

## October/November 2007

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**Remember – Starting October 7, all Sunday rides begin at 9 AM!**

**THANK YOU!**

To Panama Bay, for the renewal of its club sponsorship!

### Upcoming Events

#### **Club Meetings:**

Aladino's Pizza  
Club Room  
1324 Sunset Drive, Antioch

#### **November 4th 6PM**

##### Board Meeting

All club members are welcome to attend.

#### **November 7PM**

##### Social Meeting

Mary and Pat will present a program on their 3-week tour through Oregon.



Webmaster Matthew Poertner finishes his first MS 150 Sept. 29 – 30.

## The Delta Pedaler Holiday Party Friday November 30<sup>th</sup> at 7pm

Come to the holiday party and celebrate the season with all of your cycling friends! The whole family is invited. This year the party will be catered by the New Mecca Café, with soft drinks provided by the club. BYOB. Entertainment will be provided by the BROKEN SPOKES, in, they promise, their only US appearance this year. All you need to do to join in the fun is be a club member, and find the location!

Directions: From Hillcrest (in Antioch), turn onto Via Dora. Left on San Gregorio Dr., left on Morro Dr., left on Ivy Ln., all the way down to the Clubhouse at the end. See you there!



### Mountain Biking

The Bicycle Trails Council of the East Bay is proud to announce some upcoming events and volunteer opportunities:

Thursday, October 25, 7pm - The East Bay Regional Park District will be hosting a Public Input Meeting regarding the Trail Use Change proposed for the Panorama Trail in Mission Peak Regional Preserve

Saturday, October 27, 9am - BTCEB Info Kiosk and Group Rides at Mt. Diablo, Mitchell Canyon staging area.

Saturday, October 27, 9:45am - BTCEB Youth Mountain Bike Adventures program Halloween Ride. Show a kid the basic techniques of mountain biking. Share a lunch, give them a helmet to take home and leave them richer for the experience of learning safe biking and the beauty of our open spaces. This is one of the most rewarding BTCEB programs of all

Sunday, October 28 - BTCEB Mountain Bike Basics at Lake Chabot Marina.

Tuesday, November 6, 7pm - BTCEB Monthly Meeting. Location TBA.

Thursday, November 8 - Saturday, November 10 - Subaru/IMBA Club Care events

Saturday, November 24, 9am - BTCEB Info Kiosk and Group Ride at Pleasanton Ridge, Foothill Staging Area

For more information, check out the BTCEB Calendars at <http://www.btceb.org/calendar.htm> or contact:

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



## Spicer Camping Trip – August 9 – 12

By Dave Stoeffler

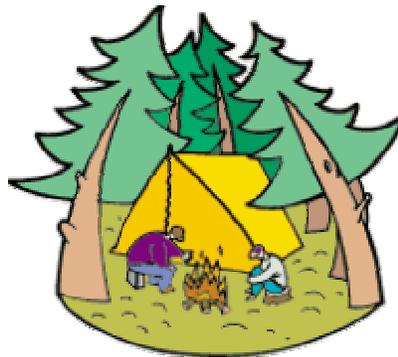
We had a good turnout this year, and I believe everyone had a good time. We had 19 human and four dog campers. The campers were Dave, Diana, and April Stoeffler; Bruce and Pat Somerhalder; Mike and Cynthia Dawson; Neal, Teri, and Yoda Gietzen; Mike and Rynie Quan; Dick Anderson; Jim Stegman; Bill and Ocho Seaver and their friend Tey; Mary Engleton; Jan and Daisy McGreer; Patty Ryland; and Steve and Camaron Diputado.

Those that arrived on Thursday spent the remainder of the day setting up camp and relaxing. Friday also started as a relaxed day, but became more active as the day progressed. Several folks went mountain biking in the afternoon and others went hiking and fishing. Dick arrived by bike after spending Thursday camping at Big Trees State Park. He traveled to Spicer by Amtrak and bike. After most folks had gone to bed, a very bright meteor flew over the area and a very loud sonic boom woke most of those that were asleep. Those in tents said it looked like someone was shining a bright spotlight on their tents. The next day everyone was talking about it.

