



## East Contra Costa County

Photo: Larry Basworth

January/February 2009 Issue

### President's Message

Happy New Year!!

It's the start of a new year and with a new year come new hopes and new resolutions and that's what we are looking for in 2009 for the Delta Pedalers. To start off, mountain biking will be back as a mainstay for our club, with weekend rides planned at surrounding MTB venues on top of the normal Wednesday night ride in the summer. And there is talk of club MTB race team, details of that in future newsletters. Mike Smith will be stepping in for Randy and leading some weekend road rides. Jan is back as Ride Coordinator and will be helped by Rynie and Bonnie to put together some fun rides for this year. Also we plan on being involved in a few events in the Delta area. So I hope your as excited as I am and come out and ride. And if you have any thoughts or ideas just send me an email and let me know. Thanks.

Steve Diputado  
 pres@deltaped.org

#### In this Issue:

Up Coming Events  
 Ride Reviews  
 Ride Listings  
 Advocacy  
 Board Minutes

# Mountain Biking is Back!

On a Saturday Morning this January, after a long absence on our schedule, DP members had organized a long overdue mountain bike ride. The ride was at China Camp, we loaded up our bikes and carpoled to Marin. We had 12 riders, and given the short notice that was a pretty good turn out. Upon arrival we broke into two groups one for slower and beginner riders and one for the faster riders. It was a beautiful sunny day and some great trails were to be had. And after the ride, we enjoyed grilled sausages and other treats.



From left to right. Jim, Jason, David, Tom, Steve, Branden, Bob, Rynie, Neal, Mike, Bill, Dave at the Nike missile sight at China Camp.

Our goal is to have at least two of these rides a month along with our road rides. So check the website often for up coming rides or email me at pres@deltaped.org if you wish to be included in our email alerts.



Taking a break on Mitchell Canyon

### Remember your 2009 Delta Pedalers Club dues are now due.

Please be sure to renew your club membership by mailing your check made payable to Delta Pedalers, Box 2394, Antioch, CA 94531, or go to the "Join Now" page of the club website at [www.deltaped.org](http://www.deltaped.org), to renew your dues by credit card. New Member? Just fill out the application on the back this newsletter and become part of the growing cycling community in East County.

### Up coming events

- February 14th - 22nd**, Tour of California, check website for DP rides along the tour.
- April 4th & 5th**, DP will be doing valet parking for bikes at the REI grand opening.
- April 18th**, Los Vaqueros Dam Time Trials, race from the gate to the dam.
- May 16th**, Tour de Starbucks 25 and 60 mile ride starting in Brentwood.
- Aug 6th-9th**, Spicer Camping Trip. Email [dstoeffler@sbcglobal.net](mailto:dstoeffler@sbcglobal.net) for reservations.

# Ride Reviews

## Christmas Lights Ride by Rynie

Thanks to everyone who came out to our 13th annual Holiday Lights Ride. We had a great group of younger riders this year, and even had a dog come out for the ride in a trailer! Highlights of this year's ride (in my opinion, and not necessarily in any order) were having over 30 people show up, and lots with their bikes decorated...Having the people on Blue Rock drive shower us with synthetic snow and Christmas music, and welcome our group by giving us candy canes. Having my niece Lauren crash my Titus (bike) and come up laughing in the finest Miyashiro tradition (and they called me Auntie Crash- ha!)...getting hot chocolate and hot apple cider and coffee on Shannondale (Santadale) drive and having the proprietor of the little refreshment stand tell us that he was waiting for us to come again this year, and insist that he take our picture so that people "would



Maurice with new bike

believe that a big group of bicyclists with their bikes all decorated came by every year". We really missed Patrick's tree this year! Hope it will be back next! And I know that I am going to miss some names here, but I do want to mention some of the youngsters that I met. I think some of them are going to be awesome bikers someday. The DeCosta boys, Michael and Paulie, the Daroy's Justin and Ryan, Chris' nephews, Katrina, Corey and David. Amy and Josh's boys. My nieces, Jennifer and Lauren, and although they are not really kids, Cameron and his friend Lauren. The crew at Peet's were warm and welcoming, and total strangers in the streets were honking and waving at us. A passing Antioch Police Officer said he saw us riding on Lone Tree and thought we were very cool. A lady getting



