Train to Finish

The 2010 Cinderella Classic and Challenge are fast approaching. The Cinderella training rides are drawing large numbers of enthusiastic riders. Many are working hard to renew their relationship with cycling and rebuild fitness and performance. Many are working hard to establish a comfortable or at least bearable relationship with their bike. The initial steps to achieving fitness and ultimately cycling success are seldom easy and often painful, and a real sore spot can be coming to an understanding with one’s saddle.

Regardless of experience, current fitness or comfort level, all Cinderella’s seem to be drawn together by a common goal. The testosterone-driven atmosphere of a male-dominate group ride is replaced by an ego-free camaraderie, a spirit of mutual support, and seemingly non-stop conversation. Group riding is by its very nature a social activity, but the distraction of spontaneous conversation can be its “safety” Achilles heel. A large number of cyclists with a wide range of skill levels riding in close proximity creates an environment that demands good group-riding skills, etiquette, and situational awareness. Following these simple guidelines will help ensure your ride does not end prematurely.

FOCUS FORWARD - Do not focus on the rear tire of the bike in front of you or the rider beside you (eye contact is not necessary to maintain a conversation). Look forward several riders up the road to see what the riders ahead are doing and reacting to.

COMMUNICATE CONSTANTLY - Call out actions and conditions; i.e. passing on your left, slowing, stopping, hole, bump, dog, etc.

HOLD YOUR LINE - Keep your direction of travel razor sharp. Don’t snake and squirrel all over the road. Don’t make sudden movements. The riders around you are counting on you to maintain a predictable line. All movements should be smooth and indicated when possible.

BRAKE SMOOTHLY - Use your brakes cautiously in a group; if you brake hard you may cause everyone behind you to pile up.

DON’T OVERLAP the wheel of the bike in front of you. If you do overlap, move away and slow down gradually. Protect your front wheel.

SHARE THE ROAD - Obey all traffic laws and regulations.

SINGLE UP - Form a single-file line to facilitate cars trying to pass. Be courteous to all traffic regardless of how rude they are to you. A road rage incident between a 10 speed and a Ford F250 will result in only one obvious victor.

Train to not only finish strong, but to finish safely.

Calling all volunteers: We need all Prince Charmings (men who by virtue of their gender are not allowed to ride the Cinderella) to volunteer to help make sure that the Cinderella continues to be the World Class event it is.

Keep on spinning.

Dan
TOURING RIDE RATINGS

All rides graded according to predicted difficulty as follows:

1) Generally flat with a few easy grades, suitable for beginners and casual riders.
2) Mostly easy grades with a few rolling hills, a challenge for beginners.
3) Moderate grades, some challenge for the average rider.
4) Steep grades with some relief.
5) Mostly steep grades, for strong riders.

Pace is:
ND) No Drop - this means that the group will not lose any rider. Most rides are No Drop, but it's at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
L) Leisurely, many rest stops.
M) Moderate, occasional rest stops.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

The speeds of the above ratings are approximately:
L=8-13 mph;
M=11-16 mph, or may be further broken down to:
L/M=11-13 mph and M/B=14-16 mph;
B=14-19 mph;
S=17 mph-plus.

HELMETS ARE REQUIRED ON ALL RIDES!!

ATTENTION: All non-members must sign waiver form, obtainable from ride leader. SIGN UP FOR RIDES OR CALL LEADER IF YOU PLAN TO RIDE!! If you sign up and decide NOT to ride, please contact the leader of your change in plans. REMEMBER, if you don't sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

WEATHER: If there is a 10% chance of rain, snow, sleet or hail on the day of the ride, contact the leader the night before the ride or arrive at the meeting place on the day of the ride for final decision of cancellation. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

DURATION OF RIDES: If you wish to know the approximate length of time for any of the following rides - including rest stops, lunch stops, sight seeing etc., please call the ride leader.

CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Call the leader to see who is signed up for the ride so car pooling arrangements may be made.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes.

CODE OF CONDUCT: All Valley Spokesmen members are expected to hold each other in compassionate regard and to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.

NEWSPAPER

MARCH 2010

MON. 3/01/10  Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Zafer Demir at 925-443-4124 for further information.

SAT. 3/06/10  2-L/M 50 miles (80 km) 9:00 a.m.  Cinderella Training Ride from Benicia to the Jelly Belly company and on to Suisun City. Take I-680 North, cross the Benicia Bridge, exit to I-780. Exit E. 2nd St., turn left (toward the water) on E. 2nd, right on Military, left on 1st St., and left into the B Street parking lot. Bring water and lunch or money to buy. All members and guests welcome. Leader: Bekki Livingston, http://sports.groups.yahoo.com/group/pedlpushers/ for any updates.

