

August / Sept 2009

From the President

Another Summer is almost behind us but it doesn't mean that your cycling regime should come to an end. Some of our evening rides will be coming to an end but some will continue on into the night. Also I hope to have a regular ride scheduled for Saturday during the winter months, for those who wish to keep their mileage up.

I would also like to thank Dave and Randy for manning our booth at the Brentwood Farmers Market in June. Had a great response and even signed new members.— S



Next Board Meeting

Our next board meeting will be on Sunday Oct 4th at 6:00pm, followed by club social meeting at 7:00pm. At the Roundtable Pizza (Sand Creek Rd. & Hwy 4 Bypass) in Brentwood.

In this Issue:

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She's Back!!



After being sidelined by an injury Jan McGreer is once again leading the pack.

pedal-powered vehicles. (Press release)

Day 1: Got to Laguna Seca in the early afternoon. After some wandering, found our campsite, met Neal and Teri, and got ready to pre-ride the course with our friend Jeff. The weather is blustery and cold. The course is dry and sandy with lots of climbing. My tires aren't holding well. Biffed it 5 times, not bad, but doesn't bode well for me. We end up riding about half the course.

Day 2: My Favorite! Shopping the EXPO, seeing the new stuff, entering every contest possible. The day

started off cool, now it's getting warmer. Picked up some new Kenda tires- "guaranteed" to be grippy on this stuff!! I can only hope. We see Steve, Branden, Pete, Jan, Donna, Maurice and his family. This year there is an area to test ride bikes, and a kids play area. Missed seeing Bad Bob Blatner. Got some great deals on jerseys, coffee, socks and even backpacks and sunglasses. Demo'd a baby blue Pivot Mach 4. My first two cars didn't cost so much.

The Magic of Sea Otter

The Sea Otter Classic Report
by rynie



Me and the Sea Otter

For four days in April, the Sea Otter Classic draws professional athletes, team staff, competitive cyclists, cycling enthusiasts, spectators of all ages, manufacturers of a variety of products related to cycling and outdoor sport, industry VIPs and friends from all over the world to race, ride, and relax on



Levi Leipheimer and Branden Hays

Ride Reviews

Monday Night Ride

By Staff

Starting from its new location from the Starbucks at Sand Creek Rd. and Highway 4 in Brentwood, this ride is one of our longest running and most popular of our weekday rides. Billed as a recovery ride from a hard weekend of riding, this ride is an



Heading down the streets of Brentwood

easy ride for all skill levels and any type of bike will do. After leaving Starbucks we ride through the Streets of Brentwood (the shopping center) and then the real streets of Brentwood. There is one hill at the end of Fairview that leads to the Trilogy subdivision then back down to Sandcreek to complete one loop, then it's off to do a shorter loop (without the hill) and back to Starbucks to socialize over a cup of coffee etc.



Getting ready for the start of the ride

Wednesday Night Road Ride

By Staff



Wednesday Roadies meet up with the Mountain bikers

Our newest ride for this summer is the Wednesday Night road ride out of the Sutter Delta Parking lot in Antioch. The ride starts at 5:30 p.m. and is led by Bonnie Flansburg and Mary Engleton. The ride is in the same pace as the Monday Night ride and consist of two 10 mile loops around Southeast Antioch. The ride is becoming one of my favorites, nice 20 mile ride that goes at a pace that newer cyclist will enjoy, road bike are not necessary for this ride, any bike you have in your garage will do just fine. The ride takes about 2 hours and at the half way point there is a break at the Fredrickson Gate of Black Diamond Mines Regional Park, where the Wednesday night mountain bikers are getting ready to start their 6:30 ride. We say our hellos and it's off for one more loop. We are not sure if this ride will continue into the winter I hope it does, but until then come on out with us while the sun is still shining.



Wednesday riders in front of BDM gate

Sunday Morning Ride

By Staff

How strong of a rider are you? How fit are you? What's it like riding in a paceline? Can I ride 34 miles? All these and many more questions can be answered on our Sunday morning Delta Pedaler ride. This ride is our club's flagship ride, this is basically a training ride, but don't let that scare you because training is a good thing, especially if you have other goals in regards to cycling, like doing a century (100 miles), or a Tri, or you are just trying to be as fit as you can. This ride is a great ride to use as a benchmark for your fitness. This ride's course is perfect for training. It is mostly flat with few urban riding instances, not a lot of city action, that is. Which is appropriate for practicing proper pace-line etiquette and race-like simulation. What makes this ride geared for all levels is the fact that it is easy to regroup. Also, there will be a member of the Delta Pedaler to ride with any individual that falls off the back of the pace-line. This is the kind of ride that you should attend as often as possible. It keeps you in shape, it provides a group to really train with, and it will inevitably lead to a smarter, stronger you. I'm sure this is something that we all secretly, or openly, are striving to become.



