



**June 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**

**Club Meetings:**

Aladino's Pizza

Club Room

1324 Sunset Drive, Antioch

**June 10 7PM**

**Board Meeting**

All club members are welcome to attend and discuss some of the recent changes made regarding membership, ride listings, etc.

**July 1 7PM**

**Social Meeting**

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



Seven Islands Ride  
April 21, 2007

## **Spicer Camping Trip August 9 - 12!**



This is the 12<sup>th</sup> 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](mailto:dstoeffler@sbcglobal.net)

### **Advocacy**

#### **Report from the Brentwood Bicycle Advisory Committee**

Dave Stoeffler

At the May meeting of the Brentwood Bicycle Advisory Committee the staff reported that this summer crosswalks with in-pavement lights will be installed at the Marsh Creek Trail crossing at Dainty Ave., at Bristow Middle School on Minnesota Ave., and at Krey Elementary at Foothill Dr. These lights are activated by push buttons. Improvements at intersections, as suggested by the committee, will be made when streets are resurfaced.

Dick VrMeer suggested that Brentwood look into moving beyond the bronze classification to the silver classification under the Bicycle Friendly Community award system. The staff will look into this suggestion, but note that the requirements are much higher. Dave Stoeffler reported that the bike lane was not replaced after resurfacing, southbound on Fairview at Central Ave. The Traffic Engineer will check it out. The committee asked about curb cuts that were funded by a grant 2 or 3 years ago and not completed. The staff will look onto this and report at the next meeting.



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.

## **Ride Reports**

### **Sequoia Century – Mike Demicco**

What a great ride! This could be my favorite century! Six of us from my work bike club (the Lawrence Livermore Laboratory Cyclotrons) met at the VA Med Center in Palo Alto for a 114 mi./180K, 9000' ride through the Santa Cruz Mountains, down the coast highway to Santa Cruz, and return through the mountains again. There were some fantastic back roads (Page Mill, Alpine, and Mountain Charlie Road to name a few). These were narrow back roads, sometimes steep and windy, with twisty descents and almost no traffic. The coast was fogged in, but with a tailwind, we cranked the 24 mile leg of Hwy. 1 down to Santa Cruz in a little over an hour. My only complaint is that it would have been even nicer if the coast weren't fogged in. Other than that, the temperature was about perfect for riding. We rode through dense redwood forests, over roads with less dense tree cover and open vistas, wide open roads like Cloverdale Road, and down fast descents like Hwy. 9. The food was pretty good (but not excellent) and the rest stops were well spaced about 20 miles apart. The Western Wheelers put on this ride and they vary it so the same route is not done every year; and they do an excellent job of it. There are shorter options like a metric century too. The excellent mountain roads, Hwy. 1 with a wide shoulder, and mild temperature conditions, put most of the other centuries I've ridden around the Bay Area to shame. I will probably do this ride again next year.

### **Over Hill and Dale – Mike Demicco**

Randy lead a 65 mile, 3400' of climbing ride out of San Ramon out to Sunol, and then up and down Palomares Rd. and up Redwood and Pinehurst in the Berkeley Hills. The route then took a combination of bike trails and roads (mainly down Danville Blvd. back to San Ramon Central Park). It was a nice day for a ride - a bit windy - but that didn't affect the ride much.

If you've never done Palomares Rd. before, it climbs out of Niles Canyon Road near Sunol on a lightly traveled country back road under tree cover and then descends down to the outskirts of Castro Valley. It is simply one of the best climbs in the local Bay Area and is a good climb from either direction. Redwood and Pinehurst are also delightful back roads. Pinehurst has a short climb then a long descent (becomes Canyon) into Moraga. These roads were the highlight of the ride. We bought lunch at a Safeway and then ate at a local park nearby in Moraga.

We had a group of about 10 riders (all Valley Spokesmen with a couple of us having dual citizenship). There was a mix of faster and slower riders and the groups split up after the regroup at the top of Palomares.

We haven't been getting much ridership from the Delta Pedalers on the out of town rides. You should really consider doing some of these rides to experience some of the great roads outside our limited, local area.

### **Seven Islands Ride – Randy Huey**

Mike and Cynthia led us on a wonderful tour of the delta during Saturday's Delta Pedalers ride. Although it had been raining for most of the week, we were blessed with a great day for the ride; cloudy and cool, but no rain, and just the start of a sprinkle at the end of the ride. Our new club president distinguished himself by arriving early for the ride minus his front wheel!! Thank goodness Mike demonstrated his ride leadership skills by waiting for Randy to dash home and help him catch up with the rest of the group when he finally returned about 20 minutes late. The ride started out from the fisherman's parking lot at the Rio Vista bridge and meandered on a delightful 56 mile tour that covered seven of the delta's islands and two ferry rides. During the first part of the ride we were treated to beautiful water views on our way to Walnut Grove, where we stopped for an alfresco lunch. After lunch we left the waterways to see some of the delta's farmlands and vineyards on our way to a short stop at the Grand Island Mansion for a very pretty photo opportunity. We continued on deserted levy roads to the Ryer Island ferries before ending up back in Rio Vista. After the ride, we got together for a great dinner at one of Rio Vista's Mexican restaurants. All in all, a great ride and super outing, thanks to Mike and Cynthia!