WED. 3/10 7:00 p.m.  CLUB MEETING. Non-members and members alike, join us at Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903 for a map.

SAT. 3/6/10  2-L 44 miles (70 km) 9:00 a.m. Feather Pedals Training Ride. Number 9 in a weekly series of rides prior to the Cinderella. Meet at the Pleasanton side of the Dublin/Pleasanton BART station. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details. Leader: Karin Ball, featherpedals@yahoo.com

WED. 3/3/10 3-M 30 miles (50 km) 10:00 a.m. Meet at Livermore Airport and pedal with us to the Del Valle Reservoir. From I-580 go south on Airway Blvd. Turn right onto Terminal Circle and right into the parking lot. Leader: Gail Blanco, 925-872-1001.

SAT. 3/6/10  2-L/M 50 miles (80 km) 9:00 a.m.  Cinderella Training Ride from Benicia to the Jelly Belly company and on to Suisun City. Take I-680 North, cross the Benicia Bridge, exit to I-780. Exit E. 2nd St., turn left (toward the water) on E. 2nd, right on Military, left on 1st St., and left into the B Street parking lot. Bring water and lunch or money to buy. All members and guests welcome. Leader: Bekki Livingston, http://sports.groups.yahoo.com/group/pedlpushers/ for any updates.

SAT. 3/6/10  2-L 44 miles (70 km) 9:00 a.m. Feather Pedals Training Ride. Number 9 in a weekly series of rides prior to the Cinderella. Meet at the Pleasanton side of the Dublin/Pleasanton BART station. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details. Leader: Karin Ball, featherpedals@yahoo.com

Sat. 3/6/10  L 50 miles (80 km) 9:00 a.m. Cinderella Training Ride from Benicia to the Jelly Belly company and on to Suisun City. Take I-680 North, cross the Benicia Bridge, exit to I-780. Exit E. 2nd St., turn left (toward the water) on E. 2nd, right on Military, left on 1st St., and left into the B Street parking lot. Bring water and lunch or money to buy. All members and guests welcome. Leader: Bekki Livingston, http://sports.groups.yahoo.com/group/pedlpushers/ for any updates.
Valley Spokesmen

March 2010

SUN. 3/7/10  2-L/M 25 miles (40 km) 10:00 a.m.
Martinez to Benicia and Vallejo crossing both the Benicia and Zampa bridges across the Carquinez Strait. The return will take us along the strait on Scenic Drive. Meet at Martinez Regional Shoreline Park. Take the Martinez exit from I-680 and go west on Waterfront Rd.; continue as it becomes Marina Vista through downtown Martinez; turn right on Ferry St. across tracks into the park; turn right on Joe DiMaggio Dr. and left on Court St.; park in first lot on left. Bring water and snacks.
Leader: Peter Rathmann, 925-336-0973.

WED. 3/10/10  3-M 30 miles 10:00 a.m.  Meet at Shannon center in Dublin. We'll depart at 10:00 a.m., Take I-680 and exit Alcosta heading West. Turn Left into San Ramon Valley Blvd., then right onto Shannon and right again into Shannon Center. Bring food and fluids.
Leader: Alaine Nadeau, 925-577-6586
i8trees@aol.com

WED. 3/10/10 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

SAT. 3/13/10  2-L/M 50 miles (80 km) 9:00 a.m.
Feather Pedals Cinderella Training Ride from Benicia to the Jelly Belly company and on to Suisun City. Take I-680 North, cross the Benicia Bridge, exit to I-780. Exit E. 2nd St., turn left (toward the water) on E. 2nd, right on Military, left on 1st St., and left into the B Street parking lot. Bring water and lunch or money to buy. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.
Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/14/10  2-L 35 miles (60 km) 10:00 a.m. Let's ride to Las Trampas to enjoy the first day of Spring. There are a few hills. We may stop at Peet's on the return trip. Meet at Heather Farm, 301 N San Carlos Dr, Walnut Creek. Take I-680 to the Ygnacio Valley Blvd. exit and go east; continue to San Carlos Dr. and turn left into Heather Farm Park; park in 2nd lot on left. In the event of extreme cold or rain the ride will be moved to another date.
Leader: Dan Granahan, 925-323-9798, tntbike2007@gmail.com

TUE. 3/16/09  2-M/B 25 miles (40 km) 5:30 p.m. Let's start the T n' T rides again from Shannon Center in Dublin. An earlier start this month and then back to the usual 6pm in April. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

WED. 3/17/10  2-L 30 miles (50 km) 10:00 a.m. San Francisco Ride and Cal. Academy Science Museum visit. Join Bill for his fun tour of San Francisco and a visit to the newly refurbished California Academy of Science Museum (free admission on 3rd Wednesdays). Note that the museum has been very popular since the renovation and attendance might be limited - we'll see when we arrive. Meet at the entrance to the Ferry Building on the Embarcadero. Take BART to the Embarcadero station and go east on Market St. and across the plaza to the Ferry Bldg. Bring money for lunch, and shoes suitable for walking.
Leader: Bill Goodwin, 925-487-0521.

