

[View this email in your browser](#)



Monthly Newsletter
October 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

It's only **10 days away!** Please come out for the club's Annual Picnic & Ride Leader Appreciation Event and help us show our ride leaders how much we appreciate all they do!

We'll have **three rides** to choose from this year: an EZ Ride, a medium-distance route, and a longer route, so there are several options depending on how much riding you want to do before the picnic.

After the rides, we'll gather at Loomis Basin Park for the picnic and BBQ. Appetizers begin at 11:30 AM, with lunch served from 12:00–1:30 PM.

If you haven't **RSVP'd** yet, please do. And if you're one of our ride leaders, be sure to RSVP as a ride leader as well. We'll have a **gift bag waiting for each ride leader who attends!**

Members with last names A–M are asked to bring an appetizer or salad, and N–Z a side dish.

Ride and event **RSVP** links are below. We're looking forward to seeing everyone on October 10!

Click [here](#) to RSVP for the event.

Click [here](#) to RSVP as a ride leader attending.

If you are a ride leader, please RSVP twice. Thank you!

RIDE SMART, RIDE SAFE ♂

October Safety Tips

Watch for fallen leaves and pine needles. They can be slick, especially in corners and on descents. Give yourself a little more room and avoid hard braking if you're riding over them.

Don't let shorter days sneak up on you. As the days get shorter and it gets dark earlier, take a quick look at the sunset time to make sure you can get back with plenty of daylight.

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

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

Riding, Recovery, and Your Immune System

Regular riding is good for your health, including your immune system. But harder rides, long rides, poor sleep, everyday stress, and not enough recovery can add up, and sometimes the body starts giving you signs that it needs a little more time to recover.

You might notice more fatigue than usual, legs that still feel heavy a day or two later, poorer sleep, a higher resting heart rate, or just feeling run down. None of those things automatically mean something is wrong, but taken together they can be a good reason to back off a bit and let your body recover.

Recovery doesn't need to be complicated. Sleep, hydration, and getting enough protein throughout the day help with recovery. Nutrition should also match how much you're riding. Eat enough, but not too much. A longer or harder ride needs more fuel than a short, easier ride, but not every ride needs to turn into extra calories afterward.

A few tips that are worth keeping in mind:

If you're unusually tired before the ride or your legs still feel heavy from the last one, an easier day may be the better call. Hard rides also need some space between them, especially when sleep hasn't been great or life stress is running high.

Hydration is still important when the weather cools down, even though y't feel as thirsty. And for longer or harder rides, adding more carbohydrate around the ride can help with both performance and recovery.

If you're starting to feel sick, this probably isn't the time to push the pace or do a harder ride. Cutting back for a few days can give your immune system the break it needs and may help you recover sooner.

The goal isn't to ride less. It's to recover well enough that you can keep riding consistently, feel good, and stay healthy.

MERLO'S RIDING REELS!



Our SFCC ride from Palisades Tahoe to Barker Pass took an unexpected turn when we encountered an unimposing black bear along the way. Little did we know, this bear was far more adept and resourceful than any of us could have imagined !!

ON THE ROAD AGAIN!

Many of you know about our bikepacking trip to Mongolia, and you may have followed John's blog on Crazy Guy On a Bike -

https://www.crazyguyonabike.com/doc/?o=3d2&doc_id=27164&v=R6

Here are two videos:

The first video is the first two weeks of John and I:

<https://youtu.be/gy40-fxHOdE>

After the first two weeks, John rode back to the capital of Mongolia, and I explored Orkhon Valley:

https://www.youtube.com/watch?v=HZcF2S_uDzo

I hope you enjoy them!

Doug

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

Heidi Moor - Ed Holt - Philae Carver - John Rokos - David Broom -
Lisa Conway

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

Stay Connected

Website

Facebook

[View email in browser](#)

Email

[update your preferences](#) or [unsubscribe](#)