Sunday's paceline roaring down the road

It's A Grind Ride

"It's a Grind" is a coffee shop located in Brentwood on Balfour and John Muir Parkway. It is owned by a very personable and interesting gentleman whose name I can't pronounce, so we all call him "OJ". OJ worked in corporate America for many years before deciding to quit the rat race and open his own business. We met OJ while we were cross training during the winter and running from It's a Grind on Wednesday nights.

Like I said in one of my last ride reviews, one of the great things about leading rides is you never know who is going to show up. On this particular beautiful Saturday morning, who shows up but Jeff and Deb Westbrook. The Westbrooks were instrumental with our old "Duel with Diablo" rides that the club put on several years ago. I have seen Jeff on a bike on and off through the years- but it was great to see Deb on one. Teri came with Neal, but instead of the tandem, Teri rode her "single" bike. Guess she got tired of doing all the work Neal! Pat DiBasilio was there, and Jan too. Jan is just getting back on the bike after several months of "one thing after another" injuries. Glad to have you back Jan! A new member, Darci, amazed us with her affinity for things pink, and her enthusiasm for bike riding. From spin class to bike shop to club rides! You go girl! Prez Steve showed up on his commute bike, already dressed up with Christmas lights! Xmas in July? Nothing wrong with getting a jump on the decorations! Dennis Tukua came, I think he just likes those fancy coffee drinks. Mike and I rounded out the group. Our route on this day was the bike path to Oakley and back. The day was gor-



Another successful ride comes to an end, thank you Rynie

geous, and not too hot or windy. We made it all the way to the end of the path at Big Break Marina in Oakley, where there is fresh water and clean flush toilets. We saw lots of huge turtles in the water, along with ground squirrels, egrets, herons, and other birds I did not recognize. All in all it was a little over 20 miles by the time we got back. It's a Grind serves great coffee, and

if you like "specialty" drinks, may I suggest the coconut crunch mocha. Some of the pastries are from the same bakery that Peet's uses, and some are from local baker Mike Berry (formerly of Berry's, now Mike's Bakery) in Antioch. The fresh blueberry muffins are just divine! So if you like coffee, or like to eat, or like to ride, consider joining us- on one of the Gears, Grinds and Grub rides!



Heading down the trail

Sea Otter

...continued from page 1

Day 3: Race Day. Started out so foggy the condensation was too thick to wear glasses. Tried not to be nervous. Warmed up with Krissy (who ended up with a 4th place!) then went to line up. Unknown to me, start times were moved back half an hour. I wandered through the line-up, Mike spotted me and told me- Last time I raced here was 2003. This year I would be racing a longer course, and moved myself up to the women's Sport/Cat2 50+ category. The day got really hot. Luckily Maurice was there to watch the start and offered to hold my extra clothing for me. Nervous was an understatement. As the group of us took off onto the tarmac, I remember thinking, "Hey, we have 19 miles to go, why are we starting so fast?" 2 hours and eleven minutes later, it's finally over. I had started cramping about ten miles into the race. I don't think I hydrated enough yesterday, and besides, I spent all day on my feet shopping :) Funny, during the race, I was wondering why I was doing this to myself, but by lunch I was thinking about how I could have a better race next year. Go figure.



Pete and the GT Girls

I can barely walk now, and I am SO thirsty. We go off in search of food. We meet up with Dennis who had just finished the mountain bike tour. We also see Jan and Donna at the SHIMANO booth. Jan gets chosen to thumb wrestle some kid for a raffle prize. In spite of her recent shoulder surgery, she wins the first round. The kid gets the best of her the next two, and gets booed and jeered by the crowd. She gets a consolation prize for her efforts.



Mike gets the jump on Randy Brus

Day 4: Hot today, but must go back to the EXPO to try to find the good deals. I trade a Discovery team hat for a CLIF bar hat with one of the Clif Bar vendors. We see an old friend, Ron Castia, who is racing pro this year. Wasn't it just a few years ago that he was a pudgy kid? Time to pack up the campsite and get going. I can still barely walk. But we'll be back next year. Will you?



Steve enjoys the expo

Riding with your friends is fun! Come on out and join us for a group ride! We often include great places to eat or drink coffee. Check the website for current ride info!



Rynie testing her future bike

Fitness

Riding a 100 miles a week can be easier than you think.

Some people are amazed when I tell them that I ride at least a hundred miles a week, but the reality is it's easier than you may think and you do not have to go it alone. Here is one routine I tend to follow:

Day 1: Sunday morning club ride with the Delta Pedalers, I'm talking the 8:00 fitness ride out to the dam, don't worry about keeping up, we just want the miles and time on the bike. Approx. ride time 3 hours, miles 32.

