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Monthly Newsletter
August 2023

Upcoming Events

Save The Date

The Annual SFCC Picnic is coming up on October 7th, 2023.



Summer Camp 2023 Recap

Summer Camp 2023 is in the books!

This year summer camp started at the KOA Campground in Petaluma CA. Many club members stayed at the KOA in cabins, RVs, and camping tents. This location is one of KOA's most popular and is full of energy from its **many** campers. Picture this, it's like you want to enjoy the great outdoors, but you don't want to be alone.



Other attendees stayed in various Airbnbs, motels, and hotels that were close enough to ride to/from the KOA. This is how I got my bonus miles.

Throughout the seven days of summer camp, we had 50+ attendees, and spouses are not included in this number. It was great to see this year's summer camp so well received!

Summer camp started with his first ride on Thursday at 12 noon, followed by a happy hour at 4 PM. There were two rides each day, both medium and longer rides, that allowed people to choose a ride that suited them. Riders liked the variety of roads and routes. (Next year there will be 3 routes: short, medium, and long)

Each day had happy hour at 4 PM, where we had plenty of, mostly healthy, snacks and drinks for socializing.

Happy hour is where for the first time I was able to see the fruits of my labor pay off. There were lots of smiles, laughter, and conversation, and this is when I thought to myself, "This is why I took this on. To bring the members together, old and new, to enjoy some good times on and off the bike, and make new memories."

There were three group dinners at local restaurants that were well attended and a good time was had by all. 🥗🍔🥑🍻🍷

We were fortunate to get out of the heat wave in our local area to temperatures that were much more comfortable. And with that said, Friday mid-afternoon was the warmest of the days and it got pretty hot for some people, it was the topic of conversation during happy hour. 😬

I want to give a special thanks to those that volunteered and assisted in a variety of ways!

Jennifer Wilson (Bruce Wilson's) saved me from having a possible meltdown when she stepped forward to help manage the happy hour food and get it set up each day. I am forever. Thankful Jennifer!

Monica Pappas reviewed each and every route in RWGPS, and corrected all of the little hiccups that can be found in some routes. This took several hours over multiple days! She did this because she wanted our members to have good and reliable routes that were easy to follow without any wrong turns. Much appreciated Monica!

Thank you **Rois Davidson** for taking over for me on Thursday for the first ride. I still have too much to do and wasn't able to be there.

Thank you **Laura Prescott**, for sagging on Friday and bringing back one of our members that wasn't doing well in the heat.

Thank you **Dana** for all of your assistance during happy hour.

Thank you **Jen Barlow** for sagging on Tuesday.

Thank you **Ed Keller** for being the point of contact after I left on Sunday.

A special thank you to my husband, **Denton Connor**, for his help. 🙏

There were others that assisted with happy hour and don't know all of you are but here's a thank you to you too!

Here's what some of our attendees are saying:

"Summer Camp at Petaluma was super enjoyable! It provided a great variation of routes and challenges, and the daily social hour and multiple dinners allowed me to get to know other SFCC riders much better. I would highly recommend attending the next one." Rois Davidson

"I had some really great rides in a great area with great friends and great socializing after! It was a relaxing and fun getaway for me, I really enjoyed it." Jen Barlow

"I had fun riding different roads than usual with my friends, and also making some new friends!" Jessica Jensen

"Great time riding with old friends and making new ones! Great job Pamela and Ed for putting on a great event. Sign me up for next year! Thanks to all of the volunteers who helped make summer camp an outstanding event." Monica Pappas

“We met some wonderful people at the summer bicycle camp in Petaluma. The group is inclusive, kind, and very supportive. We appreciated having daily routes to choose from and really enjoyed cycling in the Sonoma area. Pamela did a great job of organizing and keeping everybody in the loop. As new members, we enjoyed going to the happy hours, as well as some organized dinners. These social events gave us a good opportunity to get to know the members. We look forward to future rides with SFCC. Thank you for a fun bike camp!” Randi Gold

Soon photos will be posted on the SFCC website and Facebook.

I wonder what Summer Camp 2024 will be like 😊

I'll be recruiting volunteers at the beginning of 2024 so please consider being part of making SFCC summer camp great!

