

SACRAMENTO

Bike Hikers



RIDE SCHEDULE

OCTOBER • NOVEMBER • DECEMBER • 2008

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.

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.

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.

Bel Air Shopping Center - Located in Rocklin on the NE corner of Stanford Ranch Rd and Sunset Blvd (2341 Sunset Blvd). From I-80 take Hwy 65 exit (toward Lincoln), then first exit (#307) to Stanford Ranch Rd. Shopping Center is approx 1 mi ahead on left at corner.

Maidu Regional Park - Located in Roseville on Rocky Ridge Dr, south of Douglas Blvd and north of S. Cirby Way. From I-80, take Douglas Blvd exit east, then south on Rocky Ridge Dr. Park is on left.



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Folsom: 355-8901



October Cont.

FRI 3 T.G.I.F. COFFEE RIDE
9:00 AM Grade: E/D30+
It's Friday and time to ride for coffee! Meet at the Five Points Shopping Center (see Ride Start List for directions).
Leader: Don Scalise 485-2611

SAT 4 A LITTLE JAUNT BEFORE BREAKFAST AT KAREN'S
8:30 AM Grade: C-35
Let's take a little early morning jaunt out to the Roseville area before heading back to Karen's Bakery for a nice Saturday breakfast or lunch. Meet at the light rail lot off Leidersdorff Street in Historic Folsom across from Karen's Bakery.
Leader: Kathy Wright 363-9343

SAT 4 PLACERVILLE METRIC
8:00 AM Grade: A65
Loop goes to Placerville on North side of HWY 50, returns south side of HWY 50. Rest stops in Placerville and El Dorado Hills. The route out to Placerville has several 10-15% sections with a peak grade at 22%. Ride starts at new Raley's in Folsom at the corner of East Natomas and Blue Ravine. From Hwy 50 take East Bidwell and turn right on Blue Ravine. This is a **"No Sweep Ride"**.
Leader: Scott Miller 984-7552

SUN 5 FOLLOW FOR 40
9:00 AM Grade: D40+
Meet at Vic's Market (see the Ride Start List for directions) for a ride that continues our 40th Anniversary celebration and tests your ability to follow the leader. This is a modified version of a "show and go" ride; the route will be set, but only the leaders will have route sheets. We will organize into several pace groups led by Ride Committee members and riders will follow their group leader to remain on course. Riders may fall back to a slower group, but not slower than the sweep (me!). Join us for what will surely be an entertaining fall ride, hopefully with a large following. Bring \$ for a rest stop along the route.
Leaders: Susan Wallis 985-2121 (info) and the Ride Committee

MON 6 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D30+
Forget the Monday blues by coming out to ride to a favorite coffee shop. Meet at Gold River Town Center (see Ride Start List for directions).
Leader: Karl Tracy 381-5338 or 601-0769

TUE 7 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D/C25-35
Come join us on our continuing series of brisk paced (18+mph) Tuesday night rides, and if you don't want or can't keep up with the fasties we do offer a "B" group, riding at a slightly slower pace along the same route with regrouping points and a sweep. This month we will meet at the Nugget Market parking lot in Roseville at the corner of Pleasant Grove and Fairway Dr. The route varies from week to week. Lights are required front and rear. We usually go out to dinner afterwards.
Leader: Javier Arroyo 300-3466



OCTOBER

WED 1 WEDNESDAY MORNING BREAKFAST & LEISURE RIDE
9:00 AM Grade: E/D30+
Meet at the Gold River Town Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the restaurant choice for today. The Leisure Ride starts at the same time and location as the Breakfast Ride, but has a separate ride leader. The Leisure Ride pace is more relaxed and the distance is about 20-30 miles. Both rides use one sign-in sheet.
Leader: Karl Tracy 381-5338 or 601-0769
Leisure Leader: Craig Hays 920-4297

CLUB MEETING

WED 1 BIKE HIKERS CLUB MEETING
7:00 PM
This month's guest speaker is Lauren Hilliard a Bicycle Master Planner employed at Fehr & Peers Associates. Lauren graduated from U.C. Davis in 2006 and studied abroad in a UCD program Exploring Transportation in Europe. She will share Sacramento County's Bicycle Master Plan Goals, Policies and Implementation Measures. Meet at Community Clubhouse 1 in Carmichael Park this month. The clubhouse is located at 5750 Grant Ave near the corner of Fair Oaks Blvd and Grant Ave. Go west on Grant Ave and the Community Clubhouse will be on your left. There is a sign on the building and tennis courts are next to the building. Parking is limited in front of the clubhouse, but there is ample parking in the back. A map can be found at: <http://www.carmichaelpark.com/Parks/Maps/CPMap.082806.mht>

THU 2 THURSDAY EVENING RIDERS
6:30 PM Grade: E/D20-30
Our Evening Riders series continues this month from the Five Points Shopping Center (see 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 to 14+mph. 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.
Leader: Charlie Archuleta 731-8749



October Cont.

WED 8 WEDNESDAY MORNING BREAKFAST & LEISURE 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 restaurant choice for today. See October 1st for details on the Leisure Ride option.

Leader: Tim Moore 847-6453

Leisure Leader: Elaine Hens 739-6487

THU 9 THURSDAY EVENING RIDERS

6:30 PM Grade: E/D20-30

See October 2nd, Thursday Evening Ride description for details.

Leader: Michael Lott 622-1529

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

9:00 AM Grade: E/D30+

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

Leader: Teri Hottman 388-0280

40th Anniversary Party

The Bike Hikers is turning 40 this year. Watch your mail for more details about the October 11th party.

SAT 11 BIKE HIKERS 40TH ANNIVERSARY RIDE

9:00 AM Grade: E-20/D-30

To start off our day of celebration, let's meet for a nice ride along the American River Bike Trail and around Lake Natoma starting at Five Points Shopping Center (see Ride Start List for Directions). There will be a rest stop at the midpoint of the ride. If you know of any old-time club members who haven't been out for a while, please invite them so we can reconnect and reminisce about the club's past. Also please make sure to wear your Bike Hikers jersey - the oldest edition you have. Hoping to see a nice mix of blue and white, and even yellow and gold!

