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Sierra Foothills Cycling Club

Monthly Newsletter

March 2026

Annual Cookie Ride & Cookie Bake-Off

ReCap ☒☒



Cookie Ride Recap

We had a beautiful sunny 70* day and a great turnout of smiling cyclists ready for a good ride, followed by cookies and coffee. The Cookie Bake Off was a highlight, with enthusiastic cookie sampling (all of the cookies were eaten!), a little friendly competition along the way, and a fun way to recognize our bakers!

Cookie Bake Off Winners:

1st place: **Rosemarie** Smith

2nd place: **Rachel** Degmetich

3rd place: **Marc** Hollis

Wellness Winner (healthiest cookie): **Teri** Gevry

Thank you to everyone who rode, baked, helped with setup, and kept things running smoothly! Events like this are a great way to bring our club members together for post-ride socializing.

PRESIDENT ELECTION YEAR

Club Leadership Update

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

Merrill Enduro

Another month and another great enduro planned!

SATURDAY MARCH 14th

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

RIDE SMART, RIDE SAFE ♂

March weather will go back and forth between feeling spring-like and feeling like winter's here all over again. That swing can catch people off guard, so let's keep safety top of mind as we ride this month.

Temperature Swing Check

Start slightly cool and plan for the second half of the ride. A light, packable layer and full finger gloves you can stash make a big difference when the shade, wind, or a late start shifts the feel fast. If you're sweating early, you'll likely be chilled later.

Rain Aftermath Awareness

Even when it stops raining, the road can stay sketchy. Watch for slick paint lines, metal plates, and puddles hiding potholes. Give yourself extra space before corners and slow down earlier than usual. Also expect more debris near gutters and at the edge of the shoulder.

Wind and Crosswind Etiquette

March can get gusty in our area. Leave a little more lateral space, especially when passing or riding two abreast, and be ready for sudden side hits when you clear a hedge line or cross an open stretch. If it's windy enough that holding a line is hard, ride single file and keep movements predictable.

Early Morning Light Reality

Even if it feels bright where you are, drivers may be staring into glare or low sun. Pick high-contrast clothing, keep lights on if you're starting early or finishing late, and avoid sitting in a driver's blind spot at intersections and driveways. Make eye contact when you can, and assume you haven't been seen until you're sure.

EZ RIDERS

SFCC will always give us hills but they don't have to take all our energy. EZ Riders is about choosing routes with gentler climbs, shorter distances when things get steep, and a pace that leaves you smiling at the end. Whether you're easing back after time off, recovering from a busy week, or simply prefer a more relaxed ride, this group is for you. Join us, enjoy the scenery, and remember: cycling should feel good. ♀
Jennifer Fink

2026 CLUB EVENTS

MARCH ENDURO

Saturday March 14th

All the details are on the calendar

MAY IS BIKE MONTH - KICKOFF RIDE AND POTLUCK

Saturday May 2nd

Granite Bay Park

MEMORIAL RIDE - RIDE OF REMEMBRANCE

Meadow Vista

Saturday May 31st

ANNUAL SUMMER CAMP PETALUMA

June 18-21

MOUNT SHASTA CAMP

August 31st- September 4th 2026!

ANNUAL CLUB PICNIC WITH RIDE LEADER APPRECIATION RECOGNITION

October 3rd

E-Bike Regulations - The Good and the Bad

Rising e-bike use sparks new safety laws in California

[Read the article here.](#)

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.

LET'S GET SOCIAL!

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"

Let's spread good vibes, not germs!



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!

NEW MEMBERS

Luis Pascual

Ronald Alisch

Bill Whitney

D Singleton

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

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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