Mike, Rynie and Nieces

coffee said she saw us on the bike path, and said we were just spectacular! And did anyone realize that we had a visitor from FRANCE join us on the ride? Oh, and of course I have to thank everyone who helped make the ride go so smoothly. Brandon had his whole workshop in the two panniers on his bike. Neal and Teri graciously lent a bike and helmet to our guest from France. Steve D helped me chart the course and get the glass out of the bike lanes, and Mike drove the course twice to help find the route. Even Oh Henry! (Our new Lab) took me on a route that found some great lighted houses. Well that's the review, and I'm sticking to it. See ya out there!

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Stopping for Hot Chocolate & Cider

## Old Farts Ride By Dave Stoeffler

On Saturday, December 13th eight hardy Delta Pedalers met at Arbolado Park, in Walnut Creek for a ride up Mt Diablo. Those riders were Alfredo Perez, Mike Thomas, Dick Anderson, Pauline Hewlett, Jason Perez, David Perez, Jim Sherfy and myself. This annual ride started several years ago when several of us older cyclists realized that we all had birthdays in November or December and wanted to celebrate by riding up the mountain with a group of younger folks. I thought I was only 72 until Dick insisted he was 73, and I was born two weeks after him. I guess I'm 73..... Now Dick and I are the only ones left of the "old" group. We all rode together for a while, and then split up into two or three groups. Most of us dressed warmly and had to shed some layered clothing on the way up since we generated a lot of body heat. Some of us regrouped at the junction, that is about 3/4th of the way up, and then

started the final climb. We quickly noted that it was getting colder near the top, and had to start putting cloths back on. Everyone regrouped at the top, where it was a balmy 34 degrees. Jason Perez spent his time waiting for the slower riders by riding up and down the final grade several times. What a stud! Pictures were taken and everyone put on their warmest cloths and started down.

When we regrouped at the junction everyone was cold, but some realized that they should have brought warmer stuff. It's a lot colder on the way down! Dave Perez thought his fingers had fell off, and was relieved to find them intact when he took his gloves off. The new pavement on the way down was welcomed. We headed down the west side of the mountain, and regrouped at the trail into the town of Diablo. We ride through Diablo to be able to view some of the classic million dollar homes, and it's smooth roads. The whole gang had lunch, and warmed up, at The Raising Loafer in Danville.

Thanks to Mike Thomas for treating the birthday boys. The ride on Danville Blvd. was easy, as was the ride on the Iron Horse Trail through Walnut Creek. At the junction with the Canal Trail we said goodbye to Dick Anderson, who rode home to Martinez. The ride back to Arbolado Park, on the Canal Trail went smoothly, except for Jim's bike starting to disintegrate. This 40 mile ride had everything; hot & cold, steep climbs & long down-hills, flat riding & rollers, and best of all, fellowship. I hope to be able to lead this ride for many years to come.



Riders on top of Mt. Diablo

## Ride Schedule



### Regular Weekly Rides

#### Sunday Morning Road Ride

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  $\Delta$  Hill Rating 1, Approx. 15 to 20 miles. This is a good introductory ride. All kinds of bicycles are welcome. We tailor the ride to those who show up and we can finish early if anyone is having trouble. There are few, if any, hills. We try to principally utilize the bicycle trails and quiet country roads in the Brentwood - Oakley area. We try to return to the starting point at Panama Red Coffee shop in time to meet with the 8:AM group which has a longer ride. 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.

### 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.

### Upcoming Rides

#### 2/15/09 1-M 56 miles, 10am – American River to Folsom Lake

Join Mike for an easy ride along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom for lunch and return. This is a great ride for new cyclists. Bring water and lunch or money to buy at Folsom. 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 ¾ hours for drive to Sacramento. Rain cancels. Call if in doubt. Leader: Mike Smith, 925-628-4333

#### Rides to be scheduled and last minute rides .

We will be having rides around the Tour of California and as soon as details are finalized they will be posted on our website: [www.deltaped.org](http://www.deltaped.org). Also more February and March rides will be posted shortly. So check the website often and if you wish to be part of our email alerts or have any questions regarding our rides send a email to [dprides@comcast.net](mailto:dprides@comcast.net).

