



Official Newsletter  
March 2003  
Come Ride with Us



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## Team Oakland Prepares for AIDS Lifecycle 2

Club members Randy Barber, Claudette Center, Alfonso Estrada, Marion Grau, Tara Inman, Ron Marshall, Fred McWilliams, Roy Schachter and Lifecycle volunteers Curt Council and Sidney Glass have joined together to form Team Oakland, a joint fundraising and support group for this year's SF to LA AIDS Lifecycle 2 bicycle ride.

Lifecycle is a 7-day, 585 mile ride which will take place June 8-14, 2003. The event's beneficiaries are the San Francisco AIDS Foundation and the LA Gay & Lesbian Center, notable leaders in AIDS treatment and prevention programs. Monies raised during this event get put to immediate use for vital AIDS and HIV services. As a team, our goal is to jointly raise over \$50,000 through individual donations and corporate sponsorships. For more information about Team Oakland and Lifecycle, visit <http://www.oaklandyellowjackets.org/teamoakland/index.htm>.

### You can help!

These upcoming events will provide great opportunities for contribut-

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**Next Membership Meeting  
7 pm, March 26, 2003 (Wednesday)  
Rockridge Branch Library  
5366 College Ave (at Manila)**

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ing to a good cause, as well as having a lot of fun!

OYJ Kickoff Ride Information Table – 4/12 (Saturday) at Children’s Fairyland, Lake Merritt

After the kickoff ride, stop by our table at the picnic to get information about the ride, make a donation, or sign up to participate as a rider or a roadie! For more information about the kickoff ride, visit [www.oaklandyellowjackets.org](http://www.oaklandyellowjackets.org)

2<sup>nd</sup> Annual Silent Auction - 4/27 (Sunday) 4 – 6pm (location to be determined)

Last year’s event was a big success, raising over \$2200. This year we aim to do even better with even more great items to bid on! Auction items will include cycling gear, massages and other services, artwork, gift certificates, and much more! Plus, it’s a great time to socialize, eat well, and learn more about Lifecycle 2! All items will be donated, so 100% of proceeds from the auction will go towards Team Oakland fundraising. Look on the Team Oakland website soon for more details about this event: <http://www.oaklandyellowjackets.org/teamoakland/index.htm>. If you have questions or items you would like to donate, email Tara at [tarratt@hotmail.com](mailto:tarratt@hotmail.com)

#### Team Oakland Apparel - Available Now

Check out the Team Oakland store at <http://www.cafeshops.com/teamoakland/> ! Clothing and other items are available with our special Team Oakland logo designed by OYJ and Team Oakland rider Alfie Estrada. A portion of the proceeds from the sale of these items will benefit the team. (No Team Oakland member will profit individually from these sales.)

Please join us at these events and help support Team Oakland! You can also make a donation directly to Team Oakland (team #509) online at:

<https://www.aidslifecycle.org/sponsor/form.cfm?b=sf&f=&l=TeamOakland%20Donation&n=509>

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## How to Contact Us



Oakland  
YellowJackets  
Bicycle Club

2185 Manzanita Drive  
Oakland, CA 94611  
510.986.9011

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

<http://www.oaklandyellowjackets.org>

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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.

**March 26, 2003 (Wednesday)**  
**April 16, 2003 (Wednesday)**



## 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

April 19 - LAKE - 8:00 AM  
Point Pinole

April 26 - BART - 7:30 AM  
Tiburon

May 3 - LAKE - 8:00 AM  
Lake Chabot

May 10 - BART - 7:15 AM  
Milbrae/Peninsula

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

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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.

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And don't forget – it's not too late to participate in the ride and join Team Oakland! OYJ Club membership is not a requirement. For more details, email Team Captain Ron Marshall at [rwmarshl@sbcglobal.net](mailto:rwmarshl@sbcglobal.net).



