



Official Newsletter  
July 2004  
Come Ride with Us



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## AIDS/LifeCycle 3

Team Oakland Yellowjackets  
(Amal, Lilly, Susan Wendy & Randy)

AIDS/LifeCycle 3 was a milestone. The completion of a 585-mile bike from San Francisco to Los Angeles was nothing to sneeze at. (Ahchooooo!) Team Oakland Yellowjackets was formed in the month of March, however in the short period of time, bonds were formed and a silent pact was made to finish the ride. We each came to the training's with different levels of experience, a seasoned rider with many years of experience doing the ride, one who had done the ride once previously and three of us who were doing it for the first time. It gave the light rider among us a reason to ride more than the obligatory Saturday ride

We trained with the Yellowjackets during the off season and began accepting the various "climbs" as being an unavoidable part of all rides. In addition AIDS/Life Cycle had scheduled training rides on the weekend, complete with ride leaders, a sweep and on occasion rest

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**Next Membership Meeting**  
**7 pm, July 8, 2004**  
**Rockridge Branch Library**  
**5366 College Ave (at Manila)**

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stops which provided food for the cyclists. Both environments were supportive of the riders, challenging us to push beyond our comfort levels and climb yet another hill. I had only heard about the "Three Bears" prior to this season in as many weeks we had climbed the "Three Bears" twice. Morgan Territory, Pinehurst, Wildcat Canyon, Cleavers and Tunnel Road became just another name in our cycling vocabulary as we cycled over these hills and others in the East Bay and Marin County. The training helped us to become stronger riders and strengthened our ties with club members who freely offered support, guidance as well as finances when we had the Auction in May to raise money for the OYJ team members.

What can we say about "The Ride"? It was overwhelming, exhilarating, awesome.... And so many more adjectives! We did all that our respective bikes allowed us to do! We braved the crosswinds, the tailwinds (which were nice), Quadbusters, (Yellowjackets can do hills), The Twins (Evil is a misnomer) and the highways. We saw farmlands, scenic parks, picturesque ocean views and the majestic beachfront homes as well as West LA. Tracy Chatman and the various roadies at the rest stops and camp entertained us. We slept in tents and a couple did all or part of the "Princess Tour" (sleeping in hotels rather than tents at night). We were awakened by a chorus of snores and trudged to the PortaPotties in the middle of the night while stumbling back to what we hoped was the correct tent. Some of us were among the first to arrive in LA but none of us were anywhere close to "The Carboose"! We came together at different times during the ride by chance and prearrangement to compare notes and experiences.

It was all we thought it would be and more. We accomplished our goals... each of us raised the minimum and for most over \$2500. We all completed the ride and other individ-

ual goals we had as we prepared to do the ride. AIDS is fast becoming a chronic disease and not the death sentence it was previously. We are hopeful our contribution will have an impact on services to AIDS patients/clients throughout SF, LA and beyond.

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## How to Contact Us



Oakland  
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Bicycle Club

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# 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 8, 2004**

**August 12, 2004**

**Wednesday, September 15, 2004**



## Ride Schedule

July 4 – LAKE

**Independence Day Decide-and-Ride**

START: Children's Fairyland, Oakland

Departs: 9:00 AM

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

**July 5 – LAKE**

**Independence Day Decide-and-Ride (v2)**

START: Children's Fairyland, Oakland

Departs: 9:00 AM

Most get the day off today for the 4th falling

on a Sunday. Why not go for another ride?

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

**July 10 – AWAY**

**Peninsula** | Download route sheet from Website

39/34/53/77 miles

START: Cañada Road @ Hwy 92, San Mateo

Departs: Lake @ 7:15 AM // Ride Start @ 8:00 AM

**July 17 - LAKE/BART**

**Mount Diablo** | Download route sheet from Website

20/30/55 miles

START: Children's Fairyland, Oakland

Departs: Lake @ 7:15 AM for BART riders // Ride Start @ 8:00 AM

Light riders shuttle by BART to Orinda and enjoy a ramble around Contra Costa County's residential bike trail system, finishing the ride at Pleasant Hill BART. All others learn just what quadriceps and gluteus muscles are good for: a warm-up climb through the Montclair district of Oakland after which Humane Intermediates rejoin the Light rider route. The rest venture on to the summit of Mount Diablo at 3,850 feet and finish in Pleasant Hill.

**July 24 – AWAY**

**Lake Sonoma Picnic Ride** | View flyer on Website

25/48 miles

START: Lake Sonoma Recreational Area or caravan from Children's Fairyland, Oakland

Departs: Lake @ 6:45 AM // Ride Start @ 8:30 AM

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.

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**July 31 – LAKE**

**San Ramon** | Download route sheet from Website

54 miles (shorter options for Light and Humane Intermediate groups)

START: Children's Fairyland, Oakland

Departs: 8:00 AM

**August 7 – LAKE**

**Wildwood/Moraga** | Download route sheet from Website

20/43 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

**August 14 – LAKE**

**Calaveras**

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

Departs: 8:00 AM

The complete route travels to Castro Valley via BBR (Burdeck-Butters-Robinson) and Redwood Rd, then traverses the Dublin Grade and Foothill Rd to Sunol before the "main event" -- southbound on Calaveras Rd. The ride ends at Fremont BART. Shorter, less difficult ride options for Humane Intermediate and Light riders to be determined by ride coordinators.