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

SUN 12 SALMON FESTIVAL RIDE

9:00 AM Grade: D30-34/C38

Meet at the Gold River Town Center (see Ride Start List for Directions). All routes go through the Fish Hatchery and to "It's a Grind" coffee shop at Broadstone Prkwy and East Bidwell St in Folsom. The longer routes add a few miles and hills and return through the Fish Hatchery. The ride features optional participation in the Salmon Festival at the Fish Hatchery. The specialty is BBQ Salmon but other food items are available. Entertainment, Exhibits and more! Check it out on www.salmonfestival.net. This is a "no sweep ride" so you can stay as long as you wish. SABA is providing free parking for bicycles.

Leader: Mas Hatano 451-5000



October Cont.

SUN 12 JUST ONE HILL - AGAIN!

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 8AM. Directions from 1-80, take West Capitol Ave exit (last exit before the Yolo Causeway) to the Park & Ride lot to carpool to the start. If you want to drive instead of carpool, call me ahead of time for directions. The ride starts around 10:00AM in Walnut Creek. We'll ride into the park as a group, and then begin to separate as the climbing starts; we regroup at the Ranger Station before the final climb to the summit. At the summit, we'll take a must needed break before descending off the mountain. This is a no sweep ride, but we regroup. After the ride, we will gather for lunch at a nearby deli. Temps at top can be cooler, so bring at least leg and arm warmers. Any questions, please call me. This is also a good training ride for Foxy's Fall Century next weekend.

Leader: Alan Votava 369-2281 or alanvotava@att.net

MON 13 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: Ray and Phyllis Billings 334-2827

TUE 14 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D/C25-35

See October 7th, Tuesday Evening Ride and Dinner ride description for details.

Leader: Javier Arroyo 300-3466

WED 15 WEDNESDAY MORNING BREAKFAST & LEISURE 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. See October 1st for details on the Leisure Ride option.

Leader: Karl Tracy 381-5338 or 601-0769

Leisure Leader: Richard Baber 924-7927

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Bicycle Chef Bicycles is a clothing host for the Bike Hikers. Make sure to stop by and check out our club apparel.



OctoberCont.

THU 16 THURSDAY EVENING RIDERS
6:30 PM Grade: E/D20-30
See October 2nd, Thursday Evening Ride description for details.
Leader: Charlie Archuleta 731-8749

FRI 17 T.G.I.F. COFFEE RIDE
9:00 AM Grade: E/D30+
Thank Goodness it's Friday and time to ride for coffee! Meet at the Five Points Shopping Center (see Ride Start List for directions).
Leader: Mary Euretig 920-4760

SAT 18 FOXY'S FALL CENTURY (BENEFIT RIDE)
The Davis Bike Club sponsors 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. Pay the registration fee, complete one of the rides and sign-in for club mileage credit (sign-in sheet will be in the registration area). Wearing club apparel (jersey or jacket) is encouraged. This is a great way to spend a fall day on your bike!
Sign-in with: Tim Moore 847-6453

SAT 18 LIFE'S SHORT, LET'S RIDE!
9:00 AM Grade: C32/B70
Meet at the Gold River Town Center (see Ride Start List for directions) near Applebee's. The short option will keep you in Folsom. The long route traverses El Dorado Hills and Shingle Springs, and is a "Rollers" ride. There will be several places on both rides to stop for coffee. Short ride will not be swept.
Leader: Bill Chadwell 725-0571

SAT 18 SACRAPLACER RIDE
9:00 AM Grade: D28
Meet at C-Bar-C Park in Citrus Heights. The park is located on the north side of Oak Ave; the entrance is about 1/2 mile east of the intersection of Oak Ave and Fair Oaks Blvd. We'll pedal through the Citrus Heights/Roseville/Loomis area.
Ride Leader: Bob Banning 721-4137



October Cont.

SUN 19 MONTEZUMA HILLS WINDMILL RIDE
9:00 AM Grade: D+34
A breezy ride over rolling hills and around the windmills to Collinsville will provide panoramic views of Suisun Bay and Mount Diablo. We'll take a brief stop in Bird's Landing for refreshments. Lunch will be at Foster's Bighorn upon return to Rio Vista; other lunch choices available. Meet at the launching ramp behind City Hall at the foot of Main St in Rio Vista.
Leader: Joe Lesh 723-9870

SUN 19 IN SEARCH OF SOMETHING HOT!!!
9:00 AM Grade: D/C35-45
Meet at Gold River Town Center (see Ride Start List for directions) & join us in search of Hot Drinks and Goodies in the area.
Leader: Mike Hansen 849-2883

MON 20 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D30+
Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll pedal off those Monday morning blues.
Leader: Pete Altenburg 363-9564

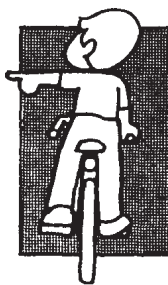
IMPORTANT ITEMS TO BRING ON A RIDE!!!

REQUIRED: Spare tube or tubular tire, patch kit, pump, lights/reflectors on night rides, **helmet**.

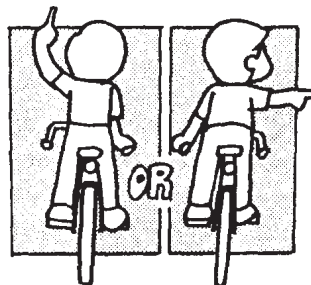
RECOMMENDED: Basic tools, first aid kit, filled water bottle, snack, money, identification.