WED. 3/17/10  2-L/M 35 miles (60 km) 10:00 a.m.
Let's ride from Walnut Creek to Danville with a stop at Osage park. We may stop at Peet's in Danville. Then we'll take the back roads back to Walnut Creek. There will be some short hills along the way. This is a no-drop ride. Meet at Heather Farm. Take I-680 to the Ygnacio Valley exit and go east; turn left at San Carlos into Heather Farm park; turn left into second parking lot.
Leader: Dan Granahan, 925-323-9798, tntbike2007@gmail.com

THUR. 3/18/09  2-M/B 25 miles (40 km) 5:30 p.m.
Let's start the T n' T rides again from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

SAT. 3/20/10  2-L/M 62 miles (100 km) 8:30 a.m.
Cinderella Training Ride from Dublin; basically following the Cinderella route but in the opposite direction. Start from the south parking lot of Dublin High School. Take I-680 from the north or south to the Alcosta Blvd. exit and go east; turn right on Village Pkwy; turn left on Brighton Dr. and park in lot on left. Bring food and water. All members and guests welcome.

SAT. 3/20/10  2-L 45 miles (75 km) 9:00 a.m. Feather Pedals Cinderella training ride from Dublin BART station and covering much of the northeastern portion of the route but in reverse. Meet at the Dublin (north) side of the BART station. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.
Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/21/10  3-M 36 or 40 miles (60-65 km) 8:30 a.m. Starting at Muirwood Park in Pleasanton, out-and-back to the end of Cull Canyon (via Dublin Canyon, Crow Canyon). Optional return (adds 4 miles and 900' of climb) via Norris Canyon, Bollinger and SRV.
Valley Spokesmen

Boulevard. Take I-680 to the Stoneridge exit and go west; turn left at Springdale and left again on Muirwood; park will be on your left. Bring food and water.

Leader: Herman Bonilla, 925-426-0680

TUE. 3/23/09  2-M/B 25 miles (40 km) 5:30 p.m.
Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 3/24/10  2.5-M 30 miles (50 km) 10:00 a.m.
Meet at Shannon Center. From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd; right onto Shannon; and right into Shannon Center. We’ll go up Niles Canyon, cruise Palomares, then home to Dublin. Bring food and fluids.

Leader: Alaine Nadeau, 925-577-6586.

THUR. 3/25/09  2-M/B 25 miles (40 km) 5:30 p.m.
Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

SAT. 3/27/10  2-L/M 50 miles (80 km) 9:00 a.m.
Feather Pedals Cinderella training ride starting at the Crack-2 cycle shop in south Pleasanton and covering much of the southeastern part of the course. Crack-2 is at 5480 Sunol Blvd. at the south corner of the Raley’s shopping center. Take I-680 to the Bernal exit and go east; turn right on 1st (becomes Sunol Blvd.) and left into the shopping center (just before Junipero). See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/28/10  3-L/M 30–40 miles (50–65 km) 10:00 a.m.  Meet at Central Park in San Ramon. Team up with an old friend or a new one and go at your own pace to the junction or summit. This is not a no-drop ride. Be prepared to possibly ride alone. Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center.

Leader: Gail Bianco, 925-872-1001.

TUE. 3/30/09  2-M/B 25 miles (40 km) 5:30 p.m.
Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 3/31/10  1-L/M 36 miles (60 km) 10:00 a.m.  Ride from the north end of Berkeley’s Aquatic Park to the Emeryville Marina and then along the Bay Trail to Pt. Richmond for lunch. Meet at the foot of the Univ. Ave. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park). Bring water and food or money to buy.

Leader: Bob Hislop, 925-890-6300.

APRIL 2010

THUR. 4/1/09  2-M/B 25 miles (40 km) 6:00 p.m.
(Note later start)  Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

SAT. 4/3/10  3-L/M 40 miles (65 km) 9:00 a.m.  Last Cinderella Training Ride from the Lafayette BART and heading south to Dublin. Meet at the Lafayette BART Station on Deer Hill Road, parking lot at the top of the hill. All members and guests are welcome.


