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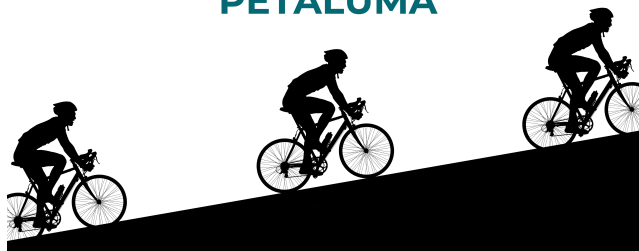
Monthly Newsletter
January 2025

CLUB EVENTS

Summer Camp 2025: Pedals, Petaluma, and Coastal Adventures!



SUMMER CAMP 2025
PETALUMA



Get ready for four days of epic riding, stunning scenery, and camaraderie at our annual Summer Camp! This year, we're heading back to the picturesque Petaluma area, where rolling hills, coastal breezes, and charming small-town vibes set the perfect stage for an incredible cycling adventure.

When: June 26 through the 29th

Where: Petaluma, CA, and the beautiful coastal routes and beyond

What to Expect.

Spectacular Routes: Each day offers a mix of rolling countryside, quiet backroads, and breathtaking coastal views. From the iconic Point Reyes Lighthouse to the scenic vineyards of Sonoma County, these routes will challenge and inspire riders of **all levels**.

Community Vibes: Share the road and the laughs with fellow club members. Whether you're conquering climbs or cruising along the coast, there's always someone to cheer you on.

Evening Fun: After the rides, kick back and relax at our host hotel. Enjoy group dinners, storytelling, and plenty of chances to relive the day's highlights.

Stay Your Way: Our host hotel, Home2Suites, offers spacious rooms with kitchenettes, comfy beds, and all the amenities you need to recharge.

Who Should Join?

Everyone! Whether you're a longtime member or new to the club Summer Camp is about enjoying the journey, soaking in the scenery, and making memories with friends.

Don't miss out on the cycling event of the year! Pack your bike, your sense of adventure, and your love for two-wheeled fun. Summer Camp is calling!

Stay tuned for more details, including registration info and route previews. 🚲🌍🌞

14th Annual Poker Ride ♠️♥️♣️♦️

What a way to kick off the new year! The 14th Annual January 1 Poker Ride was an absolute blast, filled with camaraderie, fun, and plenty of food. Despite the wet and chilly start to the day, 63 riders bundled up and showed up with smiles, ready to make the first ride of 2025 a good one.

Special Thanks goes out to Jan, Kim, and our amazing volunteers, who made the event seamless from start to finish. And of course, thanks to all the riders who joined us and made the day so fun. Your energy and enthusiasm set the tone for what's sure to be another great year of cycling.

Check out the [video here!](#)





2nd Saturday Enduro Ride Series

It's time to gear up for the 2025 Enduro calendar, and we need your help to make it another great year of adventure rides!

We're looking for Ride Leaders to take charge of our Second Saturday Enduro Rides. These rides are a highlight of our club events—challenging, rewarding, and always a great time.

What's an Enduro Ride?

Enduros are for those who love a good challenge:

-  50–60 miles of adventure.
-  The route can be local or out of town.
-  Climbing that ranges from 3,000 to 5,000 feet (and sometimes even more!)
-  The perfect mix of sweat, scenery, solidarity, and satisfaction.







What's New This Year?

In previous years, members have signed up for their preferred month but often waited until just a few weeks before the ride to provide details. While we love the spontaneity, our members look forward to the Enduros and often ask about the plans in advance—which I haven't been able to share!

This year, we're asking Ride Leaders to choose their month AND their route when signing up. Don't worry—routes can be changed later if needed or wanted. This will help us keep everyone informed and excited about the rides ahead!

What does a Ride Leader do?

As a Ride Leader, you'll:

-  Choose the route (or I can help you pick one). [Here's a list of archive rides.](#)
-  Put Ride details on the calendar and send the info out to the club.
-  Lead the charge up the climbs and down the road.
-  At the start of the ride, have members sign in, and at the end of the ride, have members sign out.
-  Enduro's do not have a sweep.
-  Frequently, lunch or snacks follow the end of the ride. Some would say this is the best part! Fun, friendship, and food!

Is this your first time? Don't worry, we'll provide all the guidance and support you need to plan and lead a successful ride.

🌟 You'll be part of the team that makes our Enduro series legendary.

🌟 Did we mention the bragging rights?

Interested?