#### Monday Night Ride

Road  $\Delta$ + Approx. 10 miles per loop, start time: 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.

#### Saturday Morning Ride

Road  $\Delta\Delta$  Hill Rating 1.5, Approx. 25-30 miles, start time 8:00am. All levels, no-drop ride, regroup occasionally, meet at the Brentwood Bike Company, in the Sunset Plaza @ 7750 Brentwood Blvd. Ride Leader: Chris Michalski. (925) 634-5000

#### 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.

#### Ride Ratings:

- 1 Essentially flat (Delta roads)
- 2 Low hills, rollers (Montezuma Hills)
- 3 Hilly—moderate length climbs (Deer Valley)
- 4 Mountainous—steep grades/long climbs (Mt. Diablo)

### 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.

## 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!

# Advocacy

By Dave Stoeffler

There has been quite a lot of bitching about Orchard Lane being closed off to cyclists wanting to get through to Marsh Creek Road and Vasco. As soon as Orchard was made dead end I asked the Bypass Authority to allow bicycle access, by having a trail off of the circle to the Marsh Creek/Vasco intersection. They said that they would ask Caltrans because they had to ok everything, since it will eventually become highway 4. I have never received the courtesy of an answer, although rumor has it that Caltrans won't allow it. A couple of weeks ago I reminded the bypass staff, and Caltrans, that I had not received an answer, and there has still

been no response. I believe that it would be safe to ride on the bypass between Balfour Rd. and Marsh Creek Road, but the signs say it's not allowed. Who wants to be the test case? Not me.

Concord Ave. is fairly safe to ride since the Bypass opened, and I have suggested that the county try to get a grant to put bike lanes on Walnut Ave. from Concord Ave. to Vasco. This would allow a cyclist to go to, and from, the Los Vaqueros area, or Vasco Rd., into Brentwood, in a relatively safe manner. Please remember that the squeaky wheel gets the grease, and complain about problems that you encounter. In this issue of the newsletter you will find a list of phone numbers or e-address of places to complain about problems that you encounter while cycling. Clip it out and save it.



## 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

# MINUTES

## From the December 29th Board Meeting

The meeting was called to order by the outgoing club president at 7:15 PM at his home in Oakley, California. The agenda for the meeting was the same as posted on the club website. The following board members were present.

**Randy Huey**, outgoing club president, incoming web master

**Steve Diputado**, incoming club president

**Jim Sherfy**, outgoing ride coordinator

**Jan McGreer**, incoming ride coordinator

**Dave Stoeffler**, newsletter publisher

**John Coker**, continuing secretary

1. Randy delivered his financial report for 2008. The full five page report is posted on our website. The report documents the club starting the year with \$3,354.68; with a total income of \$3,420.50; total expenses of \$3,366.99; and a final balance of \$3,286.58.

2. Randy gave a detailed ride report on the Saturday rides he organized throughout the year, giving the mileage, number of Delta Pedaler's riders, number of riders of other clubs and other guests. Randy's written statistics are posted on our website.

3. It was decided that ride leaders should send to Jan an extract of the ride sheets showing the dates, miles, number of members and number of guests. Jim Sherfy indicated that he is working on extracting this information from the ride sheets delivered to him during his tenure as ride coordinator and will give this and other information to the board members

on a CD.

4. There was a discussion of continuing the most successful of Randy's Saturday rides. The ride coordinator and president will try to work together on such a plan.

5. Randy reported on the inventory of unsold jerseys and jackets. We still have 2 jackets and six jerseys. The inventory was delivered to Steve at the end of the meeting.

6. Randy reported on the expiration/renewal dates for memberships and insurance. The memberships and insurance renewal dates are listed as item 5.b. of the posted agenda for this meeting. It was agreed that Randy would renew them as they matured.

7. Randy volunteered to update the website.

8. Randy volunteered, and it was agreed, that he would continue to assist the treasurer in posting the financial information.

