

Benicia Bicycle Club

P.O. Box 141

Benicia, CA 94510

707-644-0074

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The Road Marshal: Message from the President

July is here! June was a great Month. Congratulations to Laurie and Bob on the birth of their beautiful little girl.

I would like to thank Cytomax, Kaiser Permanente, the Biking Realtor, Gordon Gray Designs, Athletic Camps, Litigation-Tech and all the other sponsors of the Benicia Criterium. I would also like to thank the volunteers for doing a great job!



Prez "Sugar Joe" Marks & wife Juliet

MARK YOUR CALENDAR!

BBC Time trials have started.

At 6:30 p.m. on the First Wednesday of every month. Results for the last three time trials are inside.

BBC Barbecue Ride and Barbecue - July 19

Marin Century - August 1

Napa Century - August 16

Tour d'Organics - August 16

Don't forget the club BBQ ride is Sunday, July 19th. Start time is 7:59 am sharp. We have two routes. The tradition route is 65 miles and the shorter route is roughly 50 miles. BBQ to follow at 4:00 PM at the Benicia Community Park.

It is time to sign up for the Napa Century, 65 miles or 100 miles. Take your pick. Let's get everyone out there for this ride and show our colors.

Keep training and ride safe!

Joe Marks

Welcome New Members!

Vincent P. Brodeth

Matt McCabe

Chris Tringali

Neil, Rachael and Aren Moffatt

Juliana French-Arnold

Claire Siverson

David J. Garcia

Nils Knutstad



From your Intrepid Editors

Folks, it sounds as though it's coming in August, and if you can't guess what 'it' is, well, it's the bike path across the southern span of the new, improved Benicia bridge. We are all awaiting the official opening. It will simplify our jaunts to Contra Costa County, and open up yet more routes in the East Bay It's been a long time coming, and we will be there!

We hope to see you out on the Barbecue Ride and Barbecue on July 19. Riva will be riding in the 50-miler. Hopefully it will be a bit cooler by Sunday. Check your bike over before you hit the road, and bring enough water and energy drink and snacks.

Printing Compliments of



SOLANO PACIFIC

Newsletter Contributors

Thank you for your articles, photographs and your moral support! Our July Newsletter is a team effort, as always. Thanks to Joe Pritchard, Mark Birnbaum, Barbara Wood, George Villareal, Bob and Lauri Vanvert. Keep those articles coming!

BBC Members on the Go!

Barbara Wood - Special Olympics

We have all felt the success of an athlete. Whether it be a great shot in tennis or golf, a perfect run down a challenging ski slope, or the end of a great bicycle ride. Success is measured in the eyes of the beholder. The Special Olympics is just that. It gives these special people the opportunity to experience the "thrill of victory" without the disappointing "agony of defeat".

I will be feeling successful by completing a 300 mile ride through the Adirondacks of New York State. Real success, however, will be in raising money to support these Special Athletes.

To visit my personal web page and help me in my efforts to support Special Olympics New York, go to

<http://nyso.kintera.org/faf/r.asp?t=4&i=288748&u=288748-244496298&e=2467451002>

A New Arrival

We are happy to introduce our newest BBC member, Olivia Lyn VanWert. She was born on Saturday, June 27th, 2009 at 9:34 p.m. She was 8 lbs. 14 oz, and 21" long. Her proud parents, Lauri and Bob VanWert, are settling into a new life with baby Olivia. She's the sweetest baby, and we send our best wishes to Bob & Lauri. Congratulations!!



Start Order	Last Name	First Name	Age Group	Time Min	Time Sec	Avg. Speed
13	Pritchard	Joe	65-69	27	22	22.36
10	Striepeke	Steve	50-54	28	47	21.26
11	Dannucci	Greg	50-54	29	4	21.06
6	Hanson	Jacob	25-29	29	20	20.86
9	Villarreal	George	50-54	29	34	20.70
7	Marks	Joe	50-54	31	3	19.71
5	Dewolf	Bill	50-54	31	47	19.26
4	White	David	55-59	32	57	18.57
12	Tringali	Chris	45-49	32	57	18.57
3	Dauz	Danilo	50-54	36	43	16.67
1	Villarreal	Lisa	45-49	37	43	16.23
2	Edwards	Ginger	55-59	37	56	16.13

June 3 Time Trials

Here are the results from the 6/3 Lopes Road Time Trial. The wind was blowing the usual 12-16mph. There were some rain clouds coming in and the temperature seems like the high 60s, not too warm and not too cold.

