

April 2007

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BECOME A MEMBER!

Why should you join the club? The Delta Pedalers is the only club representing Eastern Contra Costa County. When you join the club, your membership fees support, and you benefit from, the club newsletter and website, access to the club Yahoo Group list (email list, ride files, club mileage, calendar, photos), contacts with other cyclists in your local area, club ride clothing, and events such as the Spicer Camping Trip and the Christmas party. We also advocate for cyclists in East County in an attempt to make bicycling safer for all cyclists, both adults and children, and strive to encourage cycling as a means of transportation. Also, taking part in club activities develops lasting friendships among cyclists.

We need your support! We would like to grow the membership so that we can put on more rides and events, including our own club-sponsored century and club tours. Please renew your membership to help support the club and cycling in our area!

Upcoming Events

Social Meetings:

Aladino's Pizza
Club Room
1324 Sunset Drive, Antioch

May 6 7PM

President Randy Huey will present a slide show on the 30-day cycling trip he took around Thailand in 2001.

July 1 7PM

Another great travel program! Randy Huey and Mary Engleton will give a slide presentation on the 21-day cycling trip they took around Ireland in 2003.



Club VP Dave Stoeffler collects some KOM points at Patterson Pass in the Amgen Tour of California

Spicer Camping Trip Signup Starts May 1st!



This is the 12th year that the Delta Pedalers have reserved the Group Campground at beautiful Spicer Reservoir. The campground is located on a bluff overlooking the reservoir, which is located off of Highway 4 just a few miles before Bear Valley.

The trip this year is scheduled for August 9 – 12. It is not necessary to sign up for the entire 4 days (3 nights), but many agree that this is the best way to enjoy the experience. Children and dogs are welcome, and there is plenty to do: mountain biking, road riding (easy to strenuous), hiking, fishing, swimming, and boating (bring your own boat!).

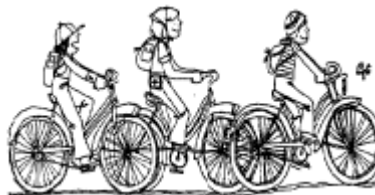
There are numerous tent sites available, as well as 6 RV spots. Tents: \$20/night RVs: \$25/night. For more information or to sign up, please contact Dave Stoeffler at 634-1793 or dstoeffler@sbcglobal.net

Family Bike Ride!

On Saturday April 28th, the Brentwood Recreation Department, with help from The Delta Pedalers, will put on the Family Bike Ride as part of the 10th annual Spring To Life. We already have several Pedalers helping with this event and would like to see many members, along with their families, neighbors, and friends, ride in the event. The ride, which starts at 9AM, will take place on Brentwood bike lanes and the Marsh Creek Trail. Riders should arrive at 8:30 to have your bikes checked and helmets fitted. There are award ribbons for all participants. There is also a Fun Run & Walk and Health Expo.

This family event will take place in the Brentwood City Park, downtown at Oak & 2nd Streets.

Our club will also have a booth in the park, so come by and say hello. You can also join the Delta Pedalers or renew your club membership for 2007 at the booth.



Bike to Work Day

On Thursday May 17, 2007, tens of thousands of residents from all corners of the Bay Area will put their car keys aside, grab their helmets, and hop on their bicycles to make their commute to work. They will be seen on two wheels, big wheels, tandems and hybrids! Won't you join the masses? Did you know that almost 40% of Bay Area commuters live within five miles of their workplace? If everyone who lives within this ideal distance pedaled to work on May 17th, hundreds of thousands of cars would be off the road and air pollution that day would be reduced significantly. Experience bicycle commuting as a healthy and viable way to get to work.

For more information on Bike to Work Day, email btwd@511.org, call 415.246.8078 or call 511 and say 'bicycling.'

Advocacy

There will be a county hearing on use of the Port Chicago Fund to support the California Delta Trail on **Wednesday, April 25th, from 7pm to 9pm** at the **Ambrose Community Center in Bay Point** (3105 Willow Pass Road, Bay Point, CA). Club president Randy Huey is planning to attend. For more information you can call Erin Gabel in Senator Torlakson's office at 925-602-6593. See below for more information on the trail system.