TUE 21 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D/C25-35
See October 7th, Tuesday Evening Ride and Dinner ride description for details.
Leader: Javier Arroyo 300-3466

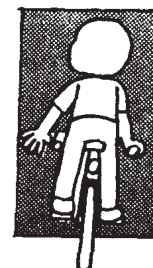
WED 22 WEDNESDAY MORNING BREAKFAST & LEISURE RIDE
9:00 AM Grade: E/D30+
Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the choice of restaurant for today. See October 1st for details on the Leisure Ride option.
Leader: Don Scalise 485-2611
Leisure Leader: Pete Altenburg 363-9564



LEFT



RIGHT



STOPPING



MONTEREY TOUR

THUR 23 to MONTEREY BAY TOUR

SUN 26

Join us for the 9th annual Monterey cycling weekend. The tour offers cycling, hiking, walks, touring, shopping, and plenty of socializing. This year, we've added hiking and cycling activities on Friday, so extend the weekend and "Come for Friday!" Otherwise, meet at the Lighthouse Inn on Friday in the pool area after 3:30pm for our first social gathering and to receive information about the weekend rides. Saturday, we ride along the coast to Carmel via 17 Mile Drive, taking in the beautiful land and seascapes. Bring a camera! Tour or eat at your leisure; the day is yours. Saturday's social "hour" and snack fest begin around 2:30pm 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. The ride departs at 8am to ensure we return in time to clean up and pack up by the 12-noon checkout time. Tour fee is \$18 per person. The Lighthouse Inn may be booked by now; please call for information on alternative lodging. We need confirmation and tour fee(s) in advance.

Leaders: Susan Wallis 985-2121 (info), Patty Blesso, Linda Jew, Andy Chandler

THU 23 THURSDAY EVENING RIDERS

6:30 PM Grade: E/D20-30

See October 2nd, Thursday Evening Ride description for meeting place and details.

Leader: Michael Lott 622-1529

FRI 24 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). Enjoy a variety of rides in between our search for good coffee.

Leader: Karl Tracy 381-5338 or 601-0769

SAT 25 GROVE TO GROVE

9:00 AM Grade: F24/F51

Spin away on this nice easy, flat ride through the countryside south of Elk Grove, with a few miles along the river to Walnut Grove. Visit the Cosumnes River Preserve (turnaround for short ride), rest stop and great breakfast at Wimpy's Marina near Walnut Grove. Good roads with very little traffic. Short ride may not be swept. Meet at the Bel Air Market parking lot behind the store at the corner of Elk Grove Blvd and Waterman, two miles east of Hwy 99, or take Sunrise to Grantline to Elk Grove Blvd and west to Waterman.

Leader: Eleanor Mark 685-7951 or 204-1430 cell

SUN 26 LE TOUR DE SEPT VILLAGES, PARTIE DEUX (Tour of Seven Towns, part two)

9:00 AM Grade: C28/C+55

It's been 3 months since the Tour de France, and I don't know about you, but I sure miss it! So it seemed fitting to run Ron Belanger's (thanks Ron) July ride. We'll ride through 5/7 towns, depending on your choice of short or long ride. Bring \$ for the mid-ride rest stop. The long ride will be swept. Meet at Bel Air Shopping Center in Rocklin (see Ride Start List for directions).

Leader: Javier Arroyo 300-3466



MON 27 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D30+

Our coffee ride begins this morning at Madera Park located at 8046 Wonder St in Citrus Heights. From Sunrise Blvd, turn east on Antelope Rd, go one block, turn left (north) on Wonder St. Park is located on the right at the far end of Wonder St. Enjoy cycling to a coffee shop for hot beverages and pastries.

Leader: Catherine Holzer 870-0996

TUE 28 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D/C25-35

See October 7th, Tuesday Evening Ride and Dinner ride description for details.

Leader: Javier Arroyo 300-3466

WED 29 WEDNESDAY MORNING BREAKFAST & LEISURE 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 on the choice of restaurant for today. See Oct 1st for the Leisure Ride option.

Leader: Dave Abbott 961-8826

Leisure Leader: Irene Stadt 944-0174

THU 30 THURSDAY EVENING RIDERS

6:30 PM Grade: E/D20-30

See Oct 2nd, Thurs Evening Ride description for details.

Leader: Charlie Archuleta 731-8749

FRI 31 T.G.I.F. COFFEE RIDE

9:00 AM Grade: E/D30+

Start your weekend out by riding to an awesome coffee shop. Meet at the Five Points Shopping Center (see Ride Start List for directions).

Leader: Teri Hottman 388-0280




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NovemberCont.

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

Get the muscles moving by coming out to ride and get warm with a cup of Java. Meet at Gold River Town Center (see Ride Start for directions).

Leader: Karl Tracy 381-5338 or 601-0769

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

Come join us on our continuing series of brisk paced (18+mph) Tuesday night rides. If you don't want or can't keep up with the fasties we do offer a "B" group, riding at a slightly slower pace along the same route with regrouping points and a sweep. This month we will meet at Big Lots on La Rivera Drive. Exit Hwy 50 at Watt Ave, head north and exit at La Rivera Dr. The route varies from week to week, using bike trail and surface streets. Lights are required front and rear. We usually go out to dinner afterwards.

Leader: Bill Chadwell 725-0571 or 804-8854 (cell)

WED 5 WEDNESDAY MORNING BREAKFAST & LEISURE 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 restaurant choice for today. The Leisure Ride option offers a relaxed group pace with a separate ride leader and a 20-30 mile route. The Leisure Ride starts at the same time and location as the Breakfast Ride. Both rides will use one sign-in sheet.

Leader: Ray and Phyllis Billings 334-2827

Leisure Leader: Craig Hays 920-4297



NOVEMBER

SOUP RIDE

SAT 1 ANNUAL SOUP RIDE
9:00 AM Grade: E/D20-38

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 to the Nimbus Fish Hatchery or continue on to Beal's Point before returning to William Pond Park for the wonderful hot soup, snacks and friendship.

Leader: Dixie Clough 420-7666



Fall Back! Remember the time changes on November 2nd this year.

SUN 2 GIRO D' VINO (BENEFIT RIDE)

Register early at www.deltavelo.com, the ride only admits 600 riders. The start location is the Woodbridge Winery, 5950 E. Woodbridge Rd, Acampo, CA 95220 (north of Lodi). Registration includes: Complimentary wine tasting; wine transportation to Start/Finish available with purchase; free raffle ticket; delicious post ride meal; rest stops stocked with fresh fruit, cookies and music; tech support; and all the beautiful scenic vineyards you can handle! Pay the registration fee, complete one of the rides, sign-in (sign-in sheet will be in the registration area) and receive club mileage. Show club spirit by wearing your jersey, shorts and/or jacket.

