

June/July 2008

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Upcoming Events

Club Meetings:

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

July 6th 6PM

Board Meeting

All club members are welcome to attend

July 6th 7PM

Social Meeting

Jim McFarland, the "Wheel Peddler," will be doing a presentation on bicycle maintenance. We will also be taking orders for new club jerseys and jackets. If you are interested in a jersey, please try to make it to the meeting, as we will have a "fit kit" for you to try, to ensure that you get the right size jersey or jacket.



Jeff Samson, overall winner of Los Vaqueros Dam Trials,
April 26th

Member News

JEFF SAMSON, OVERALL WINNER OF TIME TRIAL!

Delta Pedaler members were well represented at the first Los Vaqueros Dam Trials on April 26th. Jeff Samson won the 36 to 46 age group and was also the overall winner. His time was 10:08 minutes for the three mile course, which included climbing the dam. Other club winners were 10-year-old Stevie Perez who won the 18 & under age group with a time of 20:05; Jim Sherfy (10:22) and Alfredo Perez (12:22), 2nd and 3rd respectively in the 36 to 46 group; and Dave Stoeffler (11:38), who was first in the 56 and up category. Connie Davis staffed the awards table and took photos. All riders received a t-shirt, a water bottle, and energy bars and drinks. Everyone received a handsome medal to hang around the neck, and Jeff also received a gift certificate for shoes from Road Runner Sports in Concord, for being the big winner.



Stevie Perez

Advocacy

BRENTWOOD BICYCLE ADVISORY COMMITTEE REPORT – Dave Stoeffler

Due to a conflict this month, the BBAC met a week later than usual, on May 27th. Only two of the four community members were present, along with Brentwood Traffic Engineer, Steve Kersevan. Unfortunately, staff member Teresa Wooten has been let go due to budget cuts.

There was good news, in that a crosswalk and signs have been installed where the Marsh Creek Trail crosses Sunset Road. Steve indicated that flashing, in-pavement lights may also be installed at that location. It was suggested that directional signs be placed on the trail in the area. It was also noted that a ramp and curb were installed on Brentwood Blvd. at Grant St., where the trail crosses Brentwood Blvd.

There was a suggestion that a curb cut be installed on Kirkman where a short trail crosses to Williams Ln. A committee member asked that any decorative brick placed on future streets not be placed in bike lanes. It was reported that the light on Shady Willow at Sand Creek will not change for bicycles. Mr. Kersevan will have it adjusted. It was also noted that bike lanes were not installed on Empire Ave next to JC Penney. This is within Antioch jurisdiction, but Mr. Kersevan will notify Antioch.

The next meeting will be on Thursday July 24th at 4PM.



Glass on the trail? Potholes? Untrimmed trees or shrubs impeding your view around a corner?

NUMBERS TO CALL ABOUT PROBLEMS:

BRENTWOOD: 516-5400, but the best way is online at <http://ci.brentwood.ca.us> For bike lanes on the street, click on Public Works - service request. For trails, click on Parks & Recreation - service request.

ANTIOCH: 779-7000

COUNTY ROADS (East County): Brentwood Maintenance Yard, 427-8562

OAKLEY: 625-7037

MARSH CREEK TRAIL & CANAL TRAIL (Regional Parks): 625-5479

Sponsor Spotlight

We thought it would be interesting to tag along for a day with our favorite local mobile bike mechanic and club sponsor, and his constant companion, Buddy....

A Day In The Life of the Wheel Peddler - Jim McFarland



First a little bit about us:

I graduated from the Barnett Bicycle Institute in 2001. I have been a bike mechanic since working at Performance Bike in Walnut Creek as the head mechanic, then at Perfection Cyclery as an owner and mechanic. In Jan. 07 I went to Colorado again, this time to spend a week of very long days with some of the best race mechanics in the world, learning all the stuff it takes to be a race mechanic. As a result, I am a USAC licensed race mechanic.

Buddy

Shop Dog and star of the show!

AKC Reg. Yellow Lab

Kennel Name "Wheel Peddler's Buddy"

In charge of community relations, getting the ball, getting his ears rubbed, did I mention getting the ball? Buddy has been with me for a year now, and is a year and 3 months old. What can I say? He's a lab; it's all about play. When he's not playing, you can find Buddy napping in the shade or in the trailer on his bed.

