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Monthly Newsletter

July 2024

## Club News

### Sizzling Summer Alert! Heat Wave Impact on Riding Schedules

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!



## **Welcome New Board Members!**

First off let's have a warm welcome to your new President and VP.  
**Welcome Bob Peterson and Kim Manayo!**

### **Meet Bob**

Bob was born in Mountain Home, ID Air Force Base in 1954, and was raised in Eugene, OR. He moved to Corvallis in the fall of '72 to attend Oregon State on a track scholarship (440 & 880 events).

In 1988 he left Corvallis and moved to Auburn when HP consolidated all of their PC manufacturing to the Roseville site.

Then in 2001, he moved to Palm Desert to run Desert Falls Country Club. Meanwhile, he kept his Auburn home where he returned to live in 2005 to run Darkhorse Golf Club. Bob has always enjoyed riding. His first bike was a direct drive, no brake cheapy that left many still visible scars on his elbows and knees.

When he was 13, his best friend and he rode from Eugene to Fern Ridge Lake as our summer "adventure", a 22 miler on HEAVY 26" Schwinn.

He was introduced to recreational road riding while the General Manager at Desert Falls Country Club in 2003. He soon upgraded from his '72 Mizutaki 10-Speed (still has it) to a Felt 55 titanium frame with 105 components.

In the first six months of "riding", he went from 198 lbs. to 166 lbs., and he was hooked on the benefits and joy of riding. His first 100-miler was the Hemet 100 in 2004.

He moved back to Auburn in 2005 continued to road ride and dabbled in mountain biking when. He heard about SFCC when from Larry Matz and his friends as the club was getting started, and I joined as a charter member.

Bob says, "I enjoy supporting the club as a Board member and as a team member in the club's Bicycle Advocacy group (BAST). Our BAST team has been very active and successful in working with the Placer County Public Works Department and the Placer County Transportation Planning organization. SFCC is also being represented on the current Active Transportation Planning committee to focus on implementing many of the planned cycling and pedestrian road safety projects outlined in the 2018 Placer County Regional Bikeway Plan.

Just this past month I was selected to the Endurance Capital Committee under the auspices of the Auburn City Council.

I truly enjoy the camaraderie of our cycling group and am impressed by the dedication of so many to ensure that we have a full riding and events schedule throughout the year. I look forward to keeping SFCC as an active club promoting good health and a safe biking community.”

## **Meet Kim**

Kim was a corporate accountant/controller and lived in Morgan Hill/Gilroy with her husband and three children for 34 years.

For many years Kim was a long distance trail runner, and also involved with the local running community. After her husband started cycling, she bought a bike and started riding on a casual basis. This led to meeting people in the triathlon community and then she expanded her horizons into swimming, biking and running. Trail running brought her to Auburn and the surrounding areas since running is her passion of choice, but the long distance running was taking a toll on her body so she reduce the mileage, cycling became more prevalent and running became less.

In 2001 Kim and her husband moved to Auburn and shortly there after she joined SFCC to learn the area, and ride with others. Kim says it was the best decision she ever made. “I’ve met lots of super nice and outgoing people, my cycling has improved dramatically and exploring a ton of new places to ride.”

Kim likes to get involved in community groups and this led to her decision to accept the VP position with SFCC. Kim says, “I hope I can do as good of a job as he did and hope to bring a ton of fun and enjoyment to the SFCC events. I look forward to enjoying many more years of riding with the club.”

## **Board Member Position Available**

**Step Up Clubmates!**

“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.

Soon we'll be voting on whether to move everyone to a Zoom meeting. Once this begins we'll invite all members to attend the clubs Board meetings.

We encourage all members who are interested in contributing to our mission and have the drive to help shape the future of SFCC to apply for these positions. If you know someone who would be a great fit, please feel free to share this opportunity with them as well.

Thank you to our current and past Board Members for yo continued support and dedication to SFCC. We look forward to welcoming new voices and perspectives to our board.

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

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# July Enduro!

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

**Saturday July 13th**

**Start time 8 am**

This month Enduro is part of our Summer Camp out of Petaluma.

Both Long and Medium Saturday rides are a lollypop route around Trione-Annadel State Park. It begins with a refreshing rollout from the hotel, a moderate climb up Pressley Road to put just a little stress on your legs. Then mostly casual rolling terrain until the three mile stretch of "Sonoma backroads paradise" comprised of Lawndale and Schultz roads. And finally, the signature climb on Sonoma Mountain Road before descending back to the valley.

Happy Hour Social will follow.

See the **CALENDAR** for more information.

## **SFCC Summer Camp Petaluma Palooza 2024**

**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.

We have long, medium, and short routes daily.

**ALL LEVELS ALL PACES!**

Social Happy Hours will be held on Thursday and Friday nights, and a group dinner on Saturday night.

[Go here for more details](#)

Organizer– Pamela Connor.

CALENDAR

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## **Member Spotlight**

**Mike Lopez**



Born in Southern California, I began playing baseball at 8 years old, around the same time I got my first bike. It was an oversized 1-speed from Western Auto with a coaster brake. We moved from So Cal to the Sacto area in 1964.

