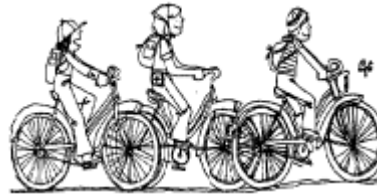


August/September 2008

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Upcoming Events

Club Meetings:

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

September 7th 6PM

Board Meeting

All club members are welcome to attend

September 7th 7PM

Social Meeting

Bob Barriskill will present a program on the use of the heart monitor in cycling.



Dave, Jim, Dick, Mary, Cynthia, Mike, and Bruce
Tahoe 2008

Ride Reports

Tahoe Camping Trip – by Dave Stoeffler

On June 12th we started our 13th annual Delta Pedaler Camping trip. However, this was the first year that we camped anywhere but the Spicer Group Campground up near Bear Valley, just off of Highway 4. This year we camped at Sugar Pine Point State Park on the west side of Lake Tahoe.

The folks that signed up for this year's camping trip were me and my wife, Dave and Diana Stoeffler, our dog April, our daughter Susan, her husband David Roemer, and our grandkids Ally and Isaak, along with their dog Bella. Also Bruce and Pat Somerhalder, Jim Stegman, Mary Engleton, Steve and Cameron Diputado, and Jim Sherfy brought his mother Carolyn and gentle dog Brutus. Not everyone made it to Tahoe. Jim Stegman bought two new tires for his trailer for the trip. Both new tires blew out on the way up so he went home, rather than camping. Steve Diputado and son also were not able to make it up to Tahoe. Cree Cobb came up planning to ride with us, and stayed in a hotel.

Everyone but Mary made it to Tahoe on Thursday. Most of that day was spent getting organized. On Friday, some went on short rides, some rested, and four of us went on a tour of Lake Tahoe and had lunch on the sternwheeler M-S Dixie. Cree came over and visited with us and planned to meet us for the Saturday ride. We had a campfire in the evening along with good cheer and burned marshmallows. The big event was the ride around the lake on Saturday. Seven of us started out at 9:30 A.M. The riders were Mary Engleton, Bruce Somerhalder, Dick Anderson, Jim Sherfy, Mike and Cynthia Dawson, and me. Cree called and reported he had a massive headache, probably caused by elevation sickness. Dick made it clear that he wasn't going to ride all the way around Tahoe because he didn't like some of the narrow places without shoulders. He took off from North Lake Tahoe, rode to Truckee, and around Donner Lake. Jim Sherfy went off the route the rest of us took and we never saw him again. He called on the cell phone, said he had a flat and would try to catch us. We quickly discovered that there was a running relay race going around the lake in the opposite direction. We would cheer the runners on as we passed them and they kept us alert.

The five of us stayed together most of the time, and when we were separated, we would regroup. After the long climb and decent on the east side of the lake, we stopped at Zephyr Cove for lunch and an enjoyable view. The ride through South Lake Tahoe seemed hectic because of the traffic and rough road. However, because of Mike's knowledge of the area, we were able to take a pleasant paved trail from the junction of US 50 and CA 89 to the Emerald Bay climb. It was there that Mary started having leg cramps. She wasn't sure she could make it, so Bruce and I went ahead with the plan to call her when we got back, and go get her if needed. Bruce waited for me a couple of times, after loooong climbs. When we got back, we called and Mary had had a miraculous recovery and Mary, Mike, and Cynthia came along about half an hour later. A little later Dick came in and he had ridden almost the same distance as the rest of us!

On Saturday night we had the annual potluck dinner, and just as we were finishing, Jim came riding in, just in time for leftovers. After dinner we had the Saturday night campfire, and Ed Compomizzo, who was house-sitting in Tahoe, joined us. Susan and Ally experimented with throwing little bags of different materials in the fire, and seeing what color they were when they burned. A vote was taken of all the folks who had been to Spicer and Tahoe, and the vote was unanimous: all would rather return to Spicer! Sunday morning was spent getting ready to depart, and everyone was gone by noon.



Advocacy

Brentwood Bicycle Advisory Committee Report – Dave Stoeffler

On July 24th, at 4 P.M., the BBAC met in the Brentwood City Engineer's office on Oak Street in Brentwood.

