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## Monthly Newsletter

September 2025

### UPCOMING ENDURO RIDE

#### **Rois's Annual Napa Enduro!**

**September 6th**

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 make sure every SFCC ride is not just fun but also worry-free.

- **Call it out:** Point out hazards (gravel, potholes, cars, pedestrians) so riders behind you aren't caught off guard.
- **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.
- **Obey the rules of the road:** Stop at stop signs and red lights, yield when required, and ride like drivers expect you to.

- **Keep space:** Give yourself room from the edge of the road, and don't overlap wheels in a paceline.

## Community Spotlight

### SFCC at the Bike Rodeo 🚲

A big **thank you** to Bob Peterson, Larry Matz, and Rod Monsees for helping with the Western Placer Unified School District's Bike Rodeo! This event was part of the district's first Resource Fair, which was well attended and very well received. Please see the Resource Fair Manager's message of appreciation to volunteers below — our SFCC team played an important role in making the day a success.

We see this as a *win* for SFCC. The event gave us the opportunity to connect and collaborate with local law enforcement in a meaningful way. Sheriff's Deputy Jeff Bilodeau has been a strong champion of the cycling community, and the chance to work alongside CHP officers in attendance helps build positive relationships that will only benefit cyclists moving forward.





## 2025 CLUB EVENTS

**Rois's Annual Napa Enduro!**

**September 6th**

**Annual SFCC Fall Ride and Picnic 🍁**

Saturday October 18th

**Holiday Mixer 🎁**

December TDB

## 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.**

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
- Stay updated on upcoming rides and special events
- Connect with other members and share your cycling experiences
- 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](mailto:deb2don.dh@gmail.com)

Contact Deb if you're interested in ordering clothing.

Let's spread good vibes, not germs! 🎉



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!

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Eric Heaney

Jason Rogers

Mark Marron

Mike Threadgall Sr.

Steven Davis

Maria Lomeli

James Toft

Carla Kehoe

Misti Rogers-Lemka

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## Board Members

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