THE GREAT CALIFORNIA DELTA TRAIL SYSTEM

What is the Great California Delta Trail System?

Recognizing the unique natural resources of the Sacramento-San Joaquin Delta, the growing demands for public access to these resources, and the increasing recognition of the importance of outdoor recreation in addressing childhood obesity, the California Legislature passed, and the Governor signed, Senate Bill 1556 (Senator Torlakson) supporting the creation of a Delta trail network.

Where will the Trail network be located?

The vision is for the trail to link the San Francisco Bay Trail system and planned Sacramento River trails in Yolo and Sacramento counties to present and future trail ways around and in the Delta, including Delta shorelines in Contra Costa, San Joaquin, Solano, Sacramento, and Yolo counties.

How will the Trail network be planned?

The Delta Protection Commission will facilitate the feasibility and planning process. The 23-member Commission is comprised of landowners, and representatives from local, state and regional entities. To assure a stakeholder- driven process, the Commission will establish a Stakeholder Advisory Committee that will include representation from groups interested in the environmental and ecological protection of the Delta, groups representing agricultural, private and other business uses of the Delta's land and water, and groups involved in bicycling, walking, boating, horseback riding, and other relevant recreational activities.

How will the Trail network be implemented?

Trail network planning will include the establishment of a Technical Advisory Committee that will review planning, implementation, and funding proposals that evolve throughout the planning process from a feasibility perspective. This committee will include members and staff of appropriate regional government associations, local jurisdictions and districts. This technical input into the final recommendations will become critical when the network is developed and provided to local Delta entities, such as the counties, to consider for implementation in their jurisdictions.

How will the Trail network be funded?

Cities, counties, and regional governments are eligible to consider allocating Transportation Funding for bicycle and pedestrian facilities planning toward the Trail network planning process.

Funds established as mitigation for discontinued public access to natural resources areas will be considered sources.

Grants and bonds (particularly 84 and 1E) will be considered sources.

Public/Private partnerships.

Opportunities for Involvement

Meetings will be public and there will be extensive outreach to include all perspectives in the Trail network planning process. Check out the Trail link on the Delta Protection Commission web site: Delta.ca.gov. Contact Linda Fiack, Executive Director at lindadpc@citlink.net or (916) 776-2292



Delta Pedaler Signs have been removed from the stretch of Lone Tree Way in Antioch where there is no longer a bike lane. The signs will be kept in storage in anticipation of future placement along Empire Mine Rd.

Bike to Work Day – On May 17 you can help fight air pollution and do something healthy for yourself and the environment. For more information call 511 and say “bicycling”.

Ride Reports

Cinderella Century Bicycle Swap Meet and Excess Ride Food Disposal Sale

I advertised that we would “average” around 12 miles per hour. This was to indicate to the hammerheads that I would be riding my utility bike with the wire baskets, kickstand, and bell. Dick Anderson was in good form. He was at the front of the pack all the way to Dublin. When we arrived at the sale site in Dublin, he pulled me aside and mentioned that on his speedometer he had observed speeds ranging from 13.5 to 16.2 MPH. That’s about a 12 mile an hour average, isn’t it?” he asked. He received appropriate punishment on the return trip by having the fixed cup of his bottom bracket come loose and being forced to walk the last mile home.

~ Ole Ohlsen

Party Pardee

Dave Stoeffler and I rode Party Pardee on April 7. Party Pardee is a metric century put on by the Sacramento Bike Hikers every year (anyone know what a bike hiker is?). It starts from Ione at the start of the Sierra foothills, and loops out past Camanche, Pardee, and New Hogan reservoirs. The course travels mostly lightly traveled roads with rolling terrain. The hills were nice and green. I didn't see much in the way of wildflowers, but this is not a good year for them anyway. None of the climbs were that steep or long (I didn't use my granny chain ring at all), but I recorded 3100' on the altimeter over the 65.3 miles. The CHP were out directing traffic at the major road crossings. The rest stops were spaced about every 15 miles and had excellent food although lines for the porta-potties were a bit long. There was a pasta dinner at the end of the ride at Howard Park and excellent entertainment featuring the band Mumbo Gumbo. There was even free secure bike parking available. I didn't see any other club members on the ride and only one familiar jersey from another local club, but didn't recognize the person. I would guess that that most of the riders came from the Sacramento area, rather than from the Bay Area.

