



East Contra Costa County

Photo: Larry Bosworth

EVENTS

WINTER 2010-2011

November:

13- Picnic, Ride and Fishing Derby

25- Turkey Day Rides
Brentwood or Danville

December:

3- Holiday Party

18- Holiday Lights Ride

January:

1- Climb up Mount Diablo

23- Napa Ride

30- Branden's B-day ride

February:

5- Mitchell Canyon Mud-puppy Ride

12- Yoga for cyclists and other athletes

13- Neal's 50 at 50 ride

Mar:

19- rynie's Boggs Mountain Bash Birthday ride

DELTA PEDALERS PANCAKE RIDE RAISES FUNDS FOR PROSTATE CANCER AWARENESS MONTH

On the Sunday before Labor Day the Delta Pedalers held a pancake breakfast for cyclists at Los Vaqueros reservoir to promote Prostate Cancer Awareness Month.

Prostate cancer is the most common cancer in men. More than 200,000 men are diagnosed each year, and more than 20,000 men per year will die from it.

Yet prostate cancer does not get the publicity and funding that other cancers



Pancake Ride

get.

Last year, one of our founding members was diagnosed with stage 4 prostate cancer. At 48 he had never had a PSA test. (Most medical plans start testing at 50, and it

is at the discretion of the physician- if he or she does not "believe in it" it may not get ordered.)

So men, take care of yourselves. More info at www.PCF.org

Contact the
Delta Pedalers

Bicycle Club
P.O. Box 2394
Antioch CA
94531

Or visit us on the
web at

Deltapedalers.org

Delta Pedalers help BTCEB at Black Diamond Mines

The Bicycle Trails Council of the East Bay sent an email out to the Delta Pedalers asking for help with their monthly Gala Ride

at Black Diamond Mines in Antioch.

BTCEB is a non-profit educational association whose mission is to create,



enhance, and preserve great trail experiences for mountain bikers throughout the East Bay. Several of us showed up to help

Sacramento Ride

Last week eight Delta Pedalers rode with another 192 riders for the annual Tour of the Sacramento River Delta (TOSRD) an overnight bicycle tour from Brannan Island State Park to the state capital and back. The route was along the delta levee roads that follow the Sacramento River; it was very scenic and included a river crossing on a ferry. We checked in our bags at the start and they would be waiting for us at our hotel in Sacramento, we headed out at around 9am heading up toward Sacramento part of the route was shaded by trees, there was a lunch stop at about the 40 mile mark. We arrived in Sacramento in about 4.5 hours total mileage was 60. After the ride most of the riders spent the afternoon at the pool and later we went to Old Town Sacramento for sightseeing and dinner.

The next day would have us riding back on the other side of the river and this route would

have us going through the towns of Locke and Isleton, we stopped at both towns for a little sightseeing before heading on our way. We ended our day with about the same time and mileage as the day before and were treated to a ride ending BBQ at Brannan Island State Park.

This yearly ride is sponsored by the Valley Spokesmen Bicycle Club, the



Pauline, Colleen, Sal, Bonnie, Harry and Darci

same club that brings you the Cinderella Classic, and is limited to about 200 riders and it sells out rather quickly and it's recommended that you carry extra tubes on this trip because

many parts of the road is rough and flats can be a problem although on this trip our group had none. The route is flat and you are given plenty of time to complete the ride so a novice rider should have no problem on this ride, this is a fun ride for a group of friends to do together, for further info check out the Valley Spokesmen's website at www.valley spokesmen.org.

BTCEB Ride...

lead the rides.

The turnout was great, with 35 riders checking in. We started the day with doughnuts (Thanks Dan for the maple old fashioned!) and sunscreen. We met riders from all over the bay area, and former DP'er Randy Gardner came back to visit his old haunting grounds. After the ride there was watermelon and assorted other stuff as well as great stories. If you would like more information about this great group check out www.btceb.org



What do you carry in your bike bag?