SAT. 4/3/10  2-L/M 45 miles (75 km) 9:00 a.m.
Feather Pedals Cinderella training ride starting at Dublin High School and winding through Pleasanton, Livermore, Danville, and San Ramon. Take I-680 from the north or south to the Alcosta Blvd. exit and go east; turn right on Village Pkwy; turn left on Brighton Dr. and park in lot on left. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 4/4/10  2-L 38 miles (60 km) 9:00 a.m.  Starting at the Livermore airport we’ll ride to Pleasanton, stop in Blackhawk to eat, and then return to Livermore via Collier Canyon. Take I-580 to Airway Blvd. exit and go south; turn right on Terminal Circle and park either on street or parking lot on right. Bring water and food or money to buy.

Leader: Bill Goodwin, 925-487-0521.

MON. 4/05/10  Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Zafer Demir at 925-443-4124 for further information.
TUE. 4/6/09  2-M/B 25 miles (40 km)  6:00 p.m.  
Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  
Leader: Jim Duncan, 925-209-1369.

WED. 4/7/10  2-L/M 30 miles (50 km)  10:00 a.m.  
Starting at Shannon Center in Dublin, we’ll wind through the neighborhoods of San Ramon, Danville, and Alamo.  
Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot.  
Bring water and snacks.  
Leader: Gail Blanco, 925-872-1001.

WED. 4/07/10   NO CLUB MEETING THIS MONTH.  
The next club meeting is scheduled for Wednesday, June 2, 2010.

THUR. 4/08/09  2-M/B 25 miles (40 km)  6:00 p.m.  
Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  
Leader: Jim Duncan, 925-209-1369.

SAT. 4/10/10  THIRTY-FOURTH  ANNUAL CINDERELLA CLASSIC AND CHALLENGE.  Registration between 7:00-9:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA. Event open to WOMEN and GIRLS ONLY!!! PRE-REGISTRATION ONLY!!! No day-of Registration. REGISTRATION is CLOSED!  
For information call: Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.

WED 4/14/10  Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

**PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE**

**DAILY LUNCHTIME TRAINING RIDES:** Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles.) For ride/course descriptions, contact Art Wong at (925) 422-9368.

**EVERY SUNDAY MORNING** 3-B (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We’ll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. Contact Don Williams at 925-580-9395.

**EVERY 4TH SATURDAY MORNING** each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a “no-drop” ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

**FLASH! – VERY IMPORTANT – FLASH!**

Have you obtained V.S. clothing recently and failed to pay for it? There are several items that have not been reconciled and we are attempting to catch up with those of you that have not paid for your clothing items. PLEASE pay up at your earliest convenience. Thanks.
UPCOMING EVENTS AND RIDES

March
6  Tour de Sewer – Bell Gardens
6  Death Valley Century – Furnace Creek
7  Tour of the Unknown Valley South – Willows
7  Gran Fondo Colnago – San Diego
13 Solvang Century/Half Century – Solvang
13 The Covered Bridge Classic – Snelling
28 Tour the Unknown Valley, North – Chico

April
3  Party Pardee – Ione
10 Cinderella Classic/Challenge – Valley Spokesmen
10 Mulholland Challenge – Santa Monica
11 Primavera Bicycle Tour – Fremont Freewheelers
11 Giant Swap Meet - Valley Spokesmen
15-18 Sea Otter Classic – Monterey
17 Bike around the Buttes – Yuba City
17 Tierra Bella – Almaden Cycle Touring Club
17 Mr. Frog’s Wild Ride – Murphy’s
17 Cycle 4 Sight – Napa
24 Mt. Hamilton Challenge – Pedalera Bicycle Club
24 Alpine Challenge – Alpine
24 Devil Mountain Double Century – San Ramon
25 Chico Wildflower
25 City of Angeles Fun Ride

UPCOMING TOURS

SUN. APRIL 18 – THUR., APRIL 22, 2010
YOSEMITE IS FILLED!!!
Currently there is a waiting list. Now is the time to pay the balance due. The total cost of the trip is $375.00 per person. So, with your $100.00 deposit, the balance due is $275.00. Please make checks payable to Bonnie. For further information, call - - - - - -

WED. MAY 26, - FRI. MAY 28, 2010 – 200 miles.
Sunol to Paso Robles and the Great Western Bicycle Rally with two nights’ lodging in Hollister and King City. The total cost of the trip to be determined. This cost includes lodging, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers?! Unlimited number of riders. For additional information you may call - - - - - -

THU. OCTOBER 7 – SAT. OCTOBER 23, 2010
TEXAS HILL COUNTRY
These dates are slightly different from those that were printed in the February newsletter.
Anyone for a tour of the Texas Hill Country? We will cover approximately 400 miles. The total cost per person is $1500.00 (double occupancy); $2500.00 single occupancy. A deposit of $200.00 per person is due now for those interested in going on this tour. We will begin in San Antonio and ride to Hondo, Utopia, Kerrville, Fredericksburg, Johnson City, Austin, San Marcos, New Braunfels (Greune) and back to San Antonio. For further information you may contact - - - - - -