Sign In Leaders: Bob and Sherri Keven 761-0979

SUN 2 FUEL UP TO TAKE IRON POINT RIDE
9:00 AM Grade: D/C35-45

Meet at the Gold River Town Center (see Ride Start List for directions). Iron Point, Coffee, Iron Point, Coffee; however you want to alternate. Get those Iron Point opportunities while it's still 2008 and before the holidays.

Leader: Mike Hansen 849-2883

CLUB MEETING

WED 5 BIKE HIKERS CLUB MEETING
7:00 PM

Robert Grassi of Hendriks European Bicycle Tours will be our guest speaker for the evening. Also, during the meeting we will elect club officers, so come out and VOTE! Meet at Community Clubhouse 1 in Carmichael Park. The clubhouse is located at 5750 Grant Ave near the corner of Fair Oaks Blvd and Grant Ave. Go west on Grant Ave and the Community Clubhouse will be on your left. There is a sign on the building and tennis courts are next to the building. Parking is limited in front of the clubhouse, but there is ample parking in the back. A map can be found at <http://www.carmichaelpark.com/Parks/Maps/CPMap.082806.mht>

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

Our Evening Riders series continues this month from the Five Points Shopping Center (see 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 to 14+mph. 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.

Leader: Mark Munguia 392-2969



NovemberCont.

FRI 7 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). Enjoy a variety of rides in search of freshly brewed coffee.

Leader: Don Scalise 485-2611

SAT 8 LOOMIS COUNTRY RIDE
9:00 AM Grade: C34/C44

Ride for coffee at the Morning Glory in Lincoln. The short route goes down Ridge and Virginiatown Roads and the longer route heads out country roads north of Lincoln. Both routes climb the first hill on Sierra College on the way back to Loomis. Meet at Loomis Park on the south side of King Rd. Take I-80 to the Penryn exit, south to King Rd, turn right on King Rd and then the first left into the park.

Leader: Dan King 548-2331

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 9 SOUTH CANAL TO BERT'S DINER FOR BREAKFAST
8:00 AM Grade: E42

Don't let the early start discourage you from coming out, because riding the South Canal is an awesome experience of riding 12 miles without traffic or checking the route sheet for the next turn. Bert's Diner has a private patio (protected by the weather) to accommodate our group and serves a delicious breakfast. The return route will be different and hopefully, we'll have a tailwind. Meet at Gold River Town Center (see Ride Start List for directions).

Leader: Paulette Houser 804-2556

MON 10 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: 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: Art Goolkasian 457-3345

TUE 11 VETERANS' DAY RIDE
9:00 AM Grade: E/D32+

In honor of the men and women who served our nation and protected our freedoms, the route today will include stops at local veterans' memorials. Wear your most patriotic colors or yellow (as in "support our troops") and meet at Five Points Shopping Center (see Ride Start List for directions). We will ride as a group as much as possible. Bring \$ for a coffee stop along the route.

Leader: Susan Wallis 985-2121

TUE 11 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-30

See November 4th, Tuesday Evening Ride description for the meeting place and details.

Leader: Bill Chadwell 725-0571 or 804-8854 (cell)



November Cont.

WED 12 WEDNESDAY MORNING BREAKFAST & LEISURE RIDE
9:00 AM Grade: E/D30+

Meet at the Gold River Town Center (see Ride Start List for directions). We'll ride 30 miles or so depending upon the restaurant choice for today. See November 5th for details on the Leisure Ride option.

Leader: Dave Abbott 961-8826

Leisure Leader: Elaine Hens 739-6487

THU 13 THURSDAY EVENING RIDERS
6:30 PM Grade: E/D20-30

See November 6th, Thursday Evening Ride description for details.

Leader: Mark Munguia 392-2969

FRI 14 T.G.I.F. COFFEE RIDE
9:00 AM Grade: E/D30+

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

Leader: Karl Tracy 381-5338 or 601-0769

SAT 15 THE ANIMAL RIDE
10:30 AM Grade: D1+

Wondering why the late start time? That is so you can decide your own route and ANIMAL to the ride! Ride as long and far as you wish, but meet at the coffee shop in Old Fair Oaks (Fair Oaks Village) on Fair Oaks Blvd, east of Sunrise Blvd, by 10:30am. This special ride is to encourage folks to save some fuel and receive club mileage credit for the miles pedaled to/from the start location. Sign in for the very short club ride around Old Fair Oaks, record your miles, perhaps enjoy a warm beverage, then ANIMAL on home.

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

SUN 16 PANER'A IN NATOMAS - TWO OPTIONS
9:00 AM Grade: F26/40

Meet at Five Points Shopping Center (see Ride Start List for directions). The short route goes to La Bou at West El Camino and Truxel, and the longer route goes to Paneras, and the Jelly Belly Store.

Leader: Karen Holland 425-6385



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November Cont.

- MON 17 ROVING MONDAY MORNING COFFEE**
9:00 AM Grade: E/D30+
Meet at the Five Points Shopping Center (see Ride Start List for directions). We'll cycle to one of our favorite coffee shops.
Leader: Pete Altenburg 363-9564
- TUE 18 TUESDAY EVENING RIDE AND DINNER**
6:30 PM Grade: D/C20-30
See November 4th, Tuesday Evening Ride description for the meeting place and details.
Leader: Bill Chadwell 725-0571 or 804-8854 (cell)
- WED 19 WEDNESDAY MORNING BREAKFAST & LEISURE 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. See November 5th for details on the Leisure Ride option.
Leader: Karl Tracy 381-5338 or 601-0769
Leisure Leaders: John and Judy Findley 967-7353
- THU 20 THURSDAY EVENING RIDERS**
6:30 PM Grade: E/D20-30
See November 6th, Thursday Evening Ride description for details.
Leader: Mark Munguia 392-2969
- FRI 21 T.G.I.F. COFFEE RIDE**
9:00 AM Grade: E/D30+
Thank Goodness it's Friday! Meet at the Five Points Shopping Center (see Ride Start List for directions). We will enjoy a delicious cup of java.
Leader: Teri Hottman 388-0280
- SAT 22 A COUNTRY RIDE**
9:00 AM Grade: D+25/30
Meet at 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



November Cont.

