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Sierra Foothills Cycling Club

Monthly Newsletter

July 2026

SUMMER CAMP RECAP

SMILES FOR MILES IN PETALUMA!

Petaluma continues to be a great home base for Summer Camp, with beautiful weather, a wide variety of routes, and something for just about every rider.

Over four days, our routes took us through Point Reyes, Olema, Tomales Bay, Glen Ellen, and Sonoma Mountain. With a variety of distances and terrain available, riders could choose the ride that worked best for them.

We had a big group this year, including several first-time Summer Camp attendees and several new members who joined SFCC so they could be part of the weekend. It was a great opportunity to meet new people, reconnect with friends, and spend four days riding our bikes together.

Saturday's Enduro made the group even bigger, with additional club members from SSCC and Wheelman. The weather could not have been better!

Our new digital check-in and check-out process also worked seamlessly and received plenty of positive feedback. Since I frequently ride to the ride starts, I'll definitely be using this process again!

Thank you to everyone who attended and helped make this year's Summer Camp such a success. Four days went by quickly, and we're already looking forward to doing it all again next year.

You can check out all of the photos on the Club's [Facebook page](#).









PRESIDENT ELECTION YEAR

Club Leadership Update - IMPORTANT

We'll be voting in a new **Club President** this year. The role is focused on board leadership and meeting facilitation: a strong meeting leader who encourages participation from all board members and keeps discussion balanced, respectful, and on track, while also setting clear agendas and keeping projects and action items moving forward. This role helps keep the board organized and the club moving forward.

If you are interested in serving or would like more information, reply to this email or contact Bob Peterson.

UPCOMING ENDURO RIDE

Another month and another great enduro planned!

JULY ENDURO

Charlie Fox Colfax - Penn Valley

SATURDAY JULY 11th

AUGUST ENDURO

Larry Merlo Truckee!

SATURDAY AUGUST 8th

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

RIDE SMART, RIDE SAFE ♂

July Safety Tips

July weather usually means lots of sun and lots of heat. A little planning before the ride can help everyone stay hydrated.

Respect the Heat

Start early when possible, use sunscreen, and pay attention to how you're feeling as the temperature climbs. Headache, nausea, dizziness, chills, or an unusual drop in energy are signs to back off, cool down, and take care of yourself. This is not the time to tough it out.

Hydration Starts Before the Ride

You can't make up for several days of being underhydrated once you're already on the bike. Focus on water and electrolytes in the days leading up to a hot ride, then continue drinking regularly during the ride. Starting well hydrated gives your body a much better chance of handling the heat.

Check the Air Before You Ride

Wildfire smoke and poor air quality can move into our area quickly. Check the air before heading out, especially on hotter days, and be willing to shorten the route or skip the ride when conditions are unhealthy.

· EZ RIDERS

Jen Fink continues to build great momentum with the EZ Riders ride, typically scheduled on Saturdays. Be sure to check the ride calendar for the latest route, start time, and ride details. Your participation helps keep this valuable ride option going and supports Jen's efforts to make it a regular part of the SFCC calendar.

SFCC territory will always include hills, but every ride does not have to leave you completely spent. EZ Riders features routes with gentler climbs, manageable distances, and a relaxed pace that allows riders to enjoy the scenery and finish feeling good.

This ride is a great fit for members returning after time away, rebuilding fitness, recovering from a busy training week, or simply looking for a more relaxed group ride. Come out, ride with Jen, and enjoy a fun and supportive day on the bike.

Saturday Ride Leader: Jennifer Fink

We are also adding a Sunday EZ Riders ride to the calendar, led by Jackie. This ride is currently planned for every other Sunday and will offer another opportunity for members who prefer a more relaxed pace, manageable distance, and welcoming group ride experience.

As always, check the ride calendar for the most current schedule, route, start time, and ride details.

Sunday Ride Leader: Jackie

2026 CLUB EVENTS

BOARD OF DIRECTORS ELECTION DAY

Thursday July 16th

Location: Moonraker and Zoom

MOUNT SHASTA CAMP

August 31st- September 4th

ANNUAL CLUB PICNIC WITH RIDE LEADER APPRECIATION RECOGNITION

October 10th

Ride Stronger. Recover Better. Keep Going.

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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.

Starting this month, I'll be sharing information about nutrition, sleep, recovery, wellness, healthy aging, and other things that help us feel good on and off the bike. You'll find useful takeaways you can put into practice to recover better, ride stronger, and keep doing what you love for years to come!

BETTER SLEEP FOR BETTER AGING

Better Sleep Starts in the Morning

What better topic could there be to kick off this new addition to the newsletter than sleep? Sleep is one of the cornerstones of good health. Quality sleep helps us maintain our energy, recover well, and keep the immune system strong, while poor sleep can leave us feeling depleted and make it harder for the body to bounce back.

MYTHBUSTER! There is a common belief that we need less sleep as we get older. Not true. Sleep patterns may change with age, and staying asleep can become more difficult, but the body still needs plenty of quality sleep for recovery, energy, memory, immune health, and overall well-being.

The surprising part is that better sleep does not always begin when your head hits the pillow. It often starts with what you do earlier in the day.

Keep a consistent sleep schedule

Try to go to bed and get up within the same 30 minute window every day. A regular schedule helps set your body's internal clock, supports a healthy circadian rhythm, and helps your body recognize when it is time to be awake and when it is time to sleep. The body loves consistency, even when our brain has other ideas.

Get some morning light *

Morning light sends a strong signal to the brain that the day has begun. Sit outside with your coffee, relax in a chair on the patio, take a short walk, or spend a little time near a bright, sunny window. Outdoor light is strongest, but the goal is simply to give your body an early cue that it is time to be awake.

Sleep may require a little more strategy as we get older, but needing less of it is not part of the deal.

Merlo's Riding Reels

Close encounters between cyclists and motor vehicles can lead to dangerous situations not only for cyclists but also for drivers. Watch the video and see how an incident like this can unfold.



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!

LET'S GET SOCIAL!

Did you know SFCC has a [Facebook](#) page? It's a great place to see photos from club rides and events, catch the latest updates, and stay connected with other members.

Be sure to follow the SFCC Facebook page so you don't miss what's happening both on and off the bike!

CLUB MERCH



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.

Soon we'll have new kit (or jersey) ordering info!

KEEP SUMMER RIDES HEALTHY



There are plenty of great summer rides ahead, and nobody likes to miss one. But if you're coughing, sneezing, feeling run down, or still recovering from an illness, please sit this one out. Giving yourself time to fully recover also helps protect the rest of the group and keeps illness from making its way through the club.

Come back when you're feeling like yourself again and ready to ride!

Steven Kahn

Kyla Hjertstedt

BOARD MEMBERS

NEW 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

Treasurer | **Doug Parks** | treasurer@sfcyclists.org

Membership Director | **Monica Pappas** | membership@sfcyclists.org

Webmaster | **Larry Merlo** | webmaster@sfcyclists.org

Email Moderator | **Monica Pappas** | moderator@sfcyclists.org

Merchandise Chair | **Deb Hallford** | merchandise@sfcyclists.org

SFCC Consultant | **Larry Matz**

Bicycle Advocacy & Safety Team Chair | **Dana Hofheinz** | advocacyandsafety@sfcyclists.org

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