My baseball career would take several interesting turns. At 14 I had the unique distinction of pitching a no-hitter and losing the game. I played baseball through high school and college for Sac State. At Sac State, we missed going to the College World Series by one game. I continued to play ball afterward and was cut from the Seattle Rainiers in '77. I threw my last pitch in the Men's Senior Baseball league at the age of 62.

I got my first "10" speed at age 16. It was a Gitane Grand Tour Deluxe, basically their bottom-line bike. A friend who worked at a bike shop got us a deal, \$100, big money for a high school kid. After college with a degree in communications, I began a career in broadcasting, working as a stage manager, camera guy, and ultimately director, in Sacramento for KCRA, KXTV, and then KOVR.

1988 I was hired by NBCLA as an assistant director and soon began directing news, entertainment, talk shows, specials, and live events. I was there for Rodney King, OJ Simpson, riots, car chases, fires, earthquakes, and floods. 2004 I was hired by NBC network to direct a live show hosted by tennis legend Mary Carillo, for the Olympics in Athens Greece. We won an Emmy Award for our show. Truly, the highlight of my career.

After getting to Southern California I began to get more serious about cycling. I joined a local club and got a Specialized Allez Epic, then graduated to a Specialized Team Festina bike. I began racing in the Redlands classic public criteriums with some successes and did that for many years.

A neighbor who was doing triathlons talked me into trying that. I then obtained a Felt tri bike and a few years later upgraded to an Orbea Ordu TT bike. I had some podiums in the sprint triathlon and decided that I would race time trials, with some success there as well.

I retired from KNBC Dec 2012. My wife was offered a huge opportunity for her career but it involved us relocating to Omaha, Nebraska. Boy was that a different place for two lifetime Californians. They have weather there and when I say weather I mean WEATHER! In 2016 we were relocated to San Clemente, CA. It was in San Clemente that I obtained my present-day Pinarello F10.

2019 I did a solo ride from Port Townsend, Washington to the California/Mexico border to raise awareness for Diabetes, an insidious disease that has plagued my family and millions of others. I raised close to \$10,000 for the cause. Most likely the highlight of my cycling career, so far.

My wife Karen and I have moved from Sacramento CA, to Monrovia, Newbury Park, Omaha NE, San Clemente, Thousand Oaks, and now Roseville. And I must say, for all the years I've been cycling and all the clubs I've been in, the Sierra Foothills Cycling Club has been the best. I have found new friends and a cycling family that I truly cherish. I thank you all for that!

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## What To Do If You Have A Bike Crash

Hopefully, this will never happen to you! But, if it does:

- 1. Don't refuse transport by ambulance.** If you are injured, there's a high probability that there will be attorneys involved. There's also a good chance that you'll hear, over and over again, whether or not your injuries were serious enough that you had to be transported by ambulance, or that you didn't consider your injuries serious and refused one. (I've been there and took that ambulance ride, even though I wasn't sure I needed it. The whole affair ended 5 years later with a 2-week long jury trial.)
- 2. Don't accept that it was "just an accident". It was a collision,** most likely caused by a motorist who violated the California Vehicle Code. Referring to it as "an accident" implies that it was unavoidable and reinforces a common bias/prejudice against cyclists that absolves motorists from fault. This happens all the time, even when cyclists get killed.
- 3. File a Police Report.** Astonishingly, over 70% of cyclists who end up in an emergency room after being struck by a car, still don't bother to file a police report. The problem with that is that the government agencies who do traffic planning, almost exclusively utilize data from the StateWide Integrated Traffic Records System (commonly referred to as SWITRS). This database is compiled by the CHP and is only based on reported accidents.
- 4. Get advice from a personal injury attorney.** Chris Dort is an SFCC rider and member of the club's Bicycle Advocacy and Safety Team. He's also a practicing

attorney with over 20 years experience in personal injury cases. Chris has generously offered to serve as a consultant and answer questions for any SFCC club member who is injured from a collision with an automobile. He can be reached at "[ChristopherDort@gmail.com](mailto:ChristopherDort@gmail.com)".

Next Episode: Recommendations from Attorney Christopher Dort.

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## 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".



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## 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](mailto: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!

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## Welcome New Members!

Scott McDonald

Johnny C

Natalie Detwiler

Robert Samms

Tim Koch

Lynn Reis

Terry Smith

Joe West

Steve Wetzel

Tim Anderson

Judy Gonzalez

Ahmed Al-Dulaimi

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## New Rides!

### Friday Night Ride and Pizza 🚲 🍕

It's time to kick off some Friday night pizza rides! Please join me this Friday for our first event of the summer. While not required, a "heads up" on if you're planning to attend would be appreciated. 😊

Start Location: Red's Pizza 6696 Lonetree Blvd Suite 100, Rocklin, CA 95765 (map)

**Date/Time: Friday, Jun 07, 6:00pm**

Jennifer Ivey  
jbivey83@gmail.com  
<https://ridewithgps.com/routes/44494883>  
11.1 miles, 599 ft. of climbing

## 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](mailto: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.

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## 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

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

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Stay Connected

SFCC Website

ROSEVILLE, CA 95661  
United States

Email Marketing by ActiveCampaign