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Monthly Newsletter
August 2024

Club News

Sizzling Summer Alert! Heat Wave Impact on Riding Schedules

And the heat wave continues!

Hope you're doing great and staying cool! We've got a scorcher on our hands – a three-digit heat wave that's expected to last for a few weeks! 🌞

In light of this blazing weather, our usual riding schedules are going to be a bit shaken up. Your safety and health come first, so we'll be adjusting our rides accordingly.

While we all love a good summer ride, it's important to keep cool, stay hydrated, and take it easy in these extreme temps. Keep an eye out for updates from us on schedule changes and tips for beating the heat.

Stay safe, have fun, and remember – sunscreen is your friend!



Board Member Position Available

“Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud.” -Helen Dye

As I'm sure you know, SFCC is an all-volunteer non-profit organization with 314 members, and we have multiple events every year. The only way this club works is if members step up and give their time and energy to make things happen, and this includes participating as a board member.

As we continue to grow and evolve, we believe that fresh ideas and new perspectives are essential to driving our club forward. These positions are an excellent opportunity for individuals who are enthusiastic about our mission and eager to make an impact.

This year our **Secretary** position needs to be filled with a club member.

Secretary's Role: The Secretary will be responsible for capturing the board minutes, verify it for accuracy with the Board members, and in a timely basis distributing to all club members via email. The Secretary will manage the Zoom during Board Meetings.

Currently, our Board Meetings are the **3rd Monday of each month at 8:45 am**. We are transitioning to a hybrid meeting where each board member can choose to meet in person or on Zoom.

If you have any questions regarding what's involved that haven't been answered please don't hesitate to reach out to any of our current board members. You can reply to this email and it will be directed to the Board Member who can help.

Upcoming Ride Events



August Enduro!

(Do you feel 10 degrees cooler looking this the photo?)

**Another Month and Another Great Enduro Ride
Truckee Edition!**

**Saturday August 10th
Start time 9 am**

NOTE: Start time may change if the weather is HOT.

Lots of new and old trails on this enduro.
We will start with a ride around Donner Lake, then take the new Deerfield Trail to 89. We'll get on the Legacy Trail out to the new Martis Valley Trail to Northstar and back. Final climbs on Rainbow and Schussing Way.

See the **CALENDAR** for more information.

CALENDAR

Summer Camp Highlights!



Adventures, Laughter, and Memories

Great Turnout

- **Thursday, Friday, and Sunday:** Around 20 enthusiastic attendees each day.
- **Saturday:** A peak of 35 members, including the Wheelman.

New Member Induction

- Welcomed six new members!

Flawless Execution

- Everything went off without a hitch—no accidents or near accidents, just smooth rides and great times.

Stellar Accommodation

- **Home2Suites:** Spacious rooms with kitchenettes, ample refrigerators, free breakfast, coffee all day, a large lobby for socializing, and an inviting outdoor entertainment area and pool.
- Group Discount.
- **Amazing Staff:** Attentive and friendly, making everyone feel at home.

Memorial Group Dinner

- Everyone came together for a memorable dinner. John H took the floor, thanked me for organizing the camp, and invited everyone to share their favorite moments. It turned into laughter, heartfelt stories, and memories that will last a lifetime.

Captured Memories

- I made it my mission to capture photo memories. With a little help from friends who sent their snapshots at the end of each day, we created a visual diary of our adventure. All the photos were posted on Facebook, and an email went out to the club, ensuring no one missed out.

Future Plans

- Next year's Summer Camp planning will start soon and will be held in Petaluma at the same location.

Here's to another fantastic summer camp, packed with adventure, laughter, and lifelong memories! 🚴

[Check out the photos here](#) and on [Facebook](#)!

Member Spotlight: Ed Keller



Ed Keller joined SFCC after it had been formed for a number of years. It was a bit of a “reunion” because so many SFCC members were/had been long-term Wheelman members.

Ed’s history with riding started when Stingray bicycles were all the rage and a Schwinn Varsity was a “good” road bike. Unfortunately, Ed’s ability to get into bike crashes started early when a car hit him from behind in the rain when he was riding his Schwinn.

Ed moved to Menlo Park in his very early 20s and bought a used Italian Masi with Campagnolo components as his first “real” road bike. With a small cluster cassette, he rode this bike up Mt Tam and finished Terrible Two with it. However, there was a lapse in his riding from his late 20s through early 40’s.

Ed “graduated” to a carbon fiber bike about 20 years ago when Ken Bell recommended a Calfee. The Calfee Treta Pro still rides well and now has close to 100,000 miles on it. It has gone through four sets of Campagnolo components.

Ed and his trusty Calfee have ridden across the US and completed numerous Terrible Twos, Davis Doubles, and Climb to Kaysers. In more recent years, Ed’s bike stable includes a 14/15 lb Trek Emonda and a 26.5 lb Land Shark tandem.

Ed has been retired for several years after a career that was half in the private industry, with multiple small businesses started, and the second half with the Teachers Retirement System.

Photo: Ed with a vintage Fiat in Rome 😊. Taken July 2024. Note the vintage hand-operated cloth “sunroof”.

A Cancer Success Story -- Graham Fogg

Graham’s battle with cancer began unexpectedly, as it does for so many. A routine check-up turned into a life-altering diagnosis. Faced with fear and uncertainty, Graham chose not to be defined by his illness. Instead, he embarked on a path filled with positivity, rigorous treatment, and unwavering support from his loved ones.

[Read Graham's story here.](#)

Club Stickers

SFCC has purchased club stickers that are free to all SFCC members. These are custom made with the SFCC logo on them and are approximately 5" x 3.25".



High Viz Socks

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



Let's spread good vibes, not germs! 🦋

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!

Bret Tressider

Easy Rollers Ride 🚲

We've had a need and demand for this ride format but... participation has been low so it hasn't been on the calendar consistently.

Let's get this ride on the calendar constantly! To get this ride back on the calendar we need ride leaders and riders. **If you would like to participate as a ride leader or rider**, please email me directly at pamela@connorwellnessclinic.com

The day of the week and start location are completely flexible, and up to the ride leader.

The Format:

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**.



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.

Board Members

President | **Bob Peterson** | president@sfcyclists.org

Vice President | **Kim Mayano** | vp@sfcyclists.org

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

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[SFCC Website](#)

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