- SUN 23 2ND ANNUAL AMERICAN PIE RIDE**
9:00 AM Grade: D+34
Not to the dry ol' levy in the Chevy, but up American River Canyon to Bob & Sherri's for the 2nd Annual pie ride (ala mode) & coffee. Meet at Five Points Shopping Center (see Ride Start List for directions).
Leaders: Bob and Sherri Keven 761-0979
- MON 24 MONDAY MORNING COFFEE RIDE**
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!
Leaders: Marshall and Irene Stadt 944-0174
- TUE 25 TUESDAY EVENING RIDE AND DINNER**
6:30 PM Grade: D/C20-30
See November 4th, Tuesday Evening Ride description for the meeting place and details.
Leader: Bill Chadwell 725-0571 or 804-8854 (cell)
- WED 26 WEDNESDAY MORNING BREAKFAST & LEISURE 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 breakfast location. See November 5th for details on the Leisure Ride option.
Leader: Don Scalise 485-2611
Leisure Leader: Pete Altenburg 363-9564
- THU 27 RIDE FOR THE HUNGRY**
7:30 AM Grade: E15+
Note the start time and 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 8:15AM for coffee, donuts and instructions, 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 27 THURSDAY EVENING RIDERS**
No ride tonight! Happy Thanksgiving everyone!
- FRI 28 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). We will ride to a favorite coffee shop.
Leader: Karl Tracy 381-5338 or 601-0769
- SAT 29 POST-FEAST RECOVERY**
9:00 AM Grade: D25+
Overindulge a bit this week? Meet at Vic's Market (see Ride Start List for directions) for an opportunity to recover and burn off a few calories after the two big feasts: Thanksgiving and the Keven's Pie Ride! Wear weather-appropriate clothing. Bring \$ for a sips/snacks.
Leader: Susan Wallis 985-2121



November Cont.

SUN 30 NOVEMBER CLIMB

9:00 AM Grade: C30/B40

It's the end of November and we can't let those climbing legs we've worked on all year go to sleep!! This ride will take us to Shirland Tract where we'll have time for our climbing legs to "warm up" via Taylor, King and Auburn Folsom. On the way back we'll do some more climbing on Indian Hill Rd & English Colony, then a stroll through Sun City in Lincoln. The optional short route will have some of the similar roads, except for bypassing the steeper climbs. Bring \$ for the mid-ride rest stop. The long ride will be swept. Meet at Bel Air Shopping Center in Rocklin (see Ride Start List for directions).

Leader: Javier Arroyo 300-3466

SUN 30 WARMER TOES – IN THE FALL

1:00 PM Grade: D25+

We're starting the Warmer Toes series early this year (probably because the club is now over 40). Meet at Vic's Market (see Ride Start List for directions) for an inspiring late-autumn spin to hail in the winter season. Bring \$ for a warm beverage at Vic's after the ride.

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



DECEMBER

MON 1 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D30+

Come out and join the weekday riders for coffee. Meet at Gold River Town Center (see Ride Start List for directions).

Leader: Karl Tracy 381-5338 or 601-0769

TUE 2 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C25-35

Come join us on our continuing series of brisk paced (18+mph) Tuesday night rides. If you don't want or can't keep up with the fasties we do offer a "B" group, riding at a slightly slower pace along the same route with regrouping points and a sweep. This month we will meet in Folsom at the Willow Creek Town Center at the Bella Bru near the corner of Blue Ravine and East Bidwell. The route varies from week to week, using bike trail and surface streets. Lights are required front and rear. We usually go out to dinner afterwards.

Leaders: Gary Skaggs 496-6742 and Mike Rae 600-8926

WED 3 WEDNESDAY MORNING BREAKFAST & LEISURE 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 restaurant choice for today. The Leisure Ride option offers a relaxed group pace with a separate ride leader and a 20-30 mile route. The Leisure Ride starts at the same time and location as the Breakfast Ride. Both rides will use one sign-in sheet.

Leader: Dave Abbott 961-8826

Leisure Leader: Craig Hays 920-4297



December Cont.

CLUB MEETING

WED 3 BIKE HIKERS CLUB MEETING AND ANNUAL HOLIDAY POT LUCK DINNER

7:00 PM

This is our annual Holiday Pot Luck Party. Please bring your favorite dish and season's greetings to share with fellow Bike Hikers. The atmosphere will be relaxed and the food plentiful as we recall our 40th year and the great rides, tours, activities and cycling adventures of 2008. Meet at Community Clubhouse 1 in Carmichael Park. The clubhouse is located at 5750 Grant Ave near the corner of Fair Oaks Blvd and Grant Ave. Go west on Grant Ave and the Community Clubhouse will be on your left. There is a sign on the building and tennis courts are next to the building. Parking is limited in front of the clubhouse, but there is ample parking in the back. A map can be found at <http://www.carmichaelpark.com/Parks/Maps/CPMap.082806.mht>

THU 4 THURSDAY EVENING RIDERS

6:30 PM Grade: E/D20-30

Our Evening Riders series continues this month from the Five Points Shopping Center (see 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 to 14+mph. Regroup points will be planned and the route will be swept. The winter evenings are chilly; come prepared with appropriate clothing and gear. Lights are required front and rear.

Leader: Charlie Archuleta 731-8749

FRI 5 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) for a wintery ride to a favorite coffee shop.

Leader: Dave Abbott 961-8826

SAT 6 PUMPING IRON RIDE

9:00 AM Grade: D+/C35+

Meet at Vic's Market (see Ride Start List for directions). This ride will let the Iron Point Divas get some climbs in up Iron Point and beyond.

Leader: Karen Holland 425-6385

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DecemberCont.

