



Official Newsletter  
April 2003  
Come Ride with Us

# Free Wheelin'



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## Paceline, Part 2: Speaking Up

By Maynard Herson

Last issue, I wrote about speaking up, asking for what you want on training rides. I said that when two people ride in a rotating paceline, they're a partnership, each person helping the other by taking a turn in front.

If you let yourself become exhausted or dropped, you can't help. It's too late. You waited too long to protest the pace. You didn't speak up, didn't take care of yourself. Now you can't take a turn, can't help anyone.

Please, I asked readers, speak up if you're about to be dropped. Speak up if you're drafting someone and you realize you're going faster than you can comfortably go.

In a rare moment of inspiration, I compared that action to speaking up in a relationship, rather than silently letting things happen, then suffering the results. Speak up, I said. Don't be embarrassed, Don't be shy.

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**Next Membership Meeting  
7 pm, April 16, 2003 (Wednesday)  
Rockridge Branch Library  
5366 College Ave (at Manila)**

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Speak up.

The day after I wrote that piece, I ran into three cyclists at a café. They'd finished their ride; I was waiting for friends to begin ours. I'd heard one of them, a local coach, give a talk days earlier about cycling technique. Assuming he'd be interested, I mentioned my piece about speaking up.

A 50-year old woman cyclist at the café table said she couldn't do that, couldn't ask for what she needed.

"I was raised with four brothers," she said.

I was struck by that comment. I don't know that I ever use events that happened 40 years ago to explain why I can't do something today. Do you do that?

If you hear yourself doing that, simply saying, "Oh, I can't do that because in the '60s or '70s this-or-that happened," please ask yourself: Is everything that ever happened to you still happening? Is it ever over?

If you've been suffering in silence on your bike because of events that happened long, long ago in a galaxy far, far away, try this: Imagine you're someone else when you're on the bike, someone proactive, someone LOUD. Han Solo maybe. Speak up. It'll work for ya.

This is a fact: Other people cannot read your mind. They cannot anticipate your acts or know your intentions. So - if your group has been doing the same thing for miles, going the same speed in the same direction, there is the reasonable expectation that it will continue to do so.

If you want to do something different, please announce that you are going to do it, whatever it is. Again: If you do not wish to continue to do what you have been doing, you have to alert those around you. They depend

on you to do so. Their safety depends on your doing so. My safety may depend on your doing so.

Last Saturday, I rode with a group of about eight, mostly women. We rode in a double paceline on quiet roads south of Tucson, away from the maniac traffic in town.

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## How to Contact Us



Oakland  
YellowJackets  
Bicycle Club

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Oakland, CA 94611  
510.986.9011

[Info@oaklandyellowjackets.org](mailto:Info@oaklandyellowjackets.org)

<http://www.oaklandyellowjackets.org>

*Free Wheelin'* newsletters are free with paid membership.

Opinions expressed by contributors do not necessarily reflect those of the publisher.

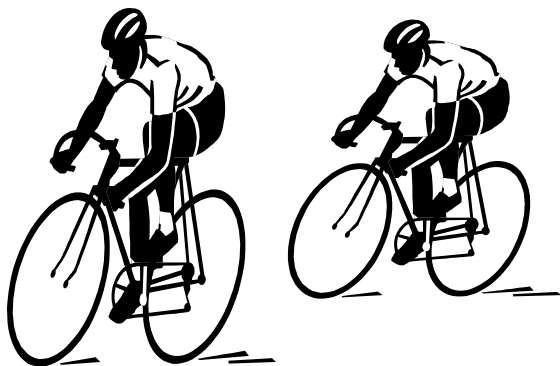
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Submit *Free Wheelin'* articles at any ride or club meeting, or call the Oakland Yellowjackets voice mail (510.986.9011) to make special arrangements. Handwritten or typed articles or hard copy with the accompanying file on diskette, are accepted.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

# 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.

**April 16, 2003 (Wednesday)**  
**May 8, 2003**  
**June 12, 2003**



## 2003 Ride Schedule

Off-Season Rides (October to April) - Sat. 9 am Every Saturday during the off-season rider's meet at the Children's Fairyland Parking Lot at Lake Merritt in Oakland, decide on a route, then depart at 9 am sharp, weather permitting. Routes during the off-season are typically shorter, 25 - 45 miles on moderate terrain.

April 12 - LAKE - 8:00 AM  
2003 Season Kick-Off Ride  
20 miles  
START: Children's Fairyland, Oakland

Celebrate the start of the Oakland Yellowjackets 2003 riding season with a leisurely ride from Lake Merritt to Bay Farm Island on Alameda and back. Bike tech inspections, rest stop facilities, SAG wagon and potluck picnic following the ride sponsored by the Yellowjackets members. Registration opens at 8:00 AM and the ride begins at 9:00 AM.

