



May 2009 Issue

## Bike to work day

Well we had 30 bike commuters come through our morning energizer station on Bike to work day, where they were treated to free goodies like Starbucks coffee, cookies, Jamba Juice and a gift bag that had cool bike swag and a Chipolte Burrito coupon. And our REI sister station had another 25 riders and they were treated to the same cool stuff plus an REI 15% off coupon. So it can pay to ride your bike to work, remember that. – S



Riders helping themselves to free stuff

### Next Board Meeting

Our next board meeting will be on Sunday June 7th at Aladino's Pizza at 1324 Sunset Drive in Antioch at 6 p.m. with our club social at 7 p.m.

#### In this Issue:

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## Confidence

By Branden Hays



Annadale. Way too early to wake up for a 2 hours drive. Didn't help I was up late at party the night before. At least I knew I would be able to work off those calorie filled beers I drank. I have ridden Annadale twice before, back when I was in much worse physical shape, less skills, and less confidence. This time we parked off Lawndale, so the dreaded Shultz climb would come early. For anyone who hasn't been Mt. biking lately, this climb in itself will kill you. Not often in the east bay do we get miles of rock climbs. You can't just spin them like a Contra Loma fire road, they need to be powered. Still legs from two days of fixie riding loosened up quickly, and I was off with the "A" team. By the time we were at our first break I was feeling good. Great even.



Up top we hit some rolling section of trail, legs feeling a little burnt on the short steep climbs, I worked hard on the first climb to keep up, maybe too hard. Bill H. really helped me on those climbs with some tips and encouragement. Like not looking at the rocks you are about to go over, but look way ahead, pick the smooth line way ahead instead of dodging rocks once your already (continued on page 4) on them



Everything came together on this ride for me. Fitness of the 500 miles I have

### Up coming events

**May 16th**, Tour de Starbucks 8, 12 and 50 mile ride starting in Brentwood.  
**Aug 6th-9th**, Spicer Camping Trip. Call Dave 925/628-2671 or email dstoeffler@sbcglobal.net for reservations. Looks like it will be a good turnout this year with both road and an epic MTB ride planned, so hurry.

## Ride Reviews

### Tuesday night Ice Cream Ride

By Dave Stoeffler

I think that our first Family Ice Cream Ride went pretty well, I rode in the front and was followed by 7 & 8 year olds that were ready to roll. I did stop several times to regroup and Kathryn was sweep, to make sure everyone was ok.



Dave leads the first Ice Cream Ride of the summer

The weather was somewhat cold, and the sun refused to stay up, but, that should change in a week or two. We only rode on the Marsh Creek Trail, and never in the street. We did ride 2 blocks on the sidewalk to the yogurt shop, not in the street. Parents were also given the option to return to the start and drive to the yogurt shop. We had kids from teenagers down to 5 so it was quite a mixed group.



Since our first family ride of the summer we have made some improvements. So please come out

and join us. If there is any questions please call Kathryn or myself.



Jeff Samson with group in tow

### Los Vaqueros Dam Trials

By Curtis Corlew via: <http://ccorlew.blogspot.com>

This was the second Dam Trial put on by the folks at the Contra Costa Water District Los Vaqueros Reservoir & Watershed I enjoyed the first, but this one was better. They had ankle bands that measured time, which was very nice. The Tee Shirts they gave out aren't white, which is a big plus in my book. They had food goodies and plenty of water. It was just an all-around well run event. Here's hoping it grows over the years.

**The big news:** My wife Tricia took first in her group! First race, first medal. First in the family to get a cycling first. She wasn't even going to enter, but I talked her into it when we got there. As Tricia points out, it was a category of two. But that isn't her fault, and *she* did beat everyone who showed up. What more could she have done?



My goal was to better my 11:10 of last year; to come in under 11:00. This year

there was a lot of wind and I thought I'd be in trouble. But I hit 10:51, and finished fourth in my group, 2.5 seconds out of third. Tricia has told me I must stop obsessing about that 2.5 seconds. But I can't. I left everything I had on the course. My heart rate was at 102% of what I had thought was my max for most of the way. It's amazing how much you can hurt in only three miles.

It was a delightful and fun day in the sun. The event was well run, and the other cyclists were fun to visit with. I'm already looking forward to the event next year.



You can find out more on Curtis' blog at <http://ccorlew.blogspot.com>.