## From the Office of the President

Come Out, Come Out, where ever you are... Yes it's that time of the year for all of you to dust off the cobwebs, pump up the tires, lube the chain and other moving bike and body parts, put your leg over the crossbar and start pedaling... You ask, Why should I do this? Because your officers and committee chairpersons have spent countless hours, during the off season, working on plans to make sure you have a great ride season. What can you do to make our efforts seem worthwhile?

1. Ride safely at all times.
2. Participate in and enjoy the club activities.
3. Ride safely at all times.
4. Welcome newcomers and give them the Yellowjacket Love.
5. Ride safely at all times.

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6. Develop your riding skills and help others develop theirs.
7. Ride safely at all times.
8. Have a great riding experience.
9. Ride safely at all times.
10. Have fun! Have fun! Have fun!

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## **Paceline 101**

By Maynard Hershon

Lots of riders have a shaky understanding of how pacelines work. It's not their fault, by the way: Many savvy cyclists "just wanna ride," not hassle with teaching green riders.

So here's my personal Paceline 101. It won't be technical and it won't be about how-to-do-it. I've never been able to translate written paceline instructions, even diagrams, into action on the road.

Many new-but-strong riders resist learning paceline skills. Unschooled cyclists associate drafting with impossibly fast-paced riding. I can't do it, they say, I'll get dropped.

Trust me: Proper paceline technique will make your cycling easier, not harder. You'll travel faster with less effort. You'll make new friends, rise to a new level of cycling expertise and be glad you stretched yourself to gain it.

Drafting behind other cyclists, positioning yourself in their aerodynamic wake, makes pedaling easier, often by as much as 25%. That's a huge difference. If you ride a lot with a stronger person and you feel weak by comparison, learn to draft. If your riding partner

is 20% stronger, the draft makes you equal. Equal is cool.

There is no penalty, by the way, for the front person. Having someone "on your wheel" doesn't slow you down.

My suggestions about drafting are easier to understand than to implement, much like creating happy relationships. Like those relationships, drafting involves other people; It's cooperative and interdependent and intimate.

So it's problematical, but not impossible.

First: Pacelining is a team activity. Your partner helps you; If you can, you help him or her. To help, you have to be able to ride at the front, at least for a while. If you're fried, you can't do that.

So don't get fried. Don't sacrifice yourself; Don't be a hero. Do only what you can do without exhausting yourself. You owe it to yourself and to your riding partner or partners. Read the last two paragraphs again.

Let's say there are just two of you. As you draft, remember to take care of yourself. Find the best shelter behind your friend, either directly behind or at an angle. If you find yourself becoming tired, say so.

Say: I'm barely hanging on here. Slow down a bit.

Please do that, please say something. Don't just be embarrassed and silent and allow

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yourself to be dropped. I'm imagining all you readers nodding your heads in agreement: Damn, you're saying, Maynard's got that right. But will you change your ways?

I'm afraid you'll go out and let yourself be dropped again and never say a word. I'm slow, you'll think. Slow. I'm only holding my friend up, ruining his or her ride. He or she'll be better off when I'm gone. Sound like your mom, don't you?

When you poop out and drop five bike-lengths behind, your friend or riding partner has to sit up and wait for you. You can't accelerate and catch him: You're toast. You feel defeated. Losing the draft the next time will be easier.

You got dropped because you were reluctant, for one reason or another, to ask your friend to slow down. Now you're tired. The two of you will have to ride very slowly while you recover. If you recover.

If you had asked your friend to ride slightly slower, and we're talking about a very small difference here, a mph or two, you would still be sitting comfortably in the draft, riding within your abilities.

If he got tired, you could take the front and let him rest. IF you'd made your needs clear to him and he'd complied. So ask. Get what you need. Does this sound like a series of self-help book titles?

If going to the front is going to cause you to blow up, don't do it. Or go to the front and take very short pulls, 30 seconds max. If you're in a multi-person paceline and you're at your limit, sit at the back, open a hole for each rider as he drifts back. You have no responsibility to work. If you can't, don't.

Your primary responsibility, beyond safety, is taking care of yourself. Off the back, you can't help anyone.

