

Sacramento Wheelmen Club Newsletter



2023, Issue 2

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Membership Report – WELCOME!

The club is growing with 23 new (and newly returned!) members so far this year! Please join me in welcoming the following Wheelies:

Irene Balderas	Jennifer Barlow	Mike Baume
Eric Birum	Mark Christensen	Tracy Christenson
Rois Davidson	Jim Elledge	John Engstrom
Russell Farley	Victoria Francis	Jack Ghirardelli
Teresa Grossman	Don Haugen	Jeff Hayes
Sue Johnston	Bruce Notareus	Annette Orella
Chuck Orella	Cassie Schumacher	Pete Spector
Melinda Van Rooyen	Richard Wharton	

Event Calendar Report

NEXT CLUB MEETING

The next Club Business meeting is scheduled for Wednesday, April 19, 2023, at 6:30 PM, via ZOOM. The Zoom link follows.

Topic: Sacramento Wheelmen club meeting

Time: Apr 19, 2023 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86996350843?pwd=NHhlazd0TjhDS3lvVmErbC9TMVJtZz09>

Meeting ID: 869 9635 0843

Passcode: 280306

The Zoom call “opens” at 6 PM; the meeting begins at 6:30 PM.

Meeting Agenda

1. Social time (6 pm to 6:30 pm)
2. Minutes of November meeting (Debbie Finley)
2. Membership Report (Caron McMillan)
3. Santa Cruz Zodiac report (Sandy Yarrow)
4. Winters Zodiac report (Harold Alves)
5. Guerneville Zodiac status report (Lesli Pletcher)
6. Guerneville promotional slide show (Tom Adams)
6. American River Parkway Foundation Clean Up Day report (Debbie Finley)
7. May is Bike Month status (Debbie Finley)
8. Mike Dodson trial (Linda Lasswell)
9. American River Bike Patrol first aid presentation (James Margolis)
10. Social time

VOLUNTEER OPPORTUNITY

Tom Gardner is leading the volunteer team to again help with this year’s Great American Triathlon (GAT, formerly Eppie’s). Volunteers are needed for both the set-up on Friday, July 14 and race day on Saturday the 15. Friday’s setup usually starts around 8:00 and finishes at 11:00. On race day, the volunteer shift starts at 7:30. Tom and Fred Turner get things ready to go and monitor the bike racks. Members who have volunteered in previous years are welcome to do the same “job” that they did previously.

Reach out to Tom Gardner at tbgardner@surewest.net if you are able to volunteer for this important athletic competition.

MAY IS BIKE MONTH!!

BIKE MONTH begins in just a couple of weeks! Miles are tracked and ranked against other organizations and cycling clubs in the area – **let's crush them!** Try to ride every day and see how good it feels!

Did you know that participants can win prizes from the Bike Month organization and also from the Wheelmen? Imagine an all expenses paid Hawaiian vacation, new bike, new wheels, new socks...and maybe more!? Prizes are in addition to the endorphinetic joy and fitness that comes from riding one's bicycle! Debbie Finley is again leading the Club's Bike Month effort. She says that **NOW** is the time to register and sign up. Reach out to Debbie at dfinley@dcn.org if you need help setting up your account.

Ride Calendar Report

The ride calendar can always use more rides! More rides mean more options from which to choose – short, long, close or far from home. Linda Lasswell has been leading a few rides per month, usually Sunday or Monday and Tom Adams usually leads one or two Sunday rides in addition to his regular Thursday coffee ride. Thank you to all our ride leaders, we can't do it without you!

Next month's Enduro ride, held in conjunction with the Sierra Foothills Cycling Club (SFCC), is scheduled for Saturday, May 13, at Ink Grade Lake Berryessa. Check our club calendar (<https://sacwheelmen.wildapricot.org/Ride-Calendar/>) for times and details as we approach the ride date.

Social Media Report

Meetup is a website (and app) that allows users to organize get-togethers with others who enjoy the same activities. The Wheelmen have been using Meetup for the past 2 years now to attract new club members.



Sacramento Wheelmen Cycling Meetup Group

★★★★★ (66)

Sacramento, CA

346 members - Public group

Organized by Wheelmen Admin

[Edit group info](#)

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The Tuesday, Thursday, and Saturday rides are posted on Meetup so cyclists can find our Club and RSVP for the rides. Our rides are well attended, with 15 – 30 riders the norm, but on Meetup it usually looks like only 1-2 people are going – no energy. Please sign up for a Meetup user account and start RSVP'ing to the rides. This shows other users that the club is alive and vibrant.

Do you need help setting up your Meetup account? Do you need help RSVP'ing to the Sacramento Wheelmen Meetup Group? Send an email to Debra at deb.lebish@gmail.com for personalized assistance.

Travel Report

ZODIACS – Domestic Cycling Trips

2023 Winters Zodiac

This was the first year for the Winters Zodiac – if you missed it then you missed some good rides, a beautiful new hotel in an up and coming foodie town, and a lot of fun. The Zodiac itinerary included riding from Sacramento to Winters on Tuesday April 11, staying two (2) nights at the Hotel Winters, and cycling back to Sacramento on Thursday. Approximately 10 riders participated, some staying at the hotel while other chose a daytrip on Wednesday to ride in the area with the group. The weather was lovely with a high of 70 degrees, although the wind showed itself on Thursday's ride back to Sacramento.



