

## Upcoming SCBC General Meeting , Ride and BBQ

**Wednesday, September 14**  
**East La Loma/Dry Creek, Modesto**

**6:00 PM - Ride**

**6:45 PM - BBQ**

We will meet at the Dry Creek Park, for a BBQ and Ride.

Directions: Take Edgebrook west from El Vista Ave (Oakdale Rd), and go about 2 blocks. Turn right and go down the hill to the picnic area.

If you wish to ride, meet at 6pm.



**Please bring a dish to share.**

If your last name begins with:

**A to G:** please bring a salad

**H to M:** bring vegetable, rice or potato dish

**N to R:** bring fruit or dessert

**S to Z:** bring drinks

This is our last "family-oriented" picnic of the season.  
See you there!

## WELCOME TO OUR NEWEST MEMBERS!

MIKE & LEA ANNE ILES  
DENNIS McCABE  
DAVID MILLER

Please look for all our new members  
at rides and meetings and let them know  
you are glad they joined!

Check out the newest bicycle shop in town:

## ECONOMY BICYCLE SHOP

New and used bike and components.  
945 Coffee Rd, Ste #3  
Modesto, CA  
(209) 572-2773  
or Stan's cell (209)818-6238

## President's Message

The beautiful fall weather is here for riding... and volunteering! We still need volunteers for the Cancer Awareness Run & Ride on Sat., Sept. 17 (7:30 am - 11:00 and 10:30 - 1:30). And we really need some volunteers to cover the SCBC booth at this event, also (7:00 am to 2:00). If you can help, I'd love to hear from you!!

Next, is our own Cheese & Wine Century. It's a great time to pull together for SCBC. With the funds raised from this ride SCBC has donated to various food banks, bought helmets for kids, worked toward Share-the-Road signs, helped disabled kids learn to ride, supported Triumph and several other local and professional bike rides. Let's help keep riding safe and fun for us and others through this work.

Susan

## SAVE THE DATES!!

### VOLUNTEER CALENDAR for C&W

- October 2nd is the Knights Ferry Breakfast Ride—free for C&W Volunteers!
- October 5th is the Volunteer Orientation Meeting, Round Table Pizza, McHenry
- October 9th is the Riverbank Cheese and Wine Century. Can YOU help?

**For All Stanislaus County Cyclists**  
**Have you taken the Online Bike Survey?**  
Go to [www.stancog.org](http://www.stancog.org) as soon as you can!

## YAHOO! GROUPS

QUESTION: "Where can I get all the latest information concerning rides?"

ANSWER: Join Yahoo!Groups.

All current SCBC members are eligible to become members of the cycling discussion board for our club. To subscribe, enter the following address: [SCBC-subscribe@yahoogroups.com](mailto:SCBC-subscribe@yahoogroups.com) then identify yourself as a current SCBC member and request to be added to the list of those members receiving up-to-date information on rides, items for sale, discussions etc. Join now!

## RIDE SCHEDULE - SEPT. 2011

All rides subject to cancellation due to weather!

Weekend start times - 7AM!

- 1st SAT (3rd) Lathrop to Tracy and Intro Ride
- 1st SUN (4th) Knights Ferry, Odd Fellows Hall
- 2nd SAT (10th) Waterford to Oakdale
- 2nd SUN (11th) Woodward Lake Loop
- 3rd SAT (17th) Waterford to Knights Ferry, 50's Diner
- 3rd SUN (18th) Del Puerto Canyon
- 4th SAT (24th) "70 for 70" Bike Ride (see below)
- 4th SUN (25th) Waterford to Snelling

Non-Members wishing to join rides are welcome.

**Helmets required.**

Please call Jack Quinnett for ride specifics. (209) 818-3448  
Check Ride Schedule for more information and start times.

MARK  
YOUR  
CALENDAR!



### UPCOMING RIDES & LOCAL EVENTS

- Sept 10 - CANYONS CENTURY Tuolumne, CA
- Sept 17 - CANCER AWARENESS RUN & RIDE Modesto, CA
- Sept 24 - BIKE RIDE FOR P.R.I.D.E. Patterson, CA
- Sept. 24 - REVOLUTION RIDE Geyserville, CA
- Sept. 25 - CLARK'S CORNER CYCLING CHALLENGE Ione, CA
- Sept 25 - KONOCTI CHALLENGE Lakeport, CA
- Oct 9 - SCBC RIVERBANK CHEESE & WINE CENTURY Modesto, CA
- Oct 16 - FUN SPORTS BIKES RIDE TO CURE CANCER Modesto, CA
- Nov 6 - GIRO D'VINO Acampo, CA

### "70 for 70" Bike Ride Saturday, September 24th

To celebrate PRIDE awarding \$70,000 in scholarships to Patterson High Class of 2011 graduates, the "70 for 70" Bike Ride will be held Saturday, September 24th to raise scholarship funds for the Class of 2012.

