAT 7 PIZZA RIDE**

4:00 PM ..... Grade: E/D10-20

In case those weekend chores kept you from one of the morning rides, here is an excuse to put in a few miles and then eat at Steve's Pizza. Meet at the Five Points Shopping Center (see the Ride Start List for directions) for a quick trip up the bike trail and back.

Leader: Susan Wallis 985-2121

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

**SUN 8 JUST ONE HILL**



8:00 AM ..... Grade: C20/B40

Ride up Mt. Diablo the easy way. Meet at West Sac Park & Ride, north side of I-80 at 8 AM. 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 10 AM. This is a social ride that we ride, as a group, into the park. Then it is your own pace. This is a no sweep ride, but we regroup. I have it on good authority from Jerry and Peggy Beckett that this ride has a feel of riding in Europe. After the ride, we go out for Mexican food at a cafe. Temps at top can be cooler so bring at least leg and arm warmers. Any questions, call me. This is also a good trainer for Foxy's Fall Century.

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

**SUN 8 TWISTY TURNS TO PENRYN**

8:30 AM ..... C35

Meet at Maidu Park & Community Center in Roseville. Take I-80 to Douglas Blvd, go right (east) toward Granite Bay, right (south) on Rocky Ridge Dr, then left into the park. Come on out and visit an "English colony," throw some "horseshoes," cross "rock springs," and there's even a sweet stroll through "itchy acres."

Leader: Debbie Levon 725-2238



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## October Cont.

### SAT 14 BUD TO BUD RIDE (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 AM. 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



## October Cont.

### MON 9 ROVING MONDAY MORNING COFFEE

9:00 AM ..... Grade: D31/D35/C37/C50+

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

### TUE 10 TUESDAY EVENING RIDE AND DINNER

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

See Oct 3rd Tuesday Evening ride description for meeting place and details. Remember the 31st is a *frightful treat* of a ride (see 10/31 description).

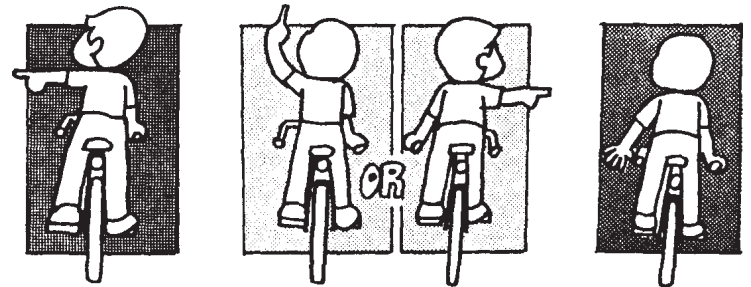
Leader: Steve Cimini 483-5222 or Cyclstev@aol.com

### WED 11 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



LEFT

RIGHT

STOPPING

You can check your mileage on the web!

<http://www.bikehikers.com>

### THU 12 THURSDAY EVENING EASY RIDERS

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

See October 5th Thursday Evening Beginner's Ride description for meeting place and details.

Leader: Dan King 783-7002

### FRI 13 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 14 PIZZA RIDE

4:00 PM ..... Grade: E/D10-20

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). Hasta la pasta, baby!

Leader: John Findley 967-7353

### SUN 15 THE TORTOISE AND THE HARE

8:30 AM ..... Grade: E/D31/C53

Tortoises and hares, meet at Five Points Shopping Center (see Ride Start List for directions) for a ride on the bike trail and beyond. There are two route options - the Tortoise route and the Hare route. The Tortoises will ride to La Bou in Folsom and back. The Hare route will jump off the Tortoise route at La Bou and hop around Folsom a bit before coming back to Five Points. All hares will be climbing up Iron Point Rd and Trowbridge as well as hopping back via Riley. The Hare route will not be swept.

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



**SUN 15 FOXY'S FALL CENTURY (BENEFIT RIDE)**

The Davis Bike Club is sponsoring the Foxy's Fall Century. Contact their website for more information about the ride, fees, and registration: <http://www.davisbikeclub.org>. Often stated to be the ideal first century ride, it offers challenges, distances and scenery for riders of all levels. Well-marked routes guide you through the orchards of Solano County and the rolling hills of Napa County. Rest, water and lunch stops along the routes will keep you riding through the day. A delicious dinner awaits you on the return. Register for the event; complete one of the rides and sign-in for club mileage credit (sign-in sheet will be in the registration area by 6 AM). Wearing club apparel (jersey or jacket) is encouraged. This is a great way to spend a fall day on your bike!