April 19 - LAKE - 8:00 AM  
Point Pinole  
25/40 miles  
START: Children's Fairyland, Oakland

Ride through residential neighborhoods of North Oakland, Berkeley, Albany, El Cerrito, Albany and Richmond, then regroup in El Sobrante. Light riders may retrace route to Lake Merritt, while others continue to Point Pinole pier and a clockwise loop around El Sobrante before returning to the lake.

April 26 - BART - 7:30 AM  
Tiburon Loop  
17/46/55 miles  
START: Embarcadero at Bryant St, San Francisco  
Nearest BART station: Embarcadero

A Bay Area favorite. This ride takes you across the Golden Gate Bridge and through Sausalito. Light riders go directly to Tiburon at the end of the Sausalito bike path and return to San Francisco via ferry. Others traverse Camino Alto and Paradise Drive, then return along the north shore of Richardson Bay. Advanced option riders add the Marin headlands loop after crossing the GG Bridge northbound.

May 3 - LAKE - 8:00 AM  
Lake Chabot  
29/35/42 miles  
START: Children's Fairyland, Oakland

A counter-clockwise loop around Oakland and San Leandro. The outbound route is a flat cruise along Doolittle Rd by Oakland Airport

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and a modest climb up Fairmont Rd in San Leandro. Lights and Intermediates descend the south side of Lake Chabot and return via Bancroft Ave. or Foothill Blvd. Advanced riders complete the loop via Redwood Rd and Joaquin Miller Ave.

May 10 - BART - 7:30 AM  
Dumbarton-Alpine

May 17 - LAKE - 8:00 AM  
Tunnel & Grizzly

May 24 - BART - 7:30 AM  
Mines Road / Mt. Hamilton Option

May 26 - LAKE - 9:00 AM  
Memorial Day Decide-and-Ride

May 31 - LAKE - 8:00 AM  
Dublin Grade

June 7 - BART - 7:15 AM  
Morgan Territory

June 14 - LAKE - 8:00 AM  
Three Bears and Some Redwoods

June 21 - AWAY - 7:00 AM  
Calistoga Picnic Ride

June 28 - LAKE/BART - 7:15 AM  
Mount Diablo

July 4 - LAKE - 9:00 AM  
Independence Day Decide-and-Ride

July 5 - LAKE - 8:00 AM  
Wildwood/Moraga

July 12 - AWAY - 7:00 AM  
Lucas Valley

July 19 - LAKE - 8:00 AM  
San Ramon

July 26 - AWAY - 7:00 AM  
Lake Sonoma Picnic Ride

August 2 - LAKE - 8:00 AM  
Palomares

August 9 - AWAY - 7:00 AM  
Petaluma

August 16 - BART - 7:30 AM  
Dumbarton/Alpine

August 23 - LAKE - 8:00 AM  
Crockett Loop

August 30 - LAKE - 8:00 AM  
Arlington

September 1 - LAKE - 9:00 AM  
Labor Day Decide-and-Ride

September 6 - AWAY - 7:00 AM  
Santa Cruz Mountains

September 13 - BART - 7:30 AM  
Fog City

September 20 - LAKE - 8:00 AM  
Calaveras

September 27 - LAKE - 8:00 AM  
Newark

October 4-5 - AWAY - 5:00 AM  
17th Annual Monterey Ride

Check the Yellowjackets website for additional ride information

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.



## **From the Office of the President**

In last my message last month, I asked you to come out from beneath the rocks and get ready for a great season. Well I just want to say that, if the record attendance at our initial meeting is any indication, we are off to a great start. Thank you for your support.

Now, because I know you want to finish reading the newsletter and get out on the road, I am going to limit my message to the bare essentials....

**WORK HARD!  
GET IN SHAPE!  
RIDE SAFELY!  
HAVE FUN!**

## **Team Oakland's Silent Auction**

Team Oakland 's second annual AIDS/ Lifecycle benefit silent auction will take place on April 27th. The attached flyer provides more information.

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## **OYJ Email List**

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

[oaklandyellowjackets-  
subscribe@yahogroups.com](mailto:oaklandyellowjackets-subscribe@yahogroups.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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We'd just turned a corner. As I learned later, the two front riders decided to move to the back of the group. I understand there was some confusion about how to accomplish that. Sadly, the individual who was most forceful was wrong.

That person told the rider on the right front, who'd had the good sense to move right to drop back, to move left instead, across the front wheels of the two riders immediately behind him.

Probably a little confused, without a word, without accelerating slightly, that person obediently moved left, across the wheel of the woman behind him. She slowed to keep from hitting him.

The woman behind HER could not avoid her rear wheel, hit it and fell down, boom, cutting a finger, whacking her helmet on the road and banging up her bike a bit. She got up, wrapped her finger in a clean handkerchief and knocked her brake lever straight. Back on the bike in moments. Brave woman.

