

April/May 2008

In This Issue:

Upcoming Events Club Elections Advocacy Camping Program Mountain Biking Ride Reports Ride Listing Board
Membership Club Sponsors



TIME CHANGE FOR SUNDAY RIDE!

On Sunday, April 6th, route #2 will start meeting at 8 A.M. rather than 9 and remains at 8 for the rest of the summer. Route #1 will continue to meet at 9A.M. Both rides start at the Panama Bay (Red) coffee shop in Brentwood. If you have questions call Dave at 628-2671 or dstoeffler@sbcglobal.net.

Upcoming Events

Club Meetings:

Round Table Pizza
Meeting Room
Sand Creek and Hwy 4 Bypass, Brentwood
New temporary location!

May 4th 6PM

Board Meeting

All club members are welcome to attend

May 4th 7PM

Social Meeting

Presentation on bike safety and riding in groups

May 15: Club sponsorship of annual Brentwood "Bike to Work" day

May 17: Club sponsorship of annual Brentwood "Family Fun Ride"

June 12-15: Annual Delta Pedalers camping trip at Lake Tahoe

Club Elections

CONGRATULATIONS TO NEW CLUB OFFICERS

Delta Pedalers Bicycle Club members held their annual club elections meeting on Sunday, March 2, to elect new club officers for the coming year, and to talk about some of the upcoming club events. Be sure to thank our new officers for the work they do to keep our club operating, and let them know what kinds of activities you would like to see the club pursue during the coming year. The club officers for 2008 are:

President – Randy Huey

Vice President – Steve Diputado

Secretary – John Coker

Treasurer – Bill Rodriguez

Ride Coordinator – Jim Sherfy

Newsletter Editor – Kathryn Thomas

BIKE TO WORK WEEK IN BRENTWOOD

Bike to Work Week is May 12th through 17th. On Bike to Work Day, Thursday May 15th, the City of Brentwood and Delta Pedalers will host an Energizer Station, with a lot of free stuff and encouragement, for cyclists going to work and school. The station will be at Oak and 2nd Streets in downtown Brentwood, and will run from 6:30 AM to 9:00 AM.

On Saturday, May 17th the Brentwood Parks and Recreation Department, assisted by our bicycle club, will host a Family Bike Ride starting at Creekside Park on Claremont Drive. This event is FREE. The event will start at 8:30 A.M. and will include a bike safety inspection and instructions, prizes for children, and at 9 A.M., a ride completely on the Marsh Creek Trail, with awards for kids who complete distances. The Delta Pedalers will have a booth and Jim McFarland, The Wheel Peddler, will be there with his mobile bike shop. For more information call the Brentwood Parks and Recreation Department. This is a great event for families with small children.



FINALLY, A TIME TRIAL!

On Saturday April 26th there will be a time trial - or maybe it should be called a Hill Climb - at Los Vaqueros Reservoir. The first rider will be off at 9 AM and they hope to be finished by 10:30. The trial will start at the entrance station and go to the top of the dam, which is about 3 miles. The age groups will be 18 and under, 19 - 35, 36 - 46, 47 - 55 and 56+, for both men and women (groups for children and older folks will be added depending on applications received!). There will also be an overall award for men & women, and fun activities for the kids. All entries will receive a tee shirt and a water bottle. If the Delta Pedalers has four or more riders the fee will be \$10.00 each. Let's make a good showing! Check the Los Vaqueros website for more information and applications, <http://www.ccwater.com/losvaqueros/>, and check out the discount coupon included in this newsletter (copies will be accepted)/

Our club has been asked to help with this event and anyone helping will get free entrance to the reservoir and probably the same free stuff given to the riders. 6 people are needed to help. If you can help please contact Dave Stoeffler at 634-1793 or dstoeffler@sbcglobal.net.



Advocacy

BRENTWOOD BICYCLE ADVISORY COMMITTEE REPORT – Dave Stoeffler

On March 27th, at 4 P.M. the BBAC had their bimonthly meeting. Present were committee members Dick VrMeer, Dave Stoeffler, and Alfredo Perez; staff members Steve Kersevan, and Teresa Wooten; and guest Jeff Samson. Member Joan Douglas was out of town. We were joined by two staff members from the Recreation Department who gave a presentation about Bike To Work Week, (May 12th thru 17th) Bike To Work Day, (May 15th) and the Family Bike Ride, (Sat. May 17th.) Members of the committee and Delta Pedalers will help with Bike to Work Day and The Family Bike Ride.

