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Monthly Newsletter

April 2024

Club News



Enduro Ride of the Month

Mt Hamilton

When: Saturday April 20th 9:00 am

Where: Cardoza Park

Route

See the **CALENDAR** for more information.



May is Bike Starts May 1st

May is Bike Month is back this May for its 20th year! With loads of fun in-person events, group rides, prizes, and the online workplace challenge, celebrating 20 years of May is Bike Month is going to be a blast.

Riding a bike can help you make a difference by reducing your carbon footprint and helping save the planet, while making you healthier, happier and improving your neighborhood. What's not to celebrate?

By using the brand-new Rate My Routes feature (coming soon!) in the Love to Ride app, riders also will be able to provide feedback on their journeys and contribute anonymous data that planners can use to build better, safer infrastructure - cool, huh?

Everyone is invited to take part – from regular riders to people who haven't been on a bike in years (or ever!), and there are loads of prizes to be won!

We need a to club member to volunteer to be the coordinator. If you are interested email our Ride Director at pamela@connorwellnessclinic.com
Send weekly emails with updates.
Be a cheer leader.



Rides Starting at Flower Farm

Parking, Peeing, and Pooping (I bet that got your attention)

As a club, we like to start rides, so here are some friendly reminders.

- There have been reports that some cyclists are taking actions that are less than respectful to the Flower Farm owners and staff.
 - There are 2 bathrooms that are available **during business hours only**: Inside Flower Farm and outside of Caque Winery.
 - Avoid using any other location on the property to 🚽 or 💩
 - **Parking**: the gravel lot at the end of the road on the left. Avoid parking in front of the cafe, even after the ride.
 - Avoid using the driveway that is used for the Cottage guests to enter the Flower Farm and/or ride your bike.
-

BAST Updates

Update on Rattlesnake Bar “Speed Bump Hazards”: The California State Parks Regional team out of Folsom Lake has received a quote for the speed bump repairs.

New Weekly Ride 🚲

Easy Rollers is our new weekly ride for members who like to ride 11-12 mi/hr.

We’ve had multiple requests from members for this ride format and now to keep it going we need your support by being a ride leader.

As the Ride leader, **you can choose** the day of the week, the route, and the start time for your ride.

We have a few members that have stepped up to be a ride leader and we still need more. Many of the members that will participate in this ride are retired and spend some time traveling, so the goal is to get **8 ride leaders** that we can rotate through and then each **ride leader leads 1 ride once every two months**.

Upcoming Events

May, June, and July A Trifecta of Multi-Day Rides!

3 multi-day rides for your riding pleasure and getting together with your cycling buddies 👍😊

SFCC has 3-consecutive months of Spring and Summer rides. We hope you can make them all!

May 10-12 a **Sonoma County 3-Day Weekend**

The rides will start at

No host dinners on Friday and Saturday, with a visit to a world-class brewery! Ride lengths and elevation gains will be similar to our Enduro series. More Details to follow. Organizers- Ed Keller/Ellen Sherrill

June 9–14 a new-for-this-year **SFCC Spring Camp**

Rides start from Movin West RV Park/River Pines Resort/Graeagle. A 4-day, no-frills cycling camp and possibly a hike. Here is a link to possible routes: <https://ridewithgps.com/events/101220>- Organizer - Kathy Welch

July 11–14 our **Annual SFCC Summer Camp**

This year's camp will again be out of Petaluma with new routes. Our rides will start out of the Home2Suites. There will be medium and long routes each day. Post-ride we'll have Social Happy Hour and 1 organized group dinner. [Details](#). Organizer– Pamela Connor.

Spring Camp Graeagle

[Details Here](#)

June 9-14th

May Memorial Ride

[Details Here](#)

Saturday, May 25th

Location: Meadow Vista

Summer Camp 2024 Petaluma Palooza

[Details Here](#)

July 11-14th

Member Spotlight: Ken Coffey



I grew up in the East Bay, except for five years in Tracy, CA. The Bay Area/Tracy was a lot of fun as a kid, playing sports, hiking the hills, riding motorcycles and horses, and my main mode of transportation was riding bicycles anywhere we wanted to go.

I was married at 19 and started working as an apprentice carpenter. I got my contractor's license when I was 26 and started my construction business. We specialize in commercial doors, frames, and hardware. Most of our work was at Stanford University and Hospital, along with tech and public works jobs. That lasted until I retired last year at 63 years old.

I have two children, a son, and a daughter, and two stepchildren with my wife, Joanne. When my children were growing up, I coached my son in basketball, baseball, and soccer. I coached my daughter's soccer team for many years. I started playing on an adult soccer team while I was coaching. I played soccer until I was fifty, and my knees would not allow me to play any longer. Joanne and I have three of our four kids who live in Roseville and Granite Bay, so we decided to look for real estate up here. We bought a lot in Meadow Vista in 2018, and our house was built in December of 2021. We love our new life in the foothills.

I had knee surgery when I was 55, and after that, I started cycling with friends in Pleasanton where I lived. I joined Recycle Pros, a local cycling club, and started riding more consistently along with longer rides. I made many friendships riding in Pleasanton.

We moved into the new house in December of 2021. I needed to get in shape after having a house built. It's hard to ride much driving up here every weekend. I found SFCC online and thought I would try a ride. The first ride was from Meadow Vista to Lake of the Pines. I almost died. I walked up the first hill at Dark Horse. I discovered the biggest difference between riding in Pleasanton and here in Pleasanton you rode to the hills rode the hill and came back. Here you are always in the hills.

I enjoy riding with SFCC, a nice group of people!

High Viz Socks

We have high viz socks! Small, Medium, and Extra Large. Contact Deb for size, payment, and pick-up arrangements. deb2don.dh@gmail.com



Safety Tip of the Month



Hello SFCC Members!

Here's a friendly reminder that if you're feeling under the weather, stay cozy at home. Coughs, sneezes, and other symptoms? 🤧 They're all contagious! So, if you're feeling off, take a rain check and join us when you're back to 100%. 👍 Don't forget, even if you're feeling better now than the day you became sick and still have symptoms, you're contagious. 🤒

Let's spread good vibes, not germs! 🦠 And remember, your health is our priority!

Welcome New Members!

John Shanahan

KOENIG

Board Members

President | **Don Baldwin** | president@sfcyclists.org

Vice President | **Jan Van Waardenberg** | vp@sfcyclists.org

Secretary | **Bob Peterson** | secretary@sfcyclists.org

Ride Director | **Pamela Connor** | rides@sfcyclists.org

Treasurer | **Doug Parks** | treasurer@sfcyclists.org

Membership Director | **Monica Pappas** | membership@sfcyclists.org

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SFCC Consultant | **Larry Matz**

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