

SACRAMENTO

Bike Hikers



RIDE SCHEDULE

JANUARY • FEBRUARY • MARCH • 2005

The **SACRAMENTO BIKE HIKERS** is the oldest continually active bicycle club in the Sacramento area - founded in 1968.

The club's focus is on touring and recreational cycling. This ride schedule provides for year round weekend rides; holiday rides; summer evening rides; weekday rides; special rides such as the Party Pardee Century and multi-day rides... A variety of rides is scheduled to attempt to provide for all abilities and interests. Riders should review this schedule carefully and select those rides that fall within their capability... The schedule is available to interested cyclists at Sacramento area bike shops and is mailed to all members.

Monthly membership meetings provide club business updates, open discussion on club activities and policies, and feature speakers on subjects of interest to cyclists.

Non-members are invited to attend rides and meetings to get a feel for the club, without obligation.

Riders under age 18 may participate on rides if they are accompanied by a parent or other responsible adult. A sign-in roster is available at the start of each ride. All riders must sign the roster to be regarded as a participant.

If a rider has to leave a ride for any reason, the ride leader must be informed.

Helmets are required on all Bike Hiker club rides.

This Ride Schedule is available on our home page.

Come to our website and learn how you can join the **Bike Hiker Mailing List**, check your club mileage and get up to date information about rides and special events!

<http://www.bikehikers.com>

**SEE THE RIDE GRADING
CODE ON THE INSIDE BACK PAGE**



JANUARY

SAT 1 HAPPY NEW YEAR! SOMETHING DIFFERENT
9:00 AM Grade: C20+

Dust off those mountain bikes and get them dirty riding the trails at Beal's Point and beyond towards Granite Bay. We will meet at Vic's Market at the corner of Oak Avenue Parkway and American River Canyon Drive in Folsom (from Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left). We will ride a few paved miles to warm up before hitting the dirt. Bring water and snacks.

Leaders: Kim Vasquez 684-7883 and Steve Cimini 483-5222

59 more days until the Spring Blitz!

Go to www.bikehikers.com for the registration form.

SAT 1 SAKES ALIVE, IT'S 2005
10:00 AM Grade: D25

Start the New Year out right...on your bike! Watch the New Year's Day parade, but tape the football game, and meet me at Vic's Market on the southwest corner of Oak Avenue Parkway and American River Canyon Drive in Folsom (from Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left). We will pedal on familiar roads and share our resolutions for 2005 over a warm drink after the ride. Dress in layers and bring \$ for sips and snacks.

Leader: Susan Wallis 985-2121

SUN 2 NEW YEAR'S RESOLUTIONS RIDE
9:00 AM Grade: C30

Come out for the first weekend of New Year's resolutions to ride your bike more this year. We will meet in the Cirby School parking lot in Roseville. I80 East, exit at Douglas Blvd, go over the freeway past Roseville Square, left on Kheener all the way to the end at Cirby School. It will be an interesting route, utilizing bike trails and urban streets. We will not be leaving the Roseville city limits but there are a few small climbs.

Leader: Jim Karpowicz 782-8523

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January Cont.

SUN 2 WARMER TOES RIDE

1:00 PM Grade: D30

A few loops in the burbs and the country will take us to Loomis and back. Coffee stop included. Meet at the Maidu Community Center parking lot in Roseville. Take I-80 east to Douglas Blvd; go east and turn right on Rocky Ridge Rd; go about 1/4 mile and turn into the park (on the left). Or take Cirby Way; turn onto Rocky Ridge Rd; go about a 1/4 mile and turn right into the park.

Leader: Bob Keven 761-0979

MON 3 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D25-35

Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, turn left on Fair Oaks Blvd, then left on Bannister Rd at the signal light).

Leader: Karl Tracy 381-5338 or 601-0769

TUE 4 TUESDAY NIGHT RIDE

6:30 PM Grade: C20-29

Come join us for a brisk paced ride (15-20+ mph). Meet at the Five Points shopping center at the corner of Fair Oaks Blvd. and Arden Way. Route varies using the bike trail and some surface streets. Lights are required front and rear. We usually go out to dinner afterwards.

Leader: Larry Ng 391-6878

WED 5 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd. and Arden Way. We will ride for 30 miles or so depending on the restaurant we are riding to.

Leader: Karl Tracy 381-5338 or 601-0769

WED 5 BIKE HIKER CLUB MEETING

Tonight's program will be hosted by club Tour Director, Bill Chadwell, who will present tour leaders and their plans for exciting tours in 2005. If you've been thinking about participating in a tour, leading a tour, or just want to hear about the fun and reserve your spot on a tour, don't miss this meeting! Join Bill and the gang in the Lukens auditorium at the Mercy Physicians Plaza, Mercy San Juan Hospital, 6555 Coyle Avenue (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. Visitors are always welcome. Find a map at: www.bikehikers.com.



January Cont.

THU 6 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd. and Arden Way. The route is basically a bike trail ride with occasional less-traveled streets. Lights are required front and rear.

Leader Carl Drake 991-9124

FRI 7 ROVING FRIDAY MORNING RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd. and Arden Way. Ride to LaBou in Elk Grove. This is an easy ride good for beginners.

