



THE SACRAMENTO BEE

SACBEE.COM



Bike East Bay

Competitors pedal hard during the amphibious bike race at 2016's Jack London Square Pedalfest event.

ESCAPES

Amphibious bike races and more regional fun

BY ALEXANDRA
YOON-HENDRICKS
ayoon-hendricks@sacbee.com

Watch fearless riders put the pedal to the metal at this year's Jack London Square Pedalfest, a family-friendly event celebrating cycling and bikes in all their forms.

In addition to bike stunt shows, the Oakland festival offers a frame welding demonstration and even a station to learn how to ride unicycles. Those 18 and over can test ride electric bikes, while kids in third through sixth grades can enjoy a fun-filled bicycle rodeo.

Guests also can enjoy smoothies and tacos that were created through the pedal-power of stationary

bikes and watch an amphibious bike race as competitors take to land and sea throughout the square and into the Oakland Estuary.

The event runs from 11 a.m.-6 p.m. Saturday, July 22. For more information, visit www.pedalfestjacklondon.com.

WEST COAST MUSICAL IMPROV FESTIVAL

What: Looking for a truly unique musical experience? No two shows will be the same at the second West Coast Musical Improv Festival, a four-day event featuring singing and instrument-playing troupes performing songs, scenes and dances on the fly based on audience suggestions.

Where: Un-Scripted Theater Company, 533 Sutter



Carmel Valley Ranch

A deer roams Carmel Valley Ranch's lavender field.

St., Second Floor, San Francisco
When: 7:30-9:30 p.m. Thursday, July 20; 7-10:45 p.m. Friday, July 21; 7-11 p.m. Saturday, July 22; 7-10:30 p.m. Sunday, July 23
Cost: \$20 per show, \$60 for four-day tickets
Information: www.wcmusicalimprov.com

LAVENDER HARVEST FESTIVAL

What: The month of July brings big bursts of colors and smells to Carmel Valley Ranch, as lavender plants throughout the property come into full bloom. Attendees at the inaugural festival can pick their own lavender, watch distillation demos, and enjoy lavender-flavored

cocktails and foods.

Where: 1 Old Ranch Road, Carmel Valley
When: 1-4 p.m. Saturday, July 22

Cost: \$50 presale, \$75 at the door

Information: www.carmelvalleyranch.com/play-for-all-ages/lavender-festival

SUNSET CAMPOUT

What: Sunset Campout urges festival-goers to let their imagination run wild at the three-day camping event. The campout includes yoga classes, music, art installations engaging "all the senses," and swimming under the Belden Town Bridge, a local landmark in Plumas County near Quincy.

Where: 14785 Belden Town Road

When: Noon Friday, July 21 through 7 p.m. Sunday, July 23

Cost: \$195 for weekend passes, kids 12 and under free

Information: www.sunsetcampout.com

Alexandra
Yoon-Hendricks:
916-321-1418,
[@ayoonhendricks](https://twitter.com/ayoonhendricks)