12 riders road the course with many people breaking the 30 minute mark. 11 seconds and 25 years separated the two fastest times, with Joe Pritchard breaking his previous age group record by 26 seconds. Wow! Wind 12-16 mph Temperature 68 F Timed by Mick W and Nancy L

Our next Time trial will be held on Saturday July 4th at 10am. to accommodate all those riders who can't make the usually Wednesday 6pm start.

May 6 Time Trial Results

Conditions were harsh with the wind averaging 12-mph. With wind chill the temperature was in the low 60s, 65-68F. Gusts in the 20-22 mph were also noted in the open areas around Marshview Road. Timers were Mick W. and Nancy L.

Despite these conditions there were some excellent times. Tall Joe Pritchard, blazed a 27:22, just 7 seconds off his personal best. While Young Jake Hanson set a new age group record with a 29:20 riding his fixed gear bike. Ginger Edwards also set a women's age group record riding 37:56. Jacob Hanson set a record riding a Fixie, and Bill DeWolf rode a Fixie as well. Congratulations.

Start Order	Last Name	First Name	Age Group	Time Min	Time Sec	Avg. Speed
11	Salvador	Steve	40-44	27	4	22.61
6	Pritchard	Joe	65-69	27	15	22.46
12	Snider	Craig	55-59	27	27	22.30
3	Jensen	Leslie	50-54	28	20	21.60
8	Striepeke	Steve	50-54	28	30	21.47
5	Danucci	Greg	50-54	28	46	21.27
7	Villarreal	George	50-54	28	53	21.19
4	Lemone	Allan	60-64	30	10	20.29
1	Kazek	Mike		30	43	19.92
9	Bahr	Steve	50-54	31	43	19.30
2	White	Dave	50-54	32	36	18.77
0	Villarreal	Lisa	45-49	36	43	16.67

July 4 Time Trials

Conditions were harsh with the wind averaging 12-16 mph. With wind chill the temperature was in the low 60s, 65-68F. Gusts in the 20-22 mph were also noted in the open areas around Marshview Road. Timers were Mick W. and Nancy L.

Despite these conditions there were some excellent times. Tall Joe Pritchard blazed a 27:22, just 7 seconds off his personal best. While Young Jake Hanson set a new age group record with a 29:20 riding his fixed gear bike. Bill DeWolf rode his fixed gear as well. Ginger Edwards also set a women's age group record riding 37:56. Congratulations.

Next Time Trial will be Wednesday August 5 at 6p.m

Start	Last	First	Age	Time		Avg.
Order	Name	Name	Group	Min	Sec	Speed
13	Pritchard	Joe	65-69	27	22	22.36
10	Striepeke	Steve	50-54	28	47	21.26
11	Dannucci	Greg	50-54	29	4	21.06
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On the Road with Mark Birnbaum

Editors' Note: BBC member and Novato resident Mark Birnbaum is undertaking a cross-continent ride this summer - from Washington State to points east. It is a trip he and his friend Greg have been dreaming about for years. As he doesn't have regular internet connections, he is keeping contact by infrequent emails and the odd postcard.

May 19, 2009

My friend Greg and I are leaving on Transcontinental bike ride May 30, 2009. Will follow Adventure Cycling Northern Tier Route from Anacortes WA to Grand Rapids, with detour to hike in Theodore Roosevelt Nat'l Park in North Dakota. After Grand Rapids, will go thru Duluth MN, thru Northern Peninsula of Michigan and into Canada, with stops in Ottawa and Montreal. Then S-SW thru Vermont, New Hampshire, a bit of the Maine coast and to the suburbs of Boston with a stop to see relatives. From there we cycle to New York City, where we'll ride the New York City Century on Sept. 13 and fly home. A theme of the ride will be trains. We've managed to locate tourist trains in Duluth MN, New Hampshire, a trolley museum in Maine and a cog

railway to the top of Mt. Washington in New Hampshire. Will also take photos of any interesting bicycle facilities that we run into. Trip will be a combo of camping and motels.