Leader: Richard Baber 924-7927

SAT 8 ELVIS PRESLEY BIRTHDAY ROCK

9:30 AM Grade: C30-40+

Rock and roll over the roads and bike paths to Folsom via Old Town Fair Oaks. There will be a stop along the way for refreshments and recuperation, as well as a longer option for the more energetic among us. Meet at Bannister Park in Fair Oaks (from Highway 50, take Sunrise Blvd north across the American River, turn left on Fair Oaks Blvd, then left on Bannister Rd at signal light).

Leaders: Jerry Beckett 214-3203

and Peggy Blair 386-1842

SUN 9 TOUR DE ROSEVILLE

9:30 AM Grade: D28

Meet at Vic's Market at the corner of Oak Avenue Parkway and American River Canyon Drive in Folsom for a non-stop ride out to the Roseville Galleria and back. Party at Vic's at the end of the ride. From Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left.

Leader: Pat Larson 962-0344

SUN 9 WARMER TOES RIDE-ELVIS' BIRTHDAY WEEKEND RIDE

1:00 PM Grade: D20

Meet at Vic's Market parking lot on the corner of Oak Avenue Parkway and American River Canyon Drive. From Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left.

Leader: Judy Brim 987-6127

MON 10 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D30

Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, turn left on Fair Oaks Blvd, then left on Bannister Road at signal light). We will be going to Folsom Bella Bru or La Bou and return.

Leaders: Irene and Marsh Stadt 944-0174

TUE 11 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See January 4th Tuesday Evening ride description for details. Lights are required front and rear.

Leader: Larry Ng 391-6878.



January Cont.

WED 12 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride for 30 miles or so depending on the restaurant we are riding to.

Leader: Karl Tracy 381-5338

THU 13 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See January 6th Thursday Evening ride description for details. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672

FRI 14 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: E/D30+

Enjoy a variety of rides. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd. and Arden Way.

Leader: Karl Tracy 381-5338 or 601-0769

**BRING A FRIEND CYCLING,
You don't have to be a member to participate!**

SAT 15 SPRING? TRAINING RIDE
9:00 AM Grade: D37/C60

It's back!! This is the first of 6 spring training rides. The ride will start at Rod Beaudry and Folsom Blvd. behind Papa John's Pizza. We will be riding on the bike trail and up to Maidu store for a good early season workout. The long ride will not be swept.

Leader: Tim Bartoe 394-0561

SUN 16 WARMER TOES RIDE
1:00 PM Grade: C30-35

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way to spend some time on an afternoon ride.

Leader: Andy Chandler 988-1499

MON 17 MARTIN LUTHER KING DAY RIDE
9:00 AM Grade: C30

Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, left on Fair Oaks Blvd, then left on Bannister Rd at the signal light).

Leader: Karl Tracy 381-5338 or 601-0769

TUE 18 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29

See January 4th Tuesday Evening ride description for details. Lights are required front and rear.

Leader: Larry Ng 391-6878.

WED 19 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride for 30 miles or so depending on the restaurant we are riding to.

Leader: Don Scalise 485-2611



January Cont.

THU 20 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See January 6th Thursday Evening ride description for details. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749 & Mark Munguia 422-4672

FRI 21 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: E/D30+

Enjoy a variety of rides. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.

Leader: Chris Coones 283-4535

SAT 22 AMERICAN RIVER RIDE
9:30 AM Grade: D35

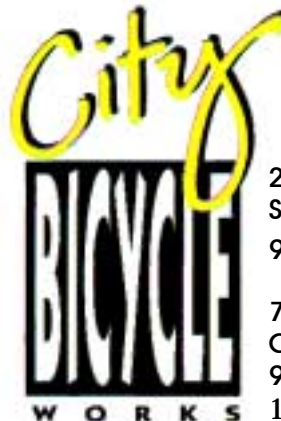
After meeting at the C-Bar-C Park in Citrus Heights, we will take a winter ride through the suburbs and down to the American River and back. The park is on the north side of Oak Ave approximately one-half mile east of Fair Oaks Blvd.

Leader: Bob Banning 721-4137

SAT 22 I THINK I CAN, I THINK I CAN
9:00 AM Grade: D+/C20-30+

If the thought of pedaling up a hill makes you weak in the knees, then join us for a confidence building, three-part mini series designed to improve your technique on hill rides. The focus will be on building an early season base by maintaining a comfortable pace and heart rate through light to moderate effort during the ride. The basic route includes a warm-up, a loop of gentle to moderate grades, a regroup location, and a cool down. Other loops can be added or repeated to increase the intensity and/or your endurance. The basic route will be swept at a "no pressure" pace: riders can claim their mileage at the end of the ride. Meet at Vic's Market parking lot on the southwest corner of Oak Ave Parkway and American River Canyon Drive in Folsom. From Folsom-Auburn Road, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left. Dress in layers and bring fluids/fuel to stay energized during the ride.

Leaders: Linda Jew, Kathy Wright and Susan Wallis 985-2121 (for information).



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January Cont.

