



Sacramento Handcycling Club

2010 Schedule – Summer



June 5 – Pleasanton Dash for Cash. A fun cycling event with handcycling division cycling for cash. <https://www.sportsbaseonline.com/events/index.xhtml?categoryId=25879>

June 12 – 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.
** Please note date change**

June 16-19, 2010 – Tour de Nez. USHF Sanctioned Handcycle Omnium Races. This event is designed for handcyclists of all racing levels. <http://www.tourdenez.com/>

July 17- Sacramento River Run – 9 -11am. – This ride will be round trip north along the river parkway from Banister Park to Nimbus Dam (approx. 12 mi.). Advanced riders will continue around Lake Natoma. The course is relatively flat with some gentle rolling terrain. Contact: sacycle@sbcglobal.net

August 21 - Lake Natoma - Folsom Dam (Sacramento Cycle Series #3)'. 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 a an additional challenge, a second route will break off to climb to the end of the end of the river parkway at Folsom Lake with a rapid return decent and finishing at Nimbus Dam. Contact: sacycle@sbcglobal.net

September 10-12 – 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 2 -That 'Dam' Ride. This will be a long distance ride to conclude the '10 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 16 – '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.

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

August 7 – Tahoe, Ca. “Nor-Ca/Nev. Handcycle Series – Event #2”. Details coming soon.

September 18 – Reno, Nv.. “Nor-Cal/Nev Handcycle Series – Event #4. Details coming soon.

November 6 – Berkeley, Ca. “Nor-Cal/Nev Handcycle Series – Event #3. Details coming soon.

For further information on any of the above events contact Rick: sacycle@sbcglobal.net
or Steve Hornsey at 916-808-2340