**Other Medal winners:**  
Dave Stoeffler & Mary Engleton

## Andersen Bakery Ride

The Best thing about leading a ride is that you never know who is going to show up. The Andersen's Bakery ride was great just for that reason. We were pleased to have a fairly large turnout, even though it was billed as a "social" ride- better for fitness and fun than for "serious" training. Mike Smith showed up, along with Branden, Neal and Teri, Dennis, Patrick, Steve, Larry and his wife Carmen. Mike and I made it eleven riders. It was fun to meet Carmen because it turns out she is the sister of an old friend Mike and I worked with at the UPS Oakland Hub many moons ago. After riding the old Monday night road loop through South East Antioch, we returned to hot coffee, pastries and sandwiches at Andersen's. We even got our own carafe of coffee- turns out Branden is also a fine barista- and the nice people there even brought out more samples for dessert.



Patrick, Mike S., Branden, Larry, Neal , Teri, Carmen, Mike Q., Dennis, and Steve.

I highly recommend the "apple pie" strudel or any of the fresh fruit tarts. Neal really liked the sun-dried tomato and salami Panini. It

really looked good too. Good food. Good ride. Good people. 'nuff said.

— Rynie

## An Unsolicited Guest Editorial (that I should have completed in February)

Lost in the emotion over the change of leadership in Washington D.C., was the change of leadership for the Delta Pedalers Bicycle Club. I don't know why Washington got all the attention, since the DP president is such an important position, but we have a pretty fine gentleman in the driver's seat just now. Of course I'm speaking of **Steve Diputado**. Thanks for stepping up, Steve.

Though we've been really fortunate over the years to have wonderful presidents, one in particular strikes me as the right guy at the right time: **Mr. Randy Huey**. When Randy took the helm, the DPs were struggling: no money in the kitty, and a decided lack of participation by the members of our club. There weren't very many people leading official club rides. If someone

listed a ride and not enough riders showed-up, then the leader would too often take it hard and never again risk a repeat. But not Randy. Randy's attitude that "I'm going for a ride regardless of others' participation" was refreshing. Of course, he always carried excellent course maps, just in the case someone did show up to ride. Many times, folks did –and were rewarded with a fun outing.

He also rebuilt our membership numbers, and that added a little change to the kitty. We'd long since given up hope we'd establish a decent bank account, but Randy woke up enough folks to their lapsed memberships that he made some really good things possible. He kept track of who'd rejoined and would

issue friendly reminders to those who had not – yet. Often, they would.

He certainly knew how to run a meeting by Roberts' Book. I attended several board and social meetings with Randy at the helm. Some of them might have gotten out of hand if not for Randy's even tone.

So, a belated thanks to, Randy. We all sincerely hope that you will be allowed to ride again, and we thank you for all that you did during your presidency, and for the gentleman that you are.

And next time you see Steve, give him some encouragement and thank him for doing a (sometimes) thankless job.

— Mike Thomas

## Ride Reviews

### Confidence (continued)

put in this month. Skill increase from riding with Simon, and most of all, a big confidence increase. For once, I was actually really pinning it on the single track. I was relaxed, loose. Not looking for the least tricky way through sections, but looking for the most fun way. I was hitting jumps, kicking the rear out to initiate my turn in the air. Sending the drops. looking for the biggest drop instead of the smoothest line.



I was really having a blast. I kept pushing and pushing. getting used to my tires breaking loose, and not freaking out about it. Everyone was having fun. Playing on obstacles like Chris in the photo above. Having fun keeping up with Simon on the downhills.

On top of it all, it was a perfect day. Not too hot, not that dusty. Flowers blooming. fell good one little rock climb section. Slow speed tumble to the side. Oh, and I am swearing off of crank bros pedals. Every rock I hit with the pedal, it would eject my foot. Back to SPD's.



After dropping down to the ranger station for much needed water, Pete had some bad leg cramps, but was still hammering it out. Most people started to think about just how many miles we had left, and how long two quarry climb is. It is a rough climb, I have done it twice before.. but both times fresh from the car. We are now a couple hours into an epic and now have to climb it.



Even the bikes needed a rest. I too was pretty beat, and getting a little sloppy. When Rynie had some rear end issues (well, her bike's rear end.. broken spokes, stubs caught in the cassette) I was thank full. I was pushing harder and harder on each section and knew a epic ragdoll stack up wreck was coming. So I was more than happy to stay easy and ride with Rynie down.



Rynie effectively had to ride a fixed gear down Lawndale. Her bike wouldn't coast. That soon was to change, since eventually it wouldn't even ride. Rynie ended up having to walk the sweetest section of single track this side of Downieville. What a let down, but she still had her smile.



Not only a smile, but she was running her bike! CX season won't come soon enough for her!



Back at the cars, planning of food was the most important thing, after laughing at my wearing of a Sarong. Nothing feels as a good after a ride as some ventilatio :)



Speaking of food.. Lepe's off of Channel/Montgomery. Awesome as always. I had the worlds biggest burrito, not some small thing like that in the picture. And the thing about Lepe's is they don't overstuff with rice and beans, 75% of my burrito filling was meat. Awesome stuff. Tired, full, and a long drive home...