SUN 23 BREAKFAST RIDE OR WAIT FOR A BAGEL IN DAVIS RIDE

9:00 AM Grade: D28/54

Ride the American River Bike Trail to Sacramento Old Town over the Tower Bridge to West Sacramento and stop at Carol's Diner for breakfast. The long ride continues to Davis for a "beagle" and coffee. Meet at the Rio Americano High School on American River Dr. Go north on Watt Ave, over Hwy 50 and take the American River Dr. exit. Go east on American River Dr and the school will be on your right.

Leader: Pat Larson 962-0344

SUN 23 WARMER TOES RIDE

1:00 PM Grade: D21

Join us in the parking lot of Vic's Market (from Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left) for a tour of Orangevale and Folsom that will warm your toes!

Leader: Nicole Karres 276-6375

MON 24 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D20-30+

Meet at the southwest corner of Elkhorn Blvd and Watt Ave near McDonald's.

Leaders: Ray and Phyllis Billings 334-2827

TUE 25 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See January 4th Tuesday Evening ride description for details. Lights are required front and rear.

Leader: Larry Ng 391-6878.

WED 26 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride for 30 miles or so depending on the restaurant we are riding to.

Leader: Dave Abbot 961-8826

THU 27 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See January 6th Thursday Evening ride description for details. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749
and Mark Munguia 422-4672



January Cont.

FRI 28 ROVING FRIDAY MORNING RIDE

9:00 AM Grade: E/D30+

Enjoy a variety of rides. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.

Leader: Floyd Bumbaca 961-8139

We can get caught in the rain, but we don't purposely start out in it. Poor visibility and slick roads make riding dangerous. And nobody likes cleaning up a messy bike. If in doubt about cancellation of a ride because of rain, call the ride leader.



SAT 29 SPRING TRAINING RIDE #2

9:00 AM Grade: D35/C70

We will be riding out to Maidu store again but with a few new twists thrown in for good measure. The C ride will be a good test for those with hopes of a century in March. This ride will not be a true out and back as the return leg will go straight down Auburn Folsom Road from Maidu. Meet at the Papa John's Pizza at Folsom and Rod Beaudry. The long ride will not be swept.

Leader: Tim Bartoe 394-0561

SUN 30 KILL BILL RIDE

9:00 AM Grade: F+6+

This ride is to honor our own BILL CHADWELL who likes to lead cyclists to high altitudes they've never been before, nor want to go again! Indeed, on his hill ride last summer, the common phrase was: "I could just kill Bill!" The element of surprise is often a feature of Bill's rides, so in keeping with his style, this ride may also have a surprise or two! Come and find out! Meet at Bill's favorite start location at the Gold River Town Center, located off of Gold Field Drive and Gold Country Blvd (east side of Sunrise Blvd about a mile south of the American River). Park in the lot between Blockbuster and Applebee's; ride will start near Applebee's. Bring water/food (no telling how high or how far this ride will go).

Leader: Susan Wallis 985-2121

SUN 30 WARMER TOES

1:00 PM Grade: D24

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. This will be a repeat of the soup ride around Fair Oaks. Bring \$ for soup or snacks at Bella Bru after the ride.

Leader Linda Krugman 486-1810

MON 31 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D20-30+

Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, left on Fair Oaks Blvd, the left on Bannister Rd at the signal light).

Leader: Karl Tracy 381-5338



FEBRUARY



February Cont.

REMINDER FOR YOSEMITE CYCLING TOUR PARTICIPANTS

- Today (February 1st) is the deadline to reserve your spot with a \$50.00 non-refundable deposit. The balance of the tour payment is due on March 1st. Please make your tour payment checks out to Sacramento Bike Hikers and mail to Hazi Alwan.
- For additional information contact Hazi Alwan cyclehazi@yahoo.com 988-2591, or Steve Cimini Cyclsteve@aol.com 483-5222.

TUE 1 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: D20-28

The Tuesday night ride is about to pick up its pace for the season. The second month is already upon us; so don't get left behind on your riding for the year!! During this month we will be using the American River Bike Trail with a minimum of surface streets at a brisk pace (17-22 mph). We will be regrouping at points throughout the ride so no one gets left behind. Lights are required front and rear. We will be meeting at the Nimbus Fish Hatchery off of Gold Country Blvd near Hazel Ave and Highway 50. We usually go to dinner afterwards.

Leader: Hazi Alwan 988-2591

WED 2 WEDNESDAY MORNING BREAKFAST RIDE

8:30 AM Grade: D32

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will be riding to Country Waffle in Citrus Heights. It's about 10 miles to breakfast, then another 22 back to Arden and Five Points.

Leader: Irene and Marshall Stadt 944-0174

Members!

Please help us with the April 2nd 2005 Party Pardee.

The ride is still limited to 1,200 riders and this year all registrations will only be taken on-line.

See the club website for more information!



THU 3 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. The route is basically a bike trail ride with occasional less-traveled streets. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672

FRI 4 ROVING FRIDAY MORNING RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. Enjoy a variety of rides.

