



Official Newsletter
May 2002
Come Ride with Us

Free Wheelin'



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Your Bike and the Law

Everybody knows that a bicycle is a vehicle subject to the same rules and regulations that apply to automobiles. SAY WHAT? You didn't know that? Well, not to worry. As an officer sworn to uphold the laws within the state of California, I am going to give you a little official information regarding California state laws, you and your bicycle. ...

Q: Are you a cop?

A: Yes.

Q: Do I have to have my driver's license with me when I ride my bike?

A: No. Anyone can ride a bike. You do have to follow all the rules of the road. That means, that you obey all traffic signs and signals, posted speed limits, and markings. You may be given a traffic cita-

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New Meeting Location



Next Membership Meeting
7 pm, Wednesday May 8, 2002
Rockridge Branch Library
5366 College Ave (at Manila)

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tion if you fail to obey a law. An officer may ask for a driver's license or identification for purposes of issuing a citation, but you are not required to have it. It's the officer's responsibility to identify the violator .

Q: Can I ride on the sidewalks?

A: You may ride on the sidewalk or walkways so long as you do not obstruct pedestrian traffic. Someone thought there was a law against adults using the sidewalks. Not!

Q: Should I ride against the traffic? Somebody told me it was a safer way to ride.

A: You must ride on the roadway or highway in the same direction as vehicles are required, or to the furthest right side of the road as it is safe to ride.

Q: What about the freeways?

A: Unless it is posted as prohibited, it is O.K. to ride on any freeway or highway, using the farthest right side of the road.

Q: Do I have to use the bike lanes?

A: Yes! You must use the bike lane if you are moving at a speed less than the normal speed of traffic moving in the same direction. Exceptions are: overtaking and passing another bicycle, to avoid a road hazard, or to make a left turn.

Q: Have you ever shot somebody?

A: No. Let's keep the questions limited to bicycles.

Q: Do you have a new bike?

A: Ummm. ..yeah. ..but that's another subject!

Q: Do I have to wear a helmet?

A: If you are on a Yellowjacket ride you do. The law only requires a person under the age of 18 years to wear a helmet. They must wear one even when riding as a passenger.

Q: How many times have you fallen off your bike?

A: That's not very friendly.

Q: Well, it's not as if you have any friends. ..

A: I do so. Hmmm. ..where are they?

Q: Can I drink and ride?

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How to Contact Us



Oakland
YellowJackets
Bicycle Club

2185 Manzanita Drive
Oakland, CA 94611
510.986.9011

Yellowjackets@exocet.Com

<http://www.exocet.com/yellowjackets>

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Submit **Free Wheelin'** articles at any ride or club meeting, or call the Oakland Yellowjackets voice mail (510.986.9011) to make special arrangements. Handwritten or typed articles or hard copy with the accompanying file on diskette, are accepted. Electronic files can also be sent to the club's e-mail address.

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A: NO! Besides being REALLY stupid and unsafe, it is against the law to operate a bicycle while under the influence of alcohol or drugs. You must submit to a blood, breath, or urine test. You must pay a fine of \$250. You could also be ordered to counseling and mandatory classes. Your drivers' license could be revoked or restricted. So just say, "No"!

Q: Why do cops harass bicyclists?

A: Am I psychic? Usually the cyclist is doing something stupid, like mowing down pedestrians, or riding through a flowerbed, or causing a traffic accident, hitching onto a car, or carrying a passenger. If you are riding in a safe manner and your bicycle is properly equipped, most cops won't even give you a passing glance.

Q: Properly equipped?

A: Yes, your bike must have; one brake, handlebars below the level of your shoulders, and sized so that you are able to place one foot on the ground. If riding at night, your bike must be equipped with a headlamp, a red rear reflector, and a white or yellow reflector on each pedal and each tire.

Q: Are you a grandmother?

A: O.K. that's enough B.S. for now! I will tell you that if you are riding a passenger that is four years or younger or 40 lbs or less, that person must be restrained in an attached child seat. Moreover, no, I DO NOT have a child seat on my bike!

Q: And the #1 question: WILL YOU FIX MY TICKET?

A: NO!