Sign-in with: Paulette Houser 804-2556 or phouser16@comcast.net

**MON 16 ROVING MONDAY MORNING COFFEE**  
9:00 AM ..... Grade: E31

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

Leader: Mas Hatano 451-5000

**TUE 17 TUESDAY EVENING RIDE AND DINNER**  
6:30 PM ..... Grade: D/C20-29

See Oct 3rd Tuesday Evening ride description for meeting place and details. Remember, the 31st is a **ghoulish-delight** of a ride (see 10/31 description).

Leader: Steve Cimini 483-5222 or Cyclstev@aol.com

**WED 18 WEDNESDAY MORNING BREAKFAST RIDE**  
9:00 AM ..... Grade: 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 choice of restaurant for today.

Leader: Karl Tracy 381-5338 or 601-0769

**THU 19 THURSDAY EVENING EASY RIDERS**  
6:30 PM ..... Grade: E/D20-30

See October 5th Thursday Evening Beginner's Ride description for meeting place and details.

Leader: Larry Ng 391-6878

**FRI 20 T.G.I.F. COFFEE RIDE**  
9:00 AM ..... Grade: E/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).

Leaders: Ray & Phyllis Billings 334-2827



**SAT 21 CAROL'S FOR BREAKFAST**

9:00 AM ..... Grade: D28-54

Meet at Rio Americano High School and ride out to Carol's in West Sacramento for breakfast. The longer route continues on to Davis for bagels and coffee. Take Hwy 50 to Watt Ave, north to American River Dr and then east to the high school.

Leader: Pat Larson 962-0344 or patbar111@sbcglobal.net

**SUN 22 EL DORADO HILLS**

9:00 AM ..... Grade: C44

Meet at Oak Ridge High School in El Dorado Hills. The school is on Harvard Way off El Dorado Hills Blvd. We'll ride through the Shingle Springs and Latrobe areas. There will be a rest stop but bring plenty of water.

Leader: Bob Banning 721-4137

**MON 23 ROVING MONDAY MORNING COFFEE**

9:00 AM ..... Grade: E/D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). To the coffee shop and beyond!

Leader: Don Scalise 485-2611

**TUE 24 TUESDAY EVENING RIDE AND DINNER**

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

See Oct 3rd Tuesday Evening ride description for meeting place and details. Remember the 31st is a **spine-chilling treat** of a ride (see 10/31 description)

Leader: Steve Cimini 483-5222 or Cyclstev@aol.com

**WED 25 WEDNESDAY MORNING BREAKFAST RIDE**

9:00 AM ..... Grade: E30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). We plan to go to Mel's in Sacramento this morning.

Leader: Carol Misquez 483-2644

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## October Cont.

### THU 26 THURSDAY EVENING EASY RIDERS

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

See October 5th Thursday Evening Easy Riders description for meeting place and details.

Leader: Charlie Archuleta 731-8749

### FRI 27 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

## MONTEREY TOUR

### FRI 27 to MONTEREY BAY TOUR

#### SUN 29

Join us for the 7th 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 3:30 PM for our first happy hour and to receive your route maps and itinerary for the weekend rides. Saturday, we ride along the coast to Carmel via 17 Mile Drive, taking in the beautiful land and seascapes. Tour or eat at your leisure; the day is yours. Saturday's happy hour and snack fest begin around 2 PM 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 8 AM to ensure we are back in time to clean up and pack up by the 12:00 checkout time. Both days will give us plenty of time to explore and relax. Tour fee is \$18 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



## October Cont.

### SAT 28 A NEWCASTLE LOOP

9:00 AM ..... Grade: C36

Meet at Maidu Park in Roseville for a loop out to Newcastle and back. From I-80 in Roseville take the Douglas Blvd east, turn right (south) on Rocky Ridge Rd, and then left into Maidu Park.

Leader: Doug Souvignier 332-8194

### SUN 29 ROGER'S ROMP #3

9:00 AM ..... Grade: C45

Meet at Vic's Market (see Ride Start List for directions) for a romp through the rollers of Loomis and Auburn. Bring \$ for sips/snacks at Vic's after the ride.

