



Sacramento *Handcycling and Tandem Club*

2011 Schedule – Summer/Fall

July 16- Sacramento River Run – 9 -12am. – This ride will be round trip north along the river parkway from William Pond Park to Nimbus Dam. This ride will follow the middle portion of the Sacramento River Parkway with distances and pace varying according to riders abilities. The ride will include the route included in Eppies Great Race.

Advanced riders will continue around Lake Natoma. The course is relatively flat with some gentle rolling terrain. Limited handcycle availability with reservation (before July 13).

Contact Rick: sacycle@sbcglobal.net.

July 23 – Eppies Great Race – Join Team TFO in "The Worlds' Oldest Triathlon"
<http://www.teamtfo.org/>.

July 31, 2010 – Tour de Nez. USHF Sanctioned Handcycle Criterium Races. This event is designed for handcyclists of all racing levels. <http://www.tourdenez.com>. Plans are being finalized for a handcycle road race. More details to follow.

August 13 – Tahoe, Ca. "Nor-Ca/Nev. Handcycle Series – Event #3"..

Contact Haakon Lang Ree- Program Manager, Disabled Sports USA Far West/ Paralympic Sport Lake Tahoe; Haakon@disabledsports.net

August 27 - Lake Natoma to Folsom Dam. 9-11am.

The group will meet at Nimbus Dam with an option of two rides. One route will circle Lake Natoma with a relatively flat terrain (10 miles). For those wanting an additional challenge, a second route will break off to climb to the end of the river parkway at Folsom Lake with a rapid return decent and finishing at Nimbus Dam. Contact: sacycle@sbcglobal.net.

(NEW DATE!)

September 10– Handcycling and Tandem Cycling Clinic and Ride and Rock Climbing with Mark Wellman. 9 – 2pm. @ Discovery Park, Sacramento. Participants will be given the opportunity to check out the various styles of handcycles and tandems 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 followed by a BBQ. This year participants will have the opportunity to experience climbing on an adaptive rock wall, led by world renowned climber Mark Wellman.

Cost: \$10. Contact Rick Mason; sacycle@sbcglobal.net.

September 17-18 – Folsom Cyclebration – This family friendly event features handcycle divisions in the time trial, criterium and circuit races to be held on consecutive days.

<http://www.folsomcyclebration.com>.

October 1 -That ‘Dam’ Ride. This will be a long distance ride to conclude the ’11 Sacramento River Parkway Season. We will begin the ride at Discovery Park. There will be rides of 15 and 25 miles and an ultra-distance of 56 miles to Folsom Dam and back.

October 15 – ‘Foxy’s Fall Century’. Test your distance riding with this event offering various length courses. This ride is sponsored by the Davis Bike Club and provides opportunities for riders of all skill levels including: a family friendly flat loop, and longer more challenging distances of 100km. and 100mi. Handcycles will be supported for the various ride lengths. Further info. http://www.davisbikeclub.org/annual_events/organized_rides/foxys_fall_century. Registration will begin in late August with a limit on the total number of riders.

****2011 Northern California and Nevada Handcycle Series****

Introduced in ’09 this 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 21 – Reno, Nv.. “Nor-Cal/Nev Handcycle Series – Event #1. Contact April Wolfe, Program Coordinator, City of Reno, Paralympic Sport Reno; wolfea@ci.reno.nv.us

August 13 – Tahoe, Ca. “Nor-Ca/Nev. Handcycle Series – Event #3”. Contact Haakon Lang Ree- Program Manager, Disabled Sports USA Far West/ Paralympic Sport Lake Tahoe; Haakon@disabledsports.net

“New Date”

September 10 – Sacramento Ca. “Nor-Ca/Nev. Handcycle Series – Event #2”. Cycling Clinic and Rock Climbing with Mark Wellman Series ride. Contact Rick Mason, Cycling Coordinator, City of Sacramento, Access Leisure/ Paralympic Sport Sacramento; sacycle@sbcglobal.net

October 22 – Berkeley, Ca. “Nor-Cal/Nev Handcycle Series – Event #4” Contact Greg Milano, Cycling Coordinator, Bay Area Outreach Recreation Program/ Paralympic Sport Berkeley; cycling@borp.org

For further information on any of the above events contact Rick Mason: sacycle@sbcglobal.net