VALLEY SPOKESMEN CLUB GEAR
The following Valley Spokesmen clothing is available:
short sleeve jersey - club cut……………..$60.00
short sleeve jersey - women's cut………..$60.00
long sleeve jersey - $70.00 (to be discontinued)
sleeveless wind shell vest……………………$58.00
long sleeve jacket - $69.99 (to be discontinued)
shorts – women's/men's……………………$58.00
bib shorts…………………………………$65.00 (to be discontinued)
arm warmers……………………………….$30.00
gloves - yellow, blue, black - (changing to blue & black only)…………………………………$27.00
socks - white, yellow, black - (changing to blue & black only)…………………………………$7.00

Call Jim Duncan 925-209-1369

VALLEY SPOKESMEN AFFILIATIONS
Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
C.B.C. - California Bicycle Coalition - www.calbike.org
California State Parks Foundation - www.parks.ca.gov
East Bay Area Trails Council - www.ebtrails.org
E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org
Greenbelt Alliance – www.greenbelt.org
Nature Conservancy – nature.org/legacy
Planning and Conservation League www.pci.org
Rails to Trails – www.railstotrails.org
Valley Spokesmen BICYCLE SWAP MEET
Sunday, April 11, 2010
1:00 p.m. – 4:00 p.m.
Dublin High School
8151 Village Parkway, Dublin, CA
Join us as you SWAP – SELL – or just plain LOOK
For information call Bob and Bonnie Powers
at 925-828-5299

VALLEY SPOKESMEN BICYCLE SWAP MEET
Sunday, April 11, 2010
1:00 p.m. – 4:00 p.m.
Dublin High School
8151 Village Parkway, Dublin, CA
Join us as you SWAP – SELL – or just plain LOOK
For information call Bob and Bonnie Powers
at 925-828-5299

NEW BUSINESS:
1. Perused the March/April ride schedule. The T ’n T rides are not yet scheduled but will begin in Mid-March.
2. Cinderella update: Flyers were mailed out yesterday (Tuesday) with two being returned are ready today (Wednesday). Get them in, ladies, or you’ll miss your opportunity, do not delay. Discussion followed regarding permits and other possible route changes.
3. Mid-winter party – The partygoers are coming in. Bob passed around a list of songs to be played at this event. Jim D. still needs suggestions for awards; give him a call with any ideas. We promise embarrassment will be minimal (maybe).
4. Dan distributed design suggestions for VS business cards for those who may be interested. This is especially important for people attending events where our name needs to get out there and for those organizing tours.
5. Correspondence was reviewed.
6. Dan reported on the AMGEN tour and some discounts available to members. Jim P. shared the new routes for the tour.
7. Jim P. also shared info in “bicycle boxes” in Portland, Oregon.

There being no further business the meeting adjourned at 8:10 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen “Bicycle” Touring Club
February 2010

Correspondence sent:
1. Check to Minuteman Press for Cinderella flyers.
2. Check to Minuteman Press for V.S. membership cards.
4. Check to Alameda County Fair Association for Cinderella.
5. Refund checks for Mid-winter party.
6. Check to Jim Duncan for Cinderella gifts for riders.
7. Check to Purchase Powers for postal meter postage.
8. Check to Armstrong Nursery for Mid-winter flowers.
9. Check to Amos Productions for DJ at Mid-winter party.
11. Check to Pleasanton Marriott for Mid-winter party.
12. Letters for welcome to old/new members. Membership stands at 401.

Correspondence received:
1. Rejection letter from East Bay Regional Parks denying use of the Iron Horse Trail on Cinderella day.
2. Reservations for Mid-Winter party.
3. Permit approval for use of Christensen School on Cinderella day.
4. Copy of Certificate of Insurance for use of Dublin San Ramon Services District for First Aid class.
5. Opportunity to be an exhibitor at the Alameda County Fair.
6. Suggestions receive for consideration of donations after the Cinderella.
7. February copy of Sunset magazine.
8. Advertisements from various organizations and businesses.
9. Newsletters from various clubs and organizations.
CINDERELLA UPDATE
The Cinderella for 2010 is falling into place with many of the initial tasks completed. Registration forms are coming in as well as the worker forms. How about sending in your worker sheet today?!
NOW – I need HELP. Please save AND freeze water in your 2-liter bottles AND your rectangular apple juice bottles to be used at the bottom of the ice chests.
ALSO, please save the plastic bags you receive from the grocery store when you purchase your groceries. I need these for the resale of the left-over food items at the Swap Meet. Any questions please call Bonnie Powers at 925-828-5299.