Leader: Roger Braxton 206-6008

### MON 30 ROVING MONDAY MORNING COFFEE

9:00 AM ..... Grade: D30+

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

Leader: Karl Tracy 381-5338 or 601-0769



### TUE 31 A SPOOKTACULAR TUESDAY EVENING RIDE AND PARTY!

6:30 PM ..... Grade: D15+

Not a "normal" Tuesday evening ride. See Oct 3rd Tuesday Evening ride for ride details. Come ride with a bunch of ghosts and ghouls...it's enough to drive you batty! Just when you think the end is near it's not, because there is a party at the Beckett's after. Come in costume or come as you are (oh scary!) What evil brew has Peg and Jerr concocted for us this year? Only the brave will know for sure. RSVP to Peg or Jerr so they can get a head count...other body parts welcome too...Boowhahaha (evil laughter).

Leader: Steve Cimini 483-5222 or Cyclstev@aol.com



## NOVEMBER

### WED 1 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM ..... Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions). Enjoy a variety of rides and breakfast locations.

Leader: Karl Tracy 381-5338 or 601-0769



# CLUB MEETING

## WED 1 BIKE HIKERS CLUB MEETING

7:00 PM

Tonight's agenda includes election of officers and Ms. Judy Fields will give a presentation on nutrition. Get some tips to maintain good nutrition through the holiday season. The club meeting is held at the Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. **NOTE: Meet in the Conference Rooms (2, 3 and 4) near the cafeteria on the northwest side of the hospital (not Lukens auditorium).** Visitors are always welcome. Find a campus map at [www.bikehikers.com](http://www.bikehikers.com).

## THU 2 THURSDAY EVENING EASY RIDERS

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

The 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. Regroup points will be planned and the route will be swept. The fall evenings cool off quickly, so come prepared with appropriate clothing and gear. Reflective gear is highly recommended. Lights are required front and rear. We usually go out to dinner after the ride.

Leader: Steve Cimini 483-5222 or [Cyclstev@aol.com](mailto:Cyclstev@aol.com)

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

9:00 AM ..... Grade: D30+

Meet at the Five Points Shopping Center (see Ride Start List for directions) and we'll pedal to a favorite coffee shop.

Leader: Karl Tracy 381-5338 or 601-0769

# SOUP RIDE

## SAT 4 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. We will be serving four types of soup and hot cider, starting at 11:30 AM.

Leader: John Hickey 446-1768



## SUN 5 MAGICAL HISTORY TOUR #4

9:00 AM ..... Grade: D27

What better way to end our History Tour series than with a nice ride followed by a visit to the Folsom Museum to view vintage bikes! Meet at the parking lot between Sutter and Leidesdorff Sts (near the light rail station) in Folsom. A nominal fee is required for the optional Museum visit, but seeing the antique bikes should be well worth it. Bring \$ for refreshments in Historic Folsom after the ride.

Leaders: Susan Wallis 985-2121 and Andy Chandler 988-1499

## MON 6 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: Dave Abbott 961-8826

## TUE 7 TUESDAY EVENING RIDE AND DINNER

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

Come join us on our continuing series of brisk-paced (15-20+mph) Tuesday night rides. This month we will meet at the Gold River 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. Reflective gear is highly recommended. Lights are required front and rear. We usually go out to dinner after the ride.

Leader: "Kill Bill" Chadwell 725-0571

## WED 8 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

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10% Discount to club members



**November Cont.**

**THU 9 THURSDAY EVENING EASY RIDERS**

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

See November 2nd Thursday Evening Easy Riders description for meeting place and details.

Leader: Dan King 783-7002

**FRI 10 T.G.I.F. COFFEE RIDE**

9:00 AM ..... Grade: D30+

Meet at the Gold River Town Center (see Ride Start List for directions) for a Veteran's Day ride in search of good coffee.

Leader: Liz Mank 753-7676

**SAT 11 WAYNE'S BIRTHDAY RIDE**

8:45 AM ..... Grade: D26/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 9 AM. 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: Bob Keven 761-0979

**SAT 11 RIDE LEADER ORIENTATION**

1:00 PM ..... Grade: D10+

Are you a new ride leader? Have you thought about being a ride leader but didn't know what to do? Then join us for the Ride Leader Orientation to learn what to do (and not to do), receive handouts, learn helpful tips and discuss route ideas. The orientation will include a short ride with "interesting" features to demonstrate a few potential route blunders and how to avoid/correct them. Meet at the Five Points Shopping Center (see the Ride Start List for directions), wear weather-appropriate clothing and bring all of your questions!

