



Official Newsletter  
June 2004  
Come Ride with Us



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## Where the Wildflowers Are - Bike for Breath The Two Rock Ride

By Kate Pixley

On Saturday, May 29<sup>th</sup>, nine members of the Oakland Yellow Jackets participated in the annual Two Rock “Bike for Breath” in Sonoma County, sponsored by the American Lung Association. Billed as a scenic ride through the rolling hills of Sonoma County, this ride truly lived up to it’s reputation as one of the most beautiful rides in Northern California, and *unlike* the Chico Wildflower ride earlier in the season, this ride featured wildflowers in abundance. Plus, as the website boasted – the food really was good!

OYJ participants included Stephanie Solorzano, Lynne Trestrail, Barbara Massey, Tamara Thompson, Midori Tabata, Diana Swantek, Mary McGowan, Bob Couly, and myself. Saturday morning dawned clear and bright, after a gray week in the Bay Area, including rain the

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**Next Membership Meeting  
June 10, 2004  
Rockridge Branch Library  
5366 College Ave (at Manila)**

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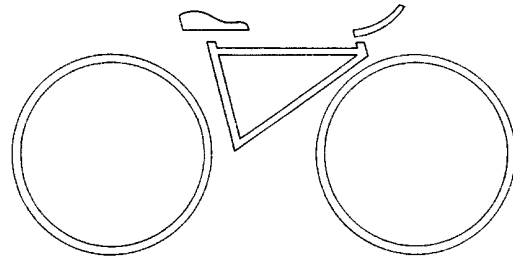
day before. As Mary and I drove over the Richmond-San Rafael Bridge just after 6:00 a.m., Mount Tam was etched in clear detail on the horizon.

At the ride start in Petaluma, we found our fellow OYJ riders fairly easily, and got in line to register for the 65-mile course. We were keen to get on the road early – motivated less by the spirit of competition and sportsmanship, than by anxiety that the food would run out by the time we finished the ride. We experienced a brief delay as one member of our party was apparently still getting dressed in the car; we feared a wardrobe malfunction, but the rider emerged fully dressed, and we were soon assembled and underway.

I lost my route sheet about 500 yards into the course, but heck, I was riding with Lynne, so I wasn't worried. I did however have this nagging concern about something Lynne had said earlier in the week about 4,200+ feet of climbing over the course. But the ride was advertised as "rollers and no killer climbs" so I rationalized 4,200 feet of aggregate climb over 65 miles couldn't be too bad. Indeed, the first 20 miles of the ride were *truth in advertising*; we cruised over beautiful two lane country roads, with minimal traffic, and easy rollers. The landscape was astonishingly beautiful with large swaths of maritime poppies and lupine along the roadside, and fences festooned with wild climbing roses. The livestock was also plentiful, and we had sightings that included cows, llamas, goats, sheep, and even an emu. At one point we saw a cow running across a field, and city slickers that we are, we had to actually pull off the road to watch (riding down Bancroft enough times does that to you).

One of the most beautiful stretches of the course followed Chileno Valley Road. It was so peaceful we were lulled into an easy pace, riding side by side socializing, when we came

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## How to Contact Us



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Bicycle Club

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to a beautiful lake. By this time we were all yacking away with our mouths wide open when we rode straight into a wall of bugs, and spent the next 5 minutes spitting them out and literally picking them out of our teeth. I understand that recent research points to the benefits of consuming protein while performing endurance sports...

There were four rest stops in all, including a stop at a one-room school house, still used by the local community. It was after we had passed through the second stop that we encountered the first set of – let's call them *long rollers* - remember; no killer climbs! At the top of the first of these *long rollers* we turned to Lynne, who had an altimeter, and demanded a reading. The news was not good; we had only gained a third of the projected elevation.

This typified much of the next 20 miles, punctuated only by the rest stop in Tomales; a charming spot, graced with a water tower. Re-fueled by M&Ms, and with sunscreen refreshed, we hit the road again. The hills were long and fairly challenging, and stacked so close together our legs didn't have much time to recover. And of course, at the top of each hill, we would turn to Lynne for the fateful altimeter reading! Roadside humor was provided by the ride organizers; small signs posted along the way, with mottos like "Breathless in Tomales" rallied us on. After the last climb on Middle Road out near Dillon Beach, someone invoked the "S" word (as in SAG), but was told they would have to turn their OYJ jersey inside out if they chose that option.

Thankfully the route flattened out (more or less) toward the end of the ride, as the temperature began to rise. At the last rest stop, there were signs of fatigue – one of our members headed back to the road to resume the ride without her bike – but we all finished the ride in good spirits, in time to eat the fine lunch at the finish. All in all, the support was

excellent, the route beautiful and challenging, and according to my informal poll, we would all do it again!