Remember, cops are people too and some of us ride bikes! If you are unfortunate enough to be cited, failure to pay the fine may result in your driver's license being suspended or revoked. In addition, the citations show up as



points against your driver's license and can cause your auto insurance rate to increase! So ride safe, ride smooth, ride long, and ride right.

c. c. rider

Are Supplements Necessary for Cyclists?

By Susan Barr, Ph.D., RDN

Susan, I ride about 10,000 miles a year including a brevet series, several double centuries, and a two-week tour for my vacation. I try to eat a fairly high carbohydrate diet without too much fat, although that's hard when I'm traveling to events. I worry that I'm not getting all of the nutrients that I need. Should I be taking vitamins and minerals? What about amino acids and other supplements to help my recovery?

Charlie, from California

Charlie, First of all, that's great that you're trying to eat a fairly high carbohydrate, low fat diet. A high carb diet, especially one that relies primarily on vegetables, fruits, and whole grain breads and cereals (rather than sport drinks, gels, gummy bears and red licorice, if you catch my drift) is important for

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2002 Meeting Schedule

Membership meetings are on the second Thursday (unless otherwise noted in the newsletter) of every riding season month. Meetings are held at the Rockridge Branch of the Oakland Public Library, located at 5366 College Ave. (at Manila). Meetings start at 7:00 p.m.

May 8th (Wednesday)
June 13th
July 11th
August 8th



2002 Ride Schedule

May 11 Gilroy 7:30 a.m. Away Ride- Caravan from the Fairyland parking lot at 7:30. This is a great way to test you legs early in the season. Starting from Hellyer Park in So. San Jose the route is south thru Morgan Hill to Gilroy and looping back to Hellyer park. Light riders 33 miles, Humane Intermediates 50 miles, Advanced 60 miles.

May 18 Arlington 8 a.m. Local-Departs Fairyland parking lot at Lake Merritt. A challenging route for Humane and Intermediate riders. Starting from the lake the route is

through Oakland and climbs up Arlington in North Berkeley followed by a quick decent to San Pablo Dam Road in El Cerrito. The next leg of the route is San Pablo Dam Road to Orinda and climb to Moraga. From Moraga the route is back to Oakland climbing Pinehurst and a fast descent on Shepherd Canyon. 40 Miles for Advanced and Advanced Intermediate Riders. Light Rider and Humane Intermediate group leaders will lead modified routes appropriate to their groups skill level.

May 25 Tunnel/Grizzly 8 a.m. Local- Departs Fairyland parking lot at Lake Merritt. A challenging route for Humane and Advanced Intermediate riders. Starting from the lake climb up Broadway to Tunnel Road above the Caldecot Tunnel. Continue on Grizzly Peak to Tilden Park where we will descend into the park and follow Wildcat Canyon Rd to San Pablo Dam Road. West on San Pablo Dam Road to El Cerrito and return to Lake Merritt on the Key Route. 38 miles. Light riders and Humane Intermediate group leaders will lead modified routes appropriate to their group skill level.

May 27 Memorial Day 9:00 a.m. Holiday "Decide-and-Ride" day. Rider's meet at the Children's Fairyland Parking Lot at Lake Merritt in Oakland , select from one or more ride routes, then depart at 9 am sharp, weather permitting.

June 1 Mines Road 7:30 am BART to start. Cyclists leave for 19th Street BART from Lake Merritt at 7:30 am sharp to catch the train to Dublin/Pleasanton. The ride begins promptly at 8:30 AM from Dublin/Pleasanton BART. PLEASE COME PREPARED with plenty of water, sunscreen and munchies. There will be a lunch stop at mile 43. For the advanced riders THIS IS A LONG RIDE, 99 Miles. The route is from Pleasanton through Livermore and over Mount Hamilton to finish at Fremont BART. Advanced Intermediates will turn around at the lunch stop. Light riders and Humane Intermediate group leaders

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will lead modified routes appropriate to their group skill level.