This was my first time doing this ride, and I enjoyed it. I'll probably be back again next year. If they had a 100 mile option, the ride would be even better.

~ Mike Demicco

Ride Schedule

Ride Ratings:
Casual Δ
Moderate $\Delta\Delta$
Experienced $\Delta\Delta\Delta$
Hammerhead $\Delta\Delta\Delta\Delta$
+ next to Δ means that skill level and up.

Hill Ratings:
1 Essentially flat (Delta roads)
2 Low hills, rollers (Montezuma Hills)
3 Hilly - moderate length climbs (Deer Valley, 3 Bears)
4 Mountainous - steep grades/long climbs (Mt. Diablo)

Regular Weekly Rides

Monday Night Ride

Road $\Delta+$ Approx. 7.5-miles per loop

Weekly 7p.m. Meet at Albertsons on Lone Tree near Starbucks' parking lot. Leader: Jan McGreer 757-8731 Please RSVP

Wednesday Night Mountain Bike Ride

Moderate $\Delta\Delta+$ Hill Rating 3+

Weekly – 6:30 p.m. 8 mile + ride

Mountain Bike - in the dirt! Meet at the gate on Fredrickson Rd., Lone Tree Way to Golf Course Rd. Right on Fredrickson. Will ride though Black Diamond Mines. The course varies. Show and go. Must have helmet. Rain 24 hours before cancels. Ride Leader: Rynie or Mike Quan: 706-1141

Saturday Morning Road Ride

Road $\Delta\Delta+$ Hill Rating 1.5 Approx. 35 miles, moderate pace, regrouping occasionally. Meet at 2Real Bike Shop in Brentwood (71 Sand Creek Rd. near Hwy. 4).

Start time: 9:00 a.m. October - March; 8:00 a.m. April - September (shop opens at 8:00, hot coffee available).

Alternate start: Starbucks in Antioch Deer Valley Plaza on Lone Tree Way. We'll leave promptly at 8:30 a.m. (7:30 a.m. April - September) to ride over to the bike shop. Show and go unless otherwise indicated on the club Yahoo Group list.

Sunday Morning Road Ride

The Weekly Ride. All rides meet at Panama Bay Coffee Co. near the intersection of Balfour and Walnut in Brentwood.

Start time for routes 2 & 3 is 9 a.m. October - March; 8:00 a.m. April - September.

Three routes are offered:

Route 1 –

Road Δ Hill Rating 1.5, Approx. 18-25 miles. Start time is always 9:00 a.m. This is a good introductory ride to our club. The group stays together by the faster riders looping around and repeating some sections, usually the climbs, while the slower riders go at their own pace. There is one moderate hill and several lesser climbs in each direction, and an optional difficult climb at the halfway point. We aim to return to the Panama Bay Coffee shop at about the same time as the Route 2 group. Ride leaders: John & Margot Coker (925) 439-1190.

Route 2 –

Road ΔΔ+ Hill Rating: 1.5, Approx. 30 miles, moderate pace, regroup occasionally. The ride goes out through Byron to the Los Vaqueros Reservoir and Interpretive Center, and returns through Brentwood. Good training ride for those who would like to learn how to ride in a paceline. Bring \$ for coffee afterward. Ride Leader: Dave Stoeffler (925) 634-1793.

Route 3 –

Road ΔΔΔΔ Hill Rating 2, Approx. 40 miles (or more) at a very fast pace. Show and go unless pre-arranged. Not a no-drop ride. Sometimes ends up at Starbucks off of Lone Tree in Antioch.