Staff reported that all of the curb cuts that have been suggested by the committee, and funded by a grant from the federal Transportation Development Act (TDA), have been completed by city crews. A slight modification of the ramp from westbound Balfour Rd. onto the Marsh Creek Trail will soon be completed and a crosswalk needs to be painted where the same trail crosses Sunset Road. Members asked about the missing bike lane on northbound Minnesota Ave. south of Sand Creek. Staff reports that the area has been slurry-sealed and the bike lane will be painted in a few days. Directional signs on trails have been funded and will be handled by the Recreation Dept. Dave and Dick offered to help locate spots where signs are needed. A sign has been installed on northbound Fairview at Central indicating cars are to share the turn lane with bikes going straight. Staff reports that there will be good bicycle access to the new *Streets of Brentwood* shopping center being built on Sand Creek Road.

We were also given a suggestion on whom to contact in the county public works department regarding a problem outside the city on Walnut Blvd.

The next committee meeting will be on Thursday May 22nd at 4 P.M.

Camping

CAMPING---TAHOE---CAMPING---TAHOE---CAMPING

For the first time in 13 years we are going to have our club camping trip somewhere other than Spicer. This summer our group camping trip will be at Lake Tahoe. We have reservations for a group site at Sugar Pine Point State Park on June 12th to the 15th. That's Thursday, Friday, Saturday, leaving on Sunday. It is not necessary to sign up for every day if you can't get away. The park is on the west side of the lake and has everything, including showers! There are both road and mountain bike riding right from the campground. There are also hiking trails and all the other things that you can do at Tahoe. This is a very relaxed weekend, but if you are interested, we have some traditional events on Saturday: There will be a ride around Tahoe during the day, with a pot luck dinner in the evening, followed by a campfire.

Camping families with kids are especially welcome, and it's also a cheap date. The cost will be less than last year. This year tent camping will be \$15.00 a night and RVs \$20.00 a night. Reservations will be accepted starting on April 1st. Contact Dave Stoeffler at 634-1793 or dstoeffler@sbcglobal.net. Since we are limited to 30 campers, it is suggested you make reservations early.



Sugar Pine Point State Park

New Sponsors!

Thank you to Ron and Kelly Lopez, owners and operators of Schwinn City in Antioch for their sponsorship of the club. Display your club membership card and receive a 10% discount, good on parts, labor, and accessories. See the sponsor page for contact information.



"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

- Arthur Conan Doyle, 1896

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 Δ + Approx. 12 miles per loop

Weekly - 7 p.m.

Meet at the Brentwood Starbucks at the intersection of Sand Creek and the Hwy. 4 Bypass. Bike lighting required after dark.

Ride Leader: Jan McGreer (925) 757-8731, or Pete Villalpando (925) 513-7971. Please RSVP.

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, 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.

Club Rides

Mountain Monday Madness - Mt. Diablo

Road $\Delta\Delta\Delta$ 16.5+ miles, 2000'+

Weekly March 31-July 7 Time: 3:30 PM

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 2nd (upper) parking lot at the park. Restroom nearby. We all start together & ride at your own pace. Regroup at the peak. There is an option to stop at the junction, about 60% of the climb or do Diablo interval climbs to the peak. Self supported. Bring food, water, & electrolytes. See you on the mountain! Leader-Jim Sherfy 437-4915

Pleasant Hill to Crockett and Martinez

Road $\Delta\Delta$, 32 miles

Saturday, April 12; Time: 10 a.m.

Ride with Randy through Franklin Canyon and along the Cummings Skyway to Crockett for lunch. Then continue along Carquinez Scenic drive, and 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. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey, 925-518-8439

Montezuma Hills

Road $\Delta\Delta$; 45 miles

Saturday, April 19; Time: 10 a.m.

Join Randy for a fun ride out of Rio Vista through the Montezuma Hills. 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). Rain cancels. Call if in doubt. Ride Leader: Randy Huey, 925-518-8439

Heather Farm to Martinez

Road $\Delta\Delta$, 30 miles

Wednesday, April 23; Time: 10 a.m.

Ride with Randy along the canal trail into Martinez and back via Vine Hill, Pleasant Hill, Franklin Canyon and Carquinez Scenic Drive. Bring lunch or buy at "Haute Stuff" in Martinez. Meet at Heather Farms baseball field/restrooms in Walnut Creek. Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley. Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east). The entrance to Heather Farms is on your left at Ygnacio Valley and San Carlos Drive. Rain cancels. Call if in doubt. Ride Leader:

Randy Huey, 925-518-8439

Bodega Bay

Road $\Delta\Delta$, 37 miles

Saturday, April 26; 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 1-3/4 hours for drive to Occidental. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey 925-518-8439

Mt Tamalpias

Road $\Delta\Delta\Delta$, 38 miles

Saturday, May 3; 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. Rain cancels. Call if in doubt. Ride Leader: Randy Huey 925-518-8439

San Francisco Museum Ride

Road **ΔΔ**, 25 miles

Tuesday, May 6; Time: 10 a.m.