June 7, 2009 (postcard from Spokane WA)

Great trip so far. Went East from Anacortes WA, over 6 big passes, including Sherman Pass at 5775 ft highest in WA. Crossed into Idaho yesterday and will hit Montana tonight. In Sand Point ID now. Averaging 65 miles per day. Bike fully loaded is 75 lbs.

June 13 2009 (letter)

An eventful week. Made it through Idaho in 24 hours. Am becoming a master of one-pot meals. Amazing what tastes good after a day on the road. Wnet into Glacier National Park and did ¾ of Going to the Sun Highway before being turned back due to road work.

We're on hwy. 2 going across the top of Montana. For most o the way the road follows the great Northern Railroad tracks, so lots of trains to watch. Crossed over the Continental Divide today; Marine Pass 5300 ft. and are now on the Great Plains, in Cut Bank MT. For the first time in the trip there isn't mountain range in sight. Just Flat to rolling terrain and lots of headwind. The next 500 miles should be interesting.

June 20 2009

Finally made it thru MT (700 miles) so celebrating with a rest day and motel stay in Williston ND. Neat town of 12,000, the biggest place we've hit so far. Will do an official greaat plains steak dinner tonite. Lots of wind on the plains. Some days at your back, some days in your face. Bikes and bodies holding up well so far. No real rain as of yet.

It's a good lifestyle. Get up, eat breakfast of hot cereal and banana, ride 15-25 miles, morning snack of banana, potato chips & wheat thins, another 15-25 miles and lunch of peanut butter sandwich, banana & cookies, another 15-25 miles and either you're done for the day, or afternoon snack, if it's a long day. Most days 60-70 miles, but have done 2 centuries so far, and about 20 miles total on dirt/gravel. Interesting on a fully loaded bike.

Camping out in local city parks, which is standard procedure out here. Also stayed at dorms in Havre MT for \$10, a real deal. Took underground tour there as well. Have run into a few cyclists as well, including two retired female teachers from NW Ohio, who are doing the Trans Am ride in 3 shots, on recumbent. Last year, they rode from Anacortes WA to E. Glacier. This year they're doing E. Glacier to Fargo, ND. Next year they'll finish it up. Neat folks.

Am getting good at one pot meals, figuring out where to go each day, which takes some thought, with towns so spread out, and watching our diet, to keep us on the road. Backpacking stoves are truly amazing.

The Great Plains are not flat. There are flat stretches, but most of it rolls in varying degrees with ranges of hills

(Continued on page 4)

Transcontinental Continued from page 3)

from time to time. Have been next to Burlington Northern RR tracks the last two weeks, so lots of trains as well. Haven't done a lot of sightseeing so far, since not much to see on the route, but did do underground tour in Havre, MT & stopped at 2 local museums in MT as well. We head out for Theodore Roosevelt Nat'l Park (north unit) tomorrow for a few days of hiking, then will continue the journey East.

Will probably be on internet again in another 3-4 weeks.

Got a phone call the other day from Reva. She and her boyfriend are officially engaged, ring and all. Life goes on.

Regards, Mark B.

June 26 2009 Somewhere in North Dakota

Lucked out and am staying at another place with internet access.

Rode to T. Roosevelt park on 6/21 and spent 22 & 23 hiking around there and doing a bit of riding as well. A most amazing place. Incredible rock formations, both in color and form. Great vegetation, prairie dog colony, and about 350+ bison wandering around the park. When you're hiking or riding down the road, and you encounter bison, you stop till they decide to move. Each one weighs 2,000 lbs plus, they can move quite fast and have sharp horns.

ND is a brutal place to ride. Western third of the state is all hills, which you climb all day, without ever reaching a summit. Not sure how they do it. In addition, you are riding into a 15-35 mph headwind all day. Doing 100k here is more difficult than doing a century in Calif. Scenery and people are fantastic however, and that makes up for a lot.

Finally hit the end of the hills in Minot yesterday, and are staying in Rugby tonight, which it turns out is the geographic center of N. America. Took a photo of the bike at the monument marking the spot.

We should hit Fargo on 6/30 which is at the E. border, then on to MN.

June 26, 2009

This will be the next to last installment of the trip. On Friday of last week I got a call from my boss. The guy we hired and who I trained to take my place while I was gone quit showing up, then sent an email, quitting. No notice etc... In any event, my boss is in a panic, and we'll be ending the trip in Duluth and flying home on 7/12. Major bummer, to put it mildly. Needless to say, I need to find a way to complete the trip next year, but that's another story.

