



East Contra Costa County

Photo: Larry Bosworth

May Issue

May Events



Come join us for 9am ride a 20 mile ride around the city of Pittsburg, to kick off the inaugural "Pitt Crit" open to all levels. More info at deltaped.org.



Come stop by our Energizer Station in the morning. We will be at Oak & 2nd street in Brentwood handing out free goodies for folks who bike to work.



Saturday, May 14, 2011

Next Board Meeting

Our next board meeting will be on Wednesday May 4th at Panera Bread on Lone Tree Way and Empire in Antioch.

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The 2011 Tour de Starbucks is coming to Brentwood on May 14th

Invite your friends, neighbors and family to the 2011 Tour de Starbucks to benefit the Brentwood PAL, the Brentwood Youth Commission and this year the LUHSD Education Foundation. On tap this year once again is the 8 mile "Tall" Route, the 24 mile "Grande" Route and a slightly changed 62 mile (100K) "Venti" Route.

Also this year we are having a 5K run/walk sponsored by REI.

And once again the Delta Pedalers will be helping out with this worthy cause.



The Daroy Family were ready to ride at last years Tour de Starbucks

Time to Renew (or Join) & help support our club.

Whether it's friendship, fitness or food you are after, consider renewing your membership or becoming a member. While we are a small club, what we lack in size we try to make up in enthusiasm!

We road bike, we mountain bike, we have cruisers, we have cross bikes and fixies, we have young people, old people, fast people, and slow people! We love to ride and we (most of us, at least) love to eat!

The Delta Pedalers would like to invite you and your family to join us in supporting the bicycling community here in East County as well as the trails. You can renew your club membership or join by mailing your check and application (on the back of this newsletter) to the Delta Pedalers, Box 2394, Antioch, CA 94531, or go to the "Join Now" page of the club website at www.deltaped.org, to renew your dues by credit card. Dues are \$20 for individual and \$25 for family.



Darci & Bonnie enjoying one of our breakfast rides, of course it's the eating part.

Race Report

Mike and Rynie win the D-cubed cup at Boggs 6

Ok, only in our dreams did I ever have a D-cup, until now. Luckily for me, Mike wanted to do 4 laps at a time, so he started out with 4, I rode 2, he rode another 4, and when I asked him if I should do 2 or 3 laps he said "I'm dead, do as many as you want". So out I went, trying to crunch the numbers in my head. If I did 2, he would have to do 3 or even 4, or worse, he would do two, and have me do 2 more. If I did 3, he could easily do 1,2 or 3 if needed, and I could get out of my wet and muddy clothes. (or I could possibly do the last lap-but probably not) So three it was, and Mike was there at the

pit after my second lap ready to go. "Are you sure?" he said, when I told him I was going for a third lap. "Uh-oh, I thought, did he have other plans?" (Like was I going too slow?) Passing the pit on my last lap, Brett, Josh and Brian were there cheering me on, so



A muddy Mike Quan

I picked up the speed, (what little I have) I could smell the finish...then Brian yelled something like "No need to go faster Mike's still here!" I looked up, and yup, I could see him leaving the pit. I rounded the last corner into the

chute, made it through the tire grabbing last watery rut, and headed towards the transition area. I started climbing the hill looking for Mike. Wait, that guy at the end wasn't him! I turned around and headed back down the hill, to see Mike pulling into the transition area. I asked him if he could do two more, then we would be done. He

said he would try, with one lap to go, he still had 40 minutes left and was looking good. We ended up with 15 laps. The winners in our

category (2 person co-ed) were up there at 17 or 18 I think. I would be happy with a mid-pack finish. As for Josh and Brett, they did end up coming in spite of Josh's back injury. Brett did a respectable 4 laps then Josh did 3, then Brett



Brent, Josh, Brian and Rynie after the Boggs 8-hr race

went out for another 4. Brian was looking fit and strong, even though it was his first time on the mountain bike since his shoulder surgery. He had some technical difficulties, but pounded out a respectable 8 or so laps, and had enough left over to ride King's ridge today- 8,400 ft of climbing.

Chris was the fittest of us all. His first few lap times were the fastest. I know he passed me at least once. He brought his great homemade salsa again- you guys that didn't come missed out. He also brought a washing machine tub fire pit (like the Perez') and loads of firewood.

Next year's Bogg's is May 5. - Rynie

From Stephen at the Brentwood REI....."Just letting everyone know what we have going on with bike related stuff the next month"☺

5/4: Basic Bike Maintenance Clinic Free

5/7: REI Outdoor School is offering two classes:

1. Beginning Bike Skills 1:30pm-5:30 pm. \$55 member & \$75 non-member
2. How to Ride a Bike 9am-1pm \$45 member & \$65 member

5/14: Tour De Starbucks: we'll be opening the store at 7am if anyone needs a last minute item they forgot at home

5/14: REI Bike Fest 2pm-5pm. Marin Bikes (will have their bike fleet here for test rides), Chariot Strollers, Pearl Izumi, Shimano, Topeak vendors (will be more) are so far penciled in to attend.

