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Monthly Newsletter
August 2026

CLUB NEWS

CLUB SURVEY RESULTS

Thank you to everyone who took the time to complete the club survey. You can check out the results [here](#).

NEED NEW CLUB PRESIDENT

We are still looking for our next Club President. If you think you might be interested, or would like to learn more about the role, contact Bob for more information.

NEW CLUB KITS

Our new club jersey design has been very well received, with member orders reaching an all-time high! The ordering window was short, so we are sorry if you missed it. Stay tuned to see whether another ordering window becomes available.

August Safety Tips

Watch for Speed Bumps!

Most of us have probably had a speed bump catch us by surprise, especially on a road we don't ride often. They can be surprisingly hard to see when the paint has faded, the road is shaded, or you are heading downhill, so it helps to keep scanning the road ahead instead of assuming the paint will give you enough warning.

When you spot one, ease off your speed before you reach it, keep the bike straight, and try not to grab the brakes once you are already on top of it. It is also worth leaving a little more space than usual, since the rider in front of you may slow down faster than you expect.

On a group ride, call out "speed bump" early and loudly, then repeat the callout so it travels through the group. Riders farther back may have very little time to react, and hearing the warning a few seconds sooner gives them more time to slow down and set up for it.

California guidance says a SPEED HUMP warning sign should be used in advance, but signs, markings, and upkeep can vary from one road to another.

EZ RIDERS

Jen Fink continues to build great momentum with the EZ Riders ride, typically scheduled on Saturdays. Be sure to check the ride calendar for the latest route, start time, and ride details. Your participation helps keep this valuable ride option going and supports Jen's efforts to make it a regular part of the SFCC calendar.

SFCC territory will always include hills, but every ride does not have to leave you completely spent. EZ Riders features routes with gentler climbs, manageable distances, and a relaxed pace that allows riders to enjoy the scenery and finish feeling good.

This ride is a great fit for members returning after time away, rebuilding fitness, recovering from a busy training week, or simply looking for a more relaxed group ride. Come out, ride with Jen, and enjoy a fun and supportive day on the bike.

Saturday Ride Leader: Jennifer Fink

We are also adding a **Sunday EZ Riders** ride to the calendar, led by Jackie. This ride is currently planned for every other Sunday and will offer another opportunity for members who prefer a more relaxed pace, manageable distance, and welcoming group ride experience.

As always, check the ride calendar for the most current schedule, route, start time, and ride details.

Sunday Ride Leader: Jackie

2026 CLUB EVENTS

AUGUST ENDURO

Larry's Truckee Ride 2.0!

(new route)

SATURDAY AUGUST 8th

MOUNT SHASTA CAMP

August 31st September 4th

ANNUAL CLUB PICNIC

WITH RIDE LEADER APPRECIATION RECOGNITION

October 10th

See the **CALENDAR** for all the details

Ride Stronger. Recover Better. Keep Going.

SFCC hasn't had an Education Chair for the past several years, and I've thought about it off and on. My schedule doesn't allow me to put together talks for the club, but what I can do is use our newsletter to bring you information that is practical, cycling-specific, and useful. ↓

GEARED FOR HEALTH

Hydration: Getting It Dialed In



QUICK HYDRATION GUIDE



BOTTLE PLAN

90 minutes: 1 bottle may be enough in cool weather; 2 if harder, hotter, or sweatier

2 hours: Start with 2 bottles

3–6 hours: About 1 bottle per hour



SODIUM PER BOTTLE

300–500 mg for most rides

500–700 mg for long, hot, hard rides or heavy sweaters



ADJUST FOR

- Ride length
- Effort
- Heat
- Climbing
- How much you sweat

Start here, then adjust.

If you thought this was going to be a one-size-fits-all hydration plan, think again. There are simply too many variables for that.

How much you need to drink and what you put in your water bottles can change with:

- The length of the ride
- How hard you are riding
- The temperature
- The amount of climbing
- How much you personally sweat

A 90-minute ride on a cool morning is not the same as that same 90-minute ride in August. The route and pace may be nearly identical, but the amount you sweat, how often you reach for your water bottle, and what you need in it can be

completely different.

Hydration does not have to be complicated, but you do need a good starting point and a few ways to get it dialed in.

Why Hydration Matters

Why put this much thought into hydration? Because it affects how well you ride your bike.

As you lose fluid:

- Your body has to work harder to cool itself
- Your heart rate starts to climb
- The same pace begins to feel harder
- Holding power becomes more difficult

You'll usually notice it in your legs first. They feel heavier, turning the pedals takes more effort, and the power that was there earlier in the ride begins to fade.

Sodium helps your body hold on to the fluid you drink and replaces some of what you lose through sweat. Water is important, but on longer, hotter, or harder rides, water alone may not be enough to keep you feeling and riding your best.

Your Hydration Plan Starts Before the Ride

If you want to stay ahead of your hydration, it takes some advance planning, followed by actually drinking what you brought once you are on the bike.

I encourage riders to prepare their water bottles the night before. That gives you time to think through the ride instead of making a last-minute guess in the morning.

Before filling your water bottles, ask yourself:

- How long am I going to ride?
- How hard am I planning to ride?
- What will the temperature be at the start and throughout the ride?
- How much climbing will I be doing?
- Do I tend to sweat more than the riders around me?

Pay attention to where the temperature is headed, not just what it will be at rollout. A cool morning can turn into a hot ride before you get back.

Your hydration may also need attention the day before, or even for several days leading into a longer ride in hot weather. Trying to catch up once you are already on the bike usually does not work very well. The goal is to begin the ride well hydrated, then use what you drink along the way to keep up with what you are losing.

