



East Contra Costa County

Photo: Larry Bosworth

Delta Pedalers Newsletter

Delta Pedalers Bicycle Club, P.O. Box 2394, Antioch, CA. 94531 Website: www.deltaped.org

Quarterly Newsletter: January — March 2014

All Board Meetings

First Wednesday of
Every Month

Panera Bread
on Lone Tree Way
at 8:00 PM

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)

Monday Night Road Bike Ride

Road-Casual; ~12 miles per loop - Start time is
7:00pm
Meet at the Brentwood Starbucks at the
intersection of Sand Creek and the Hwy. 4
Bypass. Bike lighting; red reflector visible from
rear; white or yellow reflector on each pedal,
shoe, or ankle visible from the front and rear;
white or yellow reflector visible to each side at
the front and white or red reflector visible to
each side at the rear or reflectorized tires on
the front & rear required during darkness. Ride
Leader: Jan McGreer 925-437-2043 Please
RSVP

Wednesday Night Road Bike Ride

Road, C1+ Approx 15 mile around Antioch
neighborhoods, Time 6:00pm Lights and
flashers required and rain cancels. Meet at
Starbucks 4045 Lone Tree Way (Lone Tree /
Blue Rock)

Thursday Night Extreme Pizza Road Bike Ride

Road C1 15 miles, no drop ride. 7:00pm Meet at
Brentwood Starbucks at the intersection
Balfour and Fairview. This is an easy ride with a
visit to Extreme Pizza at the end of ride for
Salad and Water or whatever you like

Sunday Morning Rides

Every Sunday @ 9:00 AM — Ride 1
Every Sunday @ 8:00 AM — Ride 2
Every Sunday @ 9:00 AM — Ride 3

**Ride 1 - Road; C-1; 10-20 miles; Start time is
ALWAYS 9AM**

This is a good introductory ride to our club. The group
stays together with the faster rider slooping around
and repeating some sections, usually the climbs, while
the slower riders go at their own pace. There is one
moderate hill and several lesser climbs in each
direction, and an optional difficult climb at the
halfway point.

Ride Leaders: John & Margot Coker: 925-473-8292.

**Ride 2 - Road; E/H-2; ~35 miles, regroup
occasionally. Start time is ALWAYS 8AM** 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 pace line. Bring money for
coffee afterward.

Ride Leader: Dave Perez: Text only @ 925-980-2076.

**Ride 3 - Road; M-2; ~35 miles, regroup
frequently. - Start time is 9AM.** The ride goes out
through Byron to the Los Vaqueros Reservoir and
Interpretive Center, and returns through Brentwood.
Bring money for coffee afterward. Co-Ride Leaders:
Dave Stoeffler: 925-628-2671 &
Dave Prado: 925-980-6200

Ride Report: 2/15/2014 (Bill Honeycutt)

Greg H., Chris M., and Tom S. Livermore-Tracy-Grayson-Westley-Patterson-Del Puerto Canyon-Mines Rd. 106 Miles and 5,075 feet of climbing



Ride Report: 2/22/2014 (Bill Honeycutt)

Linden Metric Century, we had 13 riders at start and had a really fast ride. Beautiful day with no wind and nice pace line to the end. 65 Miles and 1,490 feet of climbing



Old Farts Birthday Ride Report: 3/15/2014

Total of 10 riders. About 25 Miles and 3,865 feet of climbing



Old Farts Birthday Ride Continued...



Mary's Annual Birthday Ride Saturday March 23, 2013 by (Dave Prado)

9 Riders, 60 Miles and 4,142 feet of climbing. Beautiful weather and a great company. There were a couple first time riders to Mary's birthday ride however a great time was had by all and no technical difficulties. Started in the parking lot of Emil Villa's Hickory Pit restaurant, Livermore and the ride was to the Junction on Mines road and back. Rolling hills and beautiful country side scenery- round trip.

The group met starting at 8:30am and we took off at 9am. We returned at 3:00pm.

HAPPY BIRTHDAY MARY!



Mary's Annual Birthday Ride Continued...



Los Vaqueros Dam Time Trail Ride Report: 3/29/2014

3.5 mile course riders leave from the North Entry Station at one minute intervals and sprint to the top of the dam. See complete results <http://changeofpace.com/race-results/2014-race-results/los-vaqueros-dam-trials/>

Name	Time	Place in Category	Place Overall	Avg. Pace	Age
Adam Martin	11:46.2	1st	8th	17.9	46
Greg Houle	12:13.5	3rd	11th	17.2	58
Jeff Samson	12:27.8	3rd	14th	16.9	46
Christopher Munoz	12:30.5	5th	16th	16.8	47
Curtis Corlew	14:07.2	3rd	21st	14.9	60
David Perez	14:15.8	4th	22nd	14.7	56
Ron Perry	14:52.1	5th	24th	14.1	57
Bob Liles	16:06.3	4th	25th	13.9	62
Dave Stoeffler	17:31.6	1st	30th	12	78



Bike to Work Day — 5/8/2014

On Thursday May 8th there will be a lot of Energizer Stations all around the greater Bay Area. For several years now the Delta Pedalers have staffed a station at Oak and Second Streets in Brentwood from 7 to 9AM on the big day. That location not only serves adults on their way to work, but also kids going to two different schools in the area. Cynthia Dawson will be running that station with help from Kathryn Thomas. Stop by and see them that morning! You can contact <http://511contracosta.org/> for where all the other Energizer Stations are.



