

## **Sacramento Handcycling Club**

### **'09 Rides – Spring/Summer**

Keep the following dates open for organized group handcycling rides in the area. Come join in this fun and exciting sport that can be shared with family and friends and provide excellent health benefits.

**March 22 – Bloom to Zoom** – 10am. til noon. We will meet at UC Davis for a leisurely paced tour of the world class arboretum, and experience the beginning of the fragrant spring bloom. Following the arboretum tour, those interested will break off for an additional faster paced ride into the countryside. A limited number of handcycles will be available for use w/ reservation. Contact: [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net).

**April 18 – River Parkway Cycling Season Opener** – 10am. til noon. We will meet at Discovery Park. After a brief organizational meeting where the details of the spring/summer handcycling program will be discussed, there will be a group ride along this flat portion of the Sacramento River Parkway. The ride distances will vary dependant upon participant abilities. A limited number of handcycles will be available for use w/ reservation. Contact: [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net).

#### **May 11-14 “Rock & Roll Yosemite ‘09 - A Cycling Park Experience”**

The plans are rolling for this spring excursion to experience the sights, sounds and natural wonders of Yosemite National Park. This four (4) day three (3) nights tour will utilize hand cycles to tour the valley floor, including educational programs and is specifically designed with physically challenged individuals in mind.

Again this year there will be Adaptive Rock Climbing sessions led by Mark Wellman. He has scaled Yosemite's granite monoliths, including El Capitan and Half Dome and served for several years as a park ranger, after sustaining a spinal cord injury.

\*New this year will be an excursion to the Giant Sequoia Redwoods.\*

Participants must be 21. Space is limited.

Contact: Rick [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net) or

Jenny Yarrow [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org)- (916) 808-6017.

**May 30 – Handcycling Clinic and Ride w/DSUSA – Far West** . 9 – 1pm. @ Discovery Park. Participants will be given the opportunity to check out the various styles of handcycles available for both beginning and advanced riders. Experienced handcyclists will be in attendance to share tips about cycling and training techniques. Rides of varying lengths along the River Parkway will be followed by a Sweet Sarah's BBQ. Contact: [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net).

\*\* This will be event #1 on the Nor-Cal/Nev. Handcycle Series\*\*

**June 13 – William Pond Park**. 9-11am. This ride will follow the middle portion of the Sacramento River Parkway with distances and pace varying according to participant abilities. Contact: [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net).

**June 16-21 – Tour de Nez.** Further information on handcycle Time Trial and Criterium races coming.

**\*\*Northern California and Nevada Handcycle Series\*\***

This newly introduced series will provide participants with the opportunity for varied cycling experiences in Northern Ca. and Nevada. All events will include rides of varying distances for both new and experienced cyclists.

**Schedule:**

**May 30 – Sacramento Ca.** “Nor-Ca/Nev. Handcycle Series – Event #1”. Clinic and Series ride.

**July 25 – Tahoe, Ca.** “Nor-Ca/Nev. Handcycle Series – Event #2”. Details coming soon.

**August 22 – Berkeley, Ca.** “Nor-Cal/Nev Handcycle Series – Event #3. Details coming soon.

**September – Reno, Nv..** “Nor-Cal/Nev Handcycle Series – Event #4. Date and details t.b.a.

For further information on any of the above events contact: [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net)