



Official Newsletter  
July 2003  
Come Ride with Us



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## Is it the Bike?

Some cyclists would say it is the bike that helps them go fast. I beg to differ. It is not the bike; it is the person riding the bike that matters.

I remember riding a 30 lb mountain bike with my running shoes and without toe straps. The first ride with the OYJ was in June 1996 and I made it up to Palomares and back on my first try. Al Joseph and Milt Hill made the ride so much fun that I bought a used Trek road bike after riding a few months with the OYJ. That used Trek helped me complete several centuries and my first Death Ride. Riding with experienced, knowledgeable and compassionate cyclists from the OYJ made a difference in my riding – Mitch Cox, Quinn Reddrick, Fred Morgan, Fred Shuck, Mike Cox, Michael Chae, Brit Harvey and Ron DeArman. They always had something positive to say and will bark at anyone that does not follow safe riding. Watching smooth Donnell Brooks ride helped keep the cadence high, as long as I can keep up. Kevin Manning planned the Sunday long rides during the winter and it increased my aerobic endurance. These mentors made sure we were all safe as a group. Yeah they were very competitive but there were

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**Next Membership Meeting  
7 pm, July 10, 2003  
Rockridge Branch Library  
5366 College Ave (at Manila)**

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places where we regroup to talk smack and exchange stories. Safe group riding was more important than who wins, unlike the BBC. It felt safe riding with them. It felt like an extended family.

It was the OYJ club that helped me. It was not the bike.

Stay Active and Healthy  
Maria Monet Cruz



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## How to Contact Us



Oakland  
YellowJackets  
Bicycle Club

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510.986.9011

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

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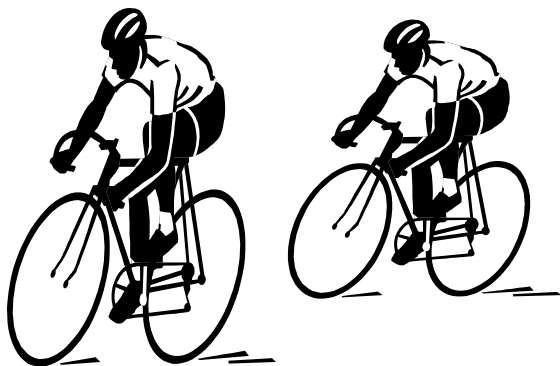
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Submit *Free Wheelin'* articles at any ride or club meeting, or call the Oakland Yellowjackets voice mail (510.986.9011) to make special arrangements. Handwritten or typed articles or hard copy with the accompanying file on diskette, are accepted. 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.

**July 10, 2003**  
**August 14, 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.

**July 4 - LAKE - 9:00 AM**  
**Independence Day Decide-and-Ride**  
START: Children's Fairyland, Oakland

Meet at the Children's Fairyland parking lot

and depart on a decided route at 9:00 AM.

**July 5 - LAKE - 8:00 AM**  
**Wildwood/Moraga**  
20/42/43 miles  
START: Children's Fairyland, Oakland

Ride through Piedmont and up to the Temple at the base of Joaquin Miller. Light riders then head towards Oakland Zoo and return via Bancroft and Foothill. Others climb Butters and Skyline and descend the ridge via South Gate and Wildcat Canyon. Humane Intermediates head north on San Pablo Dam Rd. and finish off with a reverse Key Route loop while the Advanced Intermediate and Advanced riders move on to Moraga and a return to the Lake via mini-Pinehurst, Redwood and Joaquin Miller Rd.

**July 12 - AWAY - 7:00 AM**  
**Lucas Valley**  
27/62 miles  
START: Smith Ranch Rd Park-and-Ride (map)  
LIGHT RIDERS START: Nicasio General Store (map)

RIDE-AND-DECIDE OPTION: Those who prefer to ride locally may meet at Children's Fairyland and depart on a decided route at 9:00 AM.

Light riders get to enjoy a short and rewarding loop around the Nicasio Reservoir with a visit to Point Reyes Station (don't miss the Bovine Bakery). All others add a warm-up along Lucas Valley Rd to start and enjoy extra miles along Tomales Bay, a climb over the Marshall Wall in reverse, and the "Cheese Factory" on the way back.

**July 19 - LAKE - 8:00 AM**  
**San Ramon**  
54 miles (shorter options for Light and Humane Intermediate groups)  
START: Children's Fairyland, Oakland

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Climb Tunnel Rd, then descend the ridge via Pinehurst. The ride then rolls on to San Ramon through Moraga and Lafayette via St. Mary's, Reliez Station Rd., Olympic, Tice Valley and San Ramon Blvd. The return takes you over the Las Trampas ridge via Crow Canyon Rd, visits the south side of Lake Chabot, descending into San Leandro. Finish up with a leisurely ride along Foothill Blvd. back to the Lake.

**July 26 - AWAY - 7:00 AM**

**Lake Sonoma Picnic Ride**

25/48 miles

START: Lake Sonoma Recreational Area (map)

or caravan from Children's Fairyland, Oakland

RIDE-AND-DECIDE OPTION: Those who prefer to ride locally may meet at Children's Fairyland and depart on a decided route at 9:00 AM.

Soak in the scenery of a loop around Sonoma County's Dry Creek region, which begins at Lake Sonoma and turns back at Healdsburg for Light Riders. Others add a second loop around the Russian River, turning back upon reaching Windsor. Picnic and ride support sponsored by OYJ Advanced Intermediate and Advanced riders.

