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Monthly Newsletter

October 2025

UPCOMING ENDURO RIDE

PETALUMA TO OCCEDENTIAL ENDURO! 🚴🚴🚴🚴🚴🚴



Another month and another great enduro planned!

IT'S TIME TO MAKE YOUR CARPOOLING PLANS

SATURDAY OCTOBER 11th

See the **CALENDAR** for all the details!

RIDE SMART, RIDE SAFE 🚴

Nothing beats a great ride when everyone feels confident and safe. By stepping up our awareness and looking out for one another, we can ensure that every SFCC ride is not only fun but also worry-free.

- **Sun in eyes:** Be aware of where the sun is in relation to your eyes. If it's in your eyes, it's in the driver's eyes too.
- **Be predictable:** Hold a steady line, signal before changing position, and avoid sudden moves. Ride as if another cyclist is on your wheel. It helps everyone ride more smoothly.

- **Stay visible:** Bright clothing and daytime running lights make a big difference in being seen.
- **Keep space:** Give yourself room from the edge of the road, and don't overlap wheels in a paceline.

Chain Reaction | Member Stories

Tour of the Moon in Grand Junction

Over the past decade, I have been intrigued and interested by the Tour of the Moon in Grand Junction, Colorado. This fall, I was able to create space (pun intended) in my life to participate in a stellar ride.

The Tour of the Moon starts in downtown Grand Junction along the Colorado River and zig zags 2,000 feet up onto the Colorado Monument plateau. The climb is definitely type 2 fun, but the view from on top is breathtaking!

On this particular day, I and 1600 of my closest friends were treated to the prospect of racing an incoming thunderstorm. The descent got pretty hairy in the hairpin turns as we faced strong gusts of wind that more than once threatened to topple me and my companions. After coming off the mesa, we only had another 20 miles of rollers into a constant headwind before crossing the finish line.

Afterwards, we were treated to our just rewards inside the convention hall, only to emerge into a deluge raining down from the heavens. Yes, I was thankful that I wasn't still up in the Monument when this storm struck. And yes, I highly recommend making the journey and experiencing a truly out-of-this-world ride.

-Al Cassel



A Visit to Camp Hometown Heroes

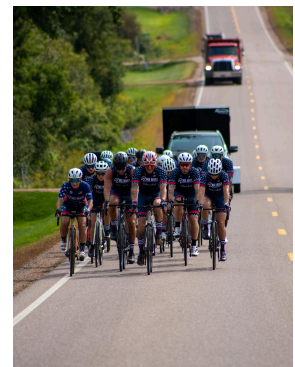
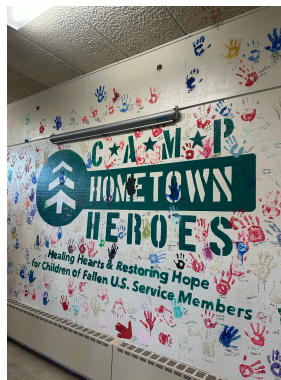
Camp Hometown Heroes is a little camp in the middle of Wisconsin. It runs several weeks in the summer and hosts a few hundred kiddoes. The kids participate in all kinds of fun activities, from rock wall climbing, swimming, crafts, and games. They have campfires, roast marshmallows, and sleep in cabins. Huge, majestic trees line the property, and the grass is rolling and green. There is plenty of outdoor space to roam and play. It is a delightful and serene setting. But honestly, these kids would rather not be there at all. Camp Hometown Heroes serves Gold Star children, or children who lost a parent in the service. It is a camp designed to help them process grief.

We never know when we will exchange last words with our loved ones. Sometimes things are left unsaid. Sometimes we desperately wish we had one more chance to say, to say just how we feel. These kids are no exception. One way the counselors help the kids express all those thoughts and feelings they never had a chance to say is through the “whisper phone”. This phone has no concrete connection. It sits waiting, waiting for a child to pick it up and “call” a loved one they can no longer talk to directly. No one knows what is said; that is private. That is protected. The whisper phone is one example of many, many ways the kids are encouraged to explore feeling, grief, and loss. You see, the staff understands what these children are going through. Some of them have been to the camp themselves, and the profound love, acceptance, and healing they experienced have brought them back to help others. What goes around comes around. As they have healed from a tremendous loss they suffered, they now want to help others do the same.

I have had the opportunity to do some really neat things on my bike, and this past summer was no exception. In September, Team One Mile rode 700 miles in 5 days

challenge pales in comparison to what these children and families have gone through and continue to go through. It was an honor and a privilege for me to bring awareness to their sacrifice. The miles will fade, but hopefully the impact this camp has on the lives of these children will be lifelong. This was my small way of giving back. I am so grateful for my bike. I have processed many difficult times in my life through my riding. Using it as a conduit to help others seems right. Thank you to all of you who supported me along the way. And a shout-out to Dave, who kept you all informed about this amazing journey.

- Doreen Wagner



Alaska Golden Circle

This summer, I rode the Alaska Golden Circle with the Adventure Cycling Association. There were 11 of us, with two ride leaders from ACA. We started in Juneau, with a short 30-mile shakedown ride, and to purchase groceries for the next several days. On day 2, we woke early to catch the five-hour ferry to Haines, then started our ride in earnest. There was not a lot of traffic, nor was there a lot of

mainly from not eating/drinking properly. I neglected to use electrolytes and failed to eat regularly during the day. I won't make that mistake again, and I should know better!