And: Your legs will do an amazing amount of

work if the loads placed on them are smooth, gradual. So try to create a paceline situation that's kind to your legs, one that's smooth and doesn't make you jump to catch a disappearing wheel.

Speak up.

When the lead rider comes off the front, he should soft-pedal as soon as he moves over. If he does not, the next leader has to stay there for a long time simply to pass him, hovering there right off her shoulder. Get off the front and slow down; Ask your friends to do the same.

Don't get off the front and brake, just slow down enough so the new leader can pass you and pull off when he wishes.

When you're second in line, and it's time for YOU to take the front, please do not accelerate. Please, please do not accelerate. I know you're excited to be there at the front. I know you want to keep the group moving at a good pace. Don't accelerate.

Maintain a constant speed, even if you have to check your cyclometer. If you do jump, the guy who just left the front has to chase you with tired legs. He may be able to do that once or twice, but eventually the repeated effort will break his legs.

When the tail end of the line appears next to you, blend into it smoothly. If the pace of the line moving back is almost the same as the line moving forward, it should be easy to blend into the forward-moving line.

Summing up: Take care of yourself so you can be of use to your partner. Try to keep the paceline working smoothly so no sudden-effort loads hit your legs or your friends' legs. Know what you need and don't be bashful about asking for it.

For the Maynard Page on Planet Ultra, go to <http://www.planetultra.com/maynard/>

# **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: 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: Reginald Burrell  
415-586-3783  
Mark Rutta  
510-531-2111  
Humane Intermediates: Claudette Center  
209-858-2090  
Al Bourges  
510-530-7226  
Mary Dimitruk  
510-749-7134

Light: Al Joseph  
510-339-0454

Newsletter Editor: Jan Smith  
510-893-3374

Webmaster: Alphonso Estrada

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## **OYJ Email 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*

*17<sup>th</sup> Annual*

## *Kick-off Ride*

*Saturday, April 12th, 2003*

*Children's Fairyland Area*

*Lake Merritt, Oakland*

*Sign-in begins at 8 am*

*Ride begins at 9 am*

Celebrate the start of the OAKLAND YELLOWJACKETS' 2003 riding season  
with a leisurely 20 mile ride from Lake Merritt to Alameda and back.

*Helmet, waiver and ID with emergency information required*

Bike technical inspections – rest stop – sag wagon

**Picnic following the ride**

**Sponsored by the OYJ members**

*OYJ members bring what is listed by the first initial of your name:*

*A-E Dessert      F-M Side Dish or Salad      N-Z Main Dish*



## 2003 Membership Application

Please mail your completed application form with the membership fee payable to:  
**OAKLAND YELLOWJACKETS: 2185 Manzanita Drive, Oakland, CA 94611**

Annual Membership Fee per person is \$30.00. Membership valid 1/1/03 - 12/31/03  
For more information, visit [www.oaklandyellowjackets.org](http://www.oaklandyellowjackets.org) or call 510.986.9011.

PLEASE PRINT CLEARLY OR TYPE DIRECTLY INTO THIS FORM, THEN PRINT OUT

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

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 AGREE TO WEAR A BICYCLE HELMET ON ALL CLUB RIDES**

**MEDICAL INFORMATION (must be completed by applicant)**

Emergency Contact 1 Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Emergency Contact 2 Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Medical Insurer Name: \_\_\_\_\_ ID#: \_\_\_\_\_

Group #: \_\_\_\_\_

Known Allergies: \_\_\_\_\_ Your Age: \_\_\_\_\_

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: \_\_\_\_\_

With which rider group will you most frequently participate? (Please check one)

- LIGHT: Slow and easy, leisurely pace, mostly flat terrain, frequent rest stops
- HUMANE INTERMEDIATE: Moderate pace and difficulty, some hill climbing, frequent rest stops
- ADVANCED INTERMEDIATE: Fast pace, longer distance, hill/mountain climbs, fewer rest stops
- ADVANCED RIDER: Fastest pace, most difficult, hills/mountains, few rest stops.