Pamela Connor, Ride Director



Enduro Ride of the Month

When: Saturday August 12th, 9:00 am

Where: Truckee

See **CALENDAR** for more information.

Member Spotlight: Dana Hofheinz



I joined the club in May of 2010 after telling a friend that I saw a poster to Bike Around Lake Tahoe. I was explaining to her that the ride sounded really beautiful and challenging, but how would I train for this type of ride since I wasn't a roadie at the time and didn't even own a road bike? The friend was Ann Downey, and little did I know that she and a few others had just "founded" and organized the Sierra Foothills Cycling Club. She handed me a brochure and said come ride with us. So, I borrowed my husband's road bike and showed up on a Wednesday ride out of Meadow Vista.

I learned a lot on that first ride. It was very different than spinning at the gym and mountain bike riding. I knew I had a lot to learn and felt very encouraged and supported by the Club. And I was hooked! And I did ride that first time around Lake Tahoe in the Fall of 2010 and it was amazing.

When I first joined the Club, my kids were in elementary school and I was a busy "soccer Mom". Now my children are both in college and in their early twenties. I'm fortunate that my husband, Dirk, is also a Club member and we enjoy riding the SFCC as well as doing our own rides. With our kids now off to college, Dirk and I are able to participate in more Club activities and take our bikes and travel to other areas of

California and ride our bikes. We discovered some of those communities are much more “bicycle friendly” than our area.

Riding through the Counties of Sonoma, Napa, and San Luis Obispo started me thinking about how much growth Placer County has had in the past 10 years. But the County has not had many bicycle infrastructure improvements. As a long-time resident of Placer County and planning to live into during retirement in a few years, I thought that our Club could be more involved in the long-term planning of Placer County for greater bicycle infrastructure as well as making our roads safer. I began speaking with a few other Club members and with the approval of the Board, formed the Bicycle Advocacy and Safety Team (“BAST”). We are making great progress through BAST, but the types of changes we are asking for do not happen overnight. I have to remind myself that it is like climbing a hill. And as a good friend once told me as I was heading up Slug Gulch in over 100’ heat, you just keep pedaling and before you know it, you’re at the top. So that’s what I’ll keep doing and it’s a lot more fun to pedal and climb those hills with the Sierra Foothills Cycling Club.

Club News

Board Members

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

Co-Vice President | **Bob Montuori** | vp2@sfcyclists.org

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

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

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

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

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

Webmaster | **Larry Merlo** | webmaster@sfcyclists.org

Email Moderator | **Monica Pappas** | moderator@sfcyclists.org

Merchandise Chair | **Deb Hallford** | merchandise@sfcyclists.org

SFCC Consultant | **Larry Matz**

Bicycle Advocacy & Safety Team Chair | **Dana Hofheinz** |
advocacyandsafety@sfcyclists.org

6 SFCC Riders Rescue Baby

By: Jan Van Waardenberg

Tuesday, July 18th, six SFCC members decided to beat the heat and meet at Cisco Grove for a ride over Donner Summit. Ken Coffey, John Sims, Larry Matz, Wayne Stillwell, Carol Maynard and I rode up to Soda Springs, rode through Serene Lakes (clockwise) then out to Rainbow Bridge down to the first barricade. We turned around there - met two really nice motorcyclists from Alberta, Canada. After a nice chat, rode back to the summit. We decided to get some extra miles and ride through Serene again - this time counter-clockwise.

We rode around the lake and were heading out the long straight stretch when Ken suddenly yelled: "STOP! I hear a kid crying!" We stopped and all heard the cry. Peering over the edge, about 5-6 feet down the embankment, we saw an overturned stroller with an older lady trying to right it on the edge of a small creek. Ken yells out: "are you OK?"; answer: NOOOOO!!! Ken: "do you need help?" answer: Yessss!!! Four of us scampered down the embankment, righted the stroller, then man-handled it back up the hill, where Larry and Carol grabbed it and pulled it up to the road. We all (grandma included) crawled back up to the road.

Grandma, embarrassed, didn't give us many details. Apparently, as she was walking down the hill, she lost her grip and the stroller did a quick left turn, then somersaulted in mid-air, landing upside down on the edge of the creek. Fortunately, the handle of the stroller acted as a roll bar. The kid (about 2 years old) was strapped in and didn't have any injuries. In a minute, right-side up and seeing five old guys in spandex, he quickly stopped crying! The SFCC Intrepid 6, mounted their bikes. On the long nine mile downhill to Cisco, they all had grins on their faces - knowing they had done their good deed for the day!!