Leader: Karl Tracy 381-5338

SAT 5 I THINK I CAN, I KNOW I CAN

9:00 AM Grade: D+/C20-30+

If you think you can, we KNOW you can be successful on a hill ride! This is the second of our three-part mini series designed to build your confidence and skills on hills. The focus continues on establishing an early season base by maintaining a comfortable pace and heart rate through light to moderate effort during the ride. The basic route includes a warm-up, a loop of gentle to moderate grades, a regroup location, and a cool down. Other loops can be added or repeated to increase the intensity and/or your endurance. Our goal today is to add at least one extra loop to the basic route. The basic route will be swept at a "no pressure" pace; riders can claim their miles at the end of the ride. Meet at Vic's Market parking lot at the corner of Oak Ave Parkway and American River Canyon Dr in Folsom. From Folsom-Auburn Rd, go west about a mile on Oak Ave parkway. Dress in layers, and bring fluids/fuel to stay energized during the ride.

Leaders: Linda Jew, Kathy Wright and Susan Wallis 985-2121 (for information).

SUN 6 RING AROUND GRANITE BAY

9:00 AM Grade: D25

Join us in the shopping center parking lot near Raley's at the northwest corner of Douglas Blvd and Auburn-Folsom Rd for a ride that will clear your mind and tickle your senses as we tour country roads.

Leader: Nicole Karres 276-6375

SUN 6 WARMER TOES TOUR DE LINCOLN

1:00 PM Grade: D25+

Meet in the parking lot of McBean Park in Lincoln (Highway 65 to Lincoln, right on McBean Park Dr to the parking lot, opposite A St). We will be riding all over Lincoln seeing old and new areas.

Leader: Jim Karpowicz 782-8523

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February Cont.

- MON 7 ROVING MONDAY MORNING COFFEE**
 9:00 AM Grade: E/D30+
 Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, turn left on Fair Oaks Blvd, then left on Bannister Rd at the signal light).
 Leader: Karl Tracy 381-5338
- TUE 8 TUESDAY EVENING RIDE AND DINNER**
 6:30 PM Grade: D20-28
 See February 1st Tuesday Evening ride description for details.
 Lights are required front and rear.
 Leader: Hazi Alwan 988-2591.
- WED 9 WEDNESDAY MORNING BREAKFAST RIDE**
 9:00 AM Grade: E/D30+
 Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will be riding to breakfast.
 Leader: Don Scalise 485-2611

CLUB AWARDS BANQUET

- WED 9 BIKE HIKER ANNUAL AWARDS BANQUET**
 7:00 PM
 Bike Hiker members and their guests are invited to the annual February Awards Banquet to be held at the Sacramento Arden West Hilton, 2200 Harvard St, Sacramento, off of Arden Way and I-80. Awards will be presented to the Bike Hikers who cycled at least 500 miles with the club, those who lead the most rides, those who rode the most "ANIMAL" miles, and several special awards as well. Family and friends are encouraged to attend this fun-filled evening, which includes good food, good friends, and kudos for all of our phenomenal club members. No host cocktails at 6:00 PM, dinner at 7:00 PM, and awards at 8:00 PM. Reservations must be made in advance (sorry, no money at the door). For more details, contact Yvonne Romero 483-3390

- THU 10 THURSDAY EVENING EASY RIDERS**
 6:30 PM Grade: E/D20-30
 See February 3rd Thursday Evening ride description for details.
 Lights are required front and rear.
 Leaders: Charlie Archuleta 731-8749
 and Mark Munguia 422-4672.



February Cont.

- FRI 11 ROVING FRIDAY MORNING RIDE**
 9:00 AM Grade: E/D30+
 Enjoy a variety of rides. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.
 Leader: Karl Tracy 381-5338
- SAT 12 SPRING TRAINING RIDE #3**
 8:30 AM Grade: D35/D80
 Meet behind the Papa John's Pizza at Folsom and Rod Beaudry. It's time to get some serious climbing under our belts. The long ride will climb Old Forest Hill Road from Maidu store for a total of 80 miles. Other mileage options are available. The long ride will not be swept.
 Leader: Tim Bartoe 394-0561
- SUN 13 A NEWCASTLE LOOP**
 9:00 AM Grade: C/D40
 Meet at the Maidu Community Center in Roseville (Highway 80 east, right on Douglas Blvd, right on Rocky Ridge Rd, left into Maidu Community Park) for a loop out to Newcastle and back.
 Leader: Doug Souvignier 332-8194
- SUN 13 I LOVE YOU A LATTE**
 1:00 PM Grade: D30
 Bring your cycle-sweetie (or not!) on a ride to celebrate Cupid's favorite day just a little early. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.
 Leader: Judy Brim 987-6127

PLEASE BE PROMPT FOR RIDES!!
 The time listed for each ride in the schedule is the STARTING time of the ride. Arrive at the meeting place sufficiently ahead of the listed time to allow for whatever personal preparation is necessary so that the ride can start on time.

- MON 14 VALENTINE'S DAY RIDE**
 8:30 AM Grade: E/D 30+
 If cycling is the love of your life, meet at the Five Points shopping center on the corner of Fair Oaks Blvd and Arden Way. You can pedal your heart out for 30 miles or so, and then warm up with a cup of lovely latte.
 Leader: Pete "I love my bike" Altenburg 363-9564
- TUE 15 TUESDAY EVENING RIDE AND DINNER**
 6:30 PM Grade: D20-28
 See February 1st Tuesday Evening ride description for details.
 Lights are required front and rear.
 Leader: Hazi Alwan 988-2591.