Leaders: Kathy Wright 363-9343  
and Susan Wallis 985-2121



**November Cont.**

**SUN 12 LOOPS OF EL DORADO**



9:00 AM ..... Grade: C35/B51/B69

Something for everyone...We will begin our ramblings at the Raley's Shopping Center on El Dorado Hills Blvd, near Hwy 50 in El Dorado Hills. The short loop visits Rescue, Shingle Springs and Latrobe. The medium loop adds Pilot Hill and Lotus. The scenic loop visits Cool, Greenwood, Garden Valley, Coloma, and Brandon Corner. Some stores along route, but be self-sufficient with food, water, and \$ for sips/snacks/lunch. This is a no sweep ride.

Leader: Steve Cimini 483-5222 or Cyclstev@aol.com

**MON 13 ROVING MONDAY MORNING COFFEE**

9:00 AM ..... Grade: 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 14 TUESDAY EVENING RIDE AND DINNER**

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

See November 7th Tuesday Evening Ride description for meeting place and details.

Leader: "Kill Bill" Chadwell 725-0571

**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.

**WED 15 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 choice of restaurant for today.

Leaders: Ray & Phyllis Billings 334-2827

**THU 16 THURSDAY EVENING EASY RIDERS**

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

See November 2nd Thursday Evening Easy Riders description for meeting place and details.

Leader: Larry Ng 391-6878

**FRI 17 T.G.I.F. COFFEE RIDE**

9:00 AM ..... Grade: E31

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: Mas Hatano 451-5000



**SAT 18 HOLLAND TO RIO**

9:00 AM ..... Grade: E62

Grab your passport, we're going traveling by bike, bridge and barge for an easy metric century in the Delta. The ride starts in Clarksburg and jets along the tops of the levees for a basically flat trip with a couple of (free) ferry crossings to/from Rio Vista. There's a rest stop at a fantastic little old-fashioned bakery in Rio Vista, so bring a few \$s for snacks, pack your bags, and let's fly. Meet in the parking lot in front of Delta High School, 52810 Netherlands Rd in Clarksburg.

Leader: Perry Spetz 530-888-6542 or pspetz@iclinks.com

**SUN 19 NEWCOMERS' ORIENTATION RIDE**

9:00 AM ..... Grade: D20/30

Meet at the Five Points Shopping Center (see Ride Start List for directions). This is an opportunity for newcomers (and veterans) to learn everything you ever wanted to know about the Sacramento Bike Hikers.

Leader: Mike Vignogna 624-9198 or viggil@starstream.net

**MON 20 ROVING MONDAY MORNING COFFEE**

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 coffee shop location today.

Leader: Don Scalise 485-2611

**TUE 21 TUESDAY EVENING RIDE AND DINNER**

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

See November 7th Tuesday Evening Ride description for meeting place and details.

Leader: "Kill Bill" Chadwell 725-0571

**WED 22 WEDNESDAY MORNING BREAKFAST RIDE**

9:00 AM ..... Grade: 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: Karl Tracy 381-5338 or 601-0769

**THU 23 RIDE FOR THE HUNGRY**



7:45 AM ..... Grade: E15+

Meet at the Five Points Shopping Center (see Ride Start List for directions). 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 8:15 AM for coffee, donuts and instructions from Scarlet, and then pedal to our assigned stations to help secure the streets for the event participants. Please wear your Bike Hiker colors (jersey/jacket) to emphasize our presence. Our return times will vary, so this is a NO SWEEP ride.

Leader: Don Scalise 485-2611



**THU 23 GOBBLE GOBBLE ROLLERS**

9:00 AM ..... Grade: D40+

HAPPY THANKSGIVING! Meet at the Gold River Town Center (See Ride Start List for directions) for a pre-feast ride along bike trail and up to Rocklin. A coffee stop is planned but be prepared with food and water in case businesses are closed for the holiday.

Leader: Lisa Sangston 483-6519 (home) or 849-4184 (cell)

**THU 23 THURSDAY EVENING EASY RIDERS**

No ride tonight. Happy Thanksgiving everyone!

**FRI 24 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

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).



**SAT 25 THANKSGIVING CALORIE BURNER**

9:00 AM ..... Grade: D27/C60+

Meet at Vic's Market (see Ride Start List for directions) for an opportunity to burn off some of those calories that may have accumulated this week. Two route options will be available, but only the long route will be swept. Wear weather-appropriate clothing. Bring \$ for a sips/snacks.

