

THE SIXTEENTH ANNUAL SA

Bike Ride

Saturday, June 9, 2018 - 8:00 a.m. to Noon (or so)

Ride 28 miles on the American River Trail. Will ride loop around Lake Natoma and back to the park.

THE PLAN

- Gather at William B. Pond Recreation Area in Carmichael, CA 95608 at 8:00 am for check-in, coffee, bagels, etc.
- Begin riding from park at 8:30 am
- Two rest stops with refreshments at Nimbus Fish Hatchery
- Finish the ride, lunch, and SA Meeting at @ 11:00 am
- Bring bike, helmet, recovery and determination
- If you need a bike, let's talk

Directions to William B. Pond Park: From 50 Highway. North on Watt Avenue. Right (East) on Arden all the way to entrance of William Pond Park. Entrance fee of \$5. Come around to the right and park in lot (will be on left). Look for a white Ford Ranger pickup and bikes. We'll be close by. Keep the top part of this flyer for your records.

REGISTRATION

Name _____

Address _____

City _____ Zip _____

Phone _____

E-Mail _____

Please email completed form to tom@folsomcs.com

Questions? 916-425-8288