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Monthly Newsletter

May 2024

Club News



May is Bike Starts May 1st

Hi everyone! I'm excited to be your May is Bike Month (MIBM) coordinator this year. If you haven't already, please head over to lovetoride.net and create an account. [This is the official link to our page.](#)

MIBM runs from April 28th through May 31st. This May, you can contribute to the effort to make the Sacramento Region a better place to ride a bike, help combat climate change and, of course, have fun!

Every time you enjoy a bike ride, log it on your Love to Ride profile. The Love to Ride app makes logging rides a breeze, and you contribute anonymous data to help planners make infrastructure better. You can also link your Strava account and have your rides automatically upload to Love to Ride for MIBM.

I'm attaching the MIBM bingo card as a fun way to participate this year. Let's see who can get a row or even a blackout! There may be a few prizes up for grabs.... :)

Watch your emails for some events during MIBM and if you have ideas, please send them my way!

Let's ride !Jen



Enduro Ride of the Month

Windsor CA

When: Saturday May 11th 9:00 am

Where: **Hampton by Hilton**
Route

See the **CALENDAR** for more information.

CALENDAR

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.

New Weekly Ride 🚲

We've have a need and demand for this ride format but... participation has been low and therefore has been temporarily taken off the calendar.

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**.

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**

Petaluma Palooza with new routes.

Some of the rides will start out of the Home2Suites, but not all.

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

Member Spotlight: Carol Maynard



A long, long time ago, I was born in Grass Valley. My Dad worked for the railroad. We lived in a train car and traveled throughout California, Nevada,

and Arizona until I started first grade in Eureka. We moved back to Colfax in time for me to attend Colfax High School, as did my kids and some of my grandkids. I spent most of my working years in health care. I worked at Placer County Health Department and retired from Blue Shield of California. I realized early in my life that I had a family history of heart disease. I started running while my son, Tony, and daughter, Bonnie were playing soccer. I found running an excellent way to manage my stress along with my heart health goal.

By 1991 my kids were off to college and my knees were beginning to bother me. At the time my cousin, Ron Hilbert had a bike shop in Fair Oaks. He explained that a lot of "old" runners were getting on bikes. He set me up with my first road bike - a Specialized Allez. (It still resides in my basement, just in case I need a backup bike.) I was working in Folsom. I would finish work, get on my bike, and ride the American River Bike Trail before driving home to Colfax.

I've been an avid rider since and I became a Sierra Foothills member in 2011. I'm a person that is most happy with my routines. I've committed to riding on Sundays, Tuesdays, and Thursdays when the weather permits. I also do Yoga three days a week and frequent dog walks with my rescue girl, Sasha. There are many things I enjoy about riding - being outside, seeing what's happening outside, seeing new places, and probably most importantly spending time with my friends all while continuing to maintain my health. Many of my non-riding friends are amazed at the miles we can ride. I think we're pretty amazing too!

Safety Stickers

SFCC has purchased safety 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



Safety Tip of the Month



How Does Cycling Improve Our Brain Health In Particular?

Even if you're not an Olympic-level cyclist, you can improve your brain function by riding a bike. In a study that was published in the Journal of Clinical & Diagnostic Research, scientists reported that people who did 30 minutes of steady exercise on a stationary bicycle were better able to remember things, use reasoning, and strategize after working out.

They took tests before and after cycling to get a baseline and record the results. Participants even spent less time on the tests after they exercised than they did before getting active.

This is important for the aging population because research shows that these are some of the functions that tend to weaken as you age. Although certain mental operations, like vocabulary, don't tend to decline with age, others do. It's normal to experience a reduction in processing speed, memory, and reasoning.

These are considered to be fluid cognitive abilities. These skills are not based on experience, repetition, or how much you have learned over the years. They are related to the connections between neurons in the brain.

Those connections have been shown to diminish as you get older. Your brain loses gray matter as you age even if you're healthy and don't have Alzheimer's Disease or dementia. White matter volume also diminishes with every birthday.

A BMG Geriatrics article reported that in aging individuals, aerobic exercise may increase both white and gray matter, especially in the brain regions that are responsible for executive control functions and memory. It may also improve the growth of neurons, which helps people retain the ability to learn.

Psychology Today explains that white matter is important for connecting different areas of the brain. Strong communication between neurons helps with learning and mental processing. Maintaining white matter helps safeguard your ability to think quickly.

Another way that cycling can prevent cognitive decline is by increasing the levels of brain-derived neurotrophic factor, or BDNF. BDNF helps to protect the brain from damage. Reduced BDNF levels have been linked with the loss of memory and general cognitive functions in aging adults.

This protein may also play a role in the development of Alzheimer's disease. Scientists have found that people with Alzheimer's and dementia have lower levels of BDNF than individuals without those conditions.

In addition, BDNF levels are affected by nutrition, metabolism, and stress, according to experts. Regular physical activity can improve your metabolism. It also helps reduce stress. In one study, patients with depression had lower levels of stress hormones after riding a stationary bicycle for only 15 minutes.

Cycling outdoors can enhance those benefits. Some researchers tested that theory by having cyclists watch a screen that showed a green, leafy environment while participants were riding a stationary bike. This was

demonstrated to improve participants' moods. It also made them feel like the exercise was easier than when they viewed other images on the screen.

Any type of moderate exercise improves blood flow to the brain. Simply walking for 30 to 55 minutes a day a few times a week can increase blood flow by up to 15 percent. In many seniors, however, walking or jogging can stress the joints. Cycling provides a lower-impact form of aerobic activity.

It's never too late to improve your brain health, and just a short bout of cycling can help your brain get the oxygen and other nutrients that it needs. A 2014 study used the same type of brain-scanning technology that is often used to detect early-onset Alzheimer's and dementia. Those researchers found that blood flow increased during exercise and dropped down to baseline levels after participants stopped the activity. This indicates that getting on the bike periodically throughout the day may help elderly adults' brainpower more than taking one long ride.



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!

Welcome New Members!

Gary Till

Gale De Rosa

Beate Danielsen



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 Halford** | merchandise@sfcyclists.org

SFCC Consultant | **Larry Matz**

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

advocacyandsafety@sfcyclists.org

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