It has been an eventful week. From Rugby ND, we worked our way East and South thru the hills and plains to Fargo. As we proceeded, it gradually became lusher and more humid. Never got real hot.

What was consistent was the wind. Always blowing, at least 15 mph, usually more. In the Devil's Lake area, there was a major storm that hit. We were riding along in the afternoon, and the wind gradually picked up to at least 50 mph. For a blissful 1/2 hour or so, it was behind us, pushing us along. Nearly made up for the rest of the state.

As we pulled into our stop for the night, it began pouring, horizontally. After 2-3 hours it was gone. Amazing. Wind stayed pretty much out of the N/NW which was great for us on the southward legs, and didn't slow us down too much on the eastward legs. Scenery of fields, occasional streams, neatly kept farms was real nice. The folks in the little towns and villages most friendly. Unlike CA, any place that has a population of over 200 souls is an incorporated city. All these micro cities have at least one bank, a market, a Lutheran Church and usually a senior center. Amazing. Spoke with a fair amount of locals, and learned that folks don't move around much out here. Most of these folks were born within 10-15 miles of where they live now, or live in their parents/grandparents homes. There is a certain indefinable (at least by me) feeling of hanging on by sheer will power in all the small places. Perhaps it's the constant wind, coupled with the fact that the place is frozen over nearly 6 months/year. The mix of cars is quite different from CA as well. Everyone drives either a full size pick up truck or a big Buick, Pontiac or Olds. No imports at all, save for an occasional Camry.

Finally got to Fargo, on the E. border of ND. The Fargo/Moorehead (MN) metro area is the biggest metro area (200,000) between Minneapolis/St. Paul and Spokane. Major university, many malls & strip centers & the same chain stores we have. Loads of large shade trees everywhere, pavement with horrible potholes that have the capacity to kill the unwary cyclist and no shoulders on city streets. Spent 1 1/2 days riding around taking in the cultural sights. The old train station, a large, wonderful brick building has been converted into of all things, a bicycle shop. The biggest bike shop I've ever seen. Can't think of a more unlikely place for a bike shop, given the horrible cycling conditions.

Left Fargo and headed E thru MN. Land is flat fields and more trees than ND. Less cattle as well. Farms amazingly neat and well kept. Unlike CA, there are no junked cars or junked equipment in the yard. Not a blade of grass is out of place. Wind much reduced once we crossed the Red River, which forms the ND/MN state line. After 40 miles or so, terrain got hillier, and ran into many lakes everywhere. Camped at resort by one such lake on 7/2, stayed in Bemidji on 7/3. Fields mostly replaced by forest and bogs as we headed E. Bemidji is a university town of about 10,000 with beautiful downtown area, great bakery, great pizza place, and the first Honda dealership I can remember seeing. Would fit right in in the Bay Area. Am now in Grand Rapids, pop. 7,800, where we'll spend tonight, July 4. This place has the most awesome coffee shop I've ever seen. If it were any closer, I'd move in permanently.

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Transcontinental (Continued from page 4)

July 10 Duluth, MN

Am losing track of time. I think the last installment was sent from Grand Rapids. If not. Sorry for the repetition.

It was tough to leave the Brewed Awakenings coffee house in Grand Rapids, but the Mesabi Trail was waiting to be ridden. This is Minnesota's version of the American River trail. It starts in Grand Rapids and goes 100 miles or so NE to Ely. We got to the fairgrounds where it starts, paid our \$5 each got receipts to carry with us and started out. The trail is 10 feet wide, well paved, pretty well marked and obviously, unlike most trails in CA actually intended for cyclists to use. It goes thru the thick forests, over the gently rolling hills and has access points from the small towns it passes thru. In parts, it uses local streets. Not perfect, but a genuine attempt. Saw several other cyclists, and a few joggers on the trail.