June 8 Dublin Grade 8:00 a.m. Local-Departs Fairyland parking lot at Lake Merritt, ride South thru Alameda and San Leandro to Castro Valley. Climb the Dublin grade then turn North up San Ramon Valley Blvd, back to Castro Valley via Crow Canyon, return by way of Lake Chabot, then parallel Highway 13 North on Mountain and descend to Lake Merritt via Park. Advanced and Adv. Intermediates 62 miles. Light Rider and Humane Intermediate group leaders will lead modified routes appropriate to their groups skill level. Pending Map Review

June 15 Palomares Option- Pending Map Review

June 22 Reverse Calistoga Ride and Picnic 6:45 am Away Picnic Ride- Caravan from the Fairyland parking lot at 7:00 or meet at Bothe-Napa State Park in Calistoga at 8:30. Directions to Bothe-Napa State Park from Lake Merritt: 80 East towards Sacramento, \$2.00 Bridge toll in Vallejo, left on Hwy 37 (Marine World Pkwy.), Rt on Hwy 29 (Sonoma Blvd.) Continue on 29 through St. Helena, Left into Bothe-Napa Park. The ride route crosses the valley to Silverado trail and turns South, East on Sage Canyon Rd. to begin a climb to Pope Valley eventually descending back to Silverado Trail on Deer Creek. Alternate routes are provided for Intermediate and light riders. Pot Luck picnic to follow at Bothe-Napa State Park. Bring plenty of water, sun screen, and a swim suit (there is a pool at the park!). The price is \$?? for non-members.

June 29 Morgan Territory 7:30 BART to start. Cyclists leave for 19th Street BART from Lake Merritt at 7:30 am sharp to catch the train to Concord. Ride starts at Concord BART at 9 am. The route is South on the East side Mt. Diablo through horse country, continuing around the base of the mountain

clockwise and ending at Walnut Creek BART. 50 miles Light Rider and Humane Intermediate group leaders will lead modified routes appropriate to their groups skill level.

The Yellowjackets have a no drop policy and will leave no light or humane intermediate rider behind!

REQUIRED: Helmet, waiver, ID with emergency Info.

RECOMMENDED: Two bottles of water minimum, high energy food, pump, spare tubes, tools, patch kit, padded gloves, padded cycling shorts, protective eye wear, sun block.

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both health and performance. If you round that diet out with low-fat protein sources and dairy products, and eat enough to maintain your weight and energy levels, chances are very good that you're getting the nutrients you need - with a few caveats.

You didn't mention your age, but if you're a typical endurance cyclist, it wouldn't be surprising if you were over 50. If so, taking a "1-a-day" balanced vitamin supplement is recommended to ensure that you meet your needs for vitamin B12 and vitamin D.

Vitamin B12 found in food is bound to protein, and to be absorbed, needs to be released from the protein. This normally occurs in the acid environment of the stomach. However, about 10-30% of adults over the age of 50 have low gastric acid levels, so B12 isn't released from protein, and as a result, is absorbed poorly. The form of vitamin B12 found in supplements is not bound to protein, so is absorbed well even by those with low gastric acid levels.

Vitamin D's role (along with calcium) in

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maintaining bone mass and preventing osteoporosis has been increasingly recognized in recent years. Although it can be synthesized by exposing the skin to sunlight, if you live in Northern California (or more generally, anywhere north of about 40* latitude), the sun's rays are too weak to synthesize vitamin D between November and February. (In Canada, where I live, this occurs for an even longer period of time.) Also, the ability to synthesize vitamin D decreases with age: following a given exposure to sunlight, 65-year-olds synthesize only 25% as much vitamin D as 20-year-olds. Dietary sources are limited (primarily fatty fish and fluid milk). So using a supplement that provides there commended intake of 400 IU/day is prudent.

The above information addresses your basic health needs, but you also wanted to know about enhancing recovery and performance. Amino acid supplements have been aggressively marketed for this purpose, but at present, the available research does not support their use. There is recent research to suggest that eating protein, along with carbohydrate as part of a recovery meal or snack, can limit the amount of muscle breakdown that occurs in the post-exercise period. Although these results have not been confirmed in longer-term studies (e.g., does it make any difference to muscle mass or performance over a period of weeks or months, as opposed to hours?), it's not going to do any harm, and makes sense from an overall healthy eating perspective.

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From the Office of the President

Thank you ---- Thank you

As a result of your outstanding support this years kickoff ride was a roaring success. We had a record number of people including, count them, 80 people who had never been involved with the club as riders. The weather turned out to be beautiful, the food was great and plentiful and I had many people come up and tell me that we had an outstanding group of people in our organization. Nothing new, but really good to hear it over and over again. A special thanks goes out to Kathy Starkey, for her hard work in organizing the event, and all of the members who participated by bringing goodies, pumping tires, adjusting bikes of all kind, leading the ride and getting everyone back safely.