Club Rides

Bookstore Ride

Road ΔΔ, Hill Rating 2, 40 miles Saturday, April 14, Time: 10:00 a.m. Come ride with Randy and get some free books after the ride! We will start out from the So Many Books parking lot at Crow Canyon Commons shopping center and take a meandering tour through the Tassajara valley, Blackhawk, Roundhill, and Danville. After the ride, stop by So Many Books and Randy's wife Jo will treat you to five FREE paperback books of your choice. Bring water and snacks. Directions: From I680 go east on Crow Canyon Rd, 1 block to the Crow Canyon Commons shopping center. Turn right into the shopping center parking lot and park in front of Albertson's. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey (925) 518-8439

7 Islands Ride

Road ΔΔ, Hill Rating 1, 62 miles Saturday, April 21, Time: 9 a.m. The ride starts in Rio Vista (cross the Rio Vista bridge, turn right on Front St., go under the bridge, then left into the fishing access parking lot). The ride crosses the bridge on the pathway and heads south on 160 (on a very wide shoulder) to Twitchell Island Rd. From Twitchell Island we hook-up with the Delta Loop going past Pirates Lair Marina, the prettiest area on the loop, until we cross under Hwy 12 and turn left at B&W Resort Marina. We travel on Hwy. 12 for about 100 yards with a shoulder, and turn right on Terminous Rd. We take the back roads of Isleton and come out at 160, ride for about 1 block, then turn right on Tyler Island Bridge Rd. Turn left after the bridge and left again on Race Track Rd. coming out at the booming metropolis of Walnut Grove. This is a recommended lunch stop (bring \$) as well as a turn around point for those wanting to shorten the ride. Just north of Walnut Grove is Vorden Rd., where we'll turn right leaving the waterways to see some farmland and vineyards (mostly vineyards), left on Herzog Rd., left on Lambert into Courtland. This is where we officially start heading back. We hook up with Grand Island Rd. going past the Grand Island Mansion (really cool) and cross a ferry to Ryer Island. We'll ride the levee road and cross one more ferry to get back with the mainland and Rio Vista - almost a perfect metric century with no hills and perfect for an early season ride. We encourage all to try this ride as there are many places to shorten the ride and we will get you all back home. Very little time on busy roads with 90% on deserted island roads. See you there. Ride Leaders: Mike and Cynthia Dawson (925) 625-3147

Over Hill and Dale

Road ΔΔ, Hill Rating 3, 64 miles Saturday, May 5, Time: 10:00 a.m. Join Randy for some of his favorite hills. We will huff and puff over Palomares, Redwood, and Pinehurst. Meet at San Ramon Central Park. From I-680, go east on Bollinger Canyon Rd, and turn left into the Central Park parking lot (across from the Market Place). Bring water and lunch or money to buy. Rain cancels. Call if in doubt. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey (925) 518-8439

Morgan Territory

Road ΔΔ, Hill Rating 3.5, 55 miles Saturday, May 12, Time: 10:00 a.m. Ride with Randy around Morgan Territory. Meet at San Ramon Central Park. From I-680, go east on Bollinger Canyon Rd, and turn left into the Central Park parking lot (across from the Market Place). Bring water and lunch. Rain cancels (call if in doubt). Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey (925) 518-8439

Mt Diablo Revisited

Road ΔΔ+, Hill Rating 4, Approx. 40 miles

Saturday, June 9, Time: 9:00 a.m.

Arbolado Park, Walnut Creek

The weather wasn't very good for the Old Farts Birthday Ride in December, so let's try it again so that the "fair weather" riders can go. Directions: Ygnacio Valley Rd. to Oak Grove Rd. Go east to Arbolado Dr. and turn left. Turn left into the first parking lot in the park. Restrooms nearby. The ride goes up to the top of Mt Diablo and down into Danville where we can stop for lunch, if the group wishes. Those not wanting to go all the way to the top can wait at the junction, which is about 60% of the climb. We then return to the start via bike lanes and trails. Ride Leader- Dave Stoeffler, 634-1793, dstoeffler@sbcglobal.net