When I decided to open the Wheel Peddler, a brick and mortar shop was financially impossible, so I did a little research to see how mobile shops worked and thought this was a good way to go.

I had the tools, so I got all the licenses and did all the legal stuff, started a website, bought a trailer just big enough to carry all the tools and enough inventory to take care of just about anything. Now, here we are today after 3 years with a new and bigger trailer, bigger inventory, and oh yeah, I finally got a logo.

Now here's a day with the Wheel Peddler:

My morning is usually spent doing things like making phone calls/e-mails, ordering parts, restocking the trailer. First appointment is usually at 10 a.m., so we're on the road around 8:30 a.m. (we always have to find a place to play before the first appointment of the day).

This is a day out of my appointment book:

First stop: 2 bikes

1. Road bike - Tune Up/new tires/new brake pads (ready for the big weekend ride)
2. Department store bike - rear derailleur, chain, and rear wheel replacement

Buddy break (stop at the closest park)

Second stop: 5 bikes, 3 kids' bikes and 2 mountain bikes. Been in garage and not ridden for a while; getting ready for summer trip
6 flat repairs, 2 tires, 2 cable replacements, a new brake lever and 4 minor adjustments

Buddy break

Third stop: 1 Bike

Mountain bike - Fork Oil change, derailleur adjustment, headset adjustment

Last stop:

Home to cut spokes and prep them for tomorrow's 4 wheel builds.



You can contact Jim at 925-783-4297 or online at www.thewheelpeddler.com

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. 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 $\Delta\Delta\Delta\Delta$ 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

Embarcadero to Tiburon

Road $\Delta\Delta$, 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

Moraga-Orinda Loop

Road $\Delta\Delta\Delta$, 32 miles (51km)

Saturday, June 28; 10 A.M.

Randy is taking us on a beautiful ride out of Moraga, past the quaint village of Canyon, and then climb up Pinehurst and Skyline for spectacular views of the San Francisco Bay along the ridge crest of the Oakland hills. We will continue up Grizzly Peak and then rocket down through Tilden Park and Wildcat Canyon to Orinda for lunch. After lunch we will continue along the bike trail back to Moraga. The ride will begin at the parking lot at the start of the Lafayette- Moraga trail, off of Olympic Blvd. Directions: From the Walnut Creek BART station, take California Blvd south, turn right onto Olympic Blvd, and follow Olympic Blvd. to the Lafayette-Moraga trail parking lot, on the right just past the intersection with Pleasant Hill Rd. Bring water and lunch or money to buy in Orinda. Ride Leader: Randy Huey, 925-518-8439

Pleasant Hill to Crockett and Martinez

Road $\Delta\Delta$, 32 miles (51km)

Saturday, July 5; 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. Ride Leader: Randy Huey, 925-518-8439

Fuddruckers-Borges Ranch

Road Δ, 23 miles (37km),
Wednesday, July 9; 10 A.M.

Join Randy for an easy ride that winds its way through Concord and Walnut Creek to Borges Ranch and return ready for a great lunch at Fuddruckers. The ride will begin in the Fuddruckers parking lot at the Willows Shopping Center in Concord. Bring water and money for lunch. Directions: Take 680 to Willow Pass Road exit, and proceed east on Willow Pass Rd, turning left on Diamond Blvd into the Willows Shopping Center on the left. Ride Leader: Randy Huey, 925-518-8439

San Francisco-Twin Peaks Loop

Road ΔΔ 35 miles (56km)
Saturday, July 12; 10 A.M.

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 Presidio, 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 (world's 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. Ride Leader: Randy Huey, 925-518-8439

Heather Farm to Martinez

Road ΔΔ, 30 miles (48km)
Wednesday, July 16; 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. 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:

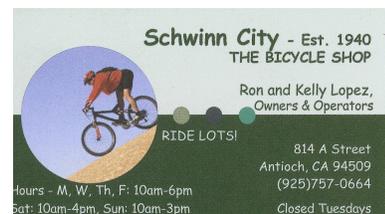


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