February Cont.

WED 16 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride for 30 miles or so depending on the restaurant we are riding to.
Leader: Gerry Townsend 344-7168

THU 17 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See February 3rd Thursday Evening ride description for details. Lights are required front and rear.
Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

FRI 18 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: E/D30+

Enjoy a variety of rides. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Chris Coones 481-8199

.....
IMPORTANT ITEMS TO BRING ON A RIDE!!!
.....
● REQUIRED: Spare tube or tubular tire, patch kit, pump,
● lights/reflectors on night rides, **helmet**.
.....
● RECOMMENDED: Basic tools, first aid kit, filled water
● bottle, snack, money, identification.
.....

SAT 19 SATURDAY MORNING EYE OPENER
9:00 AM Grade: B/C32

Meet at the southwest corner of Rocklin Rd and Sierra College Blvd in Rocklin (I-80 east to Rocklin Road; right to Sierra College Blvd; right into parking lot). We will be riding throughout the area. Many places to stop along the way.
Leader: Jim Bertoni 989-4568

SUN 20 I KNOW I CAN, I KNOW I CAN
9:00 AM Grade: D+/C20-30+

If you joined us for the first two rides, you now KNOW you can tackle a hill. This is the last of our three-part mini series designed to build your confidence and increase your skills on hill rides. See February 5 ride description for ride location and details. Our goal today will be to add at least two extra loops to the basic route. Don't forget to dress in layers and bring fluids/fuel to stay energized during the ride.
Leaders: Linda Jew, Kathy Wright and Susan Wallis 985-2121 (for information).

SUN 20 "STEAMY" WARMER TOES
1:00 PM Grade: D32

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way for a wonderful ride down the bike trail to Steamers in Old Town Sacramento and back.
Leader: Nicole Karres 276-6375



February Cont.

MON 21 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D25-35

Meet at Bannister Park in Fair Oaks (take Sunrise Blvd north across the American River, left on Fair Oaks Blvd, then left on Bannister Rd at the signal light).
Leader: Karl Tracy 381-5338

TUE 22 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D20-28

See February 1st Tuesday Evening ride description for details. Lights are required front and rear.
Leader: Hazi Alwan 988-2591.

WED 23 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Depending on the restaurant we are riding to, we will be riding around 30 miles. Meet at Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Dave Abbott 961-8826

THU 24 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See February 3rd Thursday Evening ride description for details. Lights are required front and rear.
Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

FRI 25 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: E/D30+

This will be a slightly different variety because the start is at the new Nugget Market at the corner of Greenhaven and Florin Road.
Leader: Ray Poff 444-2939

SAT 26 SPRING TRAINING RIDE #4
8:30 AM Grade: D35/C90

Meet behind Papa John's Pizza off of Folsom Blvd and Rod Beaudry. We will ride through Rocklin, Loomis, and Newcastle, then the loop up old Forest Hill Road. Please bring your climbing gears for this one. The long ride will not be swept.
Leader: Tim Bartoe 394-0561

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MARCH

TUE 1 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: D20-29

Come join us on our continuing series of brisk paced (15-20+ mph) Tuesday night rides. This month we will be meeting at the Rite Aid Pharmacy parking lot in the Gold River Town Center off of Gold Field Dr and Gold Country Blvd near Sunrise Blvd (south of the American River). Route varies week to week using the bike trail and surface streets. Lights are required front and rear. We usually go to dinner afterwards.
Leader: Steve Cimini 483-5222

REMINDER FOR YOSEMITE CYCLING TOUR PARTICIPANTS:

Final tour payment checks are due today, March 1, 2005, to Hazi Alwan. Please make checks out to Sacramento Bike Hikers. For additional information contact Hazi Alwan 988-2591, cyclehazi@yahoo.com; or Steve Cimini 483-5222, cyclsteve@aol.com.

WED 2 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride 30 miles or so depending on the restaurant we are going to.
Leaders: Ray and Phyllis Billings 334-2827

WED 2 BIKE HIKER CLUB MEETING
7:00 PM


We will have a special guest this evening, Walt Seifert from the Sacramento Area Bicycle Advocates (SABA). He is returning to update us about current developments and issues of concern to local cyclists. Meet in the Lukens auditorium at the Mercy Physicians Plaza, Mercy San Juan Hospital, 6555 Coyle Ave (one traffic light north of Madison and Manzanita) between Manzanita and Dewey. Visitors are always welcome. You can find a map at: www.bikehikers.com.

THU 3 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. The route is basically a bike trail ride with occasional less-traveled streets. Lights are required front and rear.
Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672

FRI 4 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: E/D30+

Enjoy a variety of rides. Meet at Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.
Leader: Karl Tracy 381-5338

 February Cont.