**August 21 – AWAY**

**Petaluma**

39/59/98 miles

START: Walnut Park, 4th/E Streets, Petaluma

Departs: Lake @ 7:15 AM // Ride Start @ 8:15 AM

**RIDE-AND-DECIDE OPTION:** Those who prefer to ride locally may meet at Children's Fairyland and depart on a decided route at 8:00 AM.

Explore the beauty of the wine country and the southern side of Sonoma County. Ad-

vanced riders traverse Coleman Valley to the coast, then visit Jenner, Cazadero, Occidental and Bloomfield. Intermediates do a clockwise loop, traveling northwest to Valley Ford, then up to the Guernville in the Russian River valley, then return via Sebastopol. Light riders enjoy a scenic ramble to Tomales, then a return via Chileno Valley.

**August 28 – LAKE**

**Crockett Loop**

46/64/83 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

Start with the familiar Key Route ride to El Sobrante, then travel up to Crockett along the Carquinez Strait. Light riders finish up at Pleasant Hill BART, while others pay the 3 Bears a visit before returning via Wildcat Canyon. Option riders add miles by traveling south to Castro Valley via San Ramon, then return via Bancroft and Foothill.

**September 4 – LAKE**

**Newark**

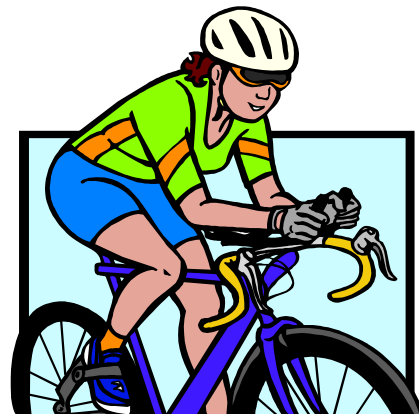
52 miles (shorter options for Light riders)

START: Children's Fairyland, Oakland

Departs: 8:00 AM

Nearly flatter than a pancake. This ride is designed to be a pre-Monterey ride taper-off workout: an out-and-back trip to Newark via Doolittle, Hesperian and Marsh Roads.

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**September 11/12 – AWAY  
18th Annual Monterey Ride**

120/85 miles

PACIFICA START (120 MILE): Pacific Manor Shopping Plaza

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

Our famous season-closer: a one-way ride to Pacific Grove in the Monterey Peninsula with dinner banquet and overnight accommodations at the Sailorman 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.



## OYJ Meeting Minutes

Thursday, June 10<sup>th</sup>, 2004

Meeting was called to order at 7:10pm

Monterey Ride

The cut off for sign up is July 2<sup>nd</sup>, so we need to remind members to send in their applications and money.

Kathy described the ride for new members

Kathy needs SAG supporters: Dorothy, Bruce, Bill, Alfie, Maxine and possibly Judy will be on the SAG crew.

Ronnie D will lead the arrow-painting crew. Al will get paint.

Other Business

Maria Monet, has resigned from the club. Ron Starkey has volunteered to assume her role of maintaining the club Yahoo group. He is going to start a new group. The URL will be published when this is set up.

Light Ride Co-leaders are needed. A sign up list was passed out and volunteers indicated their willingness to assist. Audrey Rupe, has done a tremendous amount of work to make sure the light riders have a great experience this year.

Kathy Starkey has been producing the maps, on top of her other tasks. She deserves our thanks for the time she has been putting into this task.

Mark Rutta described Bike Against The Odds for the new members. Things are moving along. We are working on obtaining sponsors. Tamara suggested we post informa-

tion about obtaining sponsors on the web; members may have contacts that might be interested in becoming sponsors. The online registration should be available now. This years ride is dedicated to Faith Fancher, who passed away from breast cancer on the day of last year's ride.

After discussion, it was moved and seconded, and unanimously passed that the club would not adopt a policy but continue to live up to our statement on the website regarding inclusion.

Next meeting July 8<sup>th</sup>.



## From the Office of the President

I would like to take this opportunity to congratulate and thank all of the members who represented the club on the AIDS ride. You did us proud!!!!.

### A REQUEST

As I indicated in previous letters, we are having a banner year in the area of memberships and we should all be proud of our accomplishment. However, with the increased numbers comes increased responsibility on the

part of all to represent the club well. We need to be respectful of others on the road, obey the laws and ride safely. Let's try hard to assure that comments from those who see the club colors, on the road, think of us in a positive manner.

### SAFETY

Remember your safety is our number one objective. It is our goal to have everyone who starts a ride, finish that ride without incident.

### CALISTOGA RIDE

Thanks to all who participated, we had a lovely day, challenging ride, excellent food and great camaraderie after the ride.

### REMINDER

Remember, we all have the following obligations as members:

Have Fun---Ride Safely---Make Friends---  
Have More Fun

## **Officers**

President: Al Joseph  
510-339-0454  
Vice President: Brenda Fields  
510-663-6110  
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

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

**Webmaster** Alfonso Estrada  
510-465-1670

## **Ride Coordinators**

Humane Intermediates: Al Joseph  
510-339-0450  
Lynne Trestrail  
510-524-2928

Light: Audrey Rupe  
510-531-1163