* * * * * * * * * * * * *

MILEAGE REPORT AS OF FEBRUARY 20, 2010

<table>
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<th>Name</th>
<th>Miles</th>
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</table>

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2010.
Total miles ridden by club members so far this year – 17,382.

Remember: If you have NOT rejoined the club for 2010 and do NOT have a current membership card, you are NOT receiving mileage!

PLEASE NOTE: Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive – FREE!!!
RIDE REVIEWS

January 27th Today's club ride started in Martinez and crossed the two Carquinez bridges. First we crossed over the new Benicia bridge path, then headed west through Benicia to Vallejo and crossed the path on the Zampa bridge. The return was through Crockett and along the Carquinez Scenic Drive. The day started out in pretty dense fog, but cleared up once we got back on the south side. Peter

January 30th/31st Thanks Rick for two great rides this weekend, the best riding weather days of the year, to date. Riding out of the gloom in Sunol into the brilliant warm sun on Kilkare was great and then sun all the way back making Palomares gorgeous! A great turnout both days. A good number after today's ride enjoyed a bite & brew. Jim

February 7th Today's ride was from San Ramon to Walnut Creek by way of several country clubs: Blackhawk, Diablo, and Roundhill. The return was more direct - along Danville Blvd. and then the Iron Horse trail. Nice sunny day for a change. Peter

February 6th Hey everyone - we had a GREAT ride today. We got in our 30-mile ride with about 21 riders. No rain and a few showers as we pulled up to our cars. Thank you Charles for sweeping the ride today. If you didn't sign in today, please send me your name and I will add it for mileage credit. If weather is good tomorrow, I suggest you print the route sheet and go ride it - it's a great route and a fast ride. And a big Happy Birthday to Ted Fisher today, who rode from San Ramon to the start and then rode home to Walnut Creek - he must be feeling very young today!! Bekki

February 7th There were two pre-Super Bowl club rides today and I went on a combination of them. Riding from home I headed to Livermore Airport for the start of Bill's ride to Sunol via Hwy. 84 (Vallecitos) and then continued north on Foothill. There I met up with the group led by Bob and Jane from Dublin and continued with them back to Sunol and then up Kilkare Rd. We then returned on Pleasanton-Sunol Rd. and John W. and I split off to return to Livermore. I rode to Bill's house to watch the game and then headed back home. Peter

February 10th Today's club ride started at the Raley's shopping center in Newark, crossed the Dumbarton Bridge, and began winding through Palo Alto neighborhoods before touring the Stanford campus and returning. Peter

February 13th A great turnout for today's Feather Pedals ride from Osage Park. Started out foggy but we quickly got sunnier skies as we headed out towards Livermore. After a stop at the Wendy's north of the airport the group split up with a few route options on the return. I rode with a group that continued south to Vineyard and then returned via Pleasanton and the Iron Horse trail. Peter

February 14th After a foggy start, we had great weather for our ride from San Ramon to the first summit on Calaveras. Steve was adorned with finery provided by Christy and Susan in celebration of his birthday. Peter

Happy Birthday Steve! Denise
February 15th  Thanks to all the sturdy riders that came out today to San Jose and joined us on our ride! After the fog lifted, the clear blue skies magnified the emerald green of the hills. We rode to the Evergreen District of San Jose, climbed San Felipe Road to Metcalf. The return descent was sweet under the arbor of eucalyptus trees and minimal traffic. Our route continued up Clayton Road (and yes, there were a few grumbles from tired legs) but as with all climbs we were rewarded with a swift descent surrounded by more green hillsides and the beginnings of wildflowers. There was even a race with a herd of deer that challenged us at the summit. A good time was had by all! Susan and Mark

Hey Mark, thanks for today’s ride in new areas of San Jose. A fine route and a lot of new roads for many. Having the option for those not wishing to clamber up Clayton was great and appreciated. Clayton was wonderful! (in my opinion) Great views over SJ and the South Bay, interesting and spacious homesteads, vibrant green hills, trees starting to flower. Kept falling off the group whilst looking. The descent of Mt. Hamilton Road was a great reward and made it a true pleasure. A great day on the bike. And who had the brilliant idea of refreshments after! Jim

February 15th  Bill led today’s ride from Berkeley to Pt. Richmond by way of the Emeryville and Berkeley marinas, Caesar Chavez park, Golden Gate Fields, Rosie the Riveter, and the renovated Ford assembly plant. After lunch at Little Louie’s we continued on to Ferry Pt. and also took a detour to see the Red Oak Victory ship undergoing restoration. Peter

Looks like the ride was an interesting WWII history tour covering the old Kaiser shipyards and the Ford assembly / tank plant. Steve

Yes, I didn't know you could ride around those waterfronts. I've taken a liking to East Bay waterfronts lately and would like to check those out, maybe next time Bill does the tour.