SUN 27 ROLLAROUND ORANGEVALE
9:00 AM Grade: D27-40

Itchin' to ride some country roads? This route goes all the way around Orangevale and then some. Meet at Vic's Market parking lot on the southwest corner of Oak Avenue Parkway and American River Canyon Drive. From Folsom-Auburn Rd go west about 1 mile on Oak Ave Parkway to the shopping center parking lot.
Leader: Bruce Morrical 369-8272

SUN 27 WINTER WARM-ER TOES
1:00 PM Grade: D25+

You don't have to drive to a new start location for this afternoon's ride. Stay put, grab a bite at Vic's, and gear up for a spin on familiar roads. If you didn't ride with Bruce this morning, then meet at Vic's Market parking lot on the southwest corner of Oak Avenue Parkway and American River Canyon Drive in Folsom. From Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left.
Leader; Susan Wallis 985-2121

MON 28 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D20-30+

Meet at Bannister Park in Fair Oaks (take Sunrise Blvd across the American River, left on Fair Oaks Blvd, then left on Bannister Rd at the signal light).
Leader: Karl Tracy 381-5338

Spring Blitz Reminder:

Next month is what we've been waiting for!! Get a 'lightening start' to your cycling season by riding your bike as much as you can...anywhere, everywhere, any time! Keep your goal in mind, keep track of your miles, and get out there and pedal, Pedal, PEDAL! Be sure to register for Spring Blitz by February 28th to receive your mileage log.

Call Debbie LeVon, Mileage Coordinator, at 725-2238, or e-mail: dlevon53@comcast.net for details.

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March Cont.

SAT 5 NEWCOMER'S ORIENTATION RIDE

9:00 AM Grade: F20-32

Meet at the Guy West Bridge on University Ave. Go south on Howe Ave from Fair Oaks Blvd and turn right onto University. Park on the street only. We will ride an easy pace to Old Sacramento and back. You can ride any distance up to 20 miles on the bike trail. An additional 12-mile route on surface streets will be available for those who desire more pedal time or street experience. This is an opportunity to mingle with and meet others who share your interest in cycling, while learning a little about the Bike Hikers. Club members are encouraged to attend to welcome and assist the newcomers. The ride is postponed if the pavement is wet.

Leaders: Karen Holland 927-1173, Sarah Oakley 985-4534, and Jeri Willloh 965-4320.

SAT 5 SPRING IN CAMINO

8:30 AM Grade: D25 - many ride variations available

Ride through peaceful country roads with gentle rolling hills. Bring snacks, but restaurants and stores are available in Camino. Meet at Able's Acres, 2345 Carson Rd, Camino (Highway 50 east through Placerville; take Schnell School Rd exit; left onto Schnell School; right on Carson Rd for approximately 3 miles. Able's Acres is the red building on the left at the corner of Carson and Hassler. Ride canceled if it rains.

Leaders: Carl and Dori Drake (530) 626-1442

SUN 6 MOUNTAIN BIKE RIDE THE QUARRY TRAIL

9:00 AM Grade: C/B15

Dust off your mountain bike and meet behind McDonald's in Auburn (Highway 80 East, exit at the Foresthill off ramp; right at the light; immediate right on Lincoln Way; then quick left on Ferguson and into the parking lot). We will ride down the Stagecoach Trail, then over onto the Quarry Trail to the end and return.

Leader: Jim Karpowicz 782-8523



March Cont.

SUN 6 TOUR OF THE UNKNOWN VALLEY CENTURY

Enjoy scenic views, splashing creeks, green hills, and historic settlements as you ride the rural roads in this hidden gem of a valley west of Highway 5. This is an organized event conducted by the Chico Velo Cycling Club and starts from Willows for the full century and Maxwell for the metric century. Contact their Website for more information about the ride, fees, and registration: <http://www.chicovelo.org>. Although some of the roads in the first half of the ride are rough or composed of short stretches of gravel, they are fully navigable by road bikes with care... a good time to slow down and enjoy the journey! Complete one of the rides and sign-in for club mileage credit.

Leader: Jerry Beckett 214-3203

MON 7 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/D32

After meeting at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way, we will ride to Java City in Folsom for coffee and then back to the start.

Leaders: Irene and Marsh Stadt 944-0174

TUE 8 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See March 1st Tuesday Evening ride description for details. Lights are required front and rear.

Leader: Steve Cimini 483-5222.

WED 9 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride 30 miles or so depending on the restaurant we are going to.

Leader: Karl Tracy 381-5338

THU 10 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See March 3rd Thursday Evening ride description for details. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

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March Cont.

FRI 11 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: E/D30+

A few loops in the burbs and the country will take us to Loomis and back. Coffee stop included. Meet at Maidu Community Center parking lot in Roseville. Take I-80 to Douglas Blvd east, right on Rocky Ridge Rd about 1/2 mile to the park (on the left). Or take Cirby Way; turn onto Rocky Ridge Rd, go about 1/4 mile and turn right into the park.

Leader: Bob Keven 761-0979

SAT 12 SPRING TRAINING RIDE #5
8:00 AM Grade: C-B100/D35

Meet behind Papa John's Pizza at Folsom and Rod Beaudry. This is the last of the Spring Training Rides and it's the best. 100 beautiful miles including the towns of Rocklin, Loomis, Newcastle, and Auburn. The long ride will not be swept.

