



July, August, September 2010

Basworth

Weekly Rides Gain Momentum

The Delta Pedaler weekly rides are gaining momentum. Is it the great weather, the fact that summer is finally here, or that the Tour De France has inspired the cyclists here in East County to come on out to try our rides?

The Monday Night ride is a great one to energize the start of the week with. A few of the riders bring their fixies to have fun and work on their fitness. Listed as a "recovery ride" this is a great ride to get into shape, or to get a great work out. There are a couple of "sprint sections" for those who want to "play" but the group re groups several times, and no one gets left behind. Thanks to ride leader Jan, this is also a great ride for beginners who want to start getting out on the road, and want to learn to ride in a group. Road or mountain bikes are welcome, and no one has to ride alone.

The Wednesday Night Road Ride, is another gentle, but steady ride led by Bonnie and Mary. These ladies are patient, but don't let them fool you, these ladies are fit, and if it's a work out you are looking for, they can make it happen.

The Wednesday Night Mountain Bike ride, is like the iconic "box of chocolates"– you never know what you will get. Some weeks it may be a casual ride with lots of socializing, other weeks it can be a hammerfest, with a race to the top of every climb. This ride has seen many "weekend warriors" turn into diehard racers and dirt fanatics.

The Thursday Night Ice Cream Social Ride was started as a short, safe ride for people to bring their children out to get them out for a fun outing. Well, adults like Ice Cream too, and we have found that this is a great ride for those that want to ride with others, but who are new to cycling. Rides are very casual, with distances between 4 and 12 miles.

If you are interested in any of our rides, please feel free to call or email the ride leaders.

*The Wednesday Night Mountain Bike ride and the Ice Cream Social rides are seasonal.

Congratulations Death Riders!

July saw many of our riders travelling to Markleeville for the annual Tour of the California Alps, affectionately known as the "Death Ride". The "Death Ride" consists of 5 mountain passes, and 15,000+ feet of climbing. Special mention that Brian Kelleher who just started riding with us last September on the Wednesday Night Mountain Bike ride completed his first Death Ride with energy to spare! We are so proud of him!!! See page 4 for great Death Ride stories by Bill Honeycutt and Chris Munoz. Below- Tom, Chris, Brian, Jason and Greg pose at the top of Carson Pass.



Delta Pedaler Completes Western States 100

Congratulations to Jason Perex who recently completed the Western States One Hundred Mile Trail



Race in 27 hours and 44 Minutess. The next day, he and his Mom Suzie came out and rode the Monday Night Recovery Ride! Here he is crossing the finish paced by his Dad, Dave.

Way to go Jason!!

Come ride with the Delta Pedalers!

Randy's Ride Series- Fun rides for any rider

Former Delta Pedaler President Randy Huey is leading a series of rides on some of our areas best bicycling trails. Most of these rides are very scenic, and have great post ride eating opportunities. Randy is a gracious host, and has been riding for many years. He often co-hosts his rides with the Valley Spokesman Cycling Club who are out of the Livermore Valley. There are usually a mixture of rider types and bike styles that attend his rides. The beauty of Randy's rides are that even if you are a seasoned rider, you can bring a friend, child or spouse who may not be as strong a rider, and they can be riding a mountain, hybrid, or road bike. Most rides average about 20 miles, but because many of them are on bike trails, there is usually a "bail out" or turn around and go back option. Here are some highlights from some of the recent rides.