5/15: Park Tool Class 10am-6pm

6/1: How to Clean & Lube Your Bike Free Clinic 7pm

Delta Pedalers in the News

Congratulations to Jason Perez for getting his first ever 50k ultra (that's trail running) 1st place overall finish!



Congratulations Jason!

Member Barbara Guidotti's been selected as co-chair person of this year's National Mustang Show. Barb and her husband Joe are both owners, and award winners, of prize winning Classic Mustangs, Which they cherish almost as much as their bicycles!

For those of you who would like to attend the show it's Saturday May 7th. At the Antioch Water Park.



Our apologies to the gang over at the Vineyard Practice Tee Driving Range in Antioch.



They have hosted a couple of very well attended and very fun Golf-Nights for us, and I forgot to give them credit in

our last newsletter. Please give them your support.

Ride Reports



NEAL'S 50 at 50 BIRTHDAY RIDE-

We had an awesome turnout for this early season ride. Members of the Brentwood

Bicycle Club and the Delta Pedalers joined forces to show support for one of our founding members. We had two routes, the basic 50K route, and another which included a little detour up the south side of Morgan Territory for our hammerhead friends. Lunch was at Tequilla's Taqueria. Birthday cupcakes were served for dessert!



The annual Holiday Lights ride is one of the clubs oldest rides,. This year we were also able to donate to the Antioch Food Bank.

In spite of the rain delay, we had a great turn out of over 25 Pedalers and their friends.

Once again the entire Daroy and DeCosta families showed up, and we had special guest David Bower all the way up from Paso Robles. Patrick D. was once again the winner of the best dressed bike contest.



Upcoming May Rides

5/7/11 2-L ~20 miles – 9am – Pittsburg Criterium

A leisurely ride has been developed to be ridden the morning of the Pittsburg Criterium, that will be held Saturday May 7th. The ride was designed by famous Pittsburg cyclist Ole Ohlson to showcase some of Pittsburg's best bike lanes and trails. Since Ole is such a stud, we had to tone it down a bit for us normal folks. The ride is still a work in progress, but, will be between 15 and 20 miles and will be mostly flat, and at a leisurely pace. We will meet at 9am at 3rd and Railroad Ave, in front of the Fisherman's Statue. This is at the north end of Railroad Ave. You will be pleasantly surprised at what has been done with downtown Pittsburg. The ride will return before 12 noon so we can take part in the Bike, Walk & Roll that will begin at that time. In addition to The Crit there is a Health & Fitness Fair and many other activities on that day. Please wear your Delta Pedaler Jersey.

Co Ride Leaders are John Coker- 439-1190 and Dave Stoeffler- 628-2671

5/21/11 3-M ~40 miles - 9am- OLD FARTS BIRTHDAY RIDE UP DIABLO

This ride is usually in early December, but Dave had a knee replacement and couldn't do it then. In years past several older Pedalers had birthdays around the first of December and celebrated by riding up Diablo with younger folks. Only Dick Anderson and myself remain of the old group, and are going to try it again. We hope a lot of "youngsters" will join us. The ride starts at Arbolado Park in Walnut Creek. To get there take Ygnacio Valley Rd. and turn left on Oak Grove Rd. Then left on Arbolado Drive. Enter the first parking lot at the park, which is on the left. The ride goes to the top of Mt Diablo, although those who don't want to go to the top can wait at the junction. We then ride down to Danville for lunch. After lunch we ride to Walnut Creek and take the Iron Horse, and Contra Costa Canal Trails back to the start. Bring liquid and money for lunch. Those who wish to carpool can call the ride leader.

Leader – Dave Stoeffler- 925-628-2671 / dstoeffler@sbcglobal.net

5/28/11 1-L 20 mile (37km) 10am –Fuddruckers Ride

Join Randy for a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddruckers following the ride. We will meet at the Fuddrucker's parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center). Bring water and money for lunch at Fuddrucker's. Significant chance of rain cancels. Call if in doubt.

Leader: Randy Huey 925-518-8439



CASUAL, FAMILY, OR
HAMMERHEAD FAST.
WE TRY TO CATER TO
ALL RIDERS. NON-
MEMBERS ALWAYS WEL-
COME!

We're on the Web!

Deltaped.org

*"Whether it's friendship,
fitness or food you are after,
consider joining the Delta Pedalers"*

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.