About Mark and Susan's ride today, Clayton Road was easily the prettiest road I've ridden in 2010. The blossoming orchards and green hillsides were a serene backdrop to a quite challenging narrow, twisting 1,000' climb towards Mt Hamilton. Also spotted the first Cal poppies of 2010 near Calaveras Road. San Felipe Rd was a very scenic ancient oak forest environment, solid green only during this season - for a very limited time. Very worthwhile ride! Rob

February 17th  Summer-like weather for Gail’s ride today from Lafayette to Pinole. Actually felt good to get into some shady sections of the road. Very scenic loop going up over Reliez Valley and Pig Farm Hill on our way to Pinole and then up Castro Ranch and San Pablo Dam roads on the return. Peter

February 20th  Another well-organized and well-attended ride today by the Feather Pedals group. Starting at San Ramon Central Park we rode through Blackhawk and then out Tassajara, Highland, and Collier Canyon to the Livermore Airport. After regrouping and some snacks the ride continued into Pleasanton via Stanley and then north through the BART station back to Dublin and San Ramon. The weather stayed dry, but very overcast throughout the ride. Peter

The Feather Pedals ride #7 sported 73 riders (including 6 newbies!) as we embarked from San Ramon Central Park on a 25/30/35+ route; we had some options. The weather cooperated for the most part - although some of us did experience a few sprinkles in the Pleasanton area. Only 1 flat tire ... that may be a record! We were fortunate to have Peter Rathmann join us. A special 'thank you' to Charles - our sweep extraordinaire - and, of course, Dean ... the best SAG in the world! And my own personal 'thank you' to Karin Ball for helping me with the organization of the route. Kathy

February 20th  Susan and Mark, thanks for leading the ride today. It was the first time this year that I have been on Pig Farm and the Bears and I felt it. Once we got to "The Boulevard", my legs reminded me what a "drop" ride is.

I really enjoyed seeing my old cycling friends and meeting my new cycling friends. As I mentioned to Susan, I was focused on an In-N-Out burger on the way back, so I decided to skip Jack's and have a #3. Yummy! I hope you enjoyed Jack's as much. Bob

What else can one say - What a day to be on the bike!!!! Thanks Gail and all the riders. Jim

I second Jim's comments. Gail led a great ride and it was a great group. Lots of fun had by all and some good hills. I think we are all lying in front of the TV tonite, at least I know I am. Dick
The Valley Spokesmen Touring Club Presents

A CYCLING-FOCUSED

CPR/First Aid Training

BY ICE SAFETY SOLUTIONS

Saturday, March 27, 2010
8:30am - 2:00pm
Dublin/San Ramon Services District
7051 Dublin Blvd.
Dublin, CA 94568

Training will include:
• Stabilizing a potential cervical spinal injury
• Conducting a head-to-toe assessment following a bicycle accident
• Treating a fracture, sprain and other road injuries
• Recognizing the warning signs of heart attack, diabetic emergency, stroke and seizure
• CPR Training

Two year certification will be issued through Medic First Aid International upon completion of course!

CPR/First Aid Training BY ICE SAFETY SOLUTIONS

SIGN-UP FORM

Name __________________________________________________________

Address ______________________________________________________

City __________________________ State ___________ Zip ___________

Phone __________________________ E-mail ________________________

# of club members attending ($10 Each)  # of non-members attending ($55 Each)  Amount Enclosed

__________________  ____________________  ____________________

Make checks payable to Valley Spokesmen

Please send completed form and fees to Valley Spokesmen at P.O. Box 2630, Dublin, CA 94568-0784
For more information, please contact Dan at dcarhart@minutemanpress.com or go to www.valleyspokesmen.org
THE VALLEY SPOKESMEN TOURING CLUB

Proudly Presents

THE THIRTY-THIRD CINDERELLA CLASSIC
and CHALLENGE

EXCLUSIVELY for Women and Girls!

This unique bicycle tour for women of all ages and abilities winds through the Amador, Livermore, Diablo and San Ramon Valleys. This metric-century (100k/65 miles) is mostly flat with a few moderate hills. The Challenge route of almost 100 miles is for fit experienced riders only. The course has an additional 2,000 feet of elevation gain with significant ascents/descents. From the start in Pleasanton, the ride circles south to Pleasanton, through the vineyards of Livermore, then north and along the base of beautiful Mt. Diablo to finish in Pleasanton. Charming Princes will be at three rest/food stops along the way with a cold lunch at the second. Our SAG service patrols the route to provide rider assistance if required. A Cinderella Ride Patch is awarded to every rider. So leave your Prince Charming at home and enjoy a special day!