Leader: Susan Wallis 985-2121

**SUN 26 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: Paulette Houser 804-2556

or phouser16@comcast.net

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- August 13-20 **Colorado Southern Rockies**
- October 9-20 **China – Autumn Tour**



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**November Cont.**

**MON 27 ROVING MONDAY MORNING COFFEE**

9:00 AM ..... Grade: E/D30+

Meet at the Gold River Town Center (see Ride Start List for directions). To the coffee shop and beyond!

Leader: Gerry Townsend 769-1309

**TUE 28 TUESDAY EVENING RIDE AND DINNER**

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

See November 7th Tuesday Evening Ride description for meeting place and details.

Leader: "Kill Bill" Chadwell 725-0571

**WED 29 WEDNESDAY MORNING  
BREAKFAST RIDE**

9:00 AM ..... Grade: 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

**THU 30 THURSDAY EVENING EASY RIDERS**

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

See November 2nd Thursday Evening Easy Riders description for meeting place and details.

Leader: Charlie Archuleta 731-8749



**DECEMBER**

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

9:00 AM ..... Grade: D30+

Meet at the Gold River Town Center (see Ride Start List for directions) and we'll gear up for the holiday season by spinning to a favorite coffee shop.

Leader: Liz Mank 753-7676



**December Cont.**

**SAT 2 SOUTH PLACER RIDE**

9:00 AM ..... Grade: D27/C41

Meet at the Spin City Bike Shop at the corner of Pleasant Grove Blvd and Roseville Prkwy in West Roseville. Take I-80 to Hwy 65, north to Pleasant Grove exit. Go south on Pleasant Grove to Roseville Prkwy. The long ride will travel around West Roseville, north to Lincoln and return to Roseville through Rocklin. The short route will not be swept.

Leader: Dan King 783-7002

**SAT 2 COOKIE RIDE**

11:00 AM ..... Grade: F16

Meet at William Land Park, corner of Riverside Blvd and 11th Ave (take I-5 South to the Sutterville exit). We will ride in the Greenhaven area with a stop for coffee. Bring 3 cookies and money for a stop at a coffee shop. No ride if rain/threat of rain.

Leader: Becky Yee 427-6740

**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.

**SUN 3 ROCKLIN ROLL**

9:00 AM ..... Grade: C30

Enjoy a brisk, early winter ride in the Rocklin/Roseville area. Meet at the Bel Air parking lot on Stanford Ranch Rd in Rocklin. Take I-80 to Hwy 65 and exit at Stanford Ranch Rd. The Bel Air is approximately one mile ahead on the left. Bring \$ for a warm beverage after the ride.

Leader: Mike Vignogna 624-9198

or [vigil@starstream.net](mailto:vigil@starstream.net)

**SUN 3 WARMER TOES RIDE –  
AFTERNOON DELIGHTS**

1:00 PM ..... Grade: D30+

Meet at Five Points Shopping Center (see Ride Start List for directions). The route will cover portions of the bike trail and surface streets.

Leader: Paulette Houser 804-2556

or [phouser16@comcast.net](mailto:phouser16@comcast.net)

**MON 4 ROVING MONDAY MORNING COFFEE**

9:00 AM ..... Grade: E/D30+

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

Leaders: Ray & Phyllis Billings 334-2827



**December Cont.**

**TUE 5 TUESDAY EVENING RIDE AND DINNER**

6:30 PM ..... Grade: D20-29

Join us on our continuing series of brisk paced (15-20+mph) rides. Two more rides before we take our Holiday break. For the next two weeks we will meet at Five Points Shopping Center (see Ride Start List for directions). The route varies week to week using bike trail and surface streets. Lights are required front and rear. Reflective gear highly recommended. We usually go out to dinner after the ride.

Leaders: Steve Cimini 483-5222 or Cyclstev@aol.com and Larry Ng 391-6878

**WED 6 WEDNESDAY MORNING BREAKFAST RIDE**

9:00 AM ..... Grade: 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: Karl Tracy 381-5338 or 601-0769

**CLUB POTLUCK**

**WED 6 BIKE HIKERS CLUB MEETING & 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. The atmosphere will be relaxed and the food plentiful as we recall the great cycling adventures of 2006 and look forward to more rides, tours and club activities in 2007. The meeting/potluck dinner is held at the Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey.

**NOTE: Meet in the Conference Rooms 2, 3 and 4, near the cafeteria on the northwest side of the hospital.** Visitors are always welcome. Find a map at <http://www.bikehikers.com>.

