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Monthly Newsletter

March 2023



Upcoming Events

Summer Camp 2023

Where: Petaluma, CA

When: Friday, July 21 through Tuesday, July 25



Enduro Ride of the Month

This year's Summer Camp is a full week of riding in the Petaluma area. Routes have been mapped out for each day with most days having several ride options. Interested? Make your reservations soon as this is a popular destination for summer activities.

[Sign up HERE!](#)

Altered Primavera
Saturday, March 25th
Dublin, CA

See **CALENDAR** for more information.

Save The Date

The Annual SFCC Picnic is coming up on October 7th, 2023.

CALENDAR

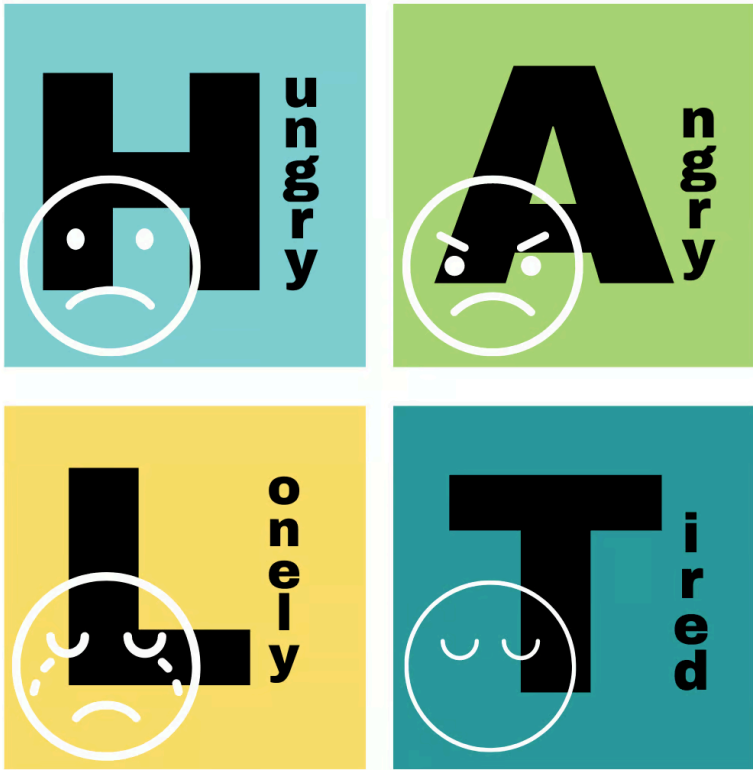
Member Spotlight



Meet Tom Piette. He has supported the club as a ride leader for several years. Tom joined SFCC as a charter member when the club was founded in 2010 and revved up cadence when he retired from the State of California in 2015. He was the club Saturday ride czar for several years and has led many of the rides in the Sacramento area. Graduating from the requisite kid bike, to a 70's steel ten-speed, then to a MTB, he finally settled on a road bike and rode several of the SFCC camps, the RAGBRAI across Iowa, toured Oregon with the Sacramento Wheelmen, and done loaded touring along the west coast. This summer he is planning a cycling and beer quaffing expedition across his home State of Wisconsin and will

gourmandize through Italy with the Wheelmen this fall. As an architect for 43 years, he designed hundreds of buildings in several states and capped off his career at the State of CA in charge of sustainability projects such as zero net energy buildings, electric vehicle charging, plus solar and wind power generation. Tom resides with his wife Mary in North Auburn and has two sons living in the area. When not mashing the pedals, you can find him out backpacking, doing fine art photography, hiking, trail running, or off on some domestic or international voyage to parts unknown.

A Word With Wig



"The most important part of the human performance equation is not the performance, but the human. And while humans are complicated, our needs are often simple. Fortunately, early in my career, my friend Lori Ventura taught me a technique that she used to manage her kids, that I used to care for the athletes I worked with. Essentially, when things got hard, I would check in with them and ask them to H.A.L.T. Then, we would figure out if they were hungry, angry, lonely or tired. In most cases, disaster could be quelled or averted by just making sure we tended to those very simple human needs. It's from there that performance follows." - **Dr. Allen Lim, Skratch Labs Co-Founder.**

Hungry: Without the foundation of food, shelter, and belonging, it's difficult to realize any of our higher personal goals in sport, work, and life. Thus it is as important to mind what we eat as it is to eat in a way that fosters intimacy and connection with one another and our planet.

Angry: Take a moment to stop, eat, drink, cool off and consider talking it out. Sometimes, no matter how much we've prepared, no matter how calculated our preparations, our efforts don't yield the result we want. We get knocked down. Avoiding this, never risking the setback, means the reward will never come. But remember the other side of the coin as well - our happiness does not revolve around our success. Our success revolves around our happiness.

Lonely: Find the closest litter of puppies and spoon that cuteness hard. Or better yet, call a friend and share a meal together. Prioritize the number of hugs we give each day rather than the number of emails we reply to. Grab a bite with someone you haven't seen in a while and say thanks for something they did for you in the past. Like thirst or hunger, loneliness is something that we can't ignore or be ashamed of.

Tired: Rest. In the sports world, there is always talk about recovery... but what should you really be doing during recovery? Manual/physical modes of recovery like stretching, massage, rolling out, cool-down exercises, and saunas may be common, but don't forget to also refuel, rebuild, rehydrate and rest. Getting more sleep is one of the most impactful and easiest ways to improve performance.

Welcome New Members!

Jae Townsend

Reed Sato

Stay Connected

SFCC Website

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