Remarkably, when she got rolling again, she was not concerned with discovering what the hell had happened in front of her, causing her to fall. She was not concerned with making sure it did not happen again. She only wanted to soothe potentially hurt feelings.

She was concerned with making sure the woman she'd hit from behind (the instant before she crashed) was not upset. Not your fault, she told her. Don't fret about it. I'm okay. These things happen.

That attitude is sweet. It may be typically feminine and it may be part of the job description of a social worker or nurse or other care-giver. It is not the attitude that will keep crashes from happening.

Most crashes are preventable. Bikes broken in crashes are useless and expensive to repair or replace. Broken bones are far worse.

We have to educate the people who hold our physical safety in their hands, the people we follow, four inches back, while they think about, well, who knows what they think about.

Everyone says education is key, communication is vital, but no one wants to say anything. Shhhh. No one wants to speak up, to sound like an authority by saying: Hey, that crash shouldn't have happened. Let's do that thing differently from now on, whattaya say?

No one learned a damn thing from that crash. There was no communication and no education.

Because no one talked about the right way to do it, no one learned how to get off the front of a side-by-side peline. No one was reminded that bikes don't have brake lights, that you have to tell people inches behind you that you're slowing abruptly - or they will hit your bike and fall down.

No one tried to analyze why the crash happened. Finding a cause might mean learning that someone made a mistake, and that would be unthinkable. Easier to think about an occasional crash than to point a finger at someone and say, Hey, how 'bout doing that differently the next time. It'd be safer that way.

That'd be speaking up, wouldn't it?

Speaking up seems easy when you're reading about it on this page. Listen on your rides. Let me know how much education and communication actually happens.



# **Club Officers, Chairpersons, and Ride Coordinators**

Mary Dimitruk  
510-749-7134

Light: Al Joseph  
510-339-0454

Newsletter Editor Jan Smith  
510-893-3374

Webmaster Alfonso Estrada

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## **Officers**

President: Al Joseph  
510-339-0454  
Vice President: Jim Collier  
510-526-0716  
Barbara Massey  
510-531-5899  
Secretary: Ann Ma  
510-482-1167  
Treasurer: Barbara Moodie  
(415) 586-3783

## **Standing Committee Chairpersons**

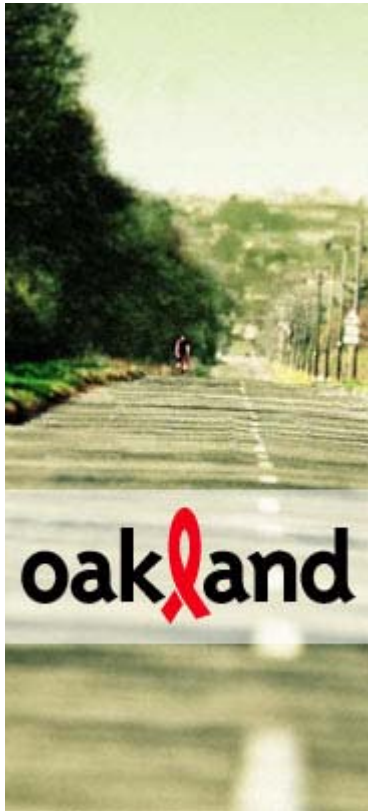
Monterey Ride Committee: Kathy Starkey  
510-521-6235  
Map Committee: Fred Morgan  
510-278-7971  
Christmas Party Committee: Kathy Starkey  
510-521-6235

## **Ride Coordinators**

Advanced: Fred Morgan  
510-278-7971  
Brit Harvey  
510-845-9122  
Advanced Intermediates: Fred McWilliams  
510-636-0838  
Reginald Burrell  
415-586-3783  
Mark Rutta  
510-531-2111  
Humane Intermediates: Claudette Center  
209-858-2090  
Al Bourges  
510-530-7226

# 2nd Annual AIDS/Lifecycle Benefit Silent Auction

Sponsored by Team Oakland\*



**Date:** 4/27/03

**Time:** 4-6ish

**Place:** 3740 Balfour Ave, Oakland 94610.

(2 blocks above Lakeshore & Mandana)

**RSVP & ?s:** to [teamoakland@yahoo.com](mailto:teamoakland@yahoo.com) or Ron Marshall at 510-530-4164 or just come on by!

**Auction Items:** Wireless Computer, Massages, Autographed Warriors Memorabilia, Wine, Aromatherapy, Gift Certificates, Artwork, Jewelry, Bicycle Gear, and much more!!!

***Anyone is Welcome - Refreshments provided!!!***

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\***TEAM OAKLAND** is a group of everyday men and women participating in long-distance cycling events that benefit various charities. The team's banner event in 2003 is AIDS/Lifecycle, a 585-mile endurance test that begins in San Francisco on June 8 and ends in Los Angeles 7 days later. For more information check out <http://www.oaklandyellowjackets.org/teamoakland>