## Ride Schedule

### **Ride Ratings:**

Casual Δ  
Moderate ΔΔ  
Experienced ΔΔΔ  
Hammerhead ΔΔΔΔ  
+ 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 Δ+** 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 ΔΔ+** 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

### **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.

Two 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, regroups 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.

## Club Rides

### **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](mailto:dstoeffler@sbcglobal.net)

### **Seven Islands Ride**

**Road ΔΔ**, Hill Rating 1, 55 miles

Wednesday, June 13, Time: 10 a.m.

Join Randy for a beautiful tour of the Sacramento Delta. The ride will leave from Rio Vista, meeting at the Fisherman's parking lot at the foot of the Rio Vista bridge (make the first right after reaching the Rio Vista side of bridge and loop around to take the first right onto Front St, then take the first left into the parking lot). This is a nice flat ride that will take you on deserted back roads past waterways, farmlands, orchards, and vineyards. We will venture onto seven different delta islands, winding our way past Isleton, stopping for lunch in Walnut Grove, and regrouping at the Grand Island Mansion (really cool!). We will then catch the Ryer Island ferry, ride on scenic levy roads and then take one more ferry ride back to Rio Vista. Bring water and lunch or money to buy lunch in Walnut Grove. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey (925) 518-8439

## **Club Rides cont.**

### **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 ΔΔ**, 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

### **San Francisco Museum Ride**

**Road ΔΔ**, Hill Rating 2, 25 miles

Tuesday, July 3, Time: 10 a.m.

Meet at: Embarcadero - Ferry Building

Join Randy for his fun tour of San Francisco's best museums. What make them best? Well mainly because they are all FREE on the first Tuesday of the month. We will start out from the front of the Ferry building at the Embarcadero, and depending on our interest, we will set out to sample the offerings at either the SFMO or the Palace of the Legion of Honor. Then we will wind our way over to the DeYoung in Golden Gate Park, where we will also stop for lunch in their beautiful outdoor cafeteria. If we have time, we will finish off the day with a spin around the flower conservatory before heading back to the Embarcadero for the BART ride home. If you're looking for a hammering, non-stop ride, this probably isn't the ride for you. But if you want to combine a great day of easy riding and soaking up some of our great San Francisco culture, this is definitely a ride you don't want to miss. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey (925) 518-8439

### **Embarcadero to Tiburon & Larkspur**

**Road ΔΔ**, 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

### **Seven Islands Ride**

**Road ΔΔ**, Hill Rating 1, 55 miles

Saturday, July 21, Time: 10 a.m.

Join Randy for a beautiful tour of the Sacramento Delta. The ride will leave from Rio Vista, meeting at the Fisherman's parking lot at the foot of the Rio Vista bridge (make the first right after reaching the Rio Vista side of bridge and loop around to take the first right onto Front St, then take the first left into the parking lot). This is a nice flat ride that will take you on deserted back roads past waterways, farmlands, orchards, and vineyards. We will venture onto seven different delta islands, winding our way past Isleton, stopping for lunch in Walnut Grove, and regrouping at the Grand Island Mansion (really cool!). We will then catch the Ryer Island ferry, ride on scenic levy roads and then take one more ferry ride back to Rio Vista. Bring water and lunch or money to buy lunch in Walnut Grove. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey (925) 518-8439

### **Pleasant Hill to Crockett and Martinez**

**Road ΔΔ**, Hill Rating 2, 32 miles

Wednesday, July 25, Time: 10 a.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. This ride is co-listed with the Delta Pedalers. 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

#### **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

### 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](mailto:blaster186@comcast.net), if you have any questions.

## **DELTA PEDALERS**

### **BOARD MEMBERS**

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

### **APPOINTED COMMITTEES**

<b>Registrar:</b>	Mike Thomas
<b>Finance:</b>	by committee
<b>Publicity:</b>	by committee
<b>Program:</b>	DP Board
<b>Safety Coordinator:</b>	Dave Stoeffler
<b>Historian:</b>	Jan McGreer
<b>Webmaster:</b>	Matthew Poertner
<b>Advocacy</b>	Dave Stoeffler, Dick Anderson, Ole Ohlsen
<b>Website:</b>	<a href="http://www.deltaped.org">www.deltaped.org</a>

### Member News

Club VP Dave Stoeffler recently saw our former web master, Jack Huber, riding past his house. He told Dave that he had a lung removed, and during the surgery he had a stroke...Dave was amazed that he was on the bike at all! He has a slight speech problem, but seems to be recovering well and is riding his bike every day. Dave told Jack that he would tell folks why he hasn't been seen for a while. He certainly has a good excuse for not riding!



## 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](mailto:onyourleft@spincyclz.com)



**Panama Red Coffee Company**  
4431A Balfour Rd.  
Brentwood CA 94513  
925-240-0536  
[www.panamaredcoffee.com](http://www.panamaredcoffee.com)



**Aladino's Pizza**  
1324 Sunset Dr. Antioch CA 94509

**Maurice J. Daroy**  
**Delta Valley Insurance Agency**  
Farmers'  
9040 Brentwood Blvd #C  
Brentwood CA 94513  
925-637-9999  
[maurice@delta-valley.com](mailto:maurice@delta-valley.com)

  
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Jim McFarland  
[www.thewheelpeddler.com](http://www.thewheelpeddler.com)