The next day took us to Haines Junction, Yukon Territory, and then to another primitive campground located between Haines Junction and Whitehorse. Just before Whitehorse, we camped at Takhini Hot Springs, and we all enjoyed a dip in the well-developed hot springs. I also ran into my cousin from Tucson, who was on his way to visit his sister, my other cousin, in Kenai, Alaska. It was great to visit with Mike and Stacy, and I look forward to seeing them again in Kenai after this tour.

After the hot springs, we had a short ride into Whitehorse, YK, where we had a zero-day time for laundry, food, and great Yukon breweries. Beer worth freezing for is their slogan.

The tour was winding down as we rode towards Skagway, a couple of days away. One more primitive campground, where we filtered all of our water, then climbing most of the day to Chilkoot Pass, with the most beautiful scenery in the world. The descent into Skagway was absolutely wonderful after the long climb (and it was nowhere near as much climbing as we do on some of our SFCC rides.) Go to the campground, set up tents, showered, and then we were transported to a diner at a friend's place of a fellow rider, where we were treated to King Crab legs and other treats. Wow, what a fitting end to our 450-mile journey.

The next day, we took the ferry back to Juneau, arriving at the campground about 10:30 p.m., and immediately hit the sack. The next day, July 3, Juneau hosted a wonderful fireworks display at midnight. They had to wait until midnight for the sun to go down!

On July 4, I left my new friends and flew to Anchorage, where I rented a car to drive to Kenai, where I visited with my cousins.

What a great trip, and I cherish the new lifelong friends I have made.

- Ed Craft



. EZ RIDERS

Tired of rides that leave you wiped out? The **EZ Riders** are here for you! We're a fun new subgroup that loves the beauty of the Sierra Foothills—without all the grind. Our rides feature gentler hills, shorter climbs, and a pace that allows you to truly enjoy the view. Perfect for recovery days, busy weeks, or getting back in the saddle after time away. Come roll with us—easy miles, good company, and plenty of smiles guaranteed!

The rides are generally on Saturdays, but I can do Fridays or Sundays if people want. I also need ride leaders. I'm booked on 10/18, so without a backup, there will be no ride that day.

Jennifer Fink

2025 CLUB EVENTS

Petaluma Enduro!

Saturday October 11th

All the details are on the calendar

Annual SFCC Fall Ride and Picnic 🍁

Saturday October 18th

Holiday Mixer 🎁

December TDB

RIDE LEADER APPRECIATION AND ANNUAL FALL PICNIC 🍁🍔🍪🚴

This year, we're excited to roll out something new! Our club wouldn't exist without our Ride Leaders — they're the ones who keep the wheels turning by planning, leading, and supporting our rides. To recognize their hard work and dedication, we're building this appreciation right into our Fall Picnic so the whole club can join in saying thank you.

Save the Date:

Saturday, October 18th

Loomis Basin Community Park – South
3550 Ong Place, Loomis

We'll start the day with rides and then gather for a BBQ picnic. Please mark your calendar — we'd love to see a big turnout to celebrate our Ride Leaders.

What to Bring & How to Help

- Club will provide burgers (regular or veggie – let us know your preference when you RSVP)

- Volunteers are welcome to help with setup and BBQ!

RSVP Here:

[Click for details and RSVP](#)

We hope to see a large crowd as we come together to enjoy the rides, good food, and most importantly — to show our gratitude to the Ride Leaders who make it all possible. -Kim

CLUB POLICY - GUESTS

Club Policy on Guests Joining Rides

We love seeing new faces at our rides and events, and we encourage you to invite guests to join us. It's a great way to grow our club and share the joy of cycling with others. To help ensure everyone understands our policy, here's a quick reminder about how guests can participate:

- **Guests are welcome to join us for one ride or event as a trial experience.**
- **To participate again, they'll need to become a club member.**

This policy allows us to give potential new members a chance to see what our club is all about while maintaining the benefits and support that come with membership.

If you have a guest who's interested in joining, feel free to share information about our membership process or direct them to the club's [website](#). We're always excited to welcome new members into our community!

Thank you for helping us grow our club and for making it such a welcoming club for cyclists of all levels.

LET'S GET SOCIAL!

Did you know we have an [SFCC Facebook](#) page? This is where we post photos from rides and events, share updates, and keep members informed about upcoming activities. It's a great way to stay connected, celebrate our rides, and engage with fellow members!

On our **Facebook** page, you can:

- See and share photos from club rides and events

- Get important club announcements and reminders

CLUB MERCH



SFCC has purchased club 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"



The socks are \$10/pair. If you intend to buy some, please bring exact change.

deb2don.dh@gmail.com

Contact Deb if you're interested in ordering clothing.



We all want to keep the group healthy and riding strong. If you're feeling off — coughing, sneezing, or running any symptoms — please take some time to rest and recover at home. 🤧

Even if you're starting to feel better but still not quite back to 100%, it's best to sit this one out so we don't pass anything around.

Let's be thoughtful and keep the good energy alive — no need to share germs when you can share a future ride instead! 🍌 Your health and the health of everyone else matters most. And remember, your health is our priority!

Laura Schuster

John Wright

Natalie Detwiler

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