



Official Newsletter  
April 2005  
Come Ride with Us

# Free Wheelin'



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# Riding in Other Places

By Si Tarlen

Jane and I enjoy out-of-town organized rides, as much for the touring aspect as for the riding itself. We are not out for grueling rides, and on one day events, usually opt for the metric centuries. Some of the events we've participated in have been multiple day rides, such as RAGBRAI, an annual 7 day event in Iowa, SAGBRAW, about 5 days in northeastern Wisconsin, and CycleZydeco, a four day ride in absolutely flat, but very interesting Louisiana country. We have also ridden in several one day events, such as the Tour of the Unknown Coast and the Tour de Palm Springs. (We also rode in a century out of

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**Next Membership Meeting  
7 pm, April 14, 2005  
Rockridge Branch Library  
5366 College Ave (at Manila)**

**Kick-off Ride  
April 16, 2005**

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Manteca a couple of years ago, featuring lots of snarling dogs!) A highlight of the multi-day rides is that they afford more opportunity to get well acquainted with other riders.

RAGBRAI (the Register Annual Great Bicycle Race Across Iowa), which we've done 2 and a half times, is about 500 miles, all the way across Iowa, in a week. It takes a different route each year, and usually hits a town every 10 or 15 miles. The custom is to start by dipping your rear tire in the Missouri River, and ending a week later by dipping the front tire in the Mississippi. The towns vie with each other to have these 10,000 riders pass through, and for them it is the spectacle of a lifetime. It's an interesting cultural experience, as well as a fundraiser for all their local activities. They really go all out to feed and entertain you. You have all day to do the 60 to 100 miles, and so there's plenty of time to dawdle and see the sights or hear the music in each town. If you make every stop though, it's a project to get your muscles back "in gear" each time, and the day can get pretty long. Unfortunately, it's 100 times as easy to find pork chops to eat as oatmeal. This ride is scheduled in the last week in July, when the temperature and the humidity are both often in the nineties. Iowa, by the way is NOT flat, as people often think. It's all rolling hills, which can seem awfully long and tall in this type of weather!

If you go for FLAT country, CycleZydeco, out of Lafayette, Louisiana, is a very interesting four day ride. The biggest climb is an overpass across a freeway. But the country, the food, and the music (both Cajun and Zydeco) are great. The ride is only 50 miles a day for four days, and happens just after Easter, when the weather usually is quite pleasant. There's lots of time to enjoy the music and food.

SAGBRAW, a ride in northeastern Wisconsin

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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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sin, had nice country, but lacked the jolly good times of RAGBRAI and CycleZydeco, there being fewer towns, and no apparent interest on the part of the few people who were there. It also lacked food. One 85 mile day, the food stop had run out by the time we got there, and there was no place to buy food. That made us into pretty grumpy riders.

The Tour of the Unknown Coast offers several options. The 100 mile ride is billed as "California's Toughest Century". We opted for the beautiful and entirely pleasant metric century, from Ferndale, down the Avenue of the Giants, among the spectacular redwoods, and back to Ferndale. The REAL century goes down the Avenue of the Giants, then out to the coast, and up and down and up and down some humongous grades, and eventually back to Ferndale. Our kids and their friends did the century, and ranted about both how beautiful and how difficult it was.

February 5th, we rode the "Tour de Palm Springs". This was our first opportunity to take our "Bike Fridays" on an out-of-town trip. These bikes fold up into suitcases. We bought them to avoid the huge hassle and expense of putting a regular sized bike in a box to take it on an airline. We've gotten faster at packing the bikes up (from 3 hours down to 40 minutes so far). Jane is really enjoying the "hands on" aspect of such a bike. Taking it down and setting it up requires using wrenches and making adjustments, and thus has improved our biking know-how. The Tour de Palm Springs is operated as a benefit for various service organizations, and is mainly run by volunteers. There were SAG stops, but no SAG wagons. The mountains in every direction were pretty to look at, as were the fields of wildflowers. There were a variety of routes, from 10(!) to 100 miles, and we opted for the 55. The ride promoters said that there were over 7,000 riders, and there were some problems. It seems that there were a lot of riders who were ignorant of the cus-

tom of announcing one's self when passing. Once, where there was plenty of room, we were riding side by side, and some bozo zipped between us without a word! It's amazing we didn't see any pileups. Of course, we don't need to go so far from home to see such reckless behavior.

In our opinion, biking is one of the best ways to tour, and group rides often offer well selected routes, scenery that you might miss traveling by car, and good companionship as well.