Three Ways Cyclists Get Behind on Hydration

- Starting the ride already behind on hydration
- Planning only for the temperature at rollout
- Waiting until they feel thirsty before drinking

Hydration is not about waiting until you feel thirsty. Drink early and continue drinking throughout the ride, because once you feel noticeably thirsty, you may already be playing catch-up.

One thing that helped me was turning on the drink reminder in my Garmin. You can set it to remind you at whatever interval works for you. I started using it about two years ago, and I no longer finish a ride realizing how little I drank throughout it.

How Are You Riding Today?

Choose the description that best fits how you are going to ride that day.

Conversational Pace

You can comfortably speak in full sentences, your heart rate stays fairly low, and you are not putting a lot of power into the pedals. The route may include some climbing, but you are riding it at an easier pace and not pushing the effort.

Steady Working Pace

You are putting more effort into the pedals and your heart rate has increased, but the ride still feels comfortable and controlled. You may be riding at a faster pace, doing some climbing, or riding in warmer or hot weather.

You are sweating enough that you are regularly reaching for your water bottle, or at least you should be.

Hard, Hot, or High Sweat

You are doing sustained climbs, riding at a hard pace, or spending long stretches where talking in full sentences is difficult. This category also applies when it is hot or if you are someone who sweats heavily.

You do not need to check every box. Your ride category can and will change from ride to ride, week to week, and season to season.

A Word About Sodium

I am not in the camp that believes most cyclists need large amounts of sodium to ride well.

We still want to follow healthy guidelines with the food we eat off the bike, then add a little more sodium before and during a ride to help replace what we lose through sweat.

Seeing salt on your clothing does not automatically mean you need the most concentrated sodium drink mix you can find. It may be a sign that you lose more sodium in your sweat, but it is also worth taking a realistic look at how much sodium you eat throughout the rest of the day.

We need sodium, so the goal is not to avoid it. The goal is to use enough to support hydration and replace some of what we lose without assuming that more is always better.

Build Your Bottle Plan

These are starting points, not rules. Begin with the length of the ride, then adjust for your effort, the temperature, the amount of climbing, and how much you sweat.

90-Minute Ride

- One water bottle may be enough for a conversational ride in cool weather
- Plan on two if the ride will be harder, hotter, or sweatier
- Include a moderate amount of electrolytes rather than waiting until the ride is over to replace what you lost

Two-Hour Ride

- Start with two water bottles
- Consider carrying more or planning a refill if the temperature will rise significantly
- Drink early and steadily instead of trying to finish most of your water during the last part of the ride

Three-Hour Ride

- Plan on approximately one water bottle per hour
- Know where you can refill before leaving
- Carry enough electrolytes for the entire ride, including what you will need to add to refill water

Four- to Six-Hour Ride

- Continue using approximately one water bottle per hour as your starting point
- Plan your refill stops before the ride
- Longer rides may require more fluid and sodium, especially when the pace is hard, the route includes sustained climbing, or the weather is hot
- Pay attention to your own sweat rate and how you feel during the later hours of the ride

How Much Sodium?

For most rides, I prefer a moderate electrolyte mix rather than automatically reaching for the highest-sodium option. A reasonable starting point is approximately **300 to 500 milligrams of sodium per water bottle**.

For a long, hot, hard ride, or if you know you are a heavy sweater, you may do better closer to **500 to 700 milligrams per water bottle**. More is not automatically better, and there is no reason to use endurance-level sodium amounts for every recreational ride.

Hydration turned out to be a little more personalized than a quick tip could cover. I hope this gives you a good starting point and a few ways to help you get it dialed in so you can get what you want out of your ride!

MERLO'S RIDING REELS!

You never know who's going to show up on the next club ride. We just hope they bring good cycling etiquette and come with a good attitude.



Volunteers Needed: Help Launch the Skyridge Bike Bus!

If you like to volunteer and have some spare time on Friday mornings, the Skyridge Bike Bus is starting back up!

Check out the Nevada City Bike Bus on Instagram to see how their program runs—they're our model.

The Bike Bus will run throughout the school year, leaving Railhead Park every Friday at **7:10 a.m.**, beginning **August 14**, for an easy two-mile ride to Skyridge School. However, since the first day of school is **Wednesday, August 12**, we'll ride that day as well.

Volunteering takes about **45 minutes** of your time, with a commitment of **once a month**—or more, if you'd like! Right now, we need "**corks**," cyclists who hopscotch ahead of the group to help block intersections as the Bike Bus passes through. It's easy, it's fun, and it may just become one of the highlights of your week! For more information, please call or text **Kristi Meyer** at **916-847-5128**.

BRING A GUEST TO A RIDE OR EVENT

We're always happy to see new faces at our rides and events, and members are encouraged to invite guests who may be interested in the club.

Guests are welcome to join us for one SFCC ride or event to get a feel for the club. After that first visit, they'll need to become a club member before participating again.

Thank you for helping us welcome new riders and continue growing the SFCC community!

CLUB MERCH





The socks are \$10/pair. If you intend to buy some, please bring exact change.

deb2don.dh@gmail.com

Contact Deb if you're interested in ordering clothing.

Soon we'll have new kit (or jersey) ordering info!

NEW MEMBERS

Vansen Wong - John Dunnigan - Richard Moon - Pam Jimison - Frederick Liebes-
Bryan Lewis - Andrew Romero - Emil Laursen

BOARD MEMBERS

President | **Bob Peterson** | president@sfcyclists.org
Vice President | **Kim Moyano** | vp@sfcyclists.org
Secretary | **Steve Peck** | secretary@sfcyclists.org
Ride Director | **Pamela Connor** | rides@sfcyclists.org
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