**August 2 - LAKE - 8:00 AM**

**Palomares Option**

31/37/80 miles

START: Children's Fairyland, Oakland

**August 9 - AWAY - 7:00 AM**

**Petaluma**

39/59/98 miles

RIDE-AND-DECIDE OPTION: Those who prefer to ride locally may meet at Children's Fairyland and depart on a decided route at 9:00 AM.

**August 16 - BART - 7:00 AM**

**Milbrae/Peninsula**

30/40/50 miles

START: Milbrae BART

**August 23 - LAKE - 8:00 AM**

**Crockett Loop**

46/64/83 miles

START: Children's Fairyland, Oakland

**August 30 - LAKE - 8:00 AM**

**Arlington**

41 miles (shorter option for Light riders)

START: Children's Fairyland, Oakland

**September 1 - LAKE - 9:00 AM**

**Labor Day Decide-and-Ride**

START: Children's Fairyland, Oakland

Meet at the Children's Fairyland parking lot and depart on a decided route at 9:00 AM.

**September 6 - AWAY - 7:00 AM**

**Santa Cruz Mountains**

27/19/46/89 miles

START: Woodside Town Center (map)

or caravan from Children's Fairyland, Oakland

RIDE-AND-DECIDE OPTION: Those who prefer to ride locally may meet at Children's Fairyland and depart on a decided route at 9:00 AM.

**September 13 - BART - 7:15 AM**

**Fog City / SF Grand Prix Option**

37 miles

START: Embarcadero at Bryant St, San Francisco (map)

Nearest BART station: Embarcadero

**September 20 - LAKE - 8:00 AM**

**Calaveras**

77 miles (shorter options for Light and Humane Intermediate groups) START: Children's Fairyland, Oakland

**September 27 - LAKE - 8:00 AM**

**Newark**

52 miles (shorter options for Light riders)

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START: Children's Fairyland, Oakland

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

120/85 miles

PACIFICA START (120 MILE): Pacific Manor Shopping Plaza (map)

PESCADERO START (85 MILE, no overnight parking): Pescadero State Beach (map)

Our famous season-closer: a one-way ride to Pacific Grove in the Monterey Peninsula with dinner banquet and overnight accommodations at the Asilomar Conference Center, then a bus trip back to the start the next day. Registration and advanced room reservations required.

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**

### WELCOME

I want to take this opportunity to welcome the newest members of the club. Since June 1st our roster has grown significantly. With the arrival of the newcomers it is incumbent upon older members to assure that all newcomers are made to feel comfortable. Introduce yourselves, answer their questions and fill in the any blanks they might have. The fact that our numbers are growing is an indication that we are doing the right thing. What ever that is I encourage everyone to keep it going.

### HELP WANTED (Heads Up)

On October 19, 2003, our club has been asked, and has committed, to join the Breast Cancer Fund, in their effort to raise funds, which will go toward the efforts to find a cure for this disease. During the past four or five months a small contingent of our membership has been hard at work, behind the scenes, getting the project off the ground. As I write this note the wheels of progress are turning and success is just around the corner. However to make it a reality we will need your support. What that support will look like is being determined but I know that when, and if, you are called upon your participation will come without reservation. More great news to follow...

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### A HEARTY THANKS

The Calistoga ride was a great success and I want to thank everyone involved for making it happen. Special thanks go to, our extraordinary events coordinator Kathy Starkey for making sure we were informed, donated the right food and guided to the right location; Barbara Moodie, for leaving the infirmary, Ha! to assure that we had SAG support; Jerode Lawrence, for giving up his ride, he said it was because he had to babysit, to help with the setup; and to the Mother of Gayle Byrd, who is always there when we need her. And a final thanks to all the members who rode safely and returned to enjoy the picnic.

### CLOTHING

I continue to work overtime on the subject. I ask that you be patient and bare with me as I am trying hard to get the best price and quality. I am also attempting to get sample sizes to assist you in the ordering process. Please have faith...

### RIDE SAFELY



# 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: Ann Ma  
510-482-1167  
Treasurer: Barbara Moodie  
(415) 586-3783

## Standing Committee Chairpersons

Monterey Ride Committee: Kathy Starkey  
510-521-6235  
Map Committee: Brit Harvey  
510-845-9122  
Christmas Party Committee: Kathy Starkey  
510-521-6235

## Ride Coordinators

Advanced: Leigh Costain  
510-215-7001  
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

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**Light:** Al Joseph  
510-339-045  
Chris Blease  
510-208-3238

**Newsletter Editor** Jan Smith  
510-893-3374

**Webmaster** Alfonso Estrada

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## **OYJ E-Mail List**

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

oaklandyellowjackets-  
subscribe@yahogroups.com

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



# **Oakland YellowJackets**

## **Calistoga Ride and Picnic**

**June 21, 2002**

**Sponsored by the Humane Intermediate and  
Light Riders**

*Humane Intermediate and Light Riders bring what is listed according to the  
first initial of your name:*

*A-E Side Dish or Salad*

*F-M Main Dish*

*N-Z Dessert*

**Meet at Lake Merritt Fairyland Parking Lot at 6:45am,  
Caravan will leave lake at 7:00am.**

**Members free, Non Members \$15.00**

**Directions to the start of the ride:  
Hwy 80 East towards Sacramento  
Cross the Carquinez Bridge (\$2.00 toll)  
Exit Hwy 37 (Marine World Pkwy)  
Right on Hwy 29 (Sonoma Blvd)  
Stay on Hwy 29 though St Helena  
Left into Bothe-Napa State Park  
(across from Larkmead Lane)**

