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Monthly Newsletter
June 2024

May is Bike Month



May is **BIKE MONTH**

Team SFCC is in **1st** place with
48601 miles

Wow! I can't believe how quickly this month went by! Here's your May Round-Up!

We had great participation and here are the stats to prove it!

- 117 riders
 - 54,661 miles cycled (differs from what the club website shows because that is only in May and MIBM started on April 28th)
 - 1758 rides completed
1. Top rider for most **miles**: **Ellen** Sherrill with 1447
 2. Top rider for most **rides**: **Joanie** with 51 rides
 3. Top rider for most **days ridden**: **Joanie** with 34
 4. Top **Commuter** for days riding to work: **Michael Thiers** with 18 days riding to work
 5. Top **Commuter** for miles to ride to **work**: **Bill Wetzel** with 260 miles of commuting miles.

We have 3 winners for a Starbucks gift card and they are:

1. Bill Wetzel ☕🎁
2. Monica Pappas ☕🎁
3. Gale de Rosa ☕🎁

Great job this year and I look forward to next year. And a huge thank you to **Jen Ivy** who did a great job at keeping us motivated to get out and log miles.

[Go here to see all of the stats](#)
[Go here to check out the photos on Facebook](#)

Club News



Board Member Positions Available

**Board Member Positions 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 **VP** and **Secretary** positions need to be filled by a club member.

VP's Role: Organizes club events, and assists the President as needed.
We are also looking for non-board members as volunteers to help with events.

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

June Enduro!

Another Month and Another Great Enduro Ride Truckee Edition!

Saturday June 8th
Start time 9am

Please mark your Calendar for the June Enduro. It will take place in the Truckee starting at West Truckee Center (where Paco's Bike and Ski is located), and traverse some of the best bike terrain in the area.

We will leave Truckee and ride the bike trail up to Northstar, then return to Truckee and head to Glenshire, then out to Boca and Stampede Reservoirs, only to return to climb to the top of Tahoe Donner on Ski Slope, then return to the start. I will Sweep. Charlie Fox

See the **CALENDAR** for more information.

June Spring Camp and July Summer Camp 2 Multi-Day Rides!

2 multi-day rides for your riding pleasure and getting together with your cycling buddies 👍😊

SFCC has 2-consecutive months of Spring and Summer rides. We hope you can make them all!

June 9–14 a new-for-this-year **SFCC Spring Camp**

Rides start from Movin West RV Park/River Pines Resort/Graeagle. A 4-day, no-frills cycling camp and possibly a hike. Here is a link to possible routes: <https://ridewithgps.com/events/101220>- Organizer - Kathy Welch

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. There will be medium and long routes each day. Post-ride we'll have Social Happy Hour and 1 organized group dinner. Details. Organizer– Pamela Connor.

CALENDAR

What To Do If You Have a Bike Crash

If your first response after a bike crash is asking "Is my bike OK?", YOU are probably going to be OK!

1. But, you should still get a check-up ASAP. CHP Officer Mike Waggoner advises that you should always **get a medical check-up** after a bike crash, even if you don't detect any serious injuries. After a crash, it's likely that:

- A. You're riding high on adrenaline
- B. The swelling hasn't started yet, so you have no idea of the extent of your injuries, and
- C. You're embarrassed or your pride has been hurt. (I crashed my bike

on a club ride last fall & experienced all three of these!)

2. **"Be Prepared."** The Boy Scouts really did have a something going on here. It doesn't hurt to have one person in a group carry a small first aid kit. I've saved 3 different rides just by throwing a tiny packet of Ibuprofen, a pair of tweezers, and a couple of band aids into my tool pouch. Back in the days when I led mountain bike trips for (testosterone crazed) teenage boys, I had to administer first aid on nearly every single ride.

3. **Check out your bike before getting back on it.** Do the wheels spin freely? Do the brakes still work? Is it safe to ride? More importantly, are YOU safe to ride? Ask your riding partner to help you evaluate this, and listen to them if they tell you to pack it in.

4. "ICE" your phone. **Listing your "In Case of Emergency" contacts on your phone's** log-in screen is a good idea, but do you know how to get a hold of your riding partner's significant other? Years ago, my commute partner was cut off by a pedestrian as we rode through the Sac State campus on the way to work. She crashed, breaking a hip, and immediately went into a seizure. Fortunately, I kept her husband's phone number in my mobile phone and was able to direct him to meet her ambulance when she arrived at the hospital ER.

Author, Steve Boswell

Next Month: *What To Do If You're Struck by a Motor Vehicle.*

Member Spotlight: Roger Cox



Born in Chicago as the youngest of four, I lived in Munich for a year when I was young and then lived in Dallas, Huntington Beach, and Half Moon Bay as I grew up, playing soccer and getting addicted to skateboarding.

After high school, I moved to San Diego for 10 years, where I combined college with playing beach volleyball most days and cooking at Chart House restaurants in La Jolla and Cardiff. Eventually, I moved back north and started cycling in '87. I got married in '99 and have two sons, aged 19 and 22. I've had a house painting business for 25 years and enjoy doing woodworking (cutting boards, etc.).

I have a dog, an iguana, and a tortoise. In the winter, I teach people how to ski and snowboard up at Boreal. I love living in the foothills and can't think of anywhere else I'd rather be!

NICOLE STEINMETZ WINS US PRO U23 NATIONAL ROAD RACE



Fellow club member extraordinaire **NICOLE STEINMETZ** has just won the US PRO U23 NATIONAL ROAD RACE CHAMPIONSHIP in Charleston, West Virginia!

She also came 4th in the time trial and 6th in the criterium and she did it all before the ripe old age of 21. What does this all mean? It means she gets to wear the Stars and Stripes jersey in road races until next Nationals, she might get to compete for the US at the World Championships in Switzerland in September, million dollar contracts and endorsements waiting to be signed (NOT), a small step up in her team's pecking order (from the current "wipe the shit of your shoe" bottom rung), a 300% increase in my coaching fee, but more importantly, we don't have to feel bad when she blows by me in our local group rides.

Where is she today? She is at the Toulouse airport in France looking for her lost bikes and waiting for her clothes luggage that is playing catch up from

Atlanta. She'll be training in the Pyrenees for the next 10 days, racing the Volta a Catalunya in Spain, another stage race in Portugal, the big Tour de L'Avenir in France in July and celebrating her 21st birthday with ice cream at some mountaintop in the Pyrenees tomorrow.

Congratulations Nicole for your grit, fortitude, excellence and all around sweetness. Wig

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, Medium, and Extra Large. 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!

Douglas Murdoch

Carrie Ridgel

Elizabeth M Simpson

Ron McCartney

Sarah Chavez

Stuart Baker

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

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

Secretary | **Bob Peterson** | 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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