## **Oakland Yellowjackets Monthly Meeting Minutes Wednesday March 9, 2005**

1. New attendees: Carolyn, Orlando, Jeff, Erin, Laurie, Joe, Carrie, and Neil. Welcome!
2. 2005 Season Kick-Off Ride – Saturday, April 16<sup>th</sup>.

Kathy passed out a flyer than includes information about what kind of food to bring.

A volunteer list was sent around.

Fred, Britt, and Brenda will lead the ride.

Everyone should wear their OYJ jersey, if you have one.

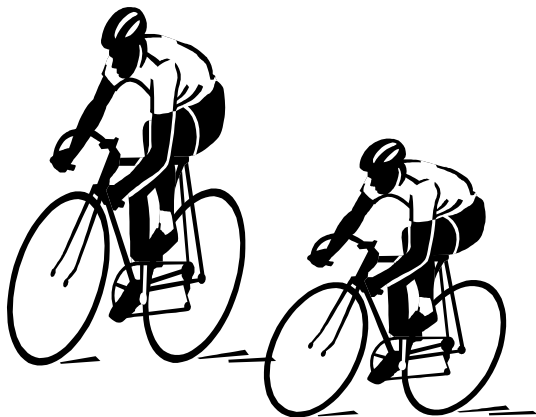
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## Meeting Schedule

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.

**April 14, 2005**  
**May 12, 2005**



## Ride Schedule

April 16 – LAKE

### **2005 Season Kick-Off Ride**

20 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

Celebrate the start of the Oakland Yellowjackets 2005 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 Yellowjackets members. Registration opens at 8:00 AM and the ride begins at 9:00 AM.

April 23 – LAKE

### **Point Pinole**

25/40 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

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 30 – LAKE

### **Lake Chabot**

29/35/42 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

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

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riders complete the loop via Redwood Rd and Joaquin Miller Ave.

### **May 7 – BART**

#### **Tiburon Loop**

17/46/55 miles

START: Embarcadero at Bryant St, San Francisco

Nearest BART station: Embarcadero

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

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 14 – LAKE**

#### **Arlington**

20/41 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

Travel through residential Kensington, El Cerrito and Richmond along Arlington, a scenic alternative to Key Route to get to El Sobrante. The ride returns to the Lake via San Pablo Dam Rd, Moraga and Pinehurst.

### **May 21 – AWAY**

#### **Lake Sonoma Picnic Ride**

25/43 miles

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

Departs: Lake Merritt @ 6:45 AM // Lake Sonoma @ 8:15 AM

A Yellowjackets mid-season tradition. The ride begins and ends at the picnic grounds of the Warm Springs Recreation Area. The ride

is a picturesque ramble around the Dry Creek and Russian River Valleys in Sonoma County, on rolling roads alongside countless vineyards. Intermediate and Advanced riders ride to Windsor on the West side of the valleys, then return on East side of the valley through Healdsburg. Light riders enjoy a shorter loop which turns around at Healdsburg, halfway out on the longer route.

A potluck picnic sponsored by Yellowjackets members awaits you at the ride finish.

**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.

### **May 28 – LAKE**

#### **Tunnel & Grizzly**

38 miles

START: Children's Fairyland, Oakland

Departs: 8:00 AM

Climb up the Broadway Terrace, Old Tunnel Road and part of Grizzly Peak Blvd, then reap the rewards of your effort with an exhilarating descent on South Park and Wildcat Canyon Rd. Practice your paceline skills along San Pablo Dam Rd into El Sobrante and return to Lake Merritt via Key Route. Light and Humane Intermediate riders may have alternate routes as determined by their respective ride coordinators.

### **May 30 – LAKE**

#### Memorial 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.

The Yellowjackets have a no drop policy and will leave no light or humane intermediate rider behind!

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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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*(Continued from page 3)*

Kathy passed out a flyer and asked people to make copies and leave in bike shops.

There will be a safety talk before the ride.

### 3. 2005 Ride Schedule

The schedule is posted on the web site. Not all the route sheets are posted yet. The ride committee added a few new rides and tried to correct errors.

Reggie and Al Bourges will lead at least some of the light rides this year.

The route for Mount George still needs to be mapped.

Make your copy of the route from the web site; we will only have enough route sheets at the Lake for new people.

### 4. Bike Against the Odds

We raised \$162,000 last year. This year our goal is to raise \$250,000.

Planning meeting have already started. Kathy described the event. This year the event will be held on October 9<sup>th</sup>. Virginia is looking for volunteers for SAG drivers.

OYJ members are encouraged to participate by riding and fund raising.

### 5. AIDS Ride

Kate Pixley is doing the AIDS ride this year. Any donations would be welcome!