FRI 12 T.G.I.F. COFFEE RIDE
9:00 AM Grade: E/D30+

Thank Goodness it's Friday! Meet at the Five Points Shopping Center (see Ride Start List for directions) for a pedaling-workout as we follow the scent of coffee.

Leader: Karl Tracy 381-5338 or 601-0769

SAT 13 VIC'S SHOW AND GO
9:00 AM Grade: D20-45

How long is the ride today? It looks like it might rain later today...let's check the weather then Show and Go! If the weather looks bad we will take a short route (20+ miles and if it is a sunny beautiful day we will do a longer route with a maximum of about 45 miles. The distance and route will change depending upon the weather and a short route will be available.

Leader: Dan King 548-2331

SAT 13 PIZZA RIDE
1:00 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. Warm up with pizza and pasta at Steve's Pizza following the ride.

Leaders: John and Judy Findley 967-7353

SUN 14 FLOWER FARM COFFEE SHOP STROLL
9:00 AM Grade: D+/C34

It's mid-December and time for a somewhat leisurely stroll to the Flower Farm Coffee House. The only real climb is a short section of Sierra College Blvd on this route. Bring \$ for the Flower Farm Coffee House rest stop. Meet at Raley's Shopping Center in Roseville at 4051 Woodcreek Oaks Blvd (on the corner of Pleasant Grove Blvd and Woodcreek Oaks Blvd). From I-80 take exit #106/Lincoln/Marysville onto CA-65N, take the Pleasant Grove Blvd exit and turn left, continue to the corner of Woodcreek Oaks Blvd.

Leader: Javier Arroyo 300-3466

SUN 14 WARMER TOES RIDE – THE PM RIDE TO THE FLOWER FARM
1:00 PM Grade: D+29

If you missed the morning ride to the Flower Farm, you can still come out and enjoy the rolling hills, scenery, and coffee at the Flower Farm. Meet at Vic's Market (see Ride Start List for directions).

Leader: Linda Howell 967-1043

MON 15 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D30+

Meet at Five Points Shopping Center (see Ride Start List for directions). Winter weather permitting, we should be able to find some hot drinks somewhere.

Leader: Pete Altenburg 363-9564

MOVED RECENTLY? NEW PHONE NUMBER?

If you recently moved, got a new phone number, or changed your e-mail address, please give your new contact information to Karl Tracy, membership chair.



DecemberCont.

SUN 7 AUBURN AND BEYOND IN SEARCH OF COFFEE
9:00 AM Grade: D/C30-40

Meet at Gold River Town Center (see Ride Start List for directions). Up to Auburn and beyond? Weather permitting in search of a good coffee break and some high carb goodies.

Leader: Mike Hansen 849-2883

SUN 7 WARMER TOES RIDE – RIGHT TURN ROUTE
1:00PM Grade: D27

Meet at the Bicycle Planet bike shop in Folsom (corner of Prairie City and Willard). We'll pedal through Folsom with (guess what?) only right turns.

Leader: Scott Miller 768-3935 or sam_home@pacbell.net

MON 8 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: 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 cup of Joe.

Leaders: Marshall and Irene Stadt 944-0174

TUE 9 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C25-35

See Dec 2nd Tuesday Evening Ride description for meeting place and details.

Leaders: Mike Rae 600-8926 and Gary Skaggs 496-6742

WED 10 WEDNESDAY MORNING BREAKFAST & LEISURE 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. See Dec 3rd ride description for details on the Leisure Ride option.

Leader: Don Scalise 485-2611

Leisure Leader: Mas Hatano 451-5000

THU 11 THURSDAY EVENING RIDERS
6:30 PM Grade: E/D20-30

See Dec 4th Thursday Evening Ride description for details.

Leader: Charlie Archuleta 731-8749



December Cont.

TUE 16 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C25-35

See Dec 2nd Tuesday Evening Ride description for meeting place and details.

Leaders: Gary Skaggs 496-6742 and Mike Rae 600-8926

WED 17 WEDNESDAY MORNING BREAKFAST & LEISURE 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. See Dec 3rd ride description for details on the Leisure Ride option.

Leader: Karl Tracy 381-5338 or 601-0769

Leisure Leaders: Judy and John Findley 967-7353

THU 18 CHRISTMAS LIGHTS RIDE

6:30 PM Grade: D25

Meet at Five Points Shopping Center for our annual tour of the Christmas lights. Hot cider and treats will be provided before the ride. Lights are required. Dress appropriately for a cool night.

Leader: Mark Munguia 422-4672 or mmunguia@jps.net

FRI 19 T.G.I.F. COFFEE RIDE

9:00 AM Grade: E/D30+

Thank Goodness it's Friday and time for coffee and goodies! Meet at the Five Points Shopping Center (see Ride Start List for directions).

Leader: Don Scalise 485-2611

BRING A FRIEND CYCLING,

You don't have to be a member to participate!

SAT 20 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 2 cookies and money for a stop at a coffee shop. No ride if rain or threat of rain.

Leader: Linda Jew 682-8287

SUN 21 TOWER CAFÉ AND MIKE'S BIKES

8:00 AM Grade: F30+

Meet at Five Points Shopping Center (see Ride Start List for directions). We will cruise through East Sacramento, Downtown, Land Park, and stop for breakfast and a little shopping at the bike store.

Leader: Lisa Sangston 849-4184

SUN 21 WARMER TOES RIDE

1:00 PM Grade: D25

Meet at Vic's Market (see Ride Start List for directions) for a quick Winter Solstice spin on the shortest day of the year. The sun sets at 4:48pm today, so we'll gather at Vic's after the ride for a warm beverage and pre-holiday cheer. Wear weather-appropriate clothing.

Leader: Susan Wallis 985-2121



December Cont.

MON 22 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 routes and coffee shop.

Leader: Teri Hottman 388-0280

TUE 23 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C25-35

See Dec 2nd Tuesday Evening Ride description for meeting place and details.