**THU 7 THURSDAY EVENING EASY RIDERS**

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

The 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. Regroup points will be planned and the route will be swept. Be prepared with weather-appropriate clothing and gear. Reflective gear is highly recommended. Lights are required front and rear. We usually go out to dinner after the ride.

Leader: Charlie Archuleta 731-8749



**December Cont.**

**FRI 8 T.G.I.F. COFFEE RIDE**

9:00 AM ..... Grade: E31

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

Leader: Mas Hatano 451-5000

**SAT 9 LET'S DALLY IN THE DELTA**

10:00 AM ..... Grade: F30/F45

The short ride leaves from Thornton, goes to Isleton, then returns to Thornton. The long ride takes another loop by several marinas on Brannan Island. If we are in luck we might see some Sandhill Cranes. To get there, go south on I-5, take the Thornton Walnut Grove exit, go to Thornton, and turn left on Sacramento Blvd, and park at the school that is a few blocks from the turn.

Leaders: John and Sue Robbins 457-3122

**SUN 10 QUICK 'N' SLICK FROM VIC'S**

9:00 AM ..... Grade: D25+

Meet at Vic's Market (see Ride Start List for directions) for a brisk spin on familiar roads. Take a break at Vic's after the ride and stick around for Lisa's Warmer Toes adventure at 1PM.

Leader: Susan Wallis 985-2121

**SUN 10 WARMER TOES RIDE - ORANGEVALE AND BUMPY ROLLERS**

1:00 PM ..... Grade: D27

Meet at Vic's Market (see Ride Start list for directions). Be ready for a bumpy and beautiful ride in the countryside of Orangevale. After the ride, coffee and food awaits us at Vic's Market.

Leader: Lisa Sangston 483-6519 (home), 849-4184 (cell)

**MON 11 ROVING MONDAY MORNING COFFEE**

9:00 AM ..... Grade: 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



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**December Cont.**

**TUE 12 THE LAST TUESDAY EVENING RIDE AND DINNER**

6:30 PM..... grade: D20-29

See Dec 5th for start location and ride description. This is our last Tuesday Evening ride for 2006. Series will resume early in 2007. See you then!

Leaders: Steve Cimini 483-5222 or Cyclstev@aol.com and Larry Ng 391-6878

**WED 13 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.

Leaders: Don Scalise 485-2611

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



**THU 14 THE LAST THURSDAY EVENING EASY RIDERS**

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

See December 7th Thursday Evening Easy Riders description for meeting place and ride details. This is the last Thursday Evening ride for 2006. Join us in 2007 when the series resumes!

Leader: Charlie Archuleta 731-8749

**FRI 15 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: Karl Tracy 381-5338 or 601-0769



**December Cont.**

**SAT 16 RON'S RAMBLE THROUGH LINCOLN**

9:00 AM ..... Grade: E26/C50

It is time to get away from the shopping crowd for a pleasant ride through the quiet back roads of Roseville and Lincoln. This ride, featuring long, straight, flat roads and some gentle rollers with light traffic, is a pace-liner's dream. The ride will be swept. Meet at the Bel Air parking lot at Sunset and Stanford Ranch Rd in Rocklin. Take I-80 to Hwy 65 and exit at Stanford Ranch Rd; Bel Air is about one mile ahead on the left.

Leader: Ron Belanger 435-0509 or capt.ron@lycos.com

**SAT 16 JOLLY OLD EAST NICOLAUS**

9:00 AM ..... Grade: E46

'Tis the season to be a star rising in the East of Nicolaus; so mount your camel backs and join the inn crowd Trek. The caravan meets at the northeast corner of Watt and Elkhorn in North Highlands. Rain cancels. Warning: leave nothing of value visible in your vehicle.

Leader: John Findley 967-7353

**SUN 17 GET IN SOME MILES**

9:00 AM ..... Grade: D30+

Meet at Vic's Market (see Ride Start List for directions) this morning for a ride around Citrus Heights, Orangevale, and Folsom. Then come back for a snack and join us for the Warmer Toes ride at the same location. You won't even have to move your car!

Leader: Karen Holland 927-1173

**SUN 17 WARMER TOES RIDE**

1:00 PM ..... Grade: D25

Now that you're warmed up from Karen'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 after the ride.

Leader: Susan Wallis 985-2121

**MON 18 ROVING MONDAY MORNING COFFEE**

9:00 AM ..... Grade: 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 coffee shop location today.

