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## Monthly Newsletter

March 2024

### Club News

With the weather keeping us indoors, ☔ it's the perfect opportunity to cozy up with a warm drink and catch up on our club's latest news and updates. 📄

I highly recommend diving into our latest newsletter. From upcoming events to member spotlights, there's a little something for everyone to enjoy.

### Cookie Ride Event Update! 🍪

Our 1st Annual Cookie Ride was a success! 😊

And it all started with the Weather Gods showing their support by giving us a beautiful sunny and 72° day! ☀️

[Check out the video Larry made.](#) 📹



## 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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## BAST Updates

Update on Rattlesnake Bar "Speed Bump Hazards": The California State Parks Regional team out of Folsom Lake has received a quote for the speed bump repairs. They are scheduled to replace the plastic barriers with 12 foot-wide, 5 foot deep and 4" height humps in March 2024, as soon as the weather permits. BAST continues to recommend that SFCC Rides do not use routes on Rattlesnake Rd that enter the Folsom Lake State Park until those speed bumps are removed/replaced.

Steve Boswell, Dana Hofheinz, Larry Matz and Bob Petersen had an initial meeting with Placer County Planning Transportation Agency (PCPTA) on 2/8. We discussed the process of PCPTA working on the 2050 Regional Transportation Plan and how the Active Transportation Plan (ATP) will be encompassed in that. We believe that a few members of SFCC will be invited to participate in the

Committee working on this. We could use some help from SFCC members who previously or currently bicycle commute in Placer County. Please let BAST know if you are willing to help.

**Thank you, Steve Boswell!** He wrote a persuasive letter to DPW based on his research. The result was they removed the K-Rails on Auburn Folsom.

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## New Weekly Ride 🚲

**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**.

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## Upcoming Events

### May, June, and July A Trifecta of Multi-Day Rides!

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

SFCC has 3-consecutive months of Spring and Summer rides. We hope you can make them all!

**May 10-12** a **Sonoma County 3-Day Weekend**

The rides will start at

No host dinners on Friday and Saturday, with a visit to a world-class brewery! Ride lengths and elevation gains will be similar to our Enduro series. More Details to follow. Organizers- Ed Keller/Ellen Sherrill

**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.

**Spring Camp Graeagle**

Details Here

June 9-14th

**May Memorial Ride**

Details Here

Saturday, May 25th

Location: Meadow Vista

**Summer Camp 2024 Petaluma Palooza**

Details Here

July 11-14th

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## Member Spotlight: Al Cassel





I grew up in Littleton, CO, the second of 2 boys. My brother was 5 years older than me, and I remember he and his friends would cruise around the neighborhood on their Schwinn 10 speeds. That, however, was not me. I was into football and basketball. I didn't learn to ride a bike until I was in law school at the age of 23.

When I took a position following law school as a campus minister at CSULB, I often commuted from home to campus on my 12-speed bike to save what little money I had. The weather was great and I never had to worry about parking.

It was 20 years later and my wife was urging me to find a hobby with my son. He wasn't interested in football and basketball, so we got into mountain biking. Redding, CA was a great place for mountain biking and my son was a natural. I clearly was not.

It was while performing a wedding in Tahoe the first weekend in June 2005, that we saw notices about America's Most Beautiful Bike Ride, the 100-mile century. I told my wife that for my 50th birthday next year, I'd like to do a century. Three months later, I'm participating in a community organization, and the guy next to me is putting together a group to ride the Tahoe Century. That got me on the road and I've never left since.

I soon found out about local bike clubs and have made a point to join up. I like the camaraderie and post-ride conversations over coffee or beer. Many of my best buds today are the folks I've met in bike clubs. (Bike people are great, right?)

This past summer, I was able to check off one from my bucket list by riding from Anacortes, WA to Portland, ME. A buddy from AZ got the ball rolling, and Scott T from SFCC was brave enough to join us. Unfortunately for Scott, he overtrained and injured himself, and had to drop out in WI. Mel and I made it to Portland, ME. Riding in the pouring rain alongside a bay I hit a pothole blowing out both tires. Our trip ended with a bang! We crossed the street to an ocean park and celebrated our accomplishment!

I'm not the strongest or fastest or anywhere near being among the better riders in SFCC, but I love to get out, ride the roads, see new things, and meet new people as we drink coffee afterward. I'm grateful for the club and look forward to hanging out with you on a club ride sometime soon.

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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)



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## Safety Tip of the Month



**Hello SFCC Members!**

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!

Patrick Osgood

Todd Goodman

Jeff Ridgel

Jennifer Rhode

Bob Beretta

Vivian Syme

Jim Syme

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## Board Members

President | **Don Baldwin** | [president@sfcyclists.org](mailto:president@sfcyclists.org)

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Bicycle Advocacy & Safety Team Chair | **Dana Hofheinz** |  
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