Saturday was the big day. Our 9 am ride finally got started at 9:30. Riders were Bruce, Dave, Mike and Cynthia, Neal and Teri on their tandem, Mike and Rynie, Jim, Bill, Mary, Patty, Steve, and Camaron. Jan couldn't ride because she was recovering from a hallway injury. This is a very hilly ride that goes from our beautiful campground out to Highway 4 and up to Lake Alpine. From there the road really can't be considered a highway since it is very narrow, winding, and steep. We then rode up to Mosquito Lake and the Pacific Grade Summit at 8050 ft. Bill, Camaron and Mike Q. rode even further down the east side, meaning they had to ride back up. Most of the cyclists stopped at the Lake Alpine Resort for an enjoyable lunch. While we were there, Dick arrived after riding and walking his touring bike cross country over the Slick Rock Trail. While we were gone, most of the remaining folks and dogs went on a hike. The ride was 45 miles for most of us and 55 miles for "the animals".

After our return, most of the cyclists took a well earned nap. Late in the afternoon there were fishing and kayaking for those who could move. At 7 PM we had our famous potluck, where we all share our special dishes with the group. After dark, thanks to Bruce bringing the firewood, we had a nice fire at the campfire circle. Cynthia and Mike brought out all the fixings for S'mores, which many remember from their childhood campouts. Dick cooked a fish that he was going to have for breakfast over the fire, but he couldn't wait and ate it right away. We waited in vain for another meteor shower, and all slept peacefully.

We didn't have to leave early on Sunday because another group had not reserved the campground, so there was more kayaking, fishing, and napping before folks slowly picked up camp and traveled back home. The only thing missing from this wonderful weekend were children. I hope our grandkids can come with us next year, and that we have some other families with children.



## Ride Schedule

### Ride Ratings:

Casual  $\Delta$

Moderate  $\Delta\Delta$

Experienced  $\Delta\Delta\Delta$

Hammerhead  $\Delta\Delta\Delta\Delta$

+ next to  $\Delta$  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

### **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  $\Delta$  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

### **Mount Tamalpias**

Road  $\Delta\Delta$ , 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

### **17 Mile Drive**

Road  $\Delta\Delta$ , Hill Rating 1, ~45 miles

Wednesday, Oct. 17th, 9 a.m.

Meet in front of the Marina Dunes RV Park, 3330 Dunes Rd. Marina, CA, Just north of Monterey.

Ride from Marina on a bike trail that runs along the Monterey Bay, to Monterey. A bike lane continues along the very scenic coast to the entrance of the 17 Mile Drive. There is no charge to enter. We then proceed past million dollar homes and beautiful scenery to Carmel for lunch. Then, back through the 17 Mile Drive taking a slightly different route back to the start. Bring money for lunch and please call the ride leader if going on this trip.

Ride Leader; Dave Stoeffler, 925-634-1793, Cell: 925-628-2671, dstoeffler@sbcglobal.net .

### **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

### **Annual Old Farts Birthday Ride - Mt. Diablo**

Road ΔΔ+, Hill Rating 4, 40 miles

Saturday Dec. 1st; Time: 9 a.m.

Start from Arbolado Park, Walnut Creek. Take Ygnacio Valley Rd. to Oak Grove Rd. Go east to Arbolado Dr. and turn left. Turn left into the first parking lot at the park. Restroom nearby. Several older Pedalers have birthdays this time of the year and like to show that they can still make it to the top of the mountain. Younger folks are very welcome to come along. There is an option to stop at the junction, about 60% of the climb. If the weather is good we will ride down to Danville for lunch, and ride back to the start, mostly on trails, through Walnut Creek. Bring \$. Leader- Dave Stoeffler 634-1793, dstoeffler@sbcglobal.net

#### **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](http://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](mailto: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](http://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](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)



### Flagg Building Improvements

[flaggbuilding.com](http://flaggbuilding.com)



Jim McFarland

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