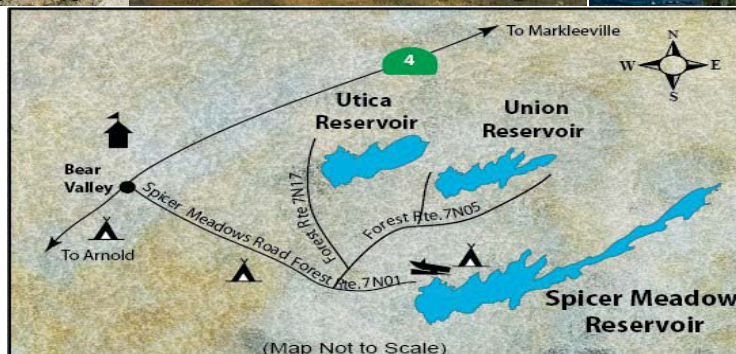
BIKE TO WORK DAY



Mark your Calendar

This years camping trip will be Thursday July 24th through Sunday July 27th.

It's not too early to start thinking about our great camping trip up at Spicer Reservoir. Ask for some time off and come up for all 3 1/2 days, or come up after work on Friday afternoon, but just come. If you've never been there, ask someone or check out the information at deltaped.org. You can even pay in advance on the website with a credit card. We first camped at this isolated group campground in 1995 and fell in love with it. It has everything. Hilly paved roads, plenty of Mt biking, (including single track) hiking, boating, fishing and a fantastic view. The campground has numerous tent sites and room for 6 RVs. You can take part in group activities, or do your own thing. We have group rides, campfires, cookouts and families are especially welcome. For more information call co-camp directors Dave Stoeffler at 628-2671, or Cynthia Dawson at 628-6345



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Antioch Fairgrounds Training Series — Starts April 3rd

Thursdays, starting April 3rd, PACERS is hosting a criterium training series from 5:30 pm to 8:00 pm. No racing license is required; \$15 entry fee includes the one day license fees.

The link with complete [information](#)

<https://www.voo.st/event/2TW6H-Antioch-Twilight-Series>

Discovery Bay Triathlon — Sunday May 4th, 2014

Start Location: Discovery Bay Marina, 5901 Marina Rd Discovery Bay, CA. 94505; (925) 634-5928

Sprint Race Time: Race Starts at 8am

Olympic Race Time: Race Starts at 8:15am

On-Line Registration: <http://discoverybaylions.org/triathlon>

Price:

Sprint Distance \$55 Swim 700 yards – Bike 16 miles – Run 3.1 miles

Olympic Distance \$75 Swim .93 mile - Bike 24.8 miles - Run 6.2 miles

Sprint Distance Relay \$110 Swim 700 yards – Bike 16 miles – Run 3.1 miles

Olympic Distance Relay \$150 Swim .93 mile - Bike 24.8 miles - Run 6.2 miles

On-Line Registration Closes Thursday, May 1, 2014 at Midnight

Race Day Registration Opens 6:15am and Closes 7:30am

Race Day Registration Fees: Sprint \$70, Olympic \$90, Sprint Relay \$135, Olympic Relay \$175

Pre-Race Packet pick-up: Delta Valley Fitness, 1520 Discovery Bay Blvd. Discovery Bay (925)-308-4306 Friday May 2 and Saturday May 3 from 8am-5pm. Packets also available Race Day at Start location. Registration will be available at this time

Individual Age Groups: 19 & Under, 20-29, 30-39, 40-49, 50-59 and 60 & Over for men and women

Amenities Include: Chip Timing, full Computerized Scoring, Marshalled Course, Aid Stations, Event T-Shirts and Goodie bag, Post Race Meal, Refreshments and Music

Post-Race Meal: Free to athletes, \$10 charge for non-athletes. Beer and Wine available for purchase

Refund Policy: Absolutely no refunds; Race runs Rain or Shine

Rules: Wetsuits permitted, Helmet mandatory while on bike, No drafting, Ride to the Right, Pass only on Left, No littering

Volunteers: Organizing a successful triathlon requires dozens of energetic and enthusiastic volunteers to help get the job done! If you are interested in helping, please contact the Discovery Bay Lions Club at 925-513-9032 or Email: dblions@sbcglobal.net

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Club Sponsor



BRENTWOOD
3120 Balfour Road
925-513-3001
Brentwood.ExtremePizza.com



Club Sponsors

Club discounts with these business:

- Bikes for Life
- Schwinn City
- The Wheel Pedaler

Delta Pedalers Bike Club Board Members

John Coker - President
jdiazcoker@hotmail.com
Bill Honeycutt - Vice-President
Bill.Honeycutt@hp.com
Lloyd Young - Secretary
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Al Lim - Treasurer
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dstoeffler@sbcglobal.net
Dave Prado - Co-Ride Coordinator
dkprado@pacbell.net
Jan McGreer - Co-Ride Coordinator
cyclejan@comcast.net

Club Sponsor



What A Grind

Discount is 15%

761 Second St. in Downtown Brentwood
Brentwood, CA. 94513

Phone: 925-634-1453

Sam O. Seibaa

Web Site: www.whatagrindcafe.com

Do you have something you want to be included in your monthly newsletter?

Submit your articles, reports, etc. to:

Bill Honeycutt [email: bill.honeycutt@hp.com]

Following info is helpful: Ride reports (include: date, summary of ride & name of riders) pictures, race reports, upcoming event, or other articles of interest.