CYCLING CLOTHING

Thanks to the many members who have gotten back to me with their desires. I am still working with the supplier to try to get him to speed up the process. In his latest communication he indicated that the manufacturer was changing some machinery which was causing delays in production. He did promise that he would get back to me by May 7th with and update, which hopefully would give us a more definitive time schedule. I apologize for the delay but want you to know that I am spending a great deal of time and effort to make things happen. Stay tuned.

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RIDE SAFELY

As you are aware our numbers are increasing on every ride. Because the numbers are so large we need to be very careful and obey the rules of the road in order to avoid causing accidents. Remember you are riding in a group and this demands that you not only look out for yourself but others. Let's challenge ourselves to make this year free of serious accidents.

YOU CAME THROUGH

On April 28, 2002, the club members came through again. Over \$2,000 was raised in support of the Yellowjacket riders who are involved in this years Aids Cure ride. Thanks for your support.

CLUB MEMBERSHIP

The mailing list for our newsletter now contains 241 names. Only 124 have paid their 2002 dues. I hope those who haven't completed the application and paid their dues will do so soon, so they will continue to receive the newsletter. A copy of the application is attached.

Club Officers, Chairpersons, and Ride Coordinators

Officers

President: Al Joseph
510-339-0454

Vice President: Jim Collier
510-526-0716
Barbara Massey
510-531-5899

Secretary: Alice Ross Leon
510-532-0606

Treasurer: Sherry Bell-Perocier
510-526-7987

Standing Committee Chairpersons

Monterey Ride Committee: Kathy Starkey
510-521-6235

Map Committee: Fred Morgan
510-278-7971

Christmas Party Committee: Kathy Starkey
510-521-6235

Ride Coordinators

Advanced: Fred Morgan
510-278-7971
Josh Rodman
510-521-8733

Advanced Intermediates: Reginald Burrell
415-586-3783
Mark Rutta
510-531-2111

Humane Intermediates: Claudette Center
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Al Bourges
510-530-7226
Mary Dimitruk
510-749-7134

Light: Al Joseph
510-339-0454

Newsletter Editor: Jan Smith
510-893-337

OYJ Email List

To subscribe to the OYJ Email List, send email to:

Oaklandyellowjackets-
subscribe@yahoogroups.com

You will receive email to verify your current OYJ membership. Please give your full name and address when you reply.

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Mary Dimitruk
510-749-7134

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Oaklandyellowjackets-
subscribe@yahoogroups.com

You will receive email to verify your current OYJ membership. Please give your full name and address when you reply.

Oakland Yellowjackets Bicycle Club 2002 Membership Application

Print this page and complete application.

Annual Membership Fee per person is \$30
 Membership valid 1/1/02 - 12/31/02

Name(print clearly) _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 E-Mail Address _____

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 *Oakland Yellowjackets Bicycle Club*, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees 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 person 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 BICYCLE HELMET ON ALL CLUB RIDES

MEDICAL INFORMATION(must be completed by applicant)

Emergency Contact 1 name and phone number: _____
 Emergency Contact 2 name and phone number: _____
 Physician's name and phone number: _____
 Medical insurer name and coverage ID number: _____ Your Age _____
 Medical insurer group ID _____ Allergies: _____

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 Oakland Yellowjackets Bicycle Club and sign it on my own free will.

Your signature: _____ Date _____

Parent/Guardian if under 18 _____ Date _____

Make checks payable to Oakland Yellowjackets.
 Send check and application to:
 Oakland Yellowjackets, 2185 Manzanita Drive, Oakland, CA 94611 (510) 986-9011

CHECK YOUR SKILL LEVEL

- ___ LIGHT RIDER-Slow and easy: Leisurely pace, flat terrain, rest stops, bagel stops.
- ___ HUMANE INTERMEDIATE-Medium pace, moderate difficulty: Fitness pace, hills, rest stops.
- ___ ADVANCED INTERMEDIATE-Fast pace, difficult: Brisk pace, hills/mountains, few rest stops.
- ___ ADVANCED RIDER-Fastest pace, most difficult: Race pace, hills/mountains, few rest stops.