# Advocacy

## Ride of Silence

On May 20, 2009, at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride Of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a

passing bus and was killed.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors and no registration fees. The ride, which is held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

**The Delta Pedalers invites everyone to join us in this event.** We will be starting out from Antioch city hall at the 7 p.m. start time and ending in southeast Antioch. This year we

will be remembering the local cyclist that have lost their lives to automobiles, as we ride on city streets that have recently had their bike lanes taken away, thus putting more cyclist in danger. We hope that this ride will bring attention to the dangers that all cyclist face while on the roads. So please come join us and help us be heard.

### 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 April 5th Board Meeting

The meeting was called to order by club president, Steve Diputado at 6:30 PM at Round Table Pizza on Sandcreek Road in Brentwood, California. The Club met as a committee of the whole to discuss new and old business. A quorum of the board was present. Present were: Steve Diputado, President, Peter Villapando, Vice President. John Coker, Secretary, Jan McGreer, Ride Coordinator Dave Stoeffler, Newsletter Publisher, Mary Engleton, Member, Randy Huey, Web Master Kathryn Thomas, Member, Connie Davis, Member, Neil Gietzen, Member, Terri Gietzen, Member, Mike Quan, Member, Rynie Quan, Member, Brandon Hays, Member.

Steve brought Starbucks Coffee for those attending. Rebecca Bradley, of the Starbucks company was present and an extensive discussion was held about the May 16 "Tour de Starbucks" for which we are a sponsor and an assisting organization. Terri designed flyers for the event and copies were made available for posting at ten Starbucks locations. Neil and

Brandon and others are involved in the design of the three routes involved. We discussed the Tour arrangements including; permits required, insurance requirements, coordination with other supporting groups, the marking of riders, number of volunteers needed, other planning meetings, food, tables, igloos, and safety considerations etc. Dave and Kathryn announced that they will be initiating a weekly Tuesday 6:30 PM Ice Cream Social bike ride.

Dave announced and discussed the advantages of participating in the Los Vaqueros Time Trials to be held on April 18, 2009.

Connie brought up the subject of the desirability of another swap meet, and the members thought that the new Antioch Sports Center at Aladino's Hillcrest location would be appropriate.

There was discussion about the club's adopting Empire Mine Road, and the procedure for doing so was discussed.

Dave thinks that the Metric Century he is working on would be best held in the fall of this year. He will continue to work on developing that event for the club to spon-

sor.

The next board meeting will be at 6PM and the next membership meeting will be at 7PM on May 3rd at the Antioch Sports Center at Aladino's Hillcrest location, where for many years we held our meetings. Randy and Mary will entertain the members and guests with a program on their Erie Canal and Hudson River Ride.

It was suggested, that members bring children to participate in the new sports opportunities that will be available at the new Sports Center (like batting cages) that will be available during our meeting. The meeting was adjourned at 8:45.

### **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)

## 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 C1, 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 M+ 2, 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 pacerline. Bring \$ for coffee afterward. Ride Leader: Dave Stoeffler (925) 634-1793.

#### Monday Night Ride

Road C1 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.

#### Tuesday Night Family Ice Cream Ride

Road, C-1; Mileage varies according to ability. Weekly (Beginning April 28, 2009), Time 7P.M. Meet at the Marsh Creek Staging Area on Central Blvd. in Brentwood (the parking lot where the trail crosses Central). Great for all ages, from training wheels to teens and adults. Younger kids can go a shorter distance and turn around, while older kids go further, and faster, before turnaround. Most cyclists return at about the same time, and then we head to a local ice cream shop for a treat. Ride Leaders: Dave Stoeffler (925) 628-2671 and Kathryn Thomas (925) 308-7786

### RIDE LEADERS WANTED!

If you have a favorite ride, or a favorite eatery, why not make a ride out of it? It's easy. Let's talk. rynie

### Upcoming Rides

#### Saturday, May 30th: Andersen's Bakery Ride.

8:30 am. Road C2. Ride through the neighborhoods to Empire Mines and back. Some hills. Great breakfast panini's at the end. Bring \$\$ for coffee/food afterwards. Ride Leader: Rynie (925) 706-1141

#### SUNDAY, 6/7/09 M-3 32miles 9:00am – Berkeley Hills

Mike 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 Hwy. 24 take the exit to Pleasant Hill Rd. and go south; turn right on Olympic Blvd. and right again into the parking lot. Bring water and lunch or money to buy in Orinda. Leader: Mike Smith, 925-628-4333

#### SUNDAY, 6/21/09 C-1 56miles 9:00am – American River Trail

Join Mike for an easy ride along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom for lunch. This is a great ride for new cyclists. Bring water and lunch or money to buy at Folsom. Meet at Discovery Park by Old Town Sacramento. Take I-680 north and get on Hwy 242 to pick up 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 ¼ hours for your drive to Sacramento. Leader: Mike Smith, 925-628-4333.