Four distances to choose from!

# 70 miles on flat roads with one small climb at 60 miles.

# 48 miles on flat roads.

# 35 miles on flat roads.

# 15 miles on flat roads.

Starts at Lucich/Santos Farms  
12631 Rogers Road, Patterson.

(Midway between Highway 33 and Sperry Avenue at Del Puerto Creek Bridge.

Look for the signs. Ample parking.)

70-mile ride starts at 7 a.m. all other rides start at 7:30 a.m.

Starting area closes at 8 a.m. Course closes at 2:00 p.m.

Fully supported ride with rest stops and SAG but no official registration or registration fee. Donations to PRIDE in any amount are welcome.

**PLEASE RSVP TO:** [bulldog23@gvni.com](mailto:bulldog23@gvni.com)  
Ride information contact Don Huston:  
[bulldog23@gvni.com](mailto:bulldog23@gvni.com)

Fund raising information:

To have a scholarship presented in your name, family member names, a business or organization please contact Dave Santos:  
[dave@blossomhillapricots.com](mailto:dave@blossomhillapricots.com)



Join us on Saturday, September 17, 2011 and learn more about cancer awareness, cancer prevention and early detection, as well as nutrition, exercise and living a healthier life.

**THE RUN:** 10K and 2-Mile Run/Walk & Kids Fun Run

**THE RIDE:** 63 mile, 30 mile and 12 mile rides

**THE PLACE:** Modesto Junior College, West Campus

Register online now at [active.com](http://active.com)

For more information or to receive a registration form in the mail, please call 209-569-7789.

Ride With Chris Horner in Ione, CA  
on September 25, 2011

For more Information:

[http://www.clarkscornerione.com/  
pages/cycling\\_challenge.cgi](http://www.clarkscornerione.com/pages/cycling_challenge.cgi)

**NOTE:** SCBC no longer holds a Postal Box.  
Our address for all written communication is:  
SCBC, c/o John Field, DDS  
817 Coffee Rd., A-2, Modesto, 95355.

Some ‘newbies’ are asking:  
“What is the Riverbank Cheese and Wine Century?”

The Stanislaus County Bicycle Club is once again inviting cyclists to the 35th Annual Riverbank Cheese & Wine Century—this year to be held on October 9, 2011 starting at Riverbank High School in Riverbank, CA.

This event is the primary fundraiser for the club, utilizing members and other volunteers to provide one of the foremost cycling rides available in the Central Valley region. It is held on the same weekend as the Riverbank Cheese and Wine Festival, only a few miles from the High School. Proceeds from the 2010 Cheese and Wine Century benefited the following community service organizations: Soroptimist Community Christmas Tree for helmets for kids; The Tour of California; Modesto Cycling Festival for purchase of kids’ helmets; Memorial Hospital Foundation for the Cancer Awareness Run and Ride. Additional funds are ear-marked for purchase of “Share the Road” signs.

This event offers three different routes traversing Central Valley farmlands and grasslands to the Central Sierra Nevada foothills. There is a route for every skill level. All of the routes have multiple rest stops well supplied with fruit, snacks, and of course, our ever-popular home-made cookies. The 106 mile and 100 km rides will be treated to a full lunch stop midway through the day. All riders enjoy a BBQ chicken and pasta meal at Riverbank High School. Vegetarian fare will also be available.

Please save the date—OCTOBER 9th—for a fun-filled day. There will be many ways to contribute, by baking the always popular home-made cookies, SAG, helping with rest stops, parking, registration, and serving... We look forward to your participation.



## ***BICYCLE SAFETY STARTS WITH YOU!***

With school starting up, it’s time to review bicycle safety with your children. From City of Modesto Rideshare come the following:

- Always wear a helmet when you ride.
- Always do safety checks before you ride; be sure nothing on your bike is loose or cracked.
- Never give anyone a ride on your handlebars.
- Wear bright colors so you can be seen.
- Be alert for things on your path.
- Avoid riding at night; Walk your bike home or have someone pick you up instead.
- Wear a strap or rubber band to keep your pants from getting caught in the bike chain.