9. Randy reported on the poor state of the membership renewals. So far, only six members have renewed. There was discussion about contacting some of our very active members who are very overdue in renewing, and of contacting the rest of the membership with a request to renew. Steve indicated he would contact the general membership and those board members who knew some of the very tardy renewal were to make those contacts.

10. Jim reported that he is still having computer difficulties and can not give a ride coordinator report yet, but (as previously indicated) will get the information he has to the

board members on a CD.

11. Dave indicated that he will continue to serve as the newsletter publisher, and serve on the board as a non-voting member.

12. Jim was thanked for his service to the board as ride coordinator, as this was his last meeting as a board member.

13. It was decided that the beginner's ride on Sunday mornings at 9:00AM should be made shorter and with less climbing and with a greater proportion of time on bike trails. John reported on his recent attempt to accomplish these goals, and is to send Steve a ride description to be given to people inquiring about a beginning ride.

14. The meeting was adjourned at 9:00PM

## **DELTA PEDALERS BOARD MEMBERS**

**President:** Steve Diputado

**Vice-President:** Peter Villalpando

**Secretary:** John Coker

**Treasurer:** Bill Rodriguez

**Ride Coordinator:** Jan McGreer

**Newsletter:** Cameron Diputado

## **APPOINTED COMMITTEES**

**Registrar:** Mike Thomas

**Safety Coordinator:** Dave Stoeffler

**Historian:** Jan McGreer

**Webmaster:** Randy Huey

**Advocacy:** Dave Stoeffler

Dick Anderson

Ole Ohlsen

**Website:** [www.deltaped.org](http://www.deltaped.org)



### The Delta Pedalers Bicycle Club Membership Application

To apply for membership, print this page, complete the form, and mail to: Delta Pedalers, P.O. Box 2384, Antioch, CA 94531

- I am a returning club member
- I DO NOT want my address and phone number to appear in the club Directory.
- I DO NOT want to be notified by e-mail about upcoming rides and club events.

Effective March 1st; Individual Membership \$20.00 per year, Family Membership \$25.00 per year. After September 1st; Individual Membership \$10.00, Family Membership \$12.50. (Individual members must be 18 yrs. or older. Family memberships must include a parent or guardian 18 yrs. old or older and children must be under the age of 21 and living in the same household.)

Enclosed is \$\_\_\_\_\_ for individual membership or \$\_\_\_\_\_ for family membership. (Make check payable to the Delta Pedalers).

Name (please print) \_\_\_\_\_ Co-Applicant (Spouse) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

In consideration of the acceptance of my application, I, for myself, my heirs, executors, administrators, successors and assigns, waive, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the Delta Pedalers Bicycle Club, its members and their respective agents, officers, officials, servants and representatives from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs, executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable to me for damages..

I ALSO AGREE TO WEAR A PROPERLY FITTING U.S. CPSC-APPROVED BICYCLE HELMET ON ALL CLUB RIDES.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE Delta Pedalers Bicycle Club AND SIGN IT ON MY OWN FREE WILL.

Date \_\_\_\_\_ Age \_\_\_\_\_ Applicant's Signature \_\_\_\_\_

Co-Applicant (Spouse) Signature \_\_\_\_\_

If this application is for family membership, please indicate names and ages of all minors who might be included in club activities. Any rider under the age of 16 must be accompanied by an adult on all rides.

Name \_\_\_\_\_ Age \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Signature \_\_\_\_\_

Signature of parent or guardian (needed if applicant is under 18 years of age) \_\_\_\_\_

#### Medical Information

Emergency Contact \_\_\_\_\_ Telephone Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Telephone Number \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Telephone Number \_\_\_\_\_

Medical Insurance: \_\_\_\_\_ Coverage ID: \_\_\_\_\_ Group ID: \_\_\_\_\_

#### Blood Type

Name \_\_\_\_\_ Type \_\_\_\_\_ Name \_\_\_\_\_ Type \_\_\_\_\_

Name \_\_\_\_\_ Type \_\_\_\_\_ Name \_\_\_\_\_ Type \_\_\_\_\_



Delta Pedalers Bicycle Club, P.O. Box 2394, Antioch, CA 94531

East Contra Costa County

Photo: Larry Basworth




Please support our local sponsors:



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