Pleasant Hill to Crockett+Martinez

Road ΔΔ, Hill Rating 2, 32 miles Saturday, June 16, Time: 10a.m. Ride with Randy through Franklin Canyon and along the Cummings Skyway to Crockett. Continue along Carquinez Scenic drive for a lunch stop on the Martinez waterfront, and then follow Alhambra and the Canal Trail back to Pleasant Hill. Bring water and lunch or money to buy. The ride will leave from the Pleasant Hill Community Center. Directions: Take I-680 to Willow Pass exit, go west on Willow Pass, cross Contra Costa Blvd onto Taylor Blvd, turn right on Civic Dr into Community Center park lot-LOWER lot. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey, 925-518-8439

San Francisco-Twin Peaks Loop

Road $\Delta\Delta$, Hill Rating 2, 36 miles

Saturday, June 23, Time: 10am Randy is taking us on his favorite loop through San Francisco. We will leave from the Embarcadero, ride past Fisherman's Wharf, through the Marina district and the Presideo, and then along the ocean to the zoo. We will then head back with a climb over Twin Peaks, stop for ice cream at Mitchell's (worlds best rum raisin!), ride past the ball park and end up back at the Embarcadero. Bring water and something for lunch at the top of Twin Peaks. Directions: Take BART to the Embarcadero and meet in front of the Ferry Building. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey, 925-518-8439

Embarcadero to Tiburon & Larkspur

Road $\Delta\Delta$, Hill Rating 1, 36 miles

Saturday, July 7: Time: 10a.m. Description: Join Randy for a great ride over the Golden Gate bridge which will wind through Sausalito, stop for lunch in Tiburon, and end in Larkspur with a ferry ride back to the Embarcadero. Bring water and lunch or money to buy in Tiburon. Larkspur ferry fare is \$6.75. This ride is co-listed with the Delta Pedalers. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey, 925-518-8439

Ride Guidelines

All riders must wear a helmet. One need not be a member to ride, but all non-members must sign a release form. Bring a sufficient number of water bottles plus a tire pump, spare tube, and patch kit. Carry your membership card and ID with medical information. Riders under 16 years of age must be accompanied by an adult. Ride leaders have the right to refuse to allow any rider to participate in any ride at their discretion. "No-Drop" rides will have a "sweep" at the back of the group who will make sure that no one is left behind. Rain cancels all road rides, and rain 48 hours prior cancels all mountain bike rides. Heavy fog also cancels all rides. Call your ride leader if you are not sure or want more information

*For a list of centuries and other paid rides, see the Ride Listing section at www.deltaped.org

Ride Leader Incentive Program

The club has ride leader incentive program to encourage club members to lead rides. If you lead a minimum of 5 rides in a year, you will earn a free family club membership for the year following. The rides must be listed in the newsletter, and canceled rides do not count.

Contact the club ride coordinator, Mike DeMicco, at (925) 778-3000; email: blaster186@comcast.net, if you have any questions.

DELTA PEDALERS

BOARD MEMBERS

President:	Randy Huey, (925) 679-0375
Vice President:	Dave Stoeffler, (925) 634-1793
Secretary:	Matthew Poertner, (925) 427-7930
Treasurer:	Mary Engleton, (925) 778-2515
Ride Coordinator:	Mike DeMicco, (925) 778-3000
Editor:	Kathryn Thomas, (925) 308-7786

APPOINTED COMMITTEES

Registrar:	Mike Thomas
Finance:	by committee
Publicity:	by committee
Program:	DP Board
Safety Coordinator:	Dave Stoeffler
Historian:	Jan McGreer
Webmaster:	Matthew Poertner
Advocacy	Dave Stoeffler, Dick Anderson, Ole Ohlsen
Website:	www.deltaped.org

Sponsors

Please support our local sponsors:



New Mecca Café
324 Railroad Ave, Pittsburg CA
925-432-7433



Spin Cyclz
925-301-7043
onyourleft@spincyclz.com



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4431A Balfour Rd.
Brentwood CA 94513
925-240-0536
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Flagg Building Improvements
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