*Next month watch for “10 Rules of the Road”*

## Ride Report: by Marty Miller **Woodside/Tunitas Creek**



The July 30th Woodside/Tunitas Creek loop had it all, good planning and perfect timing. The valley heat wave gave us a bodacious turnout, 18 or 19 riders depending on how you count plus Sandy Hopp driving SAG for moral support (thanks again Randy and Sandy). There were enough first-timers on the loop that those of us who had been around it before got to share their reactions to the awe-inspiring scenery and roads. Even the really advanced climbers were able to enjoy the beauty at each regroup while the more mature paced of us caught up.

The first climb on Old La Honda road was well attended with locals and at the junction with Skyline there was a refreshment tent for an organized ride. From there south to Alpine road Skyline was at its best with nice ridge views to one side and then the other. Even under clear blue sky we got rained on as we passed under the stands of Redwood trees. Main Street Pescadero was gridlocked with an Alfa Romeo car club and we went through three loaves of Artichoke Herb bread at the general store. San Gregorio, the northbound part of highway 1 and Tunitas Creek Road were perfect; the day's high temp must have been about 70 degrees.

I was looking over my ride log and realized that my last time there was January 22nd, when the Hammerheads did the long loop (my first time down Alpine) and I remembered that that day was so foggy over here that our favorite Merced rider couldn't get to the carpool in Modesto. Once again as soon as we got to Woodside that January day the sky got blue and with the addition of windbreakers and light long sleeves we enjoyed another perfect day. I suppose that every once in a while there must be such a thing as not perfect riding weather but the norm is just awesome and it's only a 1 hour and 45 minute drive, so why seven months passed between rides is a real mystery. I encourage everyone to watch for the next Tunitas Loop on the schedule, brush up on the climbing and join us for a lap around bicycle heaven. (I logged 57 miles, just under 6k feet of climbing and the best scenery of the year).



## **Redding, CA ~ 2 Dam Fun Century ~ October 1, 2011**

**2 Dam Fun Century** 100 mile ride crossing both Shasta & Keswick Dams  
**2 Dam Metric** 60 mile ride crossing both Shasta & Keswick Dams  
**1 Dam Short Ride** 32 miles.

All riders receive a T-shirt and a pasta dinner.

All rides will be starting at Thompson Field behind Shasta High School in Redding, CA

Course maps, profiles, ride descriptions and registration are all available on this website.

Prices range from \$25 to \$45 and all rides start and finish at Thompson Field so there is ample parking.

Ride limit is 1000 riders so register early and tell your friends. Prices go up \$5 on September 26<sup>th</sup>.

Day-of registration is available if the limit has not been met.

For more information Call Ride Director Mike Ferrier at 530-941-9977.

When I go biking, I repeat a mantra of the day's sensations: bright sun, blue sky, warm breeze, blue jay's call, ice melting and so on. This helps me transcend the traffic, ignore the clamorings of work, leave all the mind theaters behind and focus on nature instead. I still must abide by the rules of the road, of biking, of gravity. But I am mentally far away from civilization. The world is breaking someone else's heart. ~Diane Ackerman

## **BICYCLE SWAP MEET** at the Economy Bike Shop

Sunday, Sept. 11th  
7am to 2pm

Space still available;  
No store vendors please.

For more info: 572-2773 or Stan at 818-6238



LOCAL BIKE SHOPS		
<b>George's Bikes</b> 201 S Stockton Ripon 599-6900	<b>Fun Sport Bikes</b> 1700 McHenry Modesto 523-2700	<b>The Bicycle Cafe</b> 605 W Kettleman Lodi 224-8708
<b>World of Wheels</b> 1544 Standiford Modesto 522-0804	<b>Economy Bike Shop</b> 945 Coffee Rd 572-2773 818-6238	<b>Cycle Masters</b> 605 E Main Turlock 634-8123

SCBC BOARD			
Title	Name	Phone	E-Mail
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**SUPPORT OUR LOCAL BIKE SHOPS!**  
 Most shops listed above give SCBC members a 10% discount on most purchases.  
 Fun Sport Bikes, WOW and Lodi's Bicycle Café gives 15% discount with membership card.  
 Thanks to all!

**WEB SITE**  
[www.stancobike.org](http://www.stancobike.org)