Total miles for the week: 32.

Day 2: Monday night club ride, do the two loops on this ride and you will be rewarded with a 18 easy miles. And coffee with great conversation. Approx. ride time 1.5 hours, miles 18.

Total miles for the week: 50.

Day 3: Tuesday Family ice cream ride. OK if you do this with the group you will probably get 6 to 8 miles out of it but you will be doing something with your kids, and that can't be bad. But since this ride is on the Marsh Creek trail you can easily spend more time on the path to get more miles and catch up with the group later. Approx. ride time 1 hour, miles 8.

Total miles for the week: 58.

Day 4: Wednesday night club ride, leaving out of the Sutter Delta parking lot this 2 loop ride in southeast Antioch will net you a nice 23 miles. Approx. ride time 2 hours, miles 23.

Total miles for the week: 81.

Day 5: Thursday night club ride, this ride starts at the same time and place as the Monday night ride, but with a different route, gives you a chance to work on your hill climbs. The world isn't flat you know. Approx. ride time 1.5 hours, miles 15. **Total miles for the week: 96.**

Day 6 and 7: Friday is a free day, so can call up a friend or a new buddy you just met on one of our rides, to go on a ride. And for Saturday check our website for one of our special group rides. And your goal should be met, it's that easy.— Steve.

Events / News

Cyclebration 2009, Folsom CA September 11th-13th

Northern California's most family friendly weekend of bicycle riding and racing centered around the trails, lakes and history of Folsom. Thirteen different events, from Time Trials to a Cruiser Ride, will provide riders of all ages and levels a chance to participate.

FAMILY EVENTS

- Folsom Trails Family Treasure Hunt
- Lake Natoma Cruiser Ride
- Gold Rush Metric Century and Half Metric Century
- Cyclebration Festival and cycling expo – all day at Negro Bar State Bar

MOUNTAIN / ROAD BIKE EVENTS

- Fam Jam dirt jumping under the lights– mini vendor fair
- Mountain Bike Time Trial
- Mammoth Bar Downhill Race
- Folsom Lake XC Mountain Bike Race
- Cyclocross at Negro Bar
- Folsom Challenge Criterium
- Two Bridges Circuit Race
- Willow Hills Short Track – Mountain Bike Race

website: www.folsomcyclebration.com

Join our Cyclocross Team

Cyclocross season is coming and as mentioned in our current brochure we are planning to field a team led and coached by Josh Johnson. Josh as already started to work with our mounts and dismounts at a nearby park. Most of us will be racing beginners and for some of us this will be a totally new experience. So if you have the urge to try something new, please feel free to come out give it a try. You do not have to have a true cyclocross bike a mountain bike will do or something close. Also the same team will be involved in a few mountain bike races this year. If you have any questions or want more information email me at: pres@deltaped.org



Out at the park practicing mounts and dismounts

Death Ride 2009



Congratulations to Mike, Greg & Tom for there completion of this years Death Ride. Other members at the ride: Ron Brown, Patrick Durant and Dave Flagg.

MINUTES

From the June 7th Board Meeting

The meeting was called to order by club president, Steve Diputado at 6:15 PM at Aladino's Pizzeria in Antioch.

Present were:

- Steve Diputado, President
- John Coker, Secretary
- Dave Stoeffler, Newsletter Publisher
- Randy Huey, Web Master
- Jan McGreer, Ride Coordinator
- Ole Olson, Member
- Bonnie Flansberg, Member

Steve again brought Starbucks Coffee for those attending.

1. The previous minutes were approved with no corrections.
2. Randy passed around copies of a list of non-renewing members, some of whom were quite active in our club. Members agreed to call those they knew.
3. Dave gave an update on the status of the Spicer camping event.
4. Steve reported on the success of the booth at the Brentwood Farmer's Market. Dave will

e-mail the sponsors to thank them for including our participation.

5. Dave reported on the growth of the Tuesday Ice Cream Social ride. Mike Thomas and Randy will be involved in this ride organization especially during Dave's six week across country vacation.
6. Randy brought a member's request that we stop sending out weekly reminders for certain rides. A lengthy discussion was held, and because the ride leaders of the involved ride prefer the reminders, saying it helps get participation, it was decided not to change. An explanatory e-mail will be sent by Randy to the member requesting the change.
7. Ole proposed a Carquinez straits ride utilizing the two bridges (Martinez and Crockett) for a spectacular loop circling the water. It was suggested that we could sponsor such a ride jointly with the Benicia Bike Club (of which Randy is a member). Ole and Randy agreed to work on that project for a century-type ride.
8. Randy bought up the need for another order for club jerseys. Steve agreed to talk to Neal about this issue.