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+ Approx 15 mile around Antioch neighborhoods, Time 6:00 P.M. Lights and flashers required and rain cancels. Meet at Starbucks 4045 Lone Tree Way (Lone Tree / Bluerock) – If you have any questions or are running late please call.

Ride Leaders: Bonnie Flansburg (925-408-4906) and Mary Engleton (925-212-2735)

Thursday Night Extreme Pizza Ride

Road C1 15 miles, no drop ride. 7 p.m. Meet at Brentwood Starbucks at the intersection Balfour and Fairview. This is an easy with a visit to Extreme Pizza at the end. Call to confirm , Ride Leader Jan McGreer (925) 757-8731,

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)

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

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.



THUMBS up to Extreme Pizza in Brentwood at the corner of Fairview and Balfour. We have been visiting them on our sporadic Thursday night Pizza and Panda rides. Their restrooms are always clean, and they are always very warm and friendly. Don't forget that the Ice Cream social ride will be starting May 5th and this will take the place of the "Pizza and Panda" until next winter.

However, that doesn't mean we can't have Pizza and Panda AND Ice Cream. Hope to see you on a Thursday night. The rides are short and casual and great for those wanting to get a little exercise in before a quick dinner or ice cream treat.



Advocacy

PROGRESS ON THE BICYCLE/PEDESTRIAN BRIDGE!

By Dave Stoeffler

Our end of the Los Vaqueros Reservoir is now closed to the public do to construction. They are raising the dam to allow for more water capacity. There is little to report regarding the long awaited bicycle/pedestrian bridge that will someday provide a safe route between Brentwood and Antioch for non motorist. This bridge will cross the bypass at the Moke-lumne Trail that is next to Grant Street in Brentwood. Some money has been allocated for design of the project by the Bypass Authority, but there is little hope of construction in the near future. The bypass is scheduled to be turned over to the state in July or August of this year. High-

way 4 will then move to the bypass. On the south end of the bypass highway 4 will turn east onto Marsh Creek Rd., and re-join the existing highway near Discovery Bay. When that happens there will be a lot less truck traffic in Oakley and Brentwood, but more on Marsh Creek Rd. Marsh Creek Rd. is not limited access, so bicyclists can continue to use the shoulder.

At the February Brentwood Bicycle Advisory Committee meeting it was noted that the installation of in pavement lights and above ground signs, and lights, where the Marsh Creek Trail crosses Sunset Road, have been completed. Take a ride and check it out. I reported that the in pavement lights, on the same trail, at Dainty Ave. have not been working for some time. Steve Kersevan, the city Traffic Engineer, reports that new

lights are being ordered, and will be installed when received. The lack of bike lanes through several Brentwood intersections were discussed. Steve reported that some intersections do not have room, but, he would investigate the possibility of adding lanes to others. Kathryn Thomas spoke about the need to keep the Marsh Creek Trail open under Balfour Rd. unless it is actually flooded. She reported that many children use the trail to get to, and from, school and it is dangerous to force them onto surface streets. Steve will contact Park and Recreation Department with our concerns. Vineyards Parkway,(the extension of Fairview) will open to Marsh Creek Rd. when the developer finishes the pavement at the new bridge, and puts the final coat of pavement to the top of the hill. The city is encouraging them to complete this work by not giving them more building permits until Vineyard Parkway is open.

Los Vaqueros Closure News

As you may have heard, the Contra Costa Water District will be starting its expansion of Los Vaqueros Reservoir this spring. The expansion will increase the capacity of the reservoir from 100,000 acre-feet to 160,000 acre-feet, ensuring high-quality water deliveries to customers, reliability during a drought and protections for Delta fisheries and the environment.

But this necessary work means we will not be able to hold the Los Vaqueros Dam Tirials this year. Our expectation is that we will be able to hold the Trials in 2012, though with the higher dam the course will be a little different—and steeper!- as well. We appreciate

your support of the Dam Trials these past three years, it's been a fun event that we enjoy putting on. Please write or call if you have any questions or concerns. Check our website at www.ccwater.com or subscribe to our LV E-newsletter at



<http://ccwatercom/losvaqueros/lvemail/asp>

Jim Freschi, CCWD Public Information Specialist (925)688-6175

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

DELTA PEDALERS BOARD MEMBERS

President: Steve Diputado

Vice-President: Peter Villalpando

Secretary: John Coker

Treasurer: Bill Rodriguez

Ride Coordinator: Jan McGreer

Newsletter: Rynie Quan

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



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

East Contra Costa County

Photo: Larry Bosworth

Please support our local sponsors:

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925-783-4297

www.thewheelpeddler.com



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