High Viz Socks

We have high viz socks! 4 sizes- Small, Medium, Large, and Extra Large. Contact Deb for size, payment, and pick-up arrangements. deb2don.dh@gmail.com



Safety Cycling Tips For Group Riding

Here are some tips on cycling etiquette, or rules of the road, which should to be followed for safety. Here are the key ideas:

Teamwork

Give a helping hand, watch for problems (loose straps, loose equipment), and help each other to be safe and enjoy the ride.

Be Predictable

Group riding requires even more attention to predictability than riding alone. Other riders expect you to ride straight, at a constant speed, unless you indicate differently.

Communicate

Use hand and verbal signals to communicate with members of the group and with other traffic.

Hand Signals

Hand signals for turning and stopping are as follows: Left arm straight out to signal a left turn. Left arm out and down with you palm to the rear to signal slowing or stopping. And, for a right turn, put your right arm straight out (in areas where this is legal) or put

your left arm out and bent up.

Verbal Warnings

Along with hand signals, verbally warn cyclists behind you of your changes in direction or speed. The lead rider should call out “left turn,” “right turn,” “slowing,” “stopping,” etc. Announce a turn well in advance of the intersection, so that members of the group have time to position themselves properly.

Announce Hazards

When riding in a tight group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, gravel, grates, and other hazards. Indicate road hazards by pointing down to the left or right, and by shouting “hole,” “bump,” etc., where required for safety. Everyone in a group should be made aware of hazards. However, not everyone needs to announce them.

Change Positions Correctly

Generally, slow traffic stays right, so you should try to pass others on their left. Say “on your left” to warn the cyclist ahead that you are passing. If you need to pass someone on the right, say “on your right” clearly since this is an unusual maneuver.

Watch For Traffic Coming From The Rear

Even when you are occupying the proper lane position, it often helps to know when a car is coming. Since those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying “car back.” Around curves, on narrow roads, or when riding double, it is also helpful to warn of traffic approaching from the front with “car up.”

Watch Out At Intersections

When approaching intersections requiring vehicles to yield or stop the lead rider will say “slowing” or “stopping” to alert those behind to the change in speed. Each cyclist is responsible for verifying that the way is clear before enter the intersection.

Leave A Gap for Cars

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bicycles. This way motorists can take advantage of shorter passing intervals and eventually move piecemeal around the entire group.

Move Off the Road When You Stop

Whether you are stopping because of mechanical problems or to regroup with you companions, move well off the road so you don't interfere with traffic. It is usually best for the lead rider to pull forward in the stopping area and for other riders to pull in

behind the rider in front of them. When you start up again, each cyclist should look for, and yield to, traffic.

Ride One Or Two Across

Ride single file or double file as appropriate to the roadway and traffic conditions and where allowed by law. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you if the lane is wide enough for them to safely do so.

Wait At Turns

If the group becomes at all separated, even by a few dozen meters, someone should wait at the turn until the next rider arrives at the intersection, and so on until all riders have made the turn.

Two At The End

For safety and as a courtesy, if the group spreads out, the last two people should adjust their speed to ride as a pair. If either should need assistance they will have a helping hand.

Considerate Group Riding

When leading a group or paceline through a light about to turn red, don't rush to get yourself through knowing the rest of the group will need to stop.

Focus and Awareness

Focus on the road ahead of you vs. the rear wheel in front of you when in a tight paceline. Avoid sudden changes in speed or direction without signaling or communicating with others.

Safety Preparedness

Carry identification, emergency contact information, and any necessary medical information with you while riding.

Handling Speed Wobbles

If your bike goes into a speed wobble on a fast descent, you can reduce the wobble by relaxing your arms, squeezing (lightly) your legs on the top tube, and lifting your weight slightly off the saddle.

Welcome New Members!

Joe Sterk

Arash Ghorbani

Steve Streng

RoseMarie Smith

Rachel Hall

Randi Gold

Don Torrey

Stay Connected

SFCC Website

To stop receiving our promotional email, [unsubscribe now](#)

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