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. Bring money for lunch, and shoes without cleats. Museums DO NOT ALLOW SHOES WITH CLEATS. Rain cancels. Call if in doubt. Ride Leader: Randy Huey 925-518-8439

Al the Wop Ride

Road **Δ**, 30 miles

Saturday, May 10; Time: 10 a.m.

Join Randy for a quick tour of the Sacramento Delta and a great steak lunch at Al the Wop's in historic Locke. The ride will leave from Isleton meeting at the Isleton Chamber of Commerce parking lot at the corner of B St. and 2nd St. in Isleton. Bring water and lunch or money to buy lunch at Al the Wop's in Locke. Rain cancels. Call if in doubt. Ride Leader: Randy Huey 925-518-8439

Heather Farm to Martinez

Road **ΔΔ**, 30 miles

Wednesday, May 14; Time: 10 a.m. Ride with Randy along the canal trail into Martinez and back via Vine Hill, Pleasant Hill, Franklin Canyon and Carquinez Scenic Drive. Bring lunch or buy at "Haute Stuff" in Martinez. Meet at Heather Farms baseball field/restrooms in Walnut Creek. Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley. Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east). The entrance to Heather Farms is on your left at Ygnacio Valley and San Carlos Drive. Rain cancels. Call if in doubt. Ride Leader: Randy Huey, 925-518-8439

American River to Folsom Lake

Road **Δ**, 62 miles

Saturday, May 31; 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 Hwy 160 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 1/4 hours for drive from Antioch to Sacramento. Ride Leader: Randy Huey 925-518-8439

San Francisco Zoo Ride

Road **ΔΔ**, 25 miles

Wednesday, June 4; Time: 10 a.m.

Join Randy for a fun tour of San Francisco with a visit to the Zoo. And since it is the first Wednesday of the month, admission to the zoo is FREE! We will start out from the front of the Ferry building at the Embarcadero, and wind our way through the Marina, the Presidio and Golden Gate Park on our way to the zoo. After the visit to the zoo, we will ride over Twin Peaks on the way back to the Embarcadero for the BART ride home. Bring money for lunch at the zoo. Ride Leader: Randy Huey 925-518-8439

Tahoe Loop

Road **ΔΔΔ**, Hill rating- 3, 73 miles

Saturday, June 14th; 9 a.m.

This ride around Lake Tahoe will be part of the clubs weekend camping trip to Tahoe, but, those that drive up, or stay in more plush accommodations are welcome to ride. The ride begins at our group campground at Sugar Pine Point State Park on the west side of the lake. We will regroup along the way, and also stop for lunch. Bring \$. No one will be dropped from this ride. Only heavy rain will cancel. This should be one of the most beautiful rides of the season, and with friend, it can't be beat. Leader: Dave Stoeffler 925-628-2671

Embarcadero to Tiburon

Road **ΔΔ**, 40 miles

Saturday, June 21; Time: 10 a.m. Join Randy for a great ride over the Golden Gate bridge which will wind through Sausalito, with a stop for lunch in Tiburon. After lunch, we will retrace our ride back to the Embarcadero (or you have the option of taking the ferry back to the Embarcadero). Bring water and lunch or money to buy in Tiburon. Tiburon ferry fare is \$9. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. 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 membership year, you will earn a free family club membership for the membership year following. The rides must be listed in the newsletter, the sign-up sheet must be returned to the club ride coordinator, and canceled rides do not count. Contact the club ride coordinator, Jim Sherfy, at tridevil9@yahoo.com, if you have any questions.

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 annual 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 join the club or renew your membership to help support the club and cycling in our area!



DELTA PEDALERS

BOARD MEMBERS

President:	Randy Huey
Vice President:	Steve Diputado
Secretary:	John Coker
Treasurer:	Bill Rodriguez
Ride Coordinator:	Jim Sherfy
Editor:	Kathryn Thomas

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

Do you have a ride report, pictures from a ride, advocacy issues or ideas for articles you would like to see in the newsletter? Email the editor! kate_p@sbcglobal.net



Sponsors

Please support our local sponsors:



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



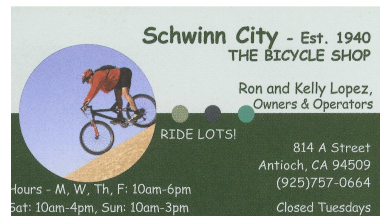
Flagg Building Improvements

flaggbuilding.com



Jim McFarland
925-783-4297

www.thewheelpeddler.com



**Los Vaqueros
Dam Trials
Saturday,
April 26, 2008**



\$5 Discount Coupon

Attach this coupon to your entry for the
for the Los Vaqueros Dam Trials
and take \$5 off the entry fee for the race.
We will accept only 85 entries.

For more information on the race & entry forms:
(925) 688-8175 or www.ccwater.com