



August/September 2007

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SPICER!

Tent sites still available for the Spicer Camping Trip! Call or e-mail Dave Stoeffler: 925-634-1793, dstoeffler@sbcglobal.net. Most of the folks who have already signed up are returnees, so that should tell you something about the quality of the experience! For details, see page 2 of this newsletter.



Club Jersey

We have one last *large* club jersey for sale. If interested, please contact Dave Stoeffler.

THANK YOU!

To Jim McFarland, the Wheel Peddler (www.thewheelpeddler.com) and Dave Flagg of Flagg Building Improvements for the renewal of their club sponsorships.

Upcoming Events

Club Meetings:

Aladino's Pizza
Club Room
1324 Sunset Drive, Antioch

September 9 6PM

Board Meeting

All club members are welcome to attend.

September 9 7PM

Social Meeting

Cynthia and Mike Dawson will give a presentation on their recent bike trip through Italy.



Club President Randy Huey models our club jersey during the Boat, BART, and Bike Ride
July 7 2007

Spicer Camping Trip August 9 - 12!



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!).

Tent sites are still available! Tents: \$20/night. For more information or to sign up, please contact Dave Stoeffler at 634-1793 or dstoeffler@sbcglobal.net

Mountain Biking

Bicycle Trails Council of the East Bay will be conducting their August meeting at Aladino's Pizza in Antioch on Tuesday, August 7, from 7-9pm. The Delta Pedalers are encouraged to attend.

If you have issues about a local park, or suggestions of how the club can be more effective, this is a great way to express those points of view. Or if you just wish to listen, that's fine too. You are welcome and encouraged to attend.

If you are automotively challenged, carpools may be available from different areas and/or BART stations along the way. Contact dan@btceb.org for more information.

The meeting lasts from 7pm to 9pm, and then those that are interested may move to the patio for informal discussions.

For more information, contact:

Dan Levy
Director At Large
Bicycle Trails Council of the East Bay
(925) 383-7436

Advocacy

Report from the Brentwood Bicycle Advisory Committee

Dave Stoeffler

The meeting took place on July 27, and was attended by one of our new members, Joan Douglas. Joan was a member of this committee several years ago.

Steve Kersevan, Traffic Engineer, reports that the grant for a curb cut on Balfour at the Marsh Creek Trail, and directional signs for trails in Brentwood have been approved, and work will begin soon. After questioning at the last meeting, staff reports that curb cuts from the last grant have all been completed. There was discussion regarding the need for curb cuts in the trail that runs along Armstrong Rd. and further discussion about a curb cut and crosswalk at Sunset Rd. and the Marsh Creek Trail. Staff will look into both.

The committee talked about the possibility of using combination right turn lanes/bike lanes at intersections where there isn't room for both.

There will be a School Safety Fair in October and several members were willing to help. There was further discussion from the last meeting, when Dick VrMeer asked the staff to look into the possibility of raising the level of Bicycle Friendly Community to Silver. Randy Craig explained the application process and asked the committee to provide three reasons why the city should get silver.

The next meeting will be September 27th, at 4 p.m.



Dave Stoeffler and Randy Huey were invited to a recent Brentwood City Council meeting to receive Delta Pedalers Bicycle Club recognition for its support of the Brentwood Fun Ride in April. The club received a certificate of appreciation and, most importantly, a check for \$650 for our club's volunteer effort. Thanks to all club members who participated in the Fun Ride event!



Dave Stoeffler receives a certificate of appreciation from the Brentwood City Council

Ride Reports

Port Costa Musical Ride

On June 8th, a few of us headed out from the parking lot under the train trestle in Martinez for Dave Stoeffler's first Port Costa Musical Ride. Riders included Pedalers Dave, Mike Demicco, Bruce Somerhalder, Dick Anderson, Ole Ohlson, John Coker, Jim Sherfy, and Kathryn Thomas, and TNT friends Casey States from Brentwood, Janak Parekh from San Francisco, and Dick Cole of Livermore. Dick had a foot injury but drove all the way out to provide us with support. It was a beautiful day, and as we headed up Franklin Canyon Rd., we split into a couple different groups. Dick, Ole, John, and Jim had a few mechanicals, but stuck with it and did the entire route through Crockett and down into Port Costa. Casey and Kathryn cut off at Mc Ewen and took the shortcut into Port Costa for the downhill fun, and then rode around the hills until Dave, Mike, Bruce, and Janak came down out of Crockett. Everyone met at the Warehouse Café in Port Costa for the musical part of the ride – a lunchtime concert by Jimbo Trout and the Fishpeople (Mr. Stoeffler is Jimbo's biggest fan). As the Fishpeople warmed up, the cyclists set about getting lunch. Lunch was a pretty good deal – buy a drink, any drink, and as the sign in the café proclaimed, "Free All You Can Eat Till It's Gone". But what to drink? The bartender, tired of repeated requests of "what've you got?", yelled "Field trip!" and took some of the kids into the cooler to check out the selection of 650 different beers. Janak selected a Kiltlifter, Dave drank his draft out of a canning jar. Back on the patio, the locals and the regulars (most of who rode in on cycles with motors) were happily anticipating the music – had been happily anticipating it for quite some time as it turned out, and many of them were in a pretty comfortable state of "happy". Nobody was disappointed – the music was great! Jimbo and the boys had a blast playing, and locals, cyclers, and bikers all enjoyed the show. Dave made a new buddy who really enjoyed the washboard player and impressed Dave by politely leaving the table to have a smoke. The Pedalers and friends at the other end of the table really enjoyed watching Dave rock out with his canning jar and new buddies, while enjoying their own celebrity status among the bikers in leather. Many of them found a spot on the benches with the Pedalers and wondered how on earth they could ride up those hills, eat and drink, and then ride up some more hills! As one friendly, very bearded fellow proclaimed "You guys are awesome!"