After 45 miles, we arrived in Hibbing. Claim to fame here is the Greyhound Bus museum, as this is where the company that eventually became Greyhound was founded in 1914. Hibbing is also where Bob Dylan lived from age 7 to when he left after high school to begin his career. The town is in the middle of the Mesabi iron range, and all the towns in the area were originally founded as mining towns. There are various HUGE open pits where literally billions of cubic yards of dirt have been removed to extract iron ore. Hibbing is somewhat of a pit. We felt it as we rode into town. Have never seen so many bars and liquor stores in my life. Greyhound museum was excellent and there is an excellent bakery as well. We ended up camping at a run down trailer park/ campground several miles E of town.

Next day we got back on the trail and rode 7 miles to Chisholm, the next town N. Toured the Minnesota Mining museum, which was excellent, checked out the great bakery and enjoyed the ride. Unlike Hibbing, Chisholm is quite together, upbeat and a pleasure to be in. Not sure why the big difference between the two towns.

Next day we rode E for 15 miles or so, then a straight shot 50 or so miles S on Hwy 7. Aside from the persistent side/head wind, the ride was a pleasure. More forest, with some fields of alfalfa, excellent road with good shoulder for the most part, and virtually no traffic. There were stretches of 3-10 miles with no buildings of any kind. One of the most rural portions of the entire trip. Eventually, we got on US Hwy 53 for 10 miles or so SE, and ended up in a motel in Hermantown, a NW suburb of Duluth. It had been a 75 mile day.

The following day we rode E 3 or 4 miles into the low hills, and were finally treated to our first view of Lake Superior. What a thrill. After 6 weeks to see the

great inland ocean! We found Skyline Parkway, the local version of the Skyline Drives in the Bay Area and rode it for its full 25 mile length. The views of the lake, the city and the harbor are unreal. Skyline snakes pretty much level thru the hills about 700 feet above and very close to urban Duluth. Duluth has MAJOR pavement issues. Many roads are actually a series of potholes, some filled in, some not. This is the first time I remember being concerned about breaking a frame due to road surface. Being fully loaded, the road was a real challenge. The last 5-6 miles were gravel, and this was actually an improvement! After descending to Hwy 3, and then heading N a few miles, we found our campground and checked in. The next 3 days would be spent sightseeing. It is hard to believe that this is really the end of the trip. Going back to real life is not something to look forward to. Hopefully next year we can pick up where we left off and continue the journey east.

City Politics with Barbara Wood

Riva: Barbara, you seem to be able to get the attention of the folks at city hall regarding safety issues. What is the secret to your success?

Barbara W.: I do my best to define the issues. I stick to the "thru routes" and I stick to "safety issues". First, I define the problem. Then explain how we (local riders) avoid the issue but explain how an unsuspecting visitor would be caught unaware. I then offer what I think is a way to fix the problem.

Riva: Who do you contact and who do you copy on your request?

Barbara W.: I address my concerns to individuals in the City Engineering Department. I copy BBC (JMarks) and if it pertains to funding requests, I copy the Solano Transportation Authority. It helps that I am on the Bicycle Advisory Committee.

Riva: Do you include pictures?

Barbara W.: Yes. Aren't digital cameras wonderful?

Riva: Have you had any success?

Barbara W.: Well, yes. The city re-painted the bike lane on Park Road. They have also removed the signs on Columbus Parkway but no bike lane extension to Benicia Road. (yet) They have indicated that they will fix the transition "bumps" on E 2nd St at the bridges. I have also asked that the "lump of asphalt" be removed, or at least painted, at the railroad tracks on Park Road where it crosses Bayshore. A VS person crashed after hitting it. She fell but wasn't hurt. That is an issue with the railroad.

I am currently conversing with them about the proposed bike lane on West Military, west of Southampton Road. We "take our lane" as soon as it's safe. They are proposing a bike lane to the right of what is essentially a right turn lane onto I-780. I am suggesting that it be to the left of the right

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Minutes April 7 2009

Meeting was called to order at 7:08 by President Joe Marks. Those in attendance were Joe M., Ed B., Nancy L., George & Lisa V., Sherri B., Mick W., Bob K., Joe P., Barb W. and Bob H.

Bob K. presented the Treasurer's Report.

Lisa V. reported that we have quite an inventory of club clothing. Clothing order will be in on time, the last week of April. \$2,546 worth of inventory, mostly long sleeved. No short sleeve inventory until order is in.

Bike to Work Day is coming up. Lisa V. will email coordinator. BBC will cover Ferry Bldg. Lisa will organize BBC efforts. Discussed having a club team of commuters.