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## Riding the New Bridge

By Bob Fearman

In November 2003, the Alfred Zampa Memorial Bridge opened, crossing the Carquinez Strait from Crockett to Vallejo. Most of us know the old bridge well enough driving up Route 80 and many of us have done the Crockett ride, going beneath the old bridge. So when I heard that the new Bicycle and Pedestrian Path was opening on Sunday, May 16, I knew I couldn't pass up riding to this "historic" event.

A week or so before, I had e-mailed President Al to see if there was a planned Yellowjacket club ride to the opening. There wasn't so I figured I'd have to get up there on my own. Despite being sore from having done the 44 mile Arlington-San Pablo Dam Road-Pinehurst ride the day before, I got myself going from near Piedmont Ave. in Oakland at 8:00, guestimating a riding time of 2 hours, to arrive at the scheduled opening ceremonies at 10:00. I could have given myself some more time for a more leisurely ride but things being what they are on a Sunday morning that was the best I could do. I thoroughly enjoyed the ride through Berkeley and up Key Route at such a quiet time. Despite some wrong turns in Albany (I haven't mastered many of the club rides yet!), I made it to the approximate halfway point, the usual gas station stop, for a 15 minute break just after 9:00.

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I realized I'd have to push it if I was to get there for 10 AM, but figured I could count on, bureaucracy being what it is, a late start for the ceremony. Still, I had set a goal for myself to get there by 10 and I was going to go for it. I knew the turn up Appian Way, but having done the Crockett ride only once, I was relying on an EBBC bike map to get me there.

It didn't fail me and I had a lovely ride through all the little towns along the way: El Sobrante, Pinole, Hercules, Rodeo. Well, maybe not that section called "Refinery Road" in Rodeo! When I was going up that last hill after the refinery, I thought I wasn't going to make it in by 10. There's always another rise out there somewhere that you don't count on, but suddenly I was rolling down the last hill into the reception area a minute or two before 10. Score! Anyway, it was exciting for me.

The featured speaker at the opening was Congressman George Miller. Several others from state and local government agencies spoke as well. [See [mtc.ca.gov](http://mtc.ca.gov) for more about the ceremony] Before the ceremony started, cyclists were asked to go to the head of pathway; we were going to be the first to cross the bridge. I was able to get near the front and was in the first dozen riders to go across just before 11. Most riders were singles or in small groups and the only clubs I saw were "The Eagles" from the North Bay in red and a group of young riders with "Vanini Antiques, Oakland" on their green jerseys.

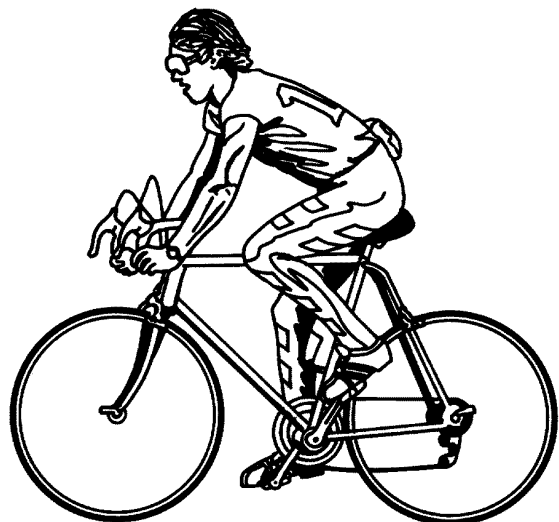
The ride across the bridge has spectacular views of San Pablo Bay and Marin to the west and a bit of a gusty wind. There are viewing areas on either side of the bridge after the 1.6 mile crossing. Most of us hung out for a while on the Vallejo side taking in the view and the fun of having come for the opening of the path. I made a few phone calls to friends and to fellow cyclists who would appreciate where I was. [One return message

I got said I sounded excited "like a reporter covering a news story on site!"]

After lunch at the California Maritime Academy, where they were showing a documentary "Spanning the Carquinez Strait" and having spent almost three hours in the area, I started a slower ride back home, for a round trip of about 52 miles. Added to the 44 miles on Saturday, I had done 96 miles for the weekend, quite a stretch for me. When a friend saw me walking bowlegged at home, she said I looked as if I had just gotten off a horse! That was about how it felt. But it was worth the effort and for it I got to be on the Channel 5 evening news as one of the first riders to cross the Alfred Zampa Memorial Bridge.

Thanks to all the Oakland Yellowjackets that I ride with, I have gone from my first exhausting 30 mile ride to East Oakland 18 months ago to what I was able to do this weekend. I may not talk much during our rides but I really appreciate you all being there.

Oakland Yellowjackets - Diversity in Motion



# 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.

**June 10, 2004**  
**July 7, 2004**

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# Ride Schedule

## **June 5 - BART - 7:00 AM** **Morgan Territory**

47 miles (shorter options for Light and Humane Intermediate groups)  
START: Concord BART

A ride circumventing the foothills of Mount Diablo. Ride through Clayton and the ranch country surrounding Marsh Creek Springs, then tackle a challenging but shaded and picturesque climb. Hard work pays off with "the Plunge" on the eastern side of the Black Hills towards Livermore. The ride continues on a counter-clockwise path through Danville and ends at the Walnut Creek BART station.

