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Monthly Newsletter
September 2026

CLUB NEWS

NEED NEW CLUB PRESIDENT

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 for more information.

ANNUAL CLUB POTLUCK PICNIC AND RIDE LEADER APPRECIATION EVENT

Join us on **Saturday, October 10** for the club's annual picnic and Ride Leader Appreciation event. We'll have two great routes to choose from, followed by the picnic on what should be a beautiful fall day.

It's also our chance to recognize the ride leaders who keep our calendar full throughout the year. Their time, planning, and willingness to lead are what make our group rides possible, and we'd love to have all of our ride leaders there as we can so we can thank them in person!

If you're a ride leader, we hope you'll join us and let us celebrate you a little. And for everyone else, come out for a great ride, good food, and a chance to spend some time together off the bike too.

RIDE SMART, RIDE SAFE ♂

September Safety Tips

Watch for back-to-school traffic. Morning rides now overlap with school drop-offs, buses, and more cars on the road. Stay extra alert near schools, intersections, and driveways.

Keep an eye out for wildlife. Deer and other animals are more active around dawn and dusk. Scan the shoulders ahead, and if you see one, assume there may be more nearby.

Be careful around loose gravel. Dry roads and shoulders can collect gravel and debris late in the season. Give it some room, especially through corners, and avoid sudden braking or steering if you hit a loose patch.

EZ RIDER

EZ Rides – Saturday & Sunday

The EZ Ride continues to build momentum, and we now have rides on both Saturday and Sunday. Jennifer Fink leads the Saturday rides, while Pamela Connor, along with other SFCC ride leaders, leads the Sunday rides, giving members another option for getting out with the club at a more relaxed pace.

EZ Rides average about 12–13 mph and are designed around manageable distances, lighter climbing, and staying together as one group. We'll regroup as needed, but this isn't a ride that breaks up into faster and slower groups. The idea is to ride the pace of the group and stay together from start to finish.

These rides are a good fit if you're building fitness, coming back after some time off, looking for an easier day between harder rides, or simply want a more relaxed group ride.

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

Saturday Ride Leader: Jennifer Fink

Sunday Ride Leaders: Pamela Connor, along with other SFCC ride leaders

2026 CLUB EVENTS

WINTERS/BERRYESA LOOP

September 12th

SLUG GULCH SPECIAL

October 3rd

Those who make it to the top will receive one of the infamous Slug Gulch pins!



ANNUAL CLUB PICNIC WITH RIDE LEADER APPRECIATION RECOGNITION

October 10th

See the [CALENDAR](#) for all the details

Ride Stronger. Recover Better. Keep Going.

SFCC hasn't had an Education Chair for the past several years, and I've thought about it off and on. My schedule doesn't allow me to put together talks for the club, but what I can do is use our newsletter to bring you information that is practical, cycling-specific, and useful. ↓ ↓ ↓ ↓ ↓

GEARED FOR HEALTH

Ride Stronger Longer: Protecting Muscle as We Age

If you ride a lot, it's easy to assume you're doing everything you need to maintain muscle. Cycling is great for endurance and cardiovascular fitness, but it doesn't fully protect us from the muscle loss that happens as we get older.

A few things are worth keeping in mind:

- **Riding isn't quite enough on its own.** Cycling uses the same movement patterns over and over, so it doesn't challenge all of our muscles the way strength training does.
- **Muscle loss can show up on the bike.** Less strength can mean less power on climbs, more fatigue when the pace picks up, and slower recovery between rides.
- **Protein and enough food matter too.** As we age, it gets harder to build and maintain muscle. Getting enough protein throughout the day helps, and so does making sure you're actually eating enough to support how much you ride.

So how much strength training do you need?

A good target for most cyclists is:

2 strength sessions a week

1–3 sets per exercise

6–15 reps per set

Work the whole body, not just your legs

Give yourself some recovery time between sessions

If you're riding a lot and two sessions just aren't realistic, one solid strength session a week is still worth doing and can help maintain the strength you already have.

You don't need to become a gym person or spend hours lifting weights. The idea is just to hang onto the muscle and strength that help keep you riding well as the years go by.

Here are a few YouTube channels to help you get started. **Dynamic Cyclist** is my favorite channel since it has a variety of flexibility, mobility, and strength exercises built for cyclists. They are safe, and for the most part you won't get too sore to ride your bike.

- [Bicycling](#) — 10 Essential Strength-Training Exercises for Cyclists
- [GCN Training](#) — Off the Bike Workouts playlist
- [Dynamic Cyclist](#) — 30 Minute Lower Body Strength Routine for Cyclists



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

Mark Dodge - Bob Beretta - Kelley Goodman - Nicki L Neal - Alex Ramos -
Kristina Zach - Dwayne Betrand

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
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SFCC Consultant | **Larry Matz**
Bicycle Advocacy & Safety Team Chair | **Dana Hofheinz** |
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