Leader: Dave Abbott 961-8826

**WED 20 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.

Leaders: Ray & Phyllis Billings 334-2827



**December Cont.**

**FRI 22 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: Dave Abbott 961-8826

**SAT 23 PENRYN LOOP**

9:00 AM ..... Grade: D/C35

Meet at the Penryn Park & Ride (take I-80 East to Penryn exit, North over I-80, Left on Boyington to the P&R). This ride is a D+ (some short hills). We will head up to Newcastle and then back to Oak Ave Pkwy before heading back to our starting point. There will be a rest stop at about mile 18. Bring money for sips & snacks. Rain or the threat of rain will cancel.

Leader: Gary Noland 987-7971

**SUN 24 LAST CHANCE TO SHOP**

9:00 AM ..... Grade: D30

Come cycle the holiday stresses away. We'll ride around the perimeter of Folsom and pass two shopping centers for those who need to make a last stop (shoppers are on your own). There will be a rest stop near mile 14 at Starbucks. Meet at Vic's Market (see the Ride Start List for directions). Bring \$ for warm sips and snacks. Rain or the threat of rain will cancel.

Leader: Linda Noland 987-7971

**SUN 24 WARMER TOES RIDE- MARSH'S SURPRISE**

1:00 PM ..... Grade: D25

Meet at Five Points Shopping Center (see Ride Start List for directions) for a pre-holiday spin somewhere. We'll ride about 25 miles (more or less) to a location that will be a surprise since I haven't decided it yet. Join me and find out where the ride goes. Don't worry...we'll return before the guy with the twinkling eyes, merry dimples, rosy cheeks and cherry nose stops by for the cookies and milk.

Leader: Marshall Stadt 944-0174

**MON 25 MERRY CHRISTMAS!**

Season's Greetings to all! No "official" ride today.



**WED 27 WEDNESDAY MORNING BREAKFAST RIDE**

9:00 AM ..... Grade: 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: Karl Tracy 381-5338 or 601-0769



**December Cont.**

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

9:00 AM ..... Grade: E/D30+

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

Leader: Gerry Townsend 769-1309

**SAT 30 THE COUNTY RIDE- SACRAMENTO TO YOLO**

9:00 AM ..... Grade: E51+

Meet at the Five Points Shopping Center (see the Ride Start List for directions). The ride destination is the Davis Farmer's Market, so bring along your camelbacks, backpacks, or attach baskets to handle all the fresh/organic veggies, fruits, etc. The route will consist of the bike trail, surface streets, and the scenic Yolo Causeway.

Leader: Paulette Houser 804-2556

or phouser16@comcast.net

**SUN 31 LOOP-DE-LOOP-DE-LOOP**

9:00 AM ..... Grade: D11/23/33

Three 11-mile loops on a figure eight pattern; each loop begins and ends at Nimbus Fish Hatchery. Rest stops planned for riders continuing on the second and third loops. Great for beginners/newcomers and for those who like staying close to their cars. Leader sweeps all three loops. Bring \$ for sips and snacks. Meet at Nimbus Fish Hatchery (see Ride start list for directions). After this ride, drive or pedal the 3 short miles to the Gold River Town Center and join Paulette for the last club ride of the year!

Leader: Linda Noland 987-7971

**SUN 31 WARMER TOES RIDE - FAREWELL TO '06**

1:00 PM ..... Grade: D30+

Meet at the Gold River Town Center (see Ride Start List for directions) for the last SBH club ride of the year! We'll pedal up the bike trail to a favorite coffee shop in the Folsom area and reminisce about the great cycling year we've enjoyed in 2006.

Leader: Paulette Houser 804-2556

or phouser16@comcast.net

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**Check Type Of Membership**

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**Family** ..... \$20

City \_\_\_\_\_

**Family Membership**

(2 adults & children under 18 living in the same household)

State \_\_\_\_\_

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**Name of family member(s) who will be riding:**                      **Birthdate:**

Phone \_\_\_\_\_

Birthdate \_\_\_\_\_

**Would you be willing to volunteer to help lead rides?**

**Could you help on club events?**

**Are you a beginning rider?**

Mail application and check to: **Sacramento Bike Hikers**  
**PO Box 1363**  
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**Release and Waiver of Liability, Assumption of Risk, and Indemnity & Parental Consent Agreement ("Agreement")**

In consideration of participating in Sacramento Bike Hikers ("Club") sponsored Bicycling Activities ("Activity"), I for myself, my personal representatives, assignees, heirs, and next of kin:

**1) Acknowledge**, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

**2) Further understand that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.**

**3) Hereby release, discharge, and covenant not to sue** the Club, the League of American Bicyclists, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) **from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "RELEASEES" or otherwise, including negligent rescue operation; and I further agree that if, despite this release and waiver of liability, indemnify, save, and hold harmless each of the RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.**

**I have read the agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.**

**Please read the waiver and sign below**

Signature of applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of other applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian (if member is under 18) \_\_\_\_\_

## What Does "No Sweep" Mean?



### "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.

## New Members

From Membership Chair Robert Keven

Welcome to the newest members of the club!