WOMEN AND GIRLS ONLY! No male riders

When: Saturday, April 10, 2009
Where: Alameda County Fairgrounds, Pleasanton, CA
- From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12
- From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on We. Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

Bring: Bright green confirmation card

Cost: ADVANCE REGISTRATION ONLY - $40.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.
NO "DAY OF" REGISTRATION!!! LIMITED TO 2500 RIDERS!!! Registration closes when the rider limit is reached.

Time: Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.

Helmets: A bicycle helmet is required on this ride!

Prepare Your Bike: Please check your bike, or have it checked, before you arrive to make certain the condition of all components (brakes, tire, wheels, derailleur) are ready for this ride. The Valley Spokesmen will not inspect your bicycle. Two local bike shops will be on hand to assist with minor mechanical problems.

Route: A route sheet will be provided.

Support: There will be SAG support patrolling the route if you need assistance. Rest stops will have fruit, drinks and snacks, plus a cold lunch will be served at mid-point. Soup and food is served at the end of the ride.

Rain: The ride is on rain or shine, there is NO make-up day!

T-shirts/Sweatshirts: Special Cinderella Classic shirts will be available for purchase for $20.00.

Family/Friends/Expo: Your spouse, family and friends are welcome to meet you at the finish and all are Invited to The Cinderella Expo where bicycle manufacturers, clothing suppliers and women’s organizations will have booths.

For Additional Information Call: Jim Duncan (925) 209-1369 or e-mail: cinderellaclassic@valleyspokesmen.org
Bob Powers (925) 828-5299 or e-mail: B-BPOWERS@worldnet.att.net
webpage: http://www.valleyspokesmen.org/cinderella_classic.php
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

Please complete and return to the following address: VALLEY SPOKESMEN, P.O. BOX 2630, Dublin, CA 94568-0784

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. _____ NEW MEMBER _____ RETURNING MEMBER

Enclosed is $22.00 for a 2010 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2010 family membership ($15.00 after June 30th). Make check payable to: Valley Spokesmen.

_____ I prefer receiving my newsletter via the V. S. Web Site rather than a mailed hard copy

_____ Please add my e-mail address to the V. S. e-mail list so I receive current club information, ride updates, etc.

E-Mail address: _________________________________ Your e-mail address will not be shared with any other group or organization

NAME - please print

ADDRESS

CITY

STATE

ZIP +4

PHONE

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 Valley Spokesmen "Bicycle" Touring 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 persons 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.

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 Valley Spokesmen Bicycle Touring Club AND SIGN IT ON MY OWN FREE WILL.

DATE       AGE       APPLICANT'S SIGNATURE

If this application is for family membership, please indicate names and ages of all adults and minors who may be included in club activities.

Name                                Age                                Signature

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Signature of parent or guardian (needed if applicant is under 18 years of age). ____________________________________________

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact:
Telephone Number: (_____)__________________________

Emergency Contact:
Telephone Number: (_____)__________________________

Physicians Name:
Telephone Number: (_____)__________________________

Medical Insurance:
Coverage ID: ____________________ Group ID: ____________________

Allergies: __________________________________________

Blood Type: Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________
2010 CLUB OFFICERS

President: Dan Carhart
Vice-President: Kathy Strain
Treasurer: Bill Well
Recording Secretary: Lynn DeMattei
Corresponding Secretary: Bonnie Powers 925-828-5299

Ride Chairmen: Peter Rathmann
                           Curtis Stallins
Newsletter Editor/Typist: Marcia Seeger
E-mail: VSnews02@aol.com
Newsletter Publisher: Mary Murphy
Past President: Jim Kohnen
V.S. Racing Team contacts: Jim Duncan
                           Zafer Demir

2010 PRESIDENTIAL APPOINTMENTS

T.O.S.R.D. Chairman: Francie Cushman
E.B.B.C. Rep.: Jim Eklund
Mileage Keeper: Jim Paulos
Webmaster: Curtis Stallins

COMMUNITY LIAISONS

Alamo         Ralph Speck
Castro Valley Molly Heekin
Concord       Jean Watts
              Kathy Tate
Danville      Bill/Mary Well
Dublin        Christy Simpson
Hayward       James Paulos
Lafayette     Stan Goodman
Livermore     Susan Gibbs
Pleasanton   Bill Rose
Pleasant Hill John Rodriguez
San Ramon     Peter Rathmann
Walnut Creek  Peter Culshaw

We appreciate the many articles that have been submitted and we are sorry that they cannot always be printed during the month of submission. The newsletter is limited in length due to the cost of postage, and we will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

VALLEY SPOKESMEN
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568

2010 club members may subscribe to the VS mailing list by sending an email with their names to:
prathmann@yahoo.com