Leader: Tim Bartoe 394-0561

SAT 12 RIDE TO DAVIS FOR A BAGEL
9:30 AM Grade: F20

Meet at the Park and Ride (across from the gas station) at the end of West Capital Ave in West Sacramento. Take Highway 80 west, Enterprise Blvd exit. We will ride to downtown Davis and back. Bring \$ for food/drink. Ride cancelled if it is raining.

Leader: Becky Yee 427-6740

SUN 13 BURBS OR BUST RIDE
8:30 AM Grade: D26/38

Meet at Safeway, 5450 Dewey Dr (corner of Madison Ave and Dewey Dr in Fair Oaks). We will be using a combination of city streets with well-marked bike lanes and the American River Bike Trail to wheel off 38 miles of mostly rolling flats. A shorter route option is available. Bring \$ for sips/snacks along the way. Enjoy a Round Table pizza and socializing after the ride.

Leaders: Debbie Levon 725-2238 and Sarah Oakley

MON 14 ROVING MONDAY MORNING COFFEE
9:00 AM Grade: E/D25-35

Meet at Bannister Park in Fair Oaks (Sunrise Blvd north across the American River, left on Fair Oaks Blvd, then left on Bannister Rd at the signal light).

Leader: Karl Tracy 381-5338



March Cont.

TUE 15 TUESDAY EVENING RIDE AND DINNER
6:30 PM Grade: C20-29

See March 1st Tuesday Evening ride description for details. Lights are required front and rear.

Leader: Steve Cimini 483-5222.

WED 16 WEDNESDAY MORNING BREAKFAST RIDE
9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride 30 miles or so depending on the restaurant we are going to.

Leader: Don Scalise 485-2611

THU 17 THURSDAY EVENING EASY RIDERS
6:30 PM Grade: E/D20-30

See March 3rd Thursday Evening ride description for details. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749
and Mark Munguia 422-4672.

FRI 18 ROVING FRIDAY MORNING RIDE
9:00 AM Grade: D30

Enjoy a variety of rides. Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way.

Leader: Karl Tracy 381-5338

The Sacramento Bike Hikers are affiliated with the League of American Bicyclists. Membership in L.A.B. is encouraged for all Bike Hiker members as well as all cyclists. Call (202) 822-1333 or see their webpage at: www.bikeleague.org.



SAT 19 PADDY O'NOLAN'S BIRTHDAY RIDE
8:00 AM Grade: D29/C43

Come and join me for a belated St. Patrick's Day and a near first day of spring. A ride through the lovely east Placer County countryside is sure to bring out the Irish in us all. Long ride will be swept. Bring snacks and drinks as the rest stop (Log Store) is not always open. There is a coffee shop near the end of the ride. Meet at Vic's Market at the corner of Oak Ave Parkway and American Canyon Dr (from Folsom-Auburn Rd, go west about a mile on Oak Ave parkway to the shopping center parking lot on the left).

Leader: Linda Noland 987-7971

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March Cont.

SUN 20 FOUR QUARTERS RIDE

8:30 AM Grade: D+25-100

Here is your opportunity to add an easy 100 miles to your Spring Blitz goal! The course is designed in two 25-mile segments that enable distance options from 25 up to 100 miles, if ridden twice. Services are available along the route, so a sag vehicle will not be provided. The 25-mile segments start and end at Vic's, which will serve as a rest stop. The full 100-mile route will be swept at an average pace of 14 mph, and riders are encouraged to be as self sufficient as possible with fluids, food, weather-appropriate clothing, mechanical supplies, etc. Meet at Vic's Market parking lot at the corner of Oak Ave Parkway and American River Canyon Dr in Folsom (from Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center parking lot on the left).
Leader: Susan Wallis 985-2121

MON 21 ROVING MONDAY MORNING COFFEE

9:00 AM Grade: E/C25-35

Meet at Bannister Park (take Sunrise Blvd north across the American River; left on Fair Oaks Blvd, left on Bannister Rd at the signal light).
Leader: Karl Tracy 381-5338

TUE 22 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See March 1st Tuesday Evening ride description for details. Lights are required front and rear.
Leader: Steve Cimini 483-5222.

RIDE GRADING CODE

THREE FACTORS make up the ease or difficulty of a ride - not counting such chance factors as traffic, road conditions, and weather. These factors are important considerations for riders when selecting rides in which to participate. No rider will knowingly be left behind alone. However, riders should NOT sign up for rides beyond their ability. "Biting off more than you can chew" can result in discouragement, sore muscles, and invites accidents.

- **Terrain Elevation** - Represented by an alpha letter.
 - A - Steep - Mostly steep grades: strong riders only.
 - B - Steep/Moderate - Some relief from steep grades.
 - C - Moderate - Hilly; a challenge for the average rider.
 - D - Moderate/Easy - Rolling hills, a challenge for beginners.
 - E - Easy - Some gentle grades, but no problems.
 - F - Flat - If any route is really flat.