Phil and Zoey

What do you carry in your bike bag? Most riders carry a tube, pump, and tool kit. How about a copy

of your Driver's License, Medical Card and Emergency Info and phone numbers? Cell phone? I have Advil and Benadryl, an emergency gel and a few bucks for coffee. Depending on the ride, I add food, patch

kit, first aid kit, lighter, space blanket, Kleenex or Handy Wipes -a spare link for my chain, a little duct tape and a tiny flashlight. Think about what you may need and be prepared. You will be glad you did.

Twilight Golf and Social

The Delta Pedalers October Twilight golf and social meeting had an amazing turn out. 27 paying members and 2 guests made this gathering one of the most popular events ever.

What made this gathering of bicycle enthusiasts so special? It wasn't just the golf, which is a humbling sport to say the least. It was the great camaraderie and the ability to actually socialize with fellow club members in a whole new way-



while relaxing! At best on most of our group rides there is socializing pre-ride, then maybe coffee afterwards and that's it. We don't always get a chance to meet spouses, children, slower/faster riders, etc.

At an event such as this one, we were able to sit, relax, meet significant others, admire those who can actually hit a golf

ball and yes, talk a little about cy-

cling!

So look for other Delta Pedaler events that are more family friendly. Maybe this is the start of a new trend!

Jennifer Hays suggested an ice-skating get together Picnic-ride-fishing derby in November. What about some Yoga or hiking and running?

And as for riding, there's much of that still going on. There is talk of adding a Thursday night ride to the already popular Monday and Wednesday night rides. Tune in for more-

And don't be afraid to join in the activities or suggest others!

Bicycle Advocacy

Brentwood received its second bronze classification in a competition for a spot on the League of American Bicyclists' list of communities that encourage two-wheeled transportation.

The city, which first earned the organization's "bicycle-friendly community" label in 2006, is the only one in Contra Costa County with that distinction.

The league conferred the award on Brentwood this time based on the number of bike lanes and trails it has, one of the five categories in which contenders

were judged. Not only does the East Bay Regional Park District maintain 13 miles of off-road bike trails in the city, but about 75 percent of Brentwood's non-residential streets have bike lanes.

The Brentwood Bicycle Advisory Committee met on August 26th, and several items of interest were revealed. A lighted crosswalk is to be installed on Sunset Road at the Marsh Creek Trail crossing by mid October. It will consist of in pavement lights, activation buttons on each side of the road, and signs with flashing lights on each side of the crossing. This should make for a much safer crossing for pedestrians and cyclists. Several directional signs, for trail users have also been installed in the area. Several years ago Brentwood was awarded the honor of being a Bicycle Friendly Community by the League Of Ameri-

can Bicyclists. This year the city had hoped to raise our classification from bronze to silver. Vineyard Parkway (at the south end of Fairview) will soon be connected to Marsh Creek Road. A bridge has been built across the creek, and construction of the intersection is proceeding at this time. When it is completed it should allow cyclists to have a much safer, and more pleasant journey between Brentwood and points south and east.- Dave S.



Stories from the Trails



Well Brian and I were not thrilled with the timing at the Knickerbocker 50, so we don't have accurate records of time for each lap. It was a good first endurance ride for me. I didn't cramp at all. I probably took too slow of a pace, but I finished with energy enough to do another lap. Lap one there was a crash that I almost got involved in. It was so dusty I didn't see the bike laying on the trail until I was right on it. I had enough time to swerve right, but, the guy behind me hit my back wheel and he went down. On lap one I was trying to stay with a tandem. I also traded places with a UNICYCLE! I've ridden with the guy on the UNI before, so I know he is strong and fast for a single wheel. I rode with him on Diablo before. I finally dropped the unicycle on a fast downhill single track section. Lap two went off with no problems. Stopped for a little food and refilled water between lap 2 and 5. Brian left right before I finished topping off my pack. Lap 5 was good, but it was the hottest lap of the day. Lap 4 I didn't stop at the start/finish line and kept riding. Brian and I left together, but I didn't want to try to take his pace so I let him go. I did stop on one of the bigger climbs to eat something. I noticed I didn't have any of the drink mixture left in my pack and knew I needed some for the last lap. I wasn't going to stop, but I had to. Brian was in the pits eating and telling me he was going to finish the last lap with no pack. He said if he flatted he wanted me to stop and give him a tube and air. I put some water and powder in my pack and started off on the LAST LAP. On the first downhill section is where I heard the clinking from my rear tire. I thought I broke a spoke. When I lifted the rear and spun the tire I noticed the nail sticking out of it. I thought about pushing it in a little and riding it out, but I said the hell with it, I'll

