



Bike Trains for May 2014

From/to	Leader	Dates	Departs from	Departs at	Route
East Sac to Old Sac	Jennifer Donlon Wyant jennifer.donlon@gmail.com	Thurs & Fri 5/8, 5/9, 5/15, 5/16, 5/22, 5/23, 5/29, 5/30 (NOT 5/1 & 5/2)	<i>Thurs:</i> 51st St. & F St. <i>Fri:</i> 51st St. & M St.	7:45 AM	<i>Thurs:</i> F St. to 41st St. to D St. to McKinley Blvd. to E St. to 8th St. (about 3.5 miles one way) <i>Fri:</i> M St. to K St. to 13th St. to R St. (about 4 miles one way) (see map on next page)
Midtown to Sac State	Kenny Williams kennyrobwilliams@gmail.com	Tues & Thurs 5/6, 5/8, 5/13, 5/15, 5/20, 5/22, 5/29 (NOT 5/27)	Sutter's Fort, 27 th St. & K St.	7:30 AM	K St to M St. to Elvas Ave. (about 3 miles one way)
East Sac to North Highlands	Brian Lambert 916-475-7685	Mon, Weds & Fri 5/5, 5/7, 5/9, 5/12, 5/14, 5/16, 5/19, 5/21, 5/23, 5/26, 5/28, 5/30 <i>IMPORTANT! Text Brian the day before to confirm his ride schedule, as his ride days change.</i>	Corti Bros., Folsom Blvd. near 59 th St.	6:35 AM	Brian is willing to lead AM & PM commutes. <i>Morning:</i> Folsom Blvd to 57th St. to J St. to Howe Ave. to Marconi Ave. to Del Paso Blvd. to Winters to Grand to Dudley to Elkhorn near Watt Ave. (about 13.5 miles one way) <i>Evening:</i> Includes the American River Parkway.
South Land Park to Downtown	Cynthia Haug-West chaugwest@gmail.com	Tues & Fri 5/6, 5/9, 5/13, 5/16, 5/20, 5/23, 5/27, 5/30	Vic's Market, S. Land Park Drive & 35th Ave.	7:15 AM	<i>Tues:</i> Del Rio Rd. to Land Park Dr. to 16th St. <i>Fri:</i> Riverside Blvd to 10th St. (Both routes are about 5 miles one way)

Bike Train Rules

- You're welcome to join the train, even if you're new to bike commuting. Bike Train is your way to learn to be a more confident bike commuter.
- Wear whatever is most comfortable for you. No special clothing is required for bike commuting.
- Safety gear (helmets, cycling gloves, high-visibility clothing) isn't required, however, please use it if it helps you feel comfortable.
- Please be ready to depart at the time indicated.
- You'll be mostly or entirely riding on city streets with vehicle traffic. Some but not all streets have bike lanes and some routes may not have any.
- The train travels at a pace that's comfortable for everyone - nobody gets left behind. Most people ride about 9-12 MPH.
- The train leader is an experienced bike commuter, and ready to share information and answer questions. But she/he won't be equipped to do maintenance or make repairs, so please plan accordingly.
- You are traffic, too. You're responsible for knowing and following the rules of the road.

To learn more, contact SABA at saba@sacbike.org or 916-444-6600

East Sac to Downtown routes