- **Distance** - Represented by the actual number of miles.
- **Pace** - Will range in 'miles per hour' between about 10 mph on easy short distance rides, to 20+ mph on hard long distance rides. Generally, the pace increases as the difficulty (steepness and distance) of the ride increases. Riders tend to increase their pace as they gain experience, fitness, and are challenged by difficulty. Beginners and novices are strongly advised to select easy and short distance rides to start with, and progress up the grading scale with experience and capability.



March Cont.

WED 23 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride 30 miles or so depending on the restaurant we are going to.
Leader: Dave Abbott 961-8826

THU 24 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See March 3rd Thursday Evening ride description for details. Lights are required front and rear.
Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

FRI 25 ROVING FRIDAY MORNING RIDE

9:00 AM Grade: E/D20-30+

Meet at the new Nugget Market parking lot (corner of Florin Rd and Greenhaven). Enjoy a variety of rides.
Leader: Ray Poff 444-2939



"NO SWEEP" RIDES

The "No Sweep" rides, designated by this symbol, tell potential riders that they need to be self-sufficient. No one will be following behind to look out for them should they need assistance. It tells them that they shouldn't consider this ride unless they would probably do it on their own or with a friend. Basically it's a ride for experienced riders.

However, ride leaders are encouraged to arrange regroup points on the route to allow riders to stay together. Riders on "No Sweep" rides are encouraged to ride together and check with stopped riders to see if they need assistance. Ride leaders will still check to make sure everyone returns safely.

2005 OFFICERS & STAFF

PRESIDENT	Norma Chadwell	916 725-0571
VICE PRESIDENT	Kevin Regan	916 564-0448
SECRETARY	Martin Tomas	916 227-6277
MEMBERSHIP	Bob Keven	916 761-0979
TREASURER	Bruce Morrical	916 369-8272

STAFF

Chief Ride Coordinator ...	Jim Karpowicz	916 782-8523
Publishing	Linda Jew	916 682-8287
Website	Ken & Judy Montgomery	916 944-3252
Mailing List Moderators	Ken Montgomery	916 944-3252
	Andy Chandler	916 988-1499
Schedule Distribution	Mark Munguia	916-392-2969
Mileage Recorder	Jerry Beckett	916 214-3203
Tour Director	Bill Chadwell	916 725-0571
Locker Coordinator	Bob Albert	916 725-4063
Historian	Kathy Wright	916 363-9343
Party Pardee Chair	Kevin Regan	916 564-0448



March Cont.

SAT 26 PARTY PARDEE PRERIDE FOR VOLUNTEERS

This is a ride for the volunteer workers at next week's Party Pardee Metric Century. Contact your committee chairperson for details. Services are a bit scarce along the routes, so please be prepared and self-sufficient.

Leader: Gary Noland 863-5789

SUN 27 2005 EASTER EGG RIDE

9:00 AM Grade: D36

Join us for a "egg rolling" ride by meeting at the parking lot of Vic's Market at the corner of Oak Ave Parkway and American Canyon Dr (from Folsom-Auburn Rd, go west about a mile on Oak Ave Parkway to the shopping center on the left). It's a fun way to stay in shape! Wind your way through some rolling hills in the Loomis and Rocklin area and back. We'll enjoy a "sore seat" rest stop at the halfway point to congratulate ourselves before we press on home.

Leader: Nicole Karres 276-6375

MON 28 MONDAY MORNING ROVING COFFEE

9:00 AM Grade: D/E25-35

Meet at Bannister Park in Fair Oaks (Sunrise Blvd north across the American River; left on Fair Oaks Blvd: left on Bannister Rd at the signal light).

Leader: Karl Tracy 381-5338

TUE 29 TUESDAY EVENING RIDE AND DINNER

6:30 PM Grade: C20-29

See March 1st Tuesday Evening ride description for details. Lights are required front and rear.

Leader: Steve Cimini 483-5222.

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March Cont.

WED 30 WEDNESDAY MORNING BREAKFAST RIDE

9:00 AM Grade: E/D30+

Meet at the Five Points shopping center at the corner of Fair Oaks Blvd and Arden Way. We will ride 30 miles or so depending on the restaurant we are going to.

Leaders: Charlotte and Dick Frink 971-1817

THU 31 THURSDAY EVENING EASY RIDERS

6:30 PM Grade: E/D20-30

See March 3rd Thursday Evening ride description for details. Lights are required front and rear.

Leaders: Charlie Archuleta 731-8749 and Mark Munguia 422-4672.

Thu 31 THE END OF SPRING BLITZ!

Did you meet your cycling goal for the month? Now is the time to submit your month total to Debbie LeVon. Please send your total miles and a copy of your rider log by April 15th. All event participants will be invited to a celebration dinner in late April. Details will follow.

Club Apparel may be purchased at 'The Bike Shop', in Fair Oaks (see their ad for details).

Short Sleeve Jersey \$55 Long Sleeve Jersey \$65 Jacket \$65 Shorts \$45

Sizes available: Small, Medium, Large, Extra Large, plus (XXL), and (XXXL). Club apparel is not included in membership fees.

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Would you be willing to volunteer to help lead rides? <input type="checkbox"/>			
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<p align="center">Make checks payable to: SACRAMENTO BIKE HIKERS</p>			
<p align="center">(Parental Consent Release forms will be sent for members under 18)</p>			
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