### 6. Double Century Support

OYJ has been asked to staff a rest stop for a new double century that will circle San Francisco Bay. This event will be held on July 23<sup>rd</sup> (we will try to change the date of the Calistoga ride to accommodate). More details will be coming.

### 7. Picnic Rides

It was decided to ask all groups to bring food to the picnic rides, to be sure we have enough for everyone.

### 8. Monterey Ride

This year's ride will be on September 10<sup>th</sup> – 11<sup>th</sup>. Kathy is looking for volunteers for the entertainment committee.

### 9. Christmas Party

Al Bourges graciously agreed to let us use his home again this year. The tentative date is December 3<sup>rd</sup>. This year there will be a party end time!

### 10. Monday Evening Rides in Alameda

These rides should start again once the time changes.

### 11. Ride Coordinators

Light – Al Bourges and Reggie Burrell  
Humane – Al Joseph and Lynne Trestrail.  
Adv. Intermediate – Fred McWilliams, Virginia Sorgi, Craig Acosta  
Advanced – Will ask Anthony Eng

### 12. Dues

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Everyone – please send in your dues. There are new application forms this year.

### 13. E-Mail List

The purpose of the e-mail list is to facilitate cycling-related communications with the club. Everyone should use good judgment when submitting messages. Don't abuse the privilege!

You can set up Yahoo groups so that you only get one e-mail per day. Kathy will send instructions on how to set this up.



## From the Office of the President

Welcome Back:

Well, it is that time of year again for those of you who have vacationed to wipe off the dust and get back onto the saddle. Yes, believe it or not, on April 16th we will be kicking off another successful season. Oh by the way, if you haven't been out, with the fifty or so die-hards who refused to get off their bikes this winter, you have a lot of catching up to do...

Welcome:

To the newest members of our organization. We know you have joined the right cycling club and hope you enjoy the ride. We are sure the membership will welcome you with open arms and spinning pedals.

Thanks:

We had a great kickoff meeting in March, standing room only, and I want to thank all of the members who came out. It is really energizing for your officer corps to sit and see a lively bunch of individuals who share the same passion for making the club a success.

Safety:

One of the things I observed during the off season rides are that we let down our safety guard. It is my hope that it was a temporary blip on the radar screen. We must all remember that a good ride takes place when all return safely to the start point. The group safety is dependent upon everyone making the correct decision.

See You:

At our next meeting and the Kickoff ride. Let's make 2005 the best year ever.

Al

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## Bike Alameda Valet Parking Service

Bike Alameda ([www.bikealameda.org](http://www.bikealameda.org)) is encouraging bicycling as a convenient and safe form of transportation in and around the City of Alameda. This year, during many upcoming Alameda events Bike Alameda will again be providing free, safe, and secure Valet Services for bikes.

We now need your help! We invite you to participate this year as a Valet Bike Parking volunteer at one or more upcoming Alameda events.

Volunteers work as a team to park bicycles, keep them secure and return them to their

owners. Volunteers also offer bicycle and safety information to the public and promote bicycling as an activity. All events are on Friday evenings and/or on the weekends. Events are scheduled from May to October.

May 7 & 8 - Spring Festival / Park Street (12 volunteers - 6 per day)

June 10 - Crab Cove Concert (3 volunteers)

June 12 - Juneteenth - Alameda Point (2 volunteers)

July 4 - July 4th Jubilee - Rittler Park (4 volunteers)

July 8 - Crab Cove Concert (3 volunteers)

July 10 - MOW Wine Tasting (Bay St @ San Antonio) (2 volunteers)

July 30, 31 - Art and Wine Faire - Park St (12 volunteers - 6 per day)

August 12 - Crab Cove Concert (3 volunteers)

August 29 - Victorian Summer Whites Wine Tasting & Garden party - Meyer's House (2 volunteers)

Sept 10 & 11 - PBJ - USBank (between Central and Taylor) (12 volunteers - 6 per day)

Sept - Art in the Park - Jackson Park (4 volunteers)

October 9 - Classic Car Show - Park St (6 volunteers)

For more information, please contact Lynda Meitzner at 510-522-1750 or Lynda@insightfulorganizing.com.

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

### **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**

Light: Al Bourges  
510-530-7226  
Reggie Burrell  
415-586-3783

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

Adv. Intermediate Fred McWilliams  
510-636-0838  
Virginia Sorgi  
510-655-1189  
Craig Acosta  
510-421-0243

# **OAKLAND YELLOWJACKETS**

*19<sup>th</sup> Annual*

## ***Kick-off Ride***

*Saturday, April 16th, 2005*

*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' 2005 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 first your name (no store bought  
potato or macaroni salads please):*

*A-M Main Dish      N-Z Side Dish or Salad*

*Dessert will be provided by the club*