Joe P. reported that time trials will use numbers now. Joe brought numbers to hand out to participants.

Club BBQ ride was discussed. Lauri & Bob V. cannot host it this year only due to the arrival of the baby. Discussed venue.

Barb W. is leading a ride on Wed. It starts at 10:00 am at the Budweiser Factory.

Joe M. has flyers for Monticello Century.

George V. reported that he has added a photo gallery on web side. We also have a web calendar. Easy-ups are on sale now. It would be a good time for the club to buy one. Discussed having a booth at the State Park to hang out and help cyclists, be visible, have fun, just to see how it would turn out.

Discussed Town Race slated for June 27th. Morning time trial on July 4th. Discussed Moxie. Chico Wildflower and Diablo Century are on the same day.

Discussed over-crossing from Rose Dr. to State Park. Discussed Benicia Bridge ped/bike trail, to be opened in the fall. Discussed canal trail in Contra Costa County.

Nancy L. reported that Sarah G. is going back to college in Illinois, and Chris went to Dubai (sp?). Discussed having a going away ride for Sarah. Nancy will ask her what ride she would like.

Discussed selling club clothing to non-members, and again decided we should only sell club clothing to club members.

Nancy L. thanked club members who attended her ride on Mt. Diablo. There were 21 riders. Discussion.

Barb W. is leading a kids ride on Lopes Road on June 7th, for her church.

Discussed the Cinderella Classic ride. It was very cold in the beginning. Nancy L. commented on the challenge. It was 85 miles.

Meeting adjourned at 7:50.

Respectfully submitted,
Sherri Bortolazzo

Minutes May 5 2009

Meeting was called to order by President Joe Marks, at 7:15. Those in attendance were Joe M., Nancy L., Lisa & George V., Bob K., Joe P., Mick W., Sherri B., Ed K., Ed B., Steve B., Kimble G., Carol D., Pete VS., and Barb W.

Steve B. gave the treasurer's report.

Bob K. reported on upcoming rides. Will send out email about club attending the BOTG Play. Possible ride from Benicia to Mt. Diablo on 5/10, which is Mother's Day. 5/16 Sunrise Century & Davis Double. 5/17, Monticello Century, Strawberry Fields Century & Foothill Century. 5/22-5/24 is the Great Western Bike Rally. 6/6 Sierra Century-6500' of climbing. 6/5 Pedal the Peaks. A lot of club members are attending. 6/13 Sierra Challenge. 6/27 Benicia Town Race, Giro di Italia, Summer Solstice, Climb to Kaiser. Bob K. will send out a list. Eventually they will be on our ride calendar.

Discussed possible club ride around Lake Tahoe in Sept.

Lisa V. reported that the short sleeve order is in. Time trial is tomorrow night, and we have 2 skin suits in stock.

Bike to work day is 5/14. We have plenty of volunteers. Discussion.

Barb W. spoke to the City of Benicia regarding safety on: 1) Merge on Columbus Pkwy. 2) Railroad tracks after crossing intersection coming down Park Rd. 3) East 2nd - downhill has bad transition on bridge overcross by the refinery. Tomorrow Barb will go with Mike Roberts in a car to show him specifically where the issues are. Discussion.

George V. reported that we've had no action about the State Park Booth idea. Maybe in July. Discussion.

Lisa V. discussed the BBQ Ride. Possibly find a small, family friendly route. Possibly raffle off a club jacket or hat or something. Have picnic at a park. Ed B. will check with the City on the Marina Park rules. Discussion.

Pete VS. reported that the Benicia Town Race is June 27th. Merchants are all on board. Kimble was a huge help. Route is right downtown on First Street. City is committed. Registration will be at the City Park. Kids Race. Double box route. Carlos is working on time trial for Sunday. Need a list of volunteers in two weeks. First race starts at 7:45. Set-up people @ 5:00 am. We'll need approx. 80 shifts of volunteers from BBC. Will reach out to other clubs for volunteer help. Eagles Cycling will handle registration. Largest in terms of street closures & police support. 400 racers last year, more this year. Will need set up, tear down and marshal volunteers. Will have training sessions.

