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Monthly Newsletter
November 2023

Club News

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**.

Upcoming Events



Ride Leader Appreciation Ride and Lunch

Date: Sunday November 12th

Calling all Ride Leaders! Please join us and your fellow ride leaders for a ride and lunch to acknowledge your support for the club as a ride leader. YOU ARE APPRECIATED! 🙌

We'll announce the top 5 Ride Leaders and The Ride Leader of the Year! So if you're a ride leader you will want to be present.

Ride Leader Appreciation Ride and Lunch

Date: Sunday November 12th

Location: At Bob Monturi's Home in Auburn

- Sandwiches 🥪 and Hearty Salads 🥑
- Beer and Wine 🍺🍷

Note: Please bring heavy socks or slip-ons to avoid walking in our home with cleats

RSVP Required

Holiday Party 🎄🧑🏻

Save the Date! December 8th or 15th.

Stay Tuned for Details!

Enduro Ride of the Month

When: Saturday November 11th 9:00 am

Where: Healdsburg CA

Here's the **Route** 58 miles, 3,280k

See **CALENDAR** for more information.

CALENDAR

Member Spotlight: Aaron Masters



My family and I moved to Palo Alto when I was 4, and that is pretty much where my life as I can remember started. In our neighborhood there were about 20 children close to my age and everyone had a bicycle of some sort, so the pressure to “learn to ride” was on. My dad bought a used child's bike and rebuilt it for my 5th birthday. He painted it bright red, subsequently - bicycles are Red.

I had friend when I was 14 who started racing bicycles, and that is when the door opened for me and I started cycling for fitness and distance. The San Francisco Peninsula was a wonderful place to ride a bike in the late '60s. The hills on the peninsula were laced with roads to the all sorts little towns, restaurants, and the ocean. Racing bicycles were “cool” and there were bike shops everywhere, including the “Wheelsmith” over on Alma St.

In 1974, I took my bike to college in Bozeman Montana not realizing how much of the year the roads there were snow packed. I did meet up with a group of people who rode more seriously, and we did some racing in the spring times. I won the inter collegiate bike race my sophomore year.

My major in college was electrical engineering and upon graduation I went to work for Hewlett Packard. HP moved me from Cupertino up to Roseville in 1980.

In 1982 I put together a soccer team from my colleagues at HP and cycling went by the way side for a while. After several knee surgeries, I discovered that cycling was a very effective way to rehabilitate a knee joint so I started back into it.

My wife and I moved to Auburn in 1987 and our daughter Jennifer was born in 1988. After our daughter was born we bought a tandem to give us more couples time. We did a lot of cycling on the tandem with the Auburn Bike Club and took the tandem on a number of centuries including the Death Ride in 1995.

In 2010 I was with a startup company working out of the garage which gave me some flexibility for hours and I started cycling with newly formed SFCC. As our startup grew, time for cycling became more difficult until I retired in 2021.

Board Members

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Co-Vice President | **Bob Montuori** | vp2@sfcyclists.org

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SFCC Consultant | **Larry Matz**

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High Viz Socks

We have high viz socks! 4 sizes- Small, Medium, Large, and Extra Large. Contact Deb for size, payment, and pick-up arrangements. deb2don.dh@gmail.com



Safety Tip of the Month

AVOID PASSING ON THE RIGHT!

As a club, we prefer to have you **pass on the left.**

Our pacelines rotate clockwise which allow riders to drift to the back on the right after taking their Pull at the front. If not utilizing a paceline, the right side is still used as the “bail-out” side. If someone is trying to pass on the right and has not announced this, an accident could happen because a rider in a forward position is expecting it to be clear on the right.

It is also preferred to pass other riders on the road on the left. There have been times at stop lights when we come up to other riders and our group passes on both the left and right. This is not a safe practice for us or the other riders.

Welcome New Members!

Dave Neal

Steve Gillespie

Dianne Craft

Kurt Davidson

Craig Ohloendorf

Stay Connected

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