Sierra Foothills Cycling Club

# Monthly Newsletter

November 2026

## CLUB NEWS

### CLUB PRESIDENT NEEDED

We are still looking for our next Club President. If you think you might be interested or would like to learn more about the role, contact Bob at rjpeterson2@gmail.com for more information

## RIDE SMART, RIDE SAFE ♂

### November Safety Tips

**Watch for fallen leaves and pine needles.** They can be slick, especially in corners and on descents. Give yourself a little more room and avoid hard braking if you're riding over them.

**Check your tire pressure before you head out.** Cooler mornings can drop tire pressure more than you might expect, so it's worth a quick check before the ride.

**Expect a little more traffic as we get closer to the holidays.** Shopping areas and busy roads can get noticeably busier in November. Watch for drivers making quick turns, changing lanes, or pulling in and out of parking lots.

## EZ RIDES SATURDAY AND SUNDAY ♀☕

The EZ Rides have momentum! Jennifer Fink has done a great job building the Saturday ride!

**Here's what to know about our EZ Rides:**

- 😎 **Easy, Not Slow!** Easy doesn't necessarily mean slow. It's about enjoying a comfortable, conversational pace, averaging 12–14 mph depending on the day, without pressure to ride faster.
- **Saturday EZ Ride:** Generally 12–13 mph, 20-25 mi, with minimal climbing.
- **Sunday EZ Ride:** Generally 13–14 mph, with distances between 26-30 mi. With a little more climbing than Saturday, 1,100- 1,300 ft of climbing
- **Not a beginner ride:** Riders should have basic road cycling skills and group-riding experience. These aren't necessarily slow rides, just an opportunity to enjoy an easier, more social pace.
- **We stay together:** The group rides together from start to finish. Surges and riding off the front are discouraged because they disrupt the group.

These rides are a good fit if you're building fitness, returning after some time off, looking for an easier day between harder rides, or just prefer a relaxed group ride without the pressure of going faster.

**Saturday EZ Ride Leaders Needed!**

Jennifer Fink will be taking much of the winter off, but we'd like to keep the Saturday EZ Rides going. We're looking for additional ride leaders who enjoy this type of ride and would be willing to lead occasionally. You don't need to commit to every Saturday!

If you're interested, please reach out to Pamela Connor at pamela@connorwellnessclinic.com

Routes, mileage, climbing, start locations, and start times vary, so be sure to check the ride calendar for the latest details.

## REINVENTING THE ENDURO

Our monthly Enduro ride has been a great addition to the club, and after four great years, we think it's time to change things up a little!

We're not completely changing the Enduro, just making a few adjustments based on what seems to be most popular with our members. One of the biggest changes will be shorter drive times. With the cost of gas and the time it takes to get to some of our rides, we'd like to keep **most** rides within an hour's drive. We're looking at routes around 50–60 miles with 3,500–5,000 feet of climbing.

We'll still keep some of our favorite Enduro rides that have had good attendance over the years. The idea is to continue having one ride a month that takes us somewhere outside our usual routes, while making it a little easier for more members to participate.

## 2026 CLUB EVENTS

### Smart FarWest Lincoln Loop

**November 14th - Bruce Wilson Ride Leader**

Details are on the calendar

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### SFCC HOLIDAY PARTY!

**Friday December 5th**

The Annual SFCC Holiday Mixer is just over a month away! Time to pull out that Santa hat or Rudolph's red nose and get ready to enjoy some holiday festivities with your fellow cyclists. It's always a fun time and great to see everyone sans helmet!

- **When and where?** Saturday, December 5, at **Victory Velo**, starting at 6:00 p.m.
- **What to bring?** An appetizer or dessert. Think finger foods! Your club will provide water, sodas, cups, plates, and napkins. Feel free to bring your favorite wine or spirit.
- **RSVP: Please register by Wednesday, December 2, using the link below.**
- As always, bring your spouse, partner, or special friend!

Questions? Contact **Kim Moyano**, SFCC VP, at kmoyano@verizon.net

View

Register Here

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### NEW YEAR'S DAY RIDE!

**Friday January 1st**

Jan is keeping our tradition going! Details soon!

## e-Bikes And SFCC: RESOURCES AND UPDATES ⚡

As e-bikes become more common in the club, the laws that apply to them become more relevant to the routes we choose and the areas those routes travel through. We'll use this space to share the basics, highlight changes when they come up, and provide reliable resources for anyone who wants more detail.

**Can I ride my e-bike on the American River Parkway bike trail?**
It depends on the class of your e-bike. Class 1 and Class 2 e-bikes are permitted on the American River Parkway, while Class 3 e-bikes are not. The trail also has a 15 mph speed limit for all users.

**Why this matters for SFCC:**
Some club routes use portions of the American River Parkway, so if you ride an e-bike, it's important to know your bike's class and whether it is permitted on the full route.
**Resources**

- SABA E-Bike Resources
- SABA E-Bikes 101
- SABA Rules of the Road
- Sacramento County: American River Parkway E-Bike Information

## BRING A GUEST TO A RIDE OR EVENT

We're always happy to see new faces at our rides and events, and members are encouraged to invite guests who may be interested in the club.

Guests are welcome to join us for one SFCC ride or event to get a feel for the club. After that first visit, they'll need to become a club member before participating again.

Thank you for helping us welcome new riders and continue growing the SFCC community!

## NEW MEMBERS

Gilbert Martinez - Kevin Chung - Karen Hull - Zoe Winters - Krista Whitman - John Oberg

## BOARD MEMBERS

President | **Bob Peterson**| president@sfcyclists.org

Vice President | **Kim Moyano** | vp@sfcyclists.org

Secretary | **Steve Peck** | 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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