Meeting was adjourned at 8:15

Respectfully submitted,

Sherri Bortolazzo

Regular Club Rides

Tuesdays and Thursdays @ 9:30 AM: Meet at Starbucks at the top of First Street, next to RiteAid, in Solano Square. Tuesday rides go to Martinez via the Zampa Bridge, and Thursday rides go to the Valley Café in Fairfield. Both have optional distance rides. These are no-drop rides.

Saturday @ 8:00 AM: Meet at Benicia St. Park, at the end of Military West. The ride goes through Benicia to Lake Herman Rd and then to Fairfield ending at the Valley Café. There are alternate longer routes and routes for the recreational rider as well. This is a no-drop ride.

Sunday @ 8:00 AM: Meet at Benicia St. Park, at the end of Military West. This is a 40-mile ride to Martinez with 2,000 ft. of climbing, stopping at Starbucks to refuel before returning. This is a no-drop ride.

Slower riders: If you are feeling intimidated and prefer a slower pace, Sunday morning rides often have slower riders. For info, contact Riva at riva.flexer@mail.mcgill.ca

BBC Monthly Meeting: Held on the first Tuesday of the month at 7 p.m. at Farnsworth Cycles, located at 979 Lincoln in the Benicia Arsenal Industrial Park.

Looking for more rides? More company?

Valley Spokesmen www.valleyspokesmen.org
 Diablo Cycling Club www.diablocyclists.com/
 Eagle Cycling Club www.eaglecyclingclub.org/

Upcoming Rides July 09 - Sept 09

7/11/2009 Bike for Breath - Peninsula Breathe California
 7/11/2009 Seattle to Portland Bicycle Classic Cascade Bicycle Club
 7/11/2009 The Death Ride Alpine County Chamber of Commerce
 7/11/2009 Three Harbors Tour Ventura Velo
 7/11/2009 Tour of Colorado - San Juan Loop Cycling Escapes
 7/11/2009 Triple Bypass Team Evergreen Bicycle Club
 7/18/2009 Fall River Century Fall River Century
 7/18/2009 One Helena Hundred Helena Bicycle Club
 7/19/2009 Tour of Yellowstone, Tetons and Beartooth Cycling Escapes
 7/25/2009 200 km Brevet Seattle International Randonneurs
 7/25/2009 Santa Cruz Mountain Challenge Santa Cruz County Cycling Club
 7/26/2009 Durango-100 Velo de Animas
 7/29/2009 CORPScamp Shasta: Five Day Cycling Camp Adventure Corps, Inc.
 8/1/2009 Marin Century Marin Cyclists
 8/1/2009 Mt. Tam Double Marin Cyclists

8/2/2009 Mt. Shasta Summit Century Mt. Shasta Summit Century Mountain Wheelers

8/8/2009 Tour of Crater Lake & Cascades Cycling Escapes

8/9/2009 Colorado Peace Ride □ Give Peace a

8/9/2009 Covered Bridge Bicycle Tour Mid-Valley B. C.

8/9/2009 Sustainability Tour

8/9/2009 Tour de Max Max Seales Yonker Foundation

8/15/2009 Cool Breeze Century Rides Channel Islands B. C.

8/15/2009 Hot August Days Hot August Days

8/15/2009 Stonewall Century Spanish Peaks Cycling

8/16/2009 Tour d Organics Sebastopol OrganicAthlete

8/16/2009 Tour of Napa Valley Eagle Cycling Club, Inc.

8/16/2009 Tour of Volcanic Scenic Byway Cycling Escapes

8/16/2009 Yaquina Lighthouse Century Yaquina Wheels Bicycle Club

8/22/2009 AZ High Country, 200 km brevet So Az Randonneurs

8/22/2009 Desperado Dual Color Country Cycling Club

8/23/2009 Climbing Camp - Sierras Cycling Escapes

8/23/2009 Tour of California Sierras Cycling Escapes

8/29/2009 The Cache Valley Century Cache Valley Veloists Bicycle Touring Club

8/30/2009 Tour of Southern Utah Planet Ultra

9/2/2009 White Rim Tour Bonneville Cycling Club

9/5/2009 That Which Does Not Kill Us Makes Us Stronger Cycling Escapes

9/6/2009 Tour of Big Sur & CA Coast Cycling Escapes

9/11/2009 Emigrant Trails Bike Trek American Lung Association

9/12/2009 Audi Best Buddies Challenge -- Hearst Castle

9/12/2009 Everest Challenge Stage Race Eastside Velo

For more September rides, go to the Western States Bicycle Ride Calendar at

www.bbcnet.com/RideCalendar/RideListDate.asp

(City Politics Continued from page 5)

turn lane. In my mind, the right lane has over 90% of the traffic. We want to be out of the way.

