

- [f Share](#)
- [Tweet](#)
- [in Share](#)



Share

- [f](#)
- [in](#)

[View this email in your browser](#)



Monthly Newsletter
October 2023

Club News

As of September 1st, the ride start time will change to **8:30 AM**.

With that said ride leaders have the discretion to set the time for their ride start based on location, climate, etc.

The next ride start time change is October the 15th and the start time will be 9am.

Upcoming Events

13th! Annual SFCC Ride and BBQ
October 7th 2023

Go [HERE](#) for registration.

We need 3 ride leaders and I need several volunteers for set up/clean up and cooking.

Contact Jan to volunteer for BBQ help, and Pamela to be a ride leader.

Where: Recreation Park in Auburn ([map](#)).

When: October 7th, 2023

8:30 am: 41.5 miles, 2123 ft. [RidewithGPS 31151488](#)

9:30 am: 31.4 miles, 1929 ft. [RidewithGPS 24140505](#)

10:00 am: 19 miles, 1319 ft. [RidewithGPS 24312654](#)

Please arrive about 20 minutes early to park, sign in, and get your route sheet.

After ride potluck:

Appetizers: **11:30 am** **BBQ: 1200-130 pm.**

Last names beginning A-M bring appetizer or Salad.

Last names beginning N-Z bring a dessert.

SFCC will provide burgers and veggie burgers and sodas.

Please no alcohol or glass containers are allowed under the conditions of our permit.

Enduro Ride of the Month

When: Saturday October 14th, 9:00 am

Where: Oxbow Market Napa CA

Here's the **Route 58.6 miles, 4,842k**

See **CALENDAR** for more information.

CALENDAR

Member Spotlight: Don Baldwin



I grew up in San Rafael which is in Marin County and moved to Sacramento shortly after graduating from High School. After a couple years of trying to figure out what I wanted to do, I attended Sacramento State and earned a Bachelor Degree in Education.

After a year or so, working as a teacher, I made a career change working for IBM. Most of my 38 year “Big Blue” career was as a Sales Representative, with the St of CA as my main client.

In April 2007, through a good friend of mine, I discovered road cycling. On a regular basis, we met before work to ride along the American River Bike Trail. Over time, I began to ride greater distances and became passionate about cycling. It provided me an escape from the everyday expectations work had imparted on me. Over the next 10 years, I logged almost 94,000 miles. After moving from Orangevale to Colfax in July 2018, my annual riding mileage dropped dramatically. This was a result of moving to an area that required riding on roads that were not conducive for road cycling. In May 2020, I participated in my first SFCC sponsored ride. The ride leader on this ride has become one of my closest friends. Speaking of friends, riding with SFCC has allowed me to meet so many great people as well as participating in organized rides that provide me a greater level of safety. After a couple of months, I decided to become a Ride Leader on a regular basis. It felt important to give back to SFCC as a result of this club allowing me to reinvigorate my cycling passion.

At the annual Holiday party celebration in December 2021, a number of long time members convinced me to run for President and I began my term in July 2022.

Recently, my wife, Michelle and I, moved to El Dorado Hills. Due to some unforeseen issues with our new home, I have not been able to participate in as many SFCC rides as I would like. I'm confident this will change soon.

I always enjoy riding with all of the fabulous SFCC members. It is an honor for me to represent you as your club president!

Board Members

President | **Don Baldwin** | president@sfcyclists.org

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

Co-Vice President | **Jan Van Waardenberg** | vp@sfcyclists.org

Secretary | **Bob Peterson** | secretary@sfcyclists.org

Treasurer | **Doug Parks** | treasurer@sfcyclists.org

Membership Director | **Monica Pappas** | membership@sfcyclists.org

Ride Director | **Pamela Connor** | rides@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

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



The Importance Of Hydration

It's hard to overstate the effects of dehydration on cycling performance. Your hydration level significantly influences blood plasma volume. As you become dehydrated, plasma volume decreases, which causes a decrease in cardiac output and a rise in body temperature. What does this mean when your riding? Essentially, you won't be able to produce the same power, and these effects become more significant throughout your ride.

The simple solution to dehydration is to drink more water while cycling. However, the problem is a bit more complicated. We not only lose water while we sweat but sodium

as well. Replacing the lost fluids with water alone can lead to hyponatremia. This condition is the dilution of blood sodium levels, which is dangerous and potentially deadly. It occurs when you lose a lot of sodium and drink too much water. The good news is that with the right hydration strategy, you can ensure that you are drinking enough during your ride.

Drink when you're thirsty is an old cycling adage. There is plenty of merit to this idea. However, it is not necessarily the best advice in some circumstances. If you are completing a long ride, endurance event, the conditions are hot, or you're a heavy sweater, **drinking to thirst may not be enough.**

Pro Tip: You can set an alert on your Garmin or a tier on your phone as a reminder to drink. You'll need to adjust based on the conditions and your physiology. Your needs when cycling might be higher or lower than this. The best thing is to listen to your body and keep notes on what is working for you.

Safety Tip of the Month

Know the most common cyclist-motorist collisions and how to avoid them.

Michael Bluejay of BicycleSafe.com put together an excellent list of [10 major collisions](#) along with prevention tips.

Welcome New Members!

Andre Bates

Bob Smith

Jack Haugen

Stay Connected

SFCC Website

To stop receiving our promotional email, [unsubscribe now](#)

CONNOR WELLNESS CLINIC
1891 E ROSEVILLE PARKWAY, SUITE 170
ROSEVILLE, CA 95661
United States

Email Marketing by ActiveCampaign