Fearless Leader Randy



Mike and Charleen on the SF ride

Randy's Upcoming rides-

SATURDAY, 8/28/10 – 10am – Danville Farmer's Market

SATURDAY, 9/4/10 – 10am – Fuddrucker's Ride

SATURDAY, 9/11/10 – 10am – Ghiradellie Chocolate Festival Ride

SATURDAY, 10/2/10 – 10am – American River Trail to Folsom

SATURDAY, 10/9/10 – 10am – Blue Angels Ride

Stories from the Death Ride

Stories from the Death Ride

Death Ride—

Bill H

Friday night I stayed in Minden to have a good night's sleep. Saturday morning at 4:30am temperature was 55 degrees so I head out to tackle West side of Monitor Pass from Turtle Rock Park riding with front and rear lights. I was able to ride up to summit with a guy from Monterey who had done this many times before which was big help to ride up at the same pace. When we arrived at the summit a boy scout gave us our first sticker and the rest stop just off to the right was still setting up so I said good bye to my new friend Allan and bombed the down east side of Monitor Pass hitting 52 mph and did not slow down until the bottom because I was freezing. Only had arm warmers and thin vest but arrive safe at Topaz rest stop at Hwy 395/89. I received my second sticker here grabbed a few items along with a red potato which was really bad spit it out and headed back up east side of Monitor Pass. Sun was coming out and other riders now coming down. Very beautiful on this side of the pass with open valleys very picturesque. When I got back to top of Monitor the second time I had to stop for shifter cable repair on my rear cassette it would not go all the way into my climbing gear so while tech support worked on my bike I took time to eat and bio break. Second descent was fun and still tons of people riding up as you get to the bottom you make left turn onto Hwy 4 to head up the East side of Ebbetts Pass. I'm warm and this seems to be a long climb on the exposed side Ebbetts Pass and push to the summit I receive my third sticker here. I ride down the back side which is only five miles but a little bumpy. At the rest stop in Hermit Valley I receive my fourth sticker and decide I should really take a good break ,eat and relax. I head out to climb the 5 mile ride back up West side of Ebbetts Pass to the summit which is not that bad. When I hit the summit to head down the narrow descent the road is full of cyclists. This road was very busy and some were not paying attention to downhill riders. I did hear Jason yell out my name as I went by. As I head toward Carson Pass I passed through Markleeville and the town was packed with spectators all yelling, screaming, ring bells etcetera very fun. I stopped at Turtle Rock Park to leave note with wife Laura current time 11:30am and I mention that I should be back between 2:00pm and 2:30pm. Off to tackle Carson Pass to get that fifth sticker. I turn from 89 left onto 88 stop at Woodfords rest stop for watermelon and top off water bottles. I then set off to Carson Pass summit this was a tough 15 miles up into a head wind the whole way. The first 5 miles to Pickett Junction are tough. At this rest stop I take quick break then head out for the last 10 miles about 5 into this last section I started to cramp so I take a bunch of endurolytes and some gel to help and it did help. I get to the summit and receive my fifth sticker, a five pass finisher pin and you get to sign a big poster for completion of five passes. I relaxed a little here but still needed to ride back down to Turtle Rock Park. Coasting down Carson Pass at about 40 mph very fun and as I'm going down I see and hear Chris yell out hey Bill. Now as I turn onto 89 toward Markleeville this has a slight climb back so I noodle all the way back to arrive 2:30pm, 10 hours of riding great experience and wife drives me home the end. Congratulation to Chris, Jason, Tom and Greg for completion of five passes.

And from Chris- We were one pass behind Bill all day. We spotted him on Monitor at the slight downhill section just before the rest stop, his head down and pounding away on the pedals. He looked like a man on fire. We yelled at him, but his focus was on the 5 feet of pavement in front of his front wheel. I didn't see him on Ebbett's but I think that Jason did. Finally I see him on his descent of Carson and yelled again. I'm surprised that he heard me since he was doing about 45mph and it was windy. Bill, you are a savage on the bike! We tried to get a hold of him the night before to set up a meeting time so that we all could ride together. Maybe it's a good thing that we didn't hook up, he would have torn the legs off of me. Brian also rode with us, much of it ahead of our pace. He was worried about holding us up, but that was not the case. My saddle time was 9:33:14 with 133 miles (we made two short detours up to our trucks to stash our warm gear). We had as good a time as you can while pushing your limits. Camping was good as well in spite of not getting much sleep the night before due to being anxious about the ride. I'll do it again next year...maybe!



Bill's Birthday Ride

Ride with the Delta Pedalers



Sunday Morning Ride



Danville Farmer's Market Ride



Mike and Josh top of Oil Canyon



Wednesday Night Mountain Bike



Jan's Monday Night Recovery Ride



Alfredo at Skyline