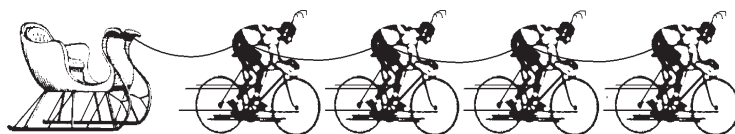
Leaders: Mike Rae 600-8926 and Gary Skaggs 496-6742

WED 24 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 restaurant choice for today. No Leisure Ride today.

Leader: Tim Moore 847-6453



THU 25 JINGLE BELL RIDE

9:00 AM Grade: D40

Meet at Gold River Town Center (see Ride Start List for directions) near Applebee's. Want to ride with Santa on Christmas Day, enjoy coffee and pie, participate in a gift exchange, and jingle through Fair Oaks and Orangevale in search for cookies and milk or merry mint mocha? Come and join Santa...HOHOHO. Gifts should be around \$10.

Leader: Lisa Sangston 849-4184

FRI 26 THANK GOODNESS IT'S THE LAST FRIDAY OF 2008

9:00 AM Grade: E/D30+

Now is the time to break in the new Christmas bikes and get a hot drink the easy way. Meet at the Five Points Shopping Center (see Ride Start List for directions).

Leader: Karl Tracy 381-5338 or 601-0769



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December Cont.

SAT 27 A FAVORITE BOB ALBERT COFFEE RIDE
 9:00 AM Grade: D30+
 This is a Bob Albert coffee ride out of Madera Park. From I-80 East take Antelope exit towards Sunrise Blvd, just past Sunrise turn left (north) on Wonder which dead ends; the park is on the right. The route will cover parts of Citrus Heights, Roseville, Loomis and Orangevale stopping at Starbucks at the 15-mile mark.
 Leader: Catherine Holzer 870-0996

SUN 28 FIVE POINTS TO ELK GROVE
 9:00 AM Grade: E30+
 Meet at Five Points Shopping Center (see Ride Start List for directions) for a leisurely ride to downtown Elk Grove. Bring \$ for snacks and drinks. Ride will be cancelled if raining.
 Leader: Rick Leach 402-9889

SUN 28 WARMER TOES – AN AFTERNOON AT PERFECT BLEND
 1:00PM Grade: D25
 We'll take a stroll through Roseville streets and bike trail paths on our way to Perfect Blend for an afternoon jolt of caffeine. Meet at Raley's Shopping Center in Roseville at 4051 Woodcreek Oaks Blvd (on the corner of Pleasant Grove Blvd and Woodcreek Oaks Blvd). From I-80 take exit #106/Lincoln/Marysville onto CA-65N, take the Pleasant Grove Blvd exit and turn left, continue to the corner of Woodcreek Oaks Blvd.
 Leader: Javier Arroyo 300-3466

MON 29 ROVING MONDAY MORNING COFFEE
 9:00 AM Grade: E/D30+
 Meet at the Five Points Shopping Center (see the Ride Start List for directions) for a chilly ride with a coffee stop.
 Leader: Joe Lesh 723-9870

TUES 30 TUESDAY EVENING RIDE AND DINNER
 6:30 PM Grade: C25-35
 See Dec 2nd Tuesday Evening Ride description for meeting place and details.
 Leaders: Gary Skaggs 496-6742 and Mike Rae 600-8926



December Cont.

WED 31 WEDNESDAY MORNING BREAKFAST RIDE
 9:00 AM Grade: E/D30+

The last ride of 2008 so come out and ride before the New Year's Eve Ball descends. Meet at the Five Points Shopping Center (see Ride Start List for directions) and we'll plan some New Year's resolutions over breakfast. No Leisure Ride today.
 Leader: Art Goolkasian 457-3345

FYI

Notice from Larry Robinson re:
Special Order Bike Shorts

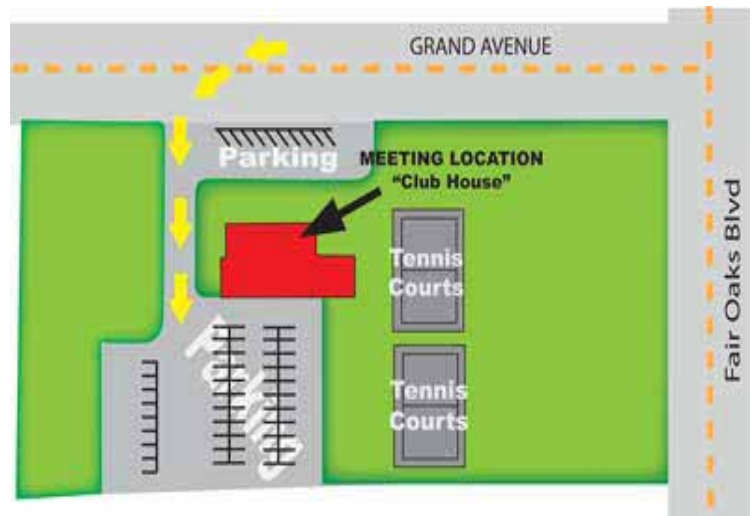
If you have NOT picked up your shorts or contacted Larry, please do so NOW to make arrangements for transfer of shorts.
 Contact Larry at: 483-3390
 Or at email: pink-dog@att.net

Carmichael Cycles has a new address:
5142 Arden Way
 The address in the ad is incorrect.

New Club Meeting Location

Well, after many years of meeting at Mercy San Juan Hospital, the club meeting location has changed. Many "Thank you's" to Sister Mary Redempta for her assistance in getting the club a meeting place at the hospital for all those years.

The club will be meeting at Community Clubhouse 1 in Carmichael Park for 2008. The clubhouse is located at 5750 Grant Ave near the corner of Fair Oaks Blvd and Grant Ave. Go west on Grant Ave and the Community Clubhouse will be on your left. There is a sign on the building and tennis courts are next to the building. Parking is limited in front of the clubhouse, but there is ample parking in the back. A map can be found at: <http://www.carmichaelpark.com/Parks/Maps/CPMap.082806.mht>



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New Members

From Membership Chair Karl Tracy

Welcome to the club. Hope to see you on future club rides. May the wind be at your back.

