

THE NINETEENTH ANNUAL SA

BIKE RIDE

Saturday, June 10, 2023 - 8:00 am to Noon (or so)

Ride 28 miles on the American River Trail. We will ride east from William B Pond park, 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 @11:00 AM
- Bring bike, helmet, recommend padded shorts, recovery and determination
- If you need a bike, let us know.

Cost is \$15 to cover food and beverages. Pay the morning of the ride

Directions to William B. Pond Park: From Highway 50, North on Watt Avenue, Right (East) on Arden all the way to entrance of William Pond Park. Entrance fee of \$5 (you may choose park outside the park, ride your bike in and save \$5). Come around to the right and park in lot (we'll be on left). Look for Rich's white Ford Ranger pickup, and bikes. We'll be close by.

Please RSVP to Tom C: email tom@folsomcs.com, text 916-425-8288