pull it out and if it didn't seal I would try a little crazy glue on the hole. But it sealed the second I pulled out the nail. Didn't have to add any air...but it was in my head the rest of the lap. I actually stopped 5 times just to squeeze the tire to make sure I didn't lose a lot of air. Didn't want to mess up the rim or crash. But it was fine. I was passed by some of the faster 8 hour guys, but then I hit a hill passing a few of them again and flew past one on a fast downhill. I looked back and couldn't see the guy anymore. I was happy to cross the finish line. I wanted to get some real food, but all they had were snacks. Brian had himself a beer and I had a few peanut M&M's. Then we drove home and I slept. I couldn't get Brian to stop for any real food.



NOTES

Congratulations to Bill Honeycutt, new President of the Brentwood Bicycle Club! As a former Delta Pedaler Bill hopes that our two clubs can come up with more rides for every level of rider. This is exciting news, and we look forward to meeting new cycling friends.

REI is currently having a series of Bicycling Clinics—topics include how to adjust your brakes and gears, evening commuting, truing your bicycle wheels and getting ready for winter riding. More info at <http://www.rei.com/brentwoodca>

Are you part of our Delta Pedalers Yahoo Group? Some of our rides are impromptu and are emailed out to members who have opted to receive these messages. If you are a “spur of the moment” kind of person, please be sure you are on this list.

The Annual Holiday party, featuring the Famous

“Broken Spokes” band will be December 3rd at 7:00. It is also President Steve Diputado's Birthday! Please come and join us.

Plans are in the making for a group campout to watch the AMGEN Tour of California Bicycle Race in Tahoe next year.

Time to enter the lottery for the Leadville 100 Mountain Bike Trail Race. Brian's got his name in.

Sounds like the Tour of the California Alps (affectionately known as the “Death Ride”) is going to be the goal of several Pedalers next year!

Boggs 6 anyone? (8 hour endurance Mt. Bike race)

Lights are installed on Sunset at the Marsh Creek trail.

Delta Pedalers in the News



Jason

Congratulations to Jason Perez, Cameron Diputado and Dave Perez for completing the Tarantula Day Run at Los Vaqueros Reservoir on October 23rd. Jason placed overall and 2nd in his division for the half-marathon.

Phil Somerhauler has been busy racing his mountain bike this summer. He placed second in the Sport Division at the Fire-fighter Olympics at Harvey Bear Park in Morgan Hill on July 15th. He was on the podium again at the Western States Police and Fire Games held at Northstar near Reno



Phil

on July 29th in the Masters 50+ division with another Silver.

Brian Kellher completed the Tahoe Sierra 100 mile mountain bike race at Soda Springs with a time of 14 hours. It was his first attempt at that distance. He had so



Phil on the podium

much fun that he talked DP treasurer Bill Rodriguez into entering the Knickerbocker 50 mile mountain bike race with him on Oct. 11 at Cool. They both finished in less than 6 hours. (See Bill's Story on page 4.)



Bonnie and Sal

A large contingent of Delta Pedalers participated in this year's Santa Rosa Century. Chris Munoz completed the double metric. Steve Diputado, Bill Rodriguez, Brian Kehler, Darci Dumford, Colleen Ruddock, Pauline Hewlett, Sal Azevedo and Dennis Tukua finished the 100 miler, and Mary Engelton and Bonnie Flansberg completed the 100 km rides.

Vicki Williams and Barb Guidotti recently completed their first organized ride for the Livermore Meals on Wheels at Shadow Cliffs. These women acquired their road bikes this summer, and have been training ever since. They've even got their husbands riding now!