With all the love and fantastic music going on, it was hard to pull ourselves away, but we figured we'd better get Dave out of there before he tried to have another jar and we had to tow him home. The rest of the ride, along the hills overlooking the Carquinez Strait and down through Martinez, was beautiful and as much fun or as terrifying as each rider's speed and descending skills dictated. Janak said that the ride and the music certainly justified driving out from San Francisco (he bought two CD's), and everyone else agreed that it was a fantastic day on the bike. If Jimbo is rebooked, we will definitely do it again!

Bart, Bike, and Boat Ride – Randy Huey

The 36-mile ride left from the San Francisco Ferry Building, went across the Golden Gate, through Sausalito, around the Tiburon peninsula, stopped for lunch in Tiburon, and ended with a ride along Paradise Road to Larkspur, and a ferry ride back to the Embarcadero. We had a great ride, and the weather was just about perfect.



Saturday's ride to Bodega Bay was a wonderful escape from the valley and delta heat. We had a good turnout of 18 riders for a 38 mile loop from Occidental, along the Russian River to the coast, with a stop for lunch in Bodega Bay, then inland for dessert at Wildflour Bread in Freestone, and back up the hill to Occidental.



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 through 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 $\Delta\Delta+$ Hill Rating: 1.5, Approx. 30 miles, moderate pace, regrouping 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

Bodega Bay

Road $\Delta\Delta$, Hill Rating 2, 37 miles

Saturday, August 4; Time: 10 a.m.

Join Randy for a fun tour out of Occidental, along the Russian River, and down the Pacific coast to Bodega Bay for lunch at the Sandpiper Restaurant. The ride starts at the parking lot behind the Union Hotel in Occidental. Take 101 north to Santa Rosa, and turn onto CA-12 West to Sebastopol. Continue on CA-12 West (Bodega Hwy) through Sebastopol, and turn right onto Bohemian Hwy to Occidental. Turn right onto 1st Street in Occidental, then turn left onto Main Street. The Union Hotel will be on your right at Minna Street. Turn right on Minna Street, then turn left into the Union Hotel parking lot. Bring money for lunch. Allow 1 ¼ hours for drive to Occidental. Co-listed with the Valley Spokesmen.

Ride Leader: Randy Huey 925-518-8439

San Francisco Museum Ride

Road $\Delta\Delta$, Hill Rating 2, 25 miles

Tuesday, August 7; Time: 10 a.m.

Join Randy for his fun tour of San Francisco's best museums. What makes 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

Mount Tamalpias

Road ΔΔ, Hill Rating 4, 38 miles

Saturday, October 13; Time: 10 a.m.

Join Randy for a great climb up Mount Tamalpias with panoramic views of the entire bay area. The ride begins at Commons Park in Ross. Take 580 across the Richmond-San Rafael Bridge and exit onto East Sir Francis Drake Blvd. Take Sir Francis Drake to Ross. In Ross, turn left onto Lagunitas Rd, and then turn left onto Ross Common into the parking lot. Bring water and lunch. Allow 50 minutes for the drive to Ross. Significant chance of rain cancels. Call if in doubt. Co-listed with the Valley Spokesmen.

Ride Leader: Randy Huey 925-518-8439

American River to Folsom Lake

Road ΔΔ, Hill Rating 1, 62 miles

Saturday, October 20; Time: 10 a.m.

Join Randy for an easy metric century along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom Lake and return. Those who would like can join in for dinner in Old Town after the ride. Bring water and lunch or money to buy at Folsom Lake. The ride will start at Discovery Park by Old Town Sacramento. Take I-680 north and get on Hwy 242 to pickup Hwy 4 through Antioch and over the Antioch Bridge to Rio Vista. Then take Hwy 12 east to I-5, and continue on I-5 north to Sacramento. Exit I-5 at Richards Blvd, turn left onto Richards Blvd, turn right onto Jibboom St, and park in Discovery Park lot near the American River trail head (just over the bridge into Discovery Park). Parking is \$5, and allow 1 ¼ hours for drive to Sacramento. Significant chance of rain cancels. Call if in doubt. Co-listed with the Valley Spokesmen.

Ride Leader: Randy Huey 925-518-8439

Petaluma Cheese Factory

Road ΔΔ, Hill Rating 2, 34 miles

Saturday, October 27; Time: 10 a.m.

Join Randy for a wonderfully scenic ride to the Petaluma Cheese Factory. The ride starts at the Safeway parking lot in Novato. Take 680 to Vallejo, and exit onto CA-37 West towards Napa. Continue on CA-37 West to Novato, then get onto 101 South and exit onto Ignacio Blvd. Take Ignacio Blvd west to the Safeway and turn right into the parking lot. Bring money for lunch. Allow 50 minutes for the drive to Novato. Significant chance of rain cancels. Call if in doubt. Co-listed with the Valley Spokesmen. Ride Leader: Randy Huey 925-518-8439

Budweiser Ride (Randy's Birthday!)

Road ΔΔ, Hill Rating 3, 28 miles

Saturday, November 17; Time: 10 a.m.

Help Randy celebrate his birthday, and enjoy Solano County's Wooden Valley and Gorden Valley, lunch at the Jelly Belly Factory, and ending with an optional tour of the Budweiser plant. Directions: I-680 to I-80 east; Hwy 12 east; exit Chadbourne Road; turn right onto Busch Drive and follow it around to the parking lot. Rain cancels. Call if in doubt. 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

Member News

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!



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



Panama Red Coffee Company

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



Flagg Building Improvements

flaggbuilding.com



Jim McFarland

www.thewheelpeddler.com