Reply to this email to claim your spot as a 2025 Enduro Ride Leader. Have questions? I'm happy to chat and help you get scheduled or get started. (please do not hit reply all)

Let's make 2025 the best year yet for Enduro riders!

January and February have been filled.

CLUB NEWS

I BIKE & I VOTE!

BIKE THE VOTE!

Local elections are an opportunity to voice your support for a more bike-friendly Placer County! SFCC and our Bicycle Advocacy and Safety Team is here to help you Bike the Vote by sharing City Council and Placer County Board of Supervisor candidates' responses to our questions on bicycling issues.

SFCC AND BAST does **not** endorse candidates for public office, but we are able to share information so that you can arrive at your own conclusion. We are distributing a questionnaire to local non-partisan elections for City Council and Placer County Board of Supervisors and will update you via email in the next few weeks with the responses (or lack of responses) we receive

<https://www.bikesonoma.org/our-work/advocacy/bike-the-vote/>

If you have any questions, feel free to reach out to Dana at danabhof@sbcglobal.net

UPCOMING ENDURO RIDE



January Enduro!

Another Month and Another Great Enduro Ride

Mike's Birthday Edition!

SUNDAY, JANUARY 12th

Start time 10 am

See the [CALENDAR](#) for more information.

CALENDAR

MEMBER SPOTLIGHT: BOB MONTUORI



I was a long-distance runner before I took up cycling. Painful ankles made me switch, and once I started riding, I haven't stopped.

League and didn't make the cut. I thought everyone was welcome to a team, but I was wrong. I was also a bench warmer on Pop Warner football teams and freshmen football. I didn't make the cut for high school basketball either.

As a 14-year-old freshman, I was 5 feet tall at best and weighed about 100 pounds. Yes, I was often picked on by school and neighborhood bullies. That's when I started going to a boxing gym to learn how to defend myself—and everything changed.

I wasn't a natural at first. However, I picked up the skill of boxing quickly, and I found my sport by being extra fit compared to my opponents. After my first bout—a loss in the ring—a local coach took me under his wing. From there, I won about a dozen boxing matches and went on to the state championship, AKA the New Jersey Golden Gloves, in 1974. That year, I was awarded second place out of the 32 best.

I then beat the Diamond Glove Champion and the US Junior Olympic Champion. After a 22-2 record, I decided to go to culinary school to become a chef. When I returned home, I got back into boxing, racking up a bunch more wins. I made it to the semi-finals in the 1978 Golden Gloves Championship and later beat that Golden Glove Champion in his next bout.

A few more wins brought me to a 30-3 record. Since then, I've never backed down to bullies. Sometimes, it's tough being the smaller guy, but something happens when the smaller guy learns how to defend himself.

Club Stickers and High Viz Socks



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".



BACK IN STOCK!

Small - men <7, women 6-8

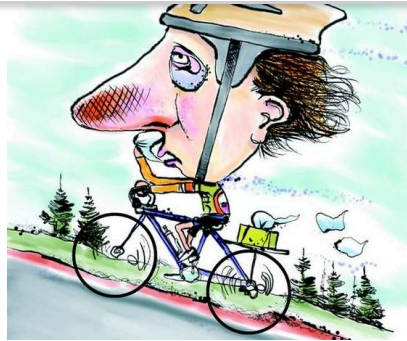
Medium - men 7-9, women 8.5 - 10.5

Large - men 9.5 - 11.5, women 11-13

X Large - men 12-14, women 13+

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

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

Mark Rideout

Pat McNulty

Phil Lovaglio

Nicki Neal

Bill Green

Alex Anderson

Easy Rollers Ride 🚲

Get Ready to Roll: Easy Rollers Needs YOU!

Member Randi Gold has offered to lead this ride for the next several weeks. Watch the calendar for details!

rolling, we need both ride leaders and riders!

Here's the exciting part: as a ride leader, you have full flexibility! **You get to choose** the day of the week, the route, and the start time that works best for you.

This ride is designed to be fun, laid-back, and all about enjoying the ride at a **relaxed pace**.

To keep this going, we need ride leaders. It's a fantastic way to get involved, meet fellow riders, and make sure everyone has a chance to enjoy this ride format.

If you're ready to jump in as a ride leader or rider, please email me directly at pamela@connorwellnessclinic.com. Let's keep Easy Rollers rolling strong!

Thanks for being such an awesome part of our club!

Board Members

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

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

Secretary | **Linda Tobia** | secretary@sfcyclists.org

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

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