Vicki, Barb and Willie

Letters

On Labor day weekend, the normal Sunday ride had a rare treat involved: A Pancake Breakfast to help support the fight against Prostate Cancer. For those who don't know yet I was diagnosed last year with Stage 4 Metastatic Prostate Cancer. I am getting the best possible medical care you could ask for at UCSF Cancer Center in San Francisco. I am also getting the



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best the best support you could ask for with my wife Teri, our many friends and families and of course our extended family the cycling community. That Donation jar netted \$95.00 which has been donated to the Prostate Cancer Foundation. For those who did

not get to ride that day you can still donate to this wonderful organization that is out there fighting for what could someday be a cure for me. The web site is also loaded with all the information you can take in in 1 evening of reading. I would like you all to know how deeply we appreciate all of the thoughts and prayers we receive from everyone.

<http://www.pcf.org/site/c.leJRIROrEpH/b.5822013/k.C005/Donate.htm>

Sunday Morning Road Ride - the oldest weekly ride in East County!

Meets at Starbucks near the intersection of Balfour and Fairview in Brentwood.

Two routes are offered during the spring / summer and fall, three routes during the winter.

Route 1 always starts at 9:00 am, Route 2 starts at 8:00 am, Winter Route 2B starts at 9:00

Route 1

Approx. 15 to 20 miles. This is a good introductory ride. All types 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 Starbucks in time to meet with the 8:AM group which has a longer route. Ride leaders; John & Margot Coker (925) 439-1190

Route 2 (8:00am all year)

Road : Approx. 30 miles, moderate to fast pace, regroup occasionally. This 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 pace line or are working on speed and endurance. If you are not sure of the route or your fitness, please let us know ahead of time, as this is not always a no drop ride, and we will be happy to make sure there is someone for you to ride with. Bring \$ for coffee afterward.

Ride Leader: Dave Stoeffler (925) 634-1793.

Route 2B

Winter only (during daylight savings time) Same as route 2, but starting at 9:00 with a more conservative pace and may be shortened. This is a no drop ride, and is a great way to get into shape for the 8:00am ride

Ride Leader: Steve Diputado (510) 459-5956

Monday Night Recovery Ride

Approx. 10 miles per loop, start time: 7 p.m. A "no drop" ride. Great for beginners or fitness riders wanting to get a work out in. One nice hill climb for interval training. 1-3 loops depending on the group.

Meet at the Brentwood Starbucks at the intersection of Sand Creek and the Hwy. 4 Bypass. Bike lighting required after dark. **Ride Leader:** Jan McCreer (925) 757-8731, or Pete Villalpando (925) 513-7971. Please RSVP.

Wednesday Night Mountain Bike Ride (Spring-Fall)

Mountain Bike - in the dirt! Meet at the gate on Fredrickson Rd. in Antioch 6:30pm. Parking in the residential area or at the Bluerock Starbucks is recommended because of constant break-ins at the parking lot at the gate. Coffee or Extreme Burgers afterwards. Pace can be easy to moderate to fast., but there are always hills! If you are new to mountain biking, or it's your first time out, please RSVP, we will be happy to show you around. We ride



though the Black Diamond Mines Area. The course varies. Show and go otherwise. Must have helmet. Rain 24 hours before cancels. Ride Leaders: Rynie or Mike Quan: (925) 706-1141

Wednesday Night Road Ride

This ride is for all abilities. If riders show that don't want to ride some of the few slight climbs we have on this ride; I'll alter it and pick a route to suit their ability.

Wednesday Night Road Ride 6:00 PM

Start at Starbucks 4045 Lone Tree Way (Lone Tree/Bluerock) Approx. 10 mile loop. If you are out for more miles can go approx 24-26 total.

Our route is through the neighborhoods of Antioch- Mainly Lone Tree Way- Vista Grande- Prewett Ranch Road. During the summer we like to include Empire mines rd. We occasionally change up this ride depending on the season, riders, and weather. This is a no drop ride for all riders.

Call Bonnie Flansburg if you have any questions 925-408-4906 or velogal@yahoo.com



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 no one gets 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 about any of our rides.

If you are interested in leading a ride, please let us know!

Join the Delta Pedalers Yahoo Group to find out more about us and our upcoming rides. Or visit us on the web at Deltapedal.org