Dominic Trillo
Mary Cole bourn
David Barbee
Tim Dodo
Manuel & Luz Garcia
Malu Garcia
Mateo Garcia
Sheryl Manguam
April Martin
Rick Henderson
Brian Oldham
Joshua Neisinger
Carrie Rampage
Karl & Carolyn Okamoto
Richard Chu
Alicia Gasdick
Alex Cabassa
Mary Ose
Richard Elliott
Steve Kelly
Kitty Howard
Steve Ramond
Scott & Beth Nelson
Peter Damiano
Lorie Pfursich
Bill Gagnon
John & Sarah Nitta
Rene Kline
Ed Delano
Susan Watson
Jim Dodds & Shirley Fletcher
Josephine Masterson
John Lindow
Julie Green-Heffern
Stephen Loomis
Don Anderson
Martha Carrio
Paula Carrio
Melinda Moloney
Norman Walker
Ken Page
Don Draughon
Karen Cook

Notice from John Havicon, Park Ranger Supervisor,
Sacramento County Regional Parks

Sacramento County Regional Parks has established "875 PARK" (875-7275) as a new dispatch phone number for incidents pertinent to the American River Parkway and other County Regional Parks. Dispatch hours are 7am until 3 hours after sunset. Dispatchers have direct access to Fire, Ambulance, CHP, DART, Fish & Game, Animal Control, Sheriff's and City Police. They are well trained to handle calls and will dispatch Sacramento County Park Rangers and Maintenance personnel. We count on users of the parks to serve as "eyes and ears" and hope the new, easy to remember number will encourage more users to call when they see incidents such as park violations, safety hazards, accidents, fires and maintenance problems.

875-PARK is the contact number to report emergency and non-emergency incidents, hazards, and violations within the County Parks and American River Parkway.

The Bike Hikers' Photo Album

The Bike Hikers are trying to maintain a history of club activities. Our Club Historian would like pictures from any and all Bike Hiker's rides and events. Label them with date, names and name of the event, and send/give to Carole Magnusson, the Historian. We are also looking for issues of the Leaky Valve from 1983 or before, and the July-Aug-Sept 1986 Issue. Submit your photos to Carole via BHhistorian@bikehikers.com.

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SACRAMENTO BIKE HIKERS MEMBERSHIP APPLICATION

New Membership **Renewal**

Name _____

Address _____

City _____

State _____ ZIP _____ E-mail _____

Phone _____ Birthdate _____

- Would you be willing to volunteer to help lead rides?
- Could you help on club events?
- Are you a beginning rider?
- Check if you DO NOT want a schedule mailed to you.

Make checks payable to: **SACRAMENTO BIKE HIKERS**
(Club apparel not included in membership fees)

Check Type Of Membership

Individual \$15

Family \$20

Family Membership

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

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

Mail application and check to: **Sacramento Bike Hikers**
PO Box 160393
Sacramento, CA 95816-0393

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) _____

Want To Buy SBH Clothing?

Club apparel is now available at two locations - Patriot Bicycles in Fair Oaks and Bicycle Chef in midtown Sacramento. Check their ads in the ride schedule for location details. Club apparel is not included in membership fees and mail order is not available. The following items are available at the bike shops.

Short Sleeve Jersey	\$59
Sleeveless Jersey	\$59
Vest	\$50
Jacket	\$65

Sizes available: Small, Medium, Large, Extra Large, and plus sizes (XXL and XXXL). Men and women sizes available. Jersey fit for both sexes is club cut.

You can check your mileage on the web!

<http://www.bikehikers.com>



“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.

2008 OFFICERS & STAFF

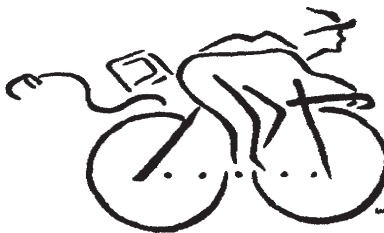
PRESIDENT	Kathy Wright	916 363-9343
VICE PRESIDENT	Charlie Archuleta	916 731-8749
SECRETARY	Karen Holland	916 425-6385
MEMBERSHIP	Karl Tracy	916 381-5338
TREASURER	Bruce Morrical	916 369-5321

STAFF

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Schedule Distribution	Mark Munguia	916 422-4672
Mileage Recorder	Jerry Beckett	916 214-3203
Tour Director	Andy Chandler	916 988-1499
Locker Coordinator	Bob Albert	916 725-4063
Historian	Carole Magnusson	916 362-6089
Party Pardee Chair	David Abbott	916 961-8826

Message from Editor:

by Laurel Beck



There are rides for everyone in this schedule! There is at least one ride every day and frequently two. There are morning, evening and warmer-toes-afternoon rides, fast-paced, leisurely and some-

where in between rides, and grades from A - F. Have you heard that sixty is the new forty, and exercise is the new 'fountain of youth'? The heat waves and smoky skies have cleared, so no more excuses; let's go for a ride!

Please send articles and/or pictures for future issues to RideSched@surewest.net. Thank you.

If you're visiting the American River Parkway, keep these numbers on hand:

Sacramento County Parks	(916) 875-7275
State Park Ranger (Hazel to Beal's Point)	(916) 988-4346
State Parks Emergency	(916) 358-1301
State Park Non-Emergency	(916) 958-1300
State Park Information	(916) 988-0205
Emergency	911

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.

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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: _____

Home Phone: () _____

Work Phone: () _____

E-mail: _____

Membership levels (Make checks payable to SABA):

Legacy Club *	-	\$1,000	[]
Leadership Circle*	-	\$325	[]
Century*	-	\$100	[]
Business/Organization*	-	\$75	[]
Sustaining*	-	\$75	[]
Sponsoring	-	\$50	[]
Family	-	\$40	[]
Individual	-	\$30	[]

Money's not enough. Contact me about volunteering []

SABA T-Shirts - \$15 [] Size: []

* Free SABA T-shirt, please specify size (S, M, L, XL)

Folsom residents become members of FABA, the Folsom Chapter.
If you don't live in Folsom, but would like to join, check here [].