According to Zodiac Leader Harold “Big Daddy” Alves, the Hotel Winters is very upscale with a beautiful patio on which to enjoy happy hours and “I pity the fools that missed this Zodiac”. Dinner in town included the always-delicious original Buckhorn steak house. Thank you Harold and co-leader Mary Moore for creating and leading the new Winters Zodiac!



Upcoming Zodiacs

Guerneville – Tuesday through Thursday, May 2-5th, 2023.

Santa Cruz – The Santa Cruz area and roads were devastated in this year's winter storms, resulting in another trip delay. The Zodiac was rescheduled to August 7-10.

Do **YOU** have an idea for a Zodiac? It's fun to plan a Zodiac trip - as leader you get to pick a place **YOU** want to go, when **YOU** want to go... Is there a location where you've always dreamed of riding? Plan a zodiac! In addition, you don't have to recreate the wheel – the club has a library of Zodiacs from which to choose. It's easy and fun, let's partner up and plan one!

TOURS – International Cycling

The official 2023 Wheelmen European cycling trip is scheduled for September 18 to October 1, with optional 3rd week ending October 18. We will start in Gabicce Mare, and end in Rome, a unique and special opportunity to ride to Rome. This trip is currently wait-list; please check with Sandy Yarrow for openings.

2022 Italian Cycling Tour

The trip report for the 2022 Italian Tour is long overdue. Better late than never!

Lake Como, Bormio, Pradt allo Stelvio, Canazei, Trento, Milan

Sept 5-25, 2022.

A trip lead by Sandy Yarrow with co-conspiring by Monica Pappas, this year's European Tour to Italy was as good as ever. The trip focus was the northern part of the country and the climbing afforded by the Alps and Dolomites was enjoyed by all.

Lake Como – The Lake Como area has no equivalent, a resort town so stunningly beautiful in every way – waterfront, historic squares overflowing with cafes, spectacular flowering plants and the people! No George sightings. We had beautiful weather even though the forecast was rain every day. Here we assembled bikes and otherwise adjusted to the new time zone and the Italian ways. Poor Dr. Dave opened up his bike case to find his bike frame snapped at the back wheel but he dealt with the misfortune admirably and was able to rent a bike within easy walking distance from the hotel. Each night the group walked to the restaurant and enjoyed the leisurely stroll back to the hotel, great people watching on the promenade.





The next stop on the tour was Bormio, a town still teeming with cyclists and hikers and simultaneously prepping for ski season. The hotel was ideally located within a short walk of the cobblestoned historic city center. Meals were included at the hotel restaurant and what a treat! Restaurant was staffed by skilled professional wait staff and the food was very high quality. Who knew there are so many kinds of pork charcuterie? The sophisticated Carrie Sundahl offered the following sage advice:

“Don’t eat salami for breakfast unless you want heartburn and bad breath all day”. She knows her stuff! Great riding here, wonderful area.



Pradt Allo Stelvio (“Pradt”)– Half of the group biked to the next hotel and the other half bussed it with a lunch stop in Switzerland. To get to Pradt from Bormio, the bikers rode up the “easy side” of the Stelvio, lol. The “big” ride out of Pradt is the “hard side” of Stelvio, about half of the group took on the Stelvio while the remainder took a rest day or had an easy “bike trail” ride. We stayed at the Stein

Hotel, a family-run hotel and here we enjoyed delicious comfort food. The wine here won the trip’s “worst wine” award, and yet it was still guzzled like it was free!





Canazei – Sella Ronda, beautiful area in the Dolomites. Historic hotel with great views. Snowed on sella Ronda “bike day”, snowing at the base of pass so would have been REALLLLY cold at the top so no wheelies rode due to lack of appropriate cold weather clothing. Riding here was predictably steep but beautiful. Roads were lightly traveled in comparison to the Stelvio.



Trento – The group cycled and bussed to Trento from Canazei. Trento, a beautiful area and Monica Pappa’s hometown, is very close to beautiful Lake Garda to which we rode. Some focused on getting in the last noteworthy climbs before the end of the trip. Others were winding down and more focused on packing their bikes and getting ready to go home.



The 2022 Italy Tour was memorable in its amazing scenery, challenging cycling, and good friends. Thank you to Sandy Yarrow for organizing the trip.

Miscellaneous

TRIPLE CROWN HALL OF FAME 2022 INDUCTEES



The California Triple Crown Hall of Fame was started in June of 1999 to recognize those who have accomplished a significant milestone in the Double Century Series by riding over 10,000 Miles or over 50 Double Centuries. In 2022, Wheelpeople Mabel Wong and Bob Storelli were inducted for completing 50 Double Centuries. Big congratulations to Bob and Mabel! Please join me in acknowledging their accomplishment!



GONE BUT NOT FORGOTTEN



Richard Zeiszler passed over a year ago on January 5, 2022, departing us suddenly and unexpectedly at age 72. A longtime Sacramento Wheelmen member, Richard was an avid cyclist who supported the club at every level, making great friends along the way. Most of us remember Richard for being the Trip Leader for the Guerneville Zodiac for several years. He also held the office of Treasurer for four (4) years, leveraging his career in finance to give back to the Club, volunteered to work the Sierra Century most years, and was a frequent ride leader. Linda, Richard's wife, is also a key member of the Wheelmen and is a past club President.

Richard will be honored at the upcoming Guerneville Zodiac with a small ceremony. He loved to ride in Guerneville and it was one of his favorite places on earth. Memories will be shared at the Sacramento Wheelmen sign that is in the garden of the Dawn Ranch cottages.

Richard, you are remembered and missed!