Shorter, less strenuous ride options for Light and Humane Intermediate groups will be arranged by respective ride coordinators.

## **June 12 - LAKE**

### **Dublin Grade**

33/62 miles | Download Route Sheet  
START: Children's Fairyland, Oakland  
Departs: 8:00 AM

This ride warms up on Doolittle Rd by the Oakland Airport into San Leandro, crosses over Castro Valley via Fairmont and Lake Chabot, then traverses the Dublin Grade (Dublin Canyon Rd). Light riders end in Pleasanton and return via BART. Option riders continue north through San Ramon, Lafayette and Moraga, then ride back over the ridge via Pinehurst.

## **June 19 - AWAY**

### **Calistoga Picnic Ride**

20/47/53 miles | Download Route Sheet  
START: Bothe-Napa State Park (map) 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.

The ride travels south on Silverado Trail, which Light riders will cruise on until Yountville before returning to Calistoga. Others will head East along Hennessey Lake and travel through the lesser known of Napa County's wine region along Chiles and Pope Valleys. The return features a climb to the town of Angwin and an exhilarating descent on Howell Mountain which bottoms out at Silverado Trail and the home stretch back to Calistoga.

Post-ride picnic and ride support sponsored by OYJ members. Non-members must pay a

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nominal fee to cover ride support costs. Bring your swimsuit and enjoy the pool at the park after the ride!

**June 26 - LAKE - 8:00 AM**

**Palomares Option**

31/37/80 miles

START: Children's Fairyland, Oakland

All groups climb "BBR" (Burdeck-Butters-Robinson) and ride to Castro Valley via Redwood Rd. Light riders finish up at the Dublin-Pleasanton BART station. Others climb and descend Palomares Road in the southbound direction. Intermediate riders finish at Fremont BART, while advanced option riders return via Niles Canyon, San Ramon, Moraga and Pinehurst.

**July 3 - LAKE - 8:00 AM**

**Three Bears and Some Redwoods**

40/57 miles

START: Children's Fairyland, Oakland

Climb up the Broadway Terrace, Old Tunnel Road and part of Grizzly Peak Blvd, then descend from Tilden Park on Shasta Rd and Wildcat Canyon. Light and Humane Intermediate groups finish at the Orinda BART station, while others complete an hourglass loop around the Briones reservoir with the Three Bears, San Pablo Dam Rd and a return via Moraga, Pinehurst and Redwood Rd.

**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**

**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 - [Start Time TBD]**

**Peninsula**

[Routes and distances TBD]

START: TBD

**July 17 - LAKE/BART - 7:30 AM / 8:00 AM**

**Mount Diablo**

20/30/55 miles

START: Children's Fairyland, Oakland

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 - 7:00 AM**

**Lake Sonoma Picnic Ride**

25/48 miles

START: Lake Sonoma Recreational Area 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.

**July 31 - LAKE**

**San Ramon**

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

START: Children's Fairyland, Oakland

Departs: 8:00 AM

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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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## From the Office of the President

THANKS TO ALL:

As is custom you guys always give me an opportunity to start my comments with a big thank you. As a result of you, inviting and welcoming new people to join the group we have, at this point, exceeded our all time membership. Congratulations to all and welcome to the newbies.

A REQUEST:

If you have been around the lake when we assemble you have to be aware that, do to the large numbers, we are causing a problem with the traffic flow. The attendants, on several occasions, have asked that we assure a path

for cars. So I am asking that each of us take on the responsibility of respecting the rights of our fellow road users, drivers, and assemble as close to the curb as possible. Let's assure that our club is looked upon favorably by the community.

REMINDERS:

The Calistoga ride, due to a scheduling conflict with the state parks, has been moved to June 19th from the 12th. If you are a Humane Intermediate or a Light Rider, you have the responsibility for supplying the goodies, so that all will dine sufficiently and have a good time. Please refer to the email sent under separate cover to find out what your obligation is. If you have questions you can contact me at [mlajoseph@aol.com](mailto:mlajoseph@aol.com).

The Monterey ride is fast approaching so please, as soon as possible, let us know of your intention to participate. We really need your early support on this..

SAFETY:

Last subject on my list but first in importance. Remember we need everyone, to return safely every week.. Work at it... It's what makes us happy.

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

## **Officers**

President: Al Joseph  
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Barbara Massey  
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Secretary: Ann Ma  
510-482-1167  
Treasurer: Barbara Moodie  
(415) 586-3783

## **Standing Committee Chairpersons**

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

**Newsletter Editor** Jan Smith  
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510-465-1670

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