9. Steve reported on the lessons learned in the Tour de Starbucks and the changes planned for next year's ride.

10. The next board meeting is set for Sunday, July 5, 2009 at 6:PM at Aladino's.

11. The next member ship meeting is to be on Sunday, August 2nd, 2009, following the board meeting at 6:00 PM on that day. Steve will seek a speaker or a program. It was agreed to ask the Schwinn City owner first and ask him to suggest a topic.

John Diaz Coker,
Secretary

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

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 paceline. 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** note last ride is 9/1/09

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, 8/29/09 C-1 20 miles (32km) 9am – Benicia Bridge Bike Lane Opening. Dave is organizing a ride to the official opening celebration of the bike path across the Benicia Bridge, next Saturday Aug. 29th. We will meet at the Martinez Regional Shoreline Park at 9am. To access the park take Ferry St. across the tracks into the park, turn right on Joe DiMaggio Dr. and left on Court St. Then park in the first lot on the left. We will start the ride with The Valley Spokesman, but, once we attend the opening ceremony we can either ride with them through the Benicia State Park, and back, or come back across the bridge and do the Crockett Loop. Either way the ride should be 25 to 30 miles. Be one of the first to ride across the bridge and join us! Be sure to wear your Delta Pedaler jersey so we can fly our colors, and keep track of each other. Either bring a snack, or we can stop for lunch. Call me to arrange for carpooling, or just let me know you are coming.

Leader: Dave Stoeffler, 925-628-2671

SATURDAY, 9/12/09 C-2 20 miles (32km) 10am - Ghiradelli Chocolate Festival Ride Join Randy for a great ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate bridge and back through Ghiradelli Square for the Ghiradelli Chocolate Festival. Bring water and money to buy Chocolate Festival food tickets. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building.

Leader: Randy Huey, 925-518-8439

SATURDAY, 9/19/09 C-1 56 miles (90km) 9am – American River Trail to Folsom 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. Check our website: www.deltaped.org for directions.

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 Engle-ton (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!

Aug/Sept 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>23</p> <p>Sunday club ride 8a.m./9a.m. Panama Red, Brent-</p>	<p>24</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>25</p> <p>Family Ice Cream ride 7p.m. Marsh Creek Stag- ing area, Brentwood</p>	<p>26</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch MTB @ BDM 6:30p.m.</p>	<p>27</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>28</p>	<p>29</p> <p>Benicia Bridge Bike Lane opening 9a.m</p>
<p>30</p> <p>Sunday club ride 8a.m./9a.m. Panama Red, Brent- wood</p>	<p>31</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>1</p> <p>Last Family Ice Cream ride 7p.m. Marsh Creek Stag- ing area, Brentwood</p>	<p>2</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch MTB @ BDM 6:30p.m.</p>	<p>3</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>4</p>	<p>5</p>
<p>6</p> <p>Sunday club ride 8a.m./9a.m. Panama Red, Brent- wood</p>	<p>7</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>8</p>	<p>9</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch MTB @ BDM 6:30p.m.</p>	<p>10</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>11</p> <p>Cyclebration 2009, Folsom</p>	<p>12</p> <p>Ghirardelli Chocolate Festival Ride Cyclebration 2009, Folsom</p>
<p>13</p> <p>Sunday club ride 8a.m./9a.m. Cyclebration 2009, Folsom</p>	<p>14</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>15</p>	<p>16</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch MTB @ BDM 6:30p.m.</p>	<p>17</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>18</p>	<p>19</p> <p>American River Ride 9a.m @ Discovery Park Sacramento</p>
<p>20</p> <p>Sunday club ride 8a.m./9a.m. Panama Red, Brent-</p>	<p>21</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>22</p>	<p>23</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch MTB @ BDM 6:30p.m.</p>	<p>24</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>25</p>	<p>26</p>
<p>27</p> <p>Sunday club ride 8a.m./9a.m. Panama Red, Brent-</p>	<p>28</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>29</p>	<p>30</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch MTB @ BDM 6:30p.m.</p>	<p>1</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>Sunday Club Ride 8a.m./9a.m. Panama Red, Brent-</p>	<p>5</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>6</p>	<p>7</p> <p>Road ride 5:30p.m. @Sutter Delta, Antioch</p>	<p>8</p> <p>Club ride 7p.m. Sand Creek Starbucks</p>	<p>9</p>	<p>10</p>





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

East Contra Costa County

Photo: Larry Bosworth

Please support those who support us:

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Brentwood CA 94513
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www.panamaredcoffee.com



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 _____

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

Medical Information

Emergency Contact _____ Telephone Number _____

Emergency Contact _____ Telephone Number _____

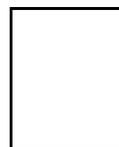
Physician's Name: _____ Telephone Number _____

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