Although the city has no direct responsibility for the construction of the Highway 4 Bypass, it was discussed. Steve Kersevan, the city's Traffic Engineer, reported that the Bypass Authority has run out of money for any new projects, so there is little chance that the promised pedestrian/bicycle bridge will be built any time soon. It is unknown whether Cal Trans will accept the bypass until the bridge is built. Dave Stoeffler reported that he has asked the bypass staff to make sure that there is bicycle access at the end of Orchard Lane, at Marsh Creek Road, when the permanent barricade is built. So far, they have only indicated that it will be considered.

Steve reported that traffic signals at Sand Creek Rd. and Shady Willow have been fixed, due to complaints that they would not change for cyclists. He also reported that the whole intersection will soon be reconstructed. Steve said that he rides his bike to work every day and has found some problems to rectify on his own. Dick VrMeer praised Steve for his bicycle-friendly attitude. The police department has many helmets to pass out to children at events, but it is difficult to be sure they will be used, especially by teenagers. Suggestions were made regarding grant applications, and a couple of places where curb ramps could be constructed were suggested for funding. Additionally, in-pavement crosswalk lights were suggested at the crossing of the Marsh Creek Trail and Sunset Road. Steve reported to the committee that the bike lanes on American Ave. have been replaced by class I bike lanes, in an attempt to improve the access to the schools.

The next committee meeting will be held at 4 P.M. on Thursday September 18th.



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.

Rides start at 9 a.m.

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

St. Helena-Napa Ride

Road **ΔΔ**, 41 miles (66km)
Saturday, August 16; 10 A.M.

Join Randy for a leisurely tour of the Napa wine country, stopping for a picnic lunch and optional wine tasting (\$5 fee) at the Sattui winery. You won't want to miss this great ride! Directions: Take I-680 north over the Benicia Bridge, and merge onto I-780 west. Take I-780 to I-80 north, and continue on I-80 north, exiting onto Hwy 37 west. Continue on Hwy 37 west to Sonoma Blvd (Rt 29), and take Rt 29 north to St. Helena. Turn right (2nd traffic light) on Adams St, and drive to parking lot at end of Adams St. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey, 925-518-8439

Concord Coffee Tour

Road **ΔΔ**, 25 miles (40km)
Saturday, August 23; 9 A.M.

Join Randy for leisurely ride through Walnut Creek, Martinez, Pleasant Hill, and Concord for a coffee stop at Starbucks in Concord. We'll use the bike trails to some extent. Meet at Heather Farm Park in Walnut Creek. From downtown Walnut Creek, take a left turn off Ygnacio Valley Road at San Carlos into Heather Farm Park. Meet in the parking lot on the left, across the street from the softball fields. Ride Leader: Randy Huey, 925-518-8439

San Francisco Museum Ride

Road **ΔΔ**, 25 miles (40km)
Tuesday, September 2; 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

Ghiradelli Chocolate Festival Ride

Road **ΔΔ**; 25 miles (40km)
Saturday, September 6; 10 A.M.

Join Randy for a great ride through the Marina and Point Park, over the Golden Gate bridge and back through Ghiradelli Square for a stop at the Ghiradelli Chocolate Festival. Bring water and money to buy lunch. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Ride Leader: Randy Huey, 925-518-8439

Moraga-Orinda Loop

Road **ΔΔΔ**; 32 miles (51km)
Saturday, September 13; 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. Rain cancels. Call if in doubt. Ride Leader: Randy Huey, 925-518-8439

Embarcadero to Tiburon+Larkspur

Road **ΔΔ**; 35 miles (56km)
Saturday, September 20; 10 A.M.

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. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Rain cancels. Call if in doubt. 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.

Road/Trail Maintenance Numbers:

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

Membership

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



Jim McFarland
925-783-4297
www.thewheelpeddler.com



Brentwood Bike Co.
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Sat: 10am-4pm, Sun: 10am-3pm
Closed Tuesdays



New Mecca Café
324 Railroad Avenue Pittsburg, California 94565
Restaurant: (925) 432-7433 Catering: (925) 432-2607