



November/December 2008

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Upcoming Events

ANNUAL DELTA PEDALERS HOLIDAY PARTY
Friday December 12 7:00 PM
2700 Ivy Lane, Antioch

Come to the holiday party and celebrate the season with all of your cycling friends! The whole family is invited. Entertainment will be provided by the **BROKEN SPOKES*** in, as is traditional, their only US engagement each year. All you need to do to join in the fun is be a club member, and find the location!

We will be electing next year's club officers at the party. If you are interested in filling one of the officer positions for next year, please send an email to hueyfr@aol.com so he can put you on the ballot. The club officer positions include: President, Vice President, Treasurer, Secretary, Ride Coordinator, Newsletter Editor, and Newsletter Publisher.

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!

*(if you are interested in joining the band, please e-mail or call Dave Stoeffler at dstoeffler@sbcglobal.net or 628-2671)

Club Meetings:
Round Table Pizza Meeting Room
Sand Creek and Hwy 4 Bypass,
Brentwood

JANUARY 4TH
6 PM Board Meeting
All club members are welcome to attend
7 PM Club Meeting

Annual Delta Pedalers Holiday Lights Ride!

When: **Saturday, December 20th 5:00 pm**
Where: Peet's Coffee & Tea, Antioch (next to Trader Joe's)



Advocacy

Brentwood Bicycle Advisory Committee Report – Dave Stoeffler

On 9/18/08 the BBAC met. Present were Delta Pedaler members Dick VrMeer, Dave Stoeffler and Alfredo Perez, and Traffic Engineer Steve Kersevan. Several things were discussed. The first was displeasure with the removal of a section of bike lane on Balfour which was replaced with a turn lane. Steve reported that the lane was removed without his knowledge, and that he hopes to rectify the situation when the pavement is resurfaced. Dave asked what has happened to the funded directional signs that are to be placed on trails. Steve mentioned that the Recreation Dept. was responsible for that project, and he would ask them and report back to the committee. Although it is not within the city limits, we spoke about the need for bicycle access between Orchard Lane and Marsh Creek Rd. Steve said that the county staff member that has been assigned that project is a cyclist, and should be responsive to our needs. The Bypass Authority has run out of money, and there is little chance that the bike/pedestrian bridge at the Mokelumne Trail will be built anytime soon, although they have promised to build it "sometime." The city has done its part by bringing the trail up to the bypass on both sides. The group has decided to change the time of the meeting to 5 PM to make it easier for members to attend. The day has also changed to Wednesday. The next meeting will be held at 5 PM on Wednesday November 12th.

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

Sunday Morning Road Ride

The Weekly Ride. All rides meet at Panama Bay Coffee Co. near the intersection of Balfour and Walnut in Brentwood. Two routes are offered; Route 1 starts at 9:00 am, Route 2 starts at 8:00 am

Route 1 –

Road Δ Hill Rating 1.5, Approx. 18-25 miles. 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.

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.

Thursday Night Brentwood Hills Training Ride

Road $\Delta\Delta$ 16+ miles per loop; 1750+

Weekly 7 P.M.

Quickly increase muscular strength and stamina, strengthen your heart, increase lung capacity and aerobic fitness climbing as many hills as possible. Interval training of the steepest and/or longest grades in Brentwood is likely. Start by completing the course at your own pace and adding speed and the number of hills you climb each week. Meet at the Brentwood Starbucks at the intersection of Sand Creek Rd. and the Hwy. 4 Bypass in the Raley's Shopping Center Bike lighting; red reflector visible from rear; white or yellow reflector on each pedal, shoe, or ankle visible from the front and rear; white or yellow reflector visible to each side at the front and white or red reflector visible to each side at the rear or reflectorized tires on the front & rear required during darkness. Ride Leader: Ron Brown; Cell- 925/354-6474 Ronandolga@SBCGlobal.net

Saturday Morning Ride

Road Δ ~25-30 miles

Weekly 7:30 A.M.

All levels, no-drop ride, regroup occasionally

Ride requires, at minimum, an appropriate bike in good working order, water, and a helmet. We suggest a spare tube, energy food, maybe a little cash in case we stop, and your biggest smile! Many rides are held subject to weather. It's a good idea to confirm dates, time and any specific requirements, too. We'll see you out there — and have fun! Meet at Brentwood Bike Company in the Sunset Plaza @ 7750 Brentwood Blvd.

Ride Leader: Chris Michalski, 634-5000 brentwoodbikeco@ATT.net

Club Rides

Montezuma Hills

Road $\Delta\Delta$ 45 miles (72km)

Saturday, December 6; 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. Leader: Randy Huey, 925-518-84390

Annual Old Farts Birthday Ride up Mt Diablo

Road $\Delta\Delta\Delta\Delta$ 40 miles

Saturday, December 13th; 9 A.M.

This is an annual ride where some of us older Pedalers invite some of the younger studs to ride up Mt Diablo, and then go to lunch in Danville. There is also an option to stop at the junction and wait for the rest of us to come down from the top. After lunch we ride into Walnut Creek, and back to the start on bike trails. To get to Arbolado Park in Walnut Creek, take Ygnacio Valley Rd. to Oak Grove Rd, and turn east. Go left on Arbolado Dr. and then left into the first parking lot at the park. Restrooms are nearby. If it rains we will cancel, and reschedule. Dress for weather at the top, and bring \$ for lunch. Ride Leader: Dave Stoeffler, 634-1793, dstoeffler@sbcglobal.net

Berkeley Hills

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

Saturday, December 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. Leader: Randy Huey, 925-518-8439

Heather Farm to Martinez

Road $\Delta\Delta$ 30 miles (48km)

Wednesday, December 17; 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. Leader: Randy Huey, 925-518-8439

Seven Islands Ride

Road Δ 55 miles (88km)

Saturday, December 20; 10 A.M.

Join Randy for a beautiful tour of the Sacramento Delta. 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). This is a nice flat ride that will take you on deserted back roads past waterways, farmlands, orchards, and vineyards. We will venture onto seven different delta islands, winding our way past Isleton, stopping for lunch in Walnut Grove, and regrouping at the Grand Island Mansion (really cool!). We will then catch the Ryer Island ferry, ride on scenic levy roads and then take one more ferry ride back to Rio Vista. Bring water and lunch or money to buy lunch in Walnut Grove. Rain cancels. Call if in doubt. Leader: Randy Huey 925-518-8439

Fuddruckers-Borges Ranch

Road Δ 23 miles (37km)

Saturday, December 27; 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 Willow's 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. Rain cancels. Call if in doubt. 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 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

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



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Closed Tuesdays



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