Margaret Pitpit	Lisa Ashton
Jessica Burger	Janet Soule
James Strachan	Betty Albers
Jim Smith-Camp	Mike Price
Vickie Regala	Vicki Skaggs
David Saydak	Karen Shevlin
Scott Jensen	Debra Luff
Shauna Gallegos	De Brooks
Judy Ammon	Donna Baca
Noel Cornelia	Han Joo
Blair Gould	Frank Cooper
Carolyn Lewis	Chris Maranto
John & Shelley Chappell	Stephanie Turner
Cheryll Moore	Janet Bee
Marco Ortiz	Debbie Combs
Lynn & Wayne Keller	Brian DeWilde
	Bob Klein

### 2006 OFFICERS & STAFF

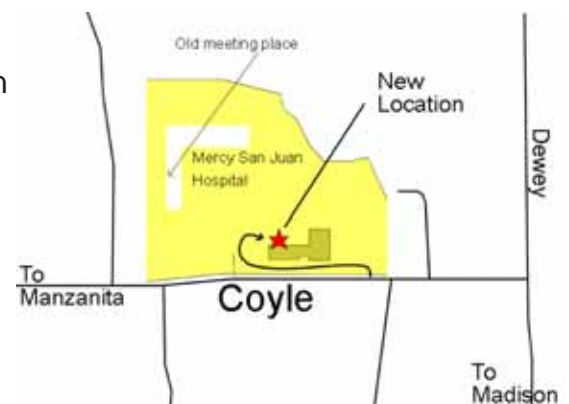
PRESIDENT .....	Bruce Morrical .....	916 369-5321
VICE PRESIDENT .....	Teri Hottman .....	916 388-0280
SECRETARY .....	Kathy Wright .....	916 363-9343
MEMBERSHIP .....	Bob Keven .....	916 761-0979
TREASURER .....	Peggy Blair .....	916 386-1842

### STAFF

Ride Coordinator .....	Dan King .....	916 783-7002
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 .....	Andy Chandler .....	916 988-1499
Locker Coordinator .....	Bob Albert .....	916 725-4063
Historian .....	Kathy Wright .....	916 363-9343
Party Pardee Chair .....	Kevin Regan .....	916 454-3350

## Club Meeting Location

For the rest of 2006, general meetings will be held at Mercy San Juan Hospital, Conference Rooms 2, 3, and 4 (near the cafeteria). The closest entrance is through the service entrance at the rear of the hospital which is on Coyle Avenue (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. For almost all the lifetime of the club, our meeting rooms have been provided to us through the assistance of Sister Mary Redempta. Sister Mary is one of the founding members of Mercy San Juan Hospital and she presided over its operation for many years.



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**SACRAMENTO AREA BICYCLES ADVOCATES**

*Making Sacramento a cycling capital*

**Who We Are**

The Sacramento Area Bicycle Advocates (SABA) is a 501(c)(3) nonprofit group dedicated to representing cyclists and making cycling safe, convenient, and desirable.

SABA's goal is to increase use of the bicycle in our community as a healthy, pollution-free, and practical mode of transportation – to have many more everyday trips made by bike. We want more places like the beautiful American River Parkway bike trail. Even more, we want you and everyone in your family to be able to go anywhere by bike – without fear or danger.

Join SABA members like yourself who bike to get to work and school, to run errands, to shop, and to have fun.

Join today! Support Sacramento's cycling community!

**Membership Application**

**Detach & mail to:**

SABA, 909 12th St, Suite 114, Sacramento, CA 95814

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

E-mail: \_\_\_\_\_

**Membership levels:**

Life*	- \$325	[   ]
Century*	- \$100	[   ]
Business/Group	- \$75	[   ]
Sustaining*	- \$50	[   ]
Sponsoring	- \$35	[   ]
Family	- \$25	[   ]
Individual	- \$20	[   ]

\* Free SABA T-shirt, please specify size ( S, M, L, XL )  
Contributions are tax deductible