### Ride Ratings:

Skill level : C = Casual M = Moderate E = Experienced H = Hammerhead

+ next to skill level means that skill level and up.

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)

### Wednesday Night Mountain Bike Ride

MTB M+ 3+ start time; 6:30 p.m. 8 mile + ride.

Mountain Bike - in the dirt! Meet at the gate on Fredrickson Rd. Lone Tree Way to Golf Course Rd. Right on Fredrickson. Will ride though Black Diamond Mines. The course varies. Show and go. Must have helmet. Rain 24 hours before cancels. Ride Leader: Rynie or Mike Quan: (925) 706-1141

### Wednesday Night Road Ride

Road, C-1+ 10 mile loop (can do 1, 2, or 3 loops as desired)

Weekly, Time 5:30 P.M. We start at the Sutter Delta Hospital on Lone Tree - parking lot near the bike trail. We ride on the bike trails going east for two miles, make a right on Via Dora and work our way down to Sterling Hills, cross over Hillcrest to Laurel, continue on Canada Valley Road, right on Vista Grande, cross over Lone Tree work our way up to Prewett Ranch Road, right on Mesa Ridge all the way down Golf Course Road back to the hospital. Some days we include Empire Mines Road. This is a great ride for beginners, since you can do as many loops as you feel able. Since this is a new ride, call the ride leader before going to the ride. Ride Leaders: Bonnie Flansburg (925-408-4906) and Mary Engleton (925-212-2735)

### Thursday Night Ride

Road E3 15 miles, no drop ride. 7 p.m. Meet at Brentwood Starbucks at the intersection of Sand Creek and the Hwy. 4 Bypass. Come on out if you like a workout on hills. Bike lighting required after dark. Ride leader Ron Brown (925)354-6474

### 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.

## 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!

# May/June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>10</b> <i>Sunday club ride</i> 8a.m./9a.m. Panama Red, Brentwood	<b>11</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>12</b> <i>Family Ice Cream ride</i> 7p.m. Marsh Creek Stag- ing area, Brentwood	<b>13</b> <i>Road ride 5:30p.m.</i> @Sutter Delta, Antioch MTB @ BDM 6:30p.m.	<b>14</b> <b>Bike to Work Day</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>15</b>	<b>16</b> <b>Tour de Starbucks</b>
<b>17</b> <i>Sunday club ride</i> 8a.m./9a.m. Panama Red, Brentwood	<b>18</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>19</b> <i>Family Ice Cream ride</i> 7p.m. Marsh Creek Stag- ing area, Brentwood	<b>20</b> <b>Ride of Silence 7p.m</b> Antioch City Hall	<b>21</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>22</b>	<b>23</b>
<b>24</b> <i>Sunday club ride</i> 8a.m./9a.m. Panama Red, Brentwood	<b>25</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>26</b> <i>Family Ice Cream ride</i> 7p.m. Marsh Creek Stag- ing area, Brentwood	<b>27</b> <i>Road ride 5:30p.m.</i> @Sutter Delta, Antioch MTB @ BDM 6:30p.m.	<b>28</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>29</b>	<b>30</b> <b>Andersen Bakery</b> <b>Ride 8:30a.m Antioch</b>
<b>31</b> <i>Sunday club ride</i> 8a.m./9a.m. Panama Red, Brentwood	<b>1</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>2</b> <i>Family Ice Cream ride</i> 7p.m. Marsh Creek Stag- ing area, Brentwood	<b>3</b> <i>Road ride 5:30p.m.</i> @Sutter Delta, Antioch MTB @ BDM 6:30p.m.	<b>4</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>5</b>	<b>6</b> <i>Farmers Market Booth</i> @ Brentwood
<b>7</b> <b>Berkeley Hills Ride 9a.m</b> <i>Sunday club ride</i>	<b>8</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>9</b> <i>Family Ice Cream ride</i> 7p.m. Marsh Creek Stag- ing area, Brentwood	<b>10</b> <i>Road ride 5:30p.m.</i> @Sutter Delta, Antioch MTB @ BDM 6:30p.m.	<b>11</b> <i>Club ride 7p.m.</i> Sand Creek Starbucks	<b>12</b>	<b>13</b>
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Delta Pedalers Bicycle Club, P.O. Box 2394, Antioch, CA 94531

East Contra Costa County

Photo: Larry Bosworth

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