I follow up periodically. I am pleasant but don't go away. Persistence pays off.

Riva: What about the county? Have you had any interaction with them?

Barbara W.: Actually, yes. And they fixed the problems almost immediately. The first one was the lack of a bike lane southbound on Suisun Valley Road, at the double bridges. The other was the manhole cover mess on Lopes road, where we hold our time trial.

Take a picture, state your case, copy the appropriate people, follow up and keep following up to be sure it happens or why it won't happen.

Benicia Bicycle Club

P. O. Box 141

Benicia, CA 94510

TO:

President: Joe Marks

Treasurer: Steve Bahr

Editor: Riva Flexer

Ride Coordinator: Bob Klosterman

PR Director: Mick Weninger

www.beniciabicycleclub.org

Spring on Lopes Road

BENICIA BICYCLE CLUB

Membership Dues: \$15.00 for individual or families.

Membership runs for 1 calendar year.

Further information and application forms can be found at

www.beniciabicycleclub.org

Please Complete and mail application, waivers and check to:

BENICIA BICYCLE CLUB

Make your check payable to: BENICIA BICYCLE CLUB

P. O. Box 141

Benicia, Ca. 94510

Minutes June 2 2009

Present – Bob K, Joe P, Nancy L, Juliana French-Arnold (guest), Mike Dunn, George V., Lisa V, Barbara White, Mick W, Jerry Quinn, Pete VS, Joe Marks, Riva F, Scott Overfield, Ed Brennan, Steve Bahr, Manuel Olague & Kimble Goodman (late)

Joe Marks brought the meeting to Order brought at 7:09 p.m.

Nancy L introduced her guest Julianna French Arnold, who she met on her Sunday ride.

Treasurer's report - We are in the black.

Clothing – Lisa V– we sold \$400 worth of stuff this past month - we will have a booth at the Town race.

Time Trial with Tall Joe – it is on Wednesday night.

Crit with Pete VS – thanks to the BBC for the phone solicitations and efforts in general. Lots of volunteers will be there. Need setup and teardown helpers, esp. setup. KPIX want to be there, to film the race. Everything is ready to go – need to set up as of 10 p.m fence off First Street. Women's ¾ an over-35 1/2/3. Kids' races too. Discussion about the races and participation.

REI Summerfest on June 7 – 11 a.m – 4 pm. Free clinkcs, bike safety check, kids' activities, flat tire repair etc. – All Free! Cycling event starts at 11 a.m. IN Concord. We will have a booth. Volunteers needed from 10 a.m. to 4 p.m.. Nancy L is volunteering. More needed. Some people are riding from REI early in the a.m. before the Summerfest.

Banner is available from Paper Direct. Lisa V will order it, as it is on sale.

Bob K read out rides that are available in June, such as the sequoia Ride (June 7) the Canyon Classic (june 13) .Barbecue Ride will be on July 18. Discussion about renting the Marina area for the Ride barbecue. It is \$200 to rent and there are no picnic tables or chairs. Discussion ensued.

Internet issues for the website – we are using more server resources than we had planned. The new Calendar is triggering this. George V is checking this out. So far it is \$120 per year. He will see how much more it could cost to increase our resources.

Bob VS will arrange for the BBC to link to the Benicia Town Race website.

Rockville Bike time trials Tuesdays 6 p.m. from Rockville Bike shop. Call them for details. Travis Hawks also ride that night

Carol Day and Esther from the Rockville Bike shop have started their Girl Friday series – elementary and useful stuff for women. Last Friday of each month. Scheduled until the end of October.

Time trial in Davis every other Wednesday (out and back, really flat). Starts June 3 09. See Joe Pritchard for info.

Thanks from Kimble for patronizing the BOTTG.

BBC Barbecue Ride July 18 – needs decisions. Joe will call Marcy and get back to us. If we are going to have it at the Marina, it needs to happen. If not it will be at the Marina. Then, of course, there is Dana Myer – the competitive barbecuer.

Meeting adjourned 7:45 p.m.