



# VALLEY SPOKESMEN

VALLEY SPOKESMEN BICYCLE TOURING CLUB – *SINCE 1971*

P.O. Box 2630 Dublin, CA 94568

[www.valleyspokesmen.org](http://www.valleyspokesmen.org)

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May 2010

## Don't Give It All Back

In the weeks leading up to the Cinderella Classic the roads were packed with large groups of women riders, heads down, focused on training for the “Big Event”. Now that the day has come and gone, the roads have seemed almost empty in comparison. If you were one of those hard training riders and have sine taken a break from riding or stopped all together, don't stop now. You have complete the most difficult and painful first phase of training. This initial level of fitness is the hardest to reach and the quickest to go away. Keep riding, keep focus, the best *is* yet to come. Don't Give It All back now!!

Congratulations to all the intrepid cyclists who braved the weather and completed the 2010 Cinderella Classic and Challenge. Mother Nature was less than cooperative with chilly temperatures and brisk shifting winds but mercifully did not produce the rain that seemed so eminent. In spite of weather spirits were high and all the riders seemed to be having a great time. This years Cinderella's totaled 2122 represented 14 states. Forty two riders came from outside California including cyclists from as far away as New York, Hawaii and one international representative from British Columbia. For the first time the largest number of riders come from Oakland with the second larges number coming from San Francisco. All most all were dressed to appropriately reflect the true spirit of the event. Some of the outfits were TUTU much!

For many of the riders the Cinderella is their first Metric Century and the successful completion of a challenging goal. I hope that many of these “First Timers” will build on this experience and it will only be the *first* of many cycling successes. They will integrate the bike into their lives as a key element of healthier active lifestyle. This is what the Cinderella Classic is all about.

I would also like to congratulate Jim Duncan, Bob and Bonnie Powers and the small army of volunteers who dedicated the hundreds of hours necessary to make this event another major success.....the participants words (as recorded in the comment books), not mine. The Cinderella Classic and Challenge is truly one of the premier cycling events in the state if not the country.

I would also like to thank all of the Law Enforcement professionals who help make this event run smoothly once on the road, minimize the impact on the local traffic and increase the safety factor at the high traffic stress points.

Keep on Spinning

Dan Carhart

**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.

**MOUNTAIN BIKE RIDE RATINGS**

All rides graded according to predicted difficulty as follows:

- 1) EASY: Mostly flat with few hills.
- 2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
- 3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
- 4) STRENUOUS: Long, steep ascents and descents & very rough terrain.
- 5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles.

Always bring adequate water and food.

**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.

**VERY IMPORTANT: ALL RIDES LEAVE AT THE SCHEDULED TIME INDICATED. PLAN TO MEET 15 TO 30 MINUTES BEFORE THAT TIME!**

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MAY 2010

**SAT. 5/1/10 2-L 35 miles (55 km) 9:00 a.m.** Bill will lead us from **Shannon Center in Dublin to Sunol Regional Park**. We'll see what May Day wildflowers we can spot along the way and in the park. Optional short hike inside the park depending on interest. 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: Bill Goodwin, 925-487-0521.**

**SUN. 5/2/10 2-L/M 30 miles (50 km) 9:00 a.m.** We'll ride from **Dublin to the Peet's Coffee Shop in Danville**. This is a NO-DROP ride and all levels of rider are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd, Dublin. Bring water and snacks  
**Leader: Bob Heady, 925-833-8214 or 925-980-7989.**

**MON. 5/03/10 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. 5/4/10 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.**

**TUE. 5/4/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.**  
**Lake Chabot Loop – Mountain bike trails.** All levels are welcome. From I-580 westbound in Castro Valley take the Stobridge Avenue exit; turn right on Stobridge, right on Castro Valley Blvd., and left on Lake Chabot Road for about 2 miles, then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.  
**Leader: Janie Page, 408-598-0247.**

**WED. 5/5/10 3-M 38 miles (60 km) 10:00 a.m.** We'll ride from **Lafayette on a loop out to Pinole** via Reliez and 'Pig Farm Hill' and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic just west of Pleasant Hill Road in Lafayette. Bring water and lunch or money to buy.  
**Leader: Gail Blanco, 925-872-1001**

**WED. 5/05/10 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, June 2, 2010.**

**THUR. 5/6/10 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. 5/8/10 2-M 25 miles (40 km) 9:00 a.m. NO DROP**  
**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 the RR tracks into the park; turn right on Joe DiMaggio Dr. and left on Court St.; park in first lot on left. Allow enough time so the ride can start promptly. Bring water and snacks.  
**Leader: Ana Castaneda, 925- 408-6251,**  
[castana@comcast.net](mailto:castana@comcast.net)

**SUN. 5/9/10 3-M 30 miles (50 km) 9:00 a.m. We'll ride south from Dublin to Sunol,** then through Niles Canyon before climbing Palomares and Dublin Grade. This is a NO-DROP ride and all levels of rider are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd in Dublin.  
**Leader: Bob Heady, 925-833-8214 or 925-980-7989.**

**MON. 5/10/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.**  
**Lake Chabot Loop - Mountain bike trails.** All levels are welcome. From I-580 westbound in Castro Valley take the Stobridge Avenue exit; turn right on Stobridge, right on Castro Valley Blvd., and left on Lake

Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.  
**Leader: Janie Page, 408-598-0247.**

**TUE. 5/11/10 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.**

**TUE. 5/11/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.**  
**Lake Chabot Loop - Mountain bike trails.** All levels are welcome. From I-580 westbound in Castro Valley take the Stobridge Avenue exit; turn right on Stobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.  
**Leader: Janie Page, 408-598-0247.**

**WED. 5/12/10 2.5-M 30 miles (50 km) 10:00 a.m.**  
**Palomares Loop.** 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: Elaine Nadeau, 925-577-6586.**

**WED 5/12/10 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.**

**THUR. 5/13/10 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.**

**THUR. 5/13/10 Paso Robles informational meeting at the Powers' place, 6640 Spruce Lane in Dublin at 8:00 p.m.** Any questions, call Bonnie, 925-828-5299.

**SAT. 5/15/10 2-M 25 miles (40 km) 9:00 a.m.** Ride with the Feather Pedals from **Blackhawk on a loop through Danville and San Ramon.** Meet at Draegers Market in the Blackhawk Plaza. Take I-680 to the Sycamore exit and go east (becomes Camino Tassajara); turn left into

Blackhawk Plaza after crossing Crow Canyon Rd.  
Optional social time / lunch after the ride.

**Leader: Karin Ball, 408-406-2286.**

**SUN. 5/16/10 3-L/M 47 miles (75 km) 10:00 a.m.**

Starting at Shannon Center in Dublin we'll ride over to Castro Valley and then climb to the beautiful vistas on Redwood and Pinehurst roads on our way to Moraga Commons. The return will take us past St. Mary's and through Lafayette, Alamo, and Danville. Take the Alcosta exit from I-680 and go west; turn left onto San Ramon Rd; right onto Shannon Rd; then right into the parking lot. Bring water and snacks. Route and pictures from a previous ride at: <http://tinyurl.com/8b45lv>

**Leader: Bill Goodwin, 925-487-0521.**

**TUE. 5/18/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.**

**Lake Chabot Loop - Mountain bike trails.**

All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left.

Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Janie Page, 408-598-0247.**

**TUE. 5/18/10 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. 5/19/10 2-L/M 25 miles (40 km) 9:00 a.m.**

**Heather Farm to Martinez Starbucks for Coffee.** Off I-680 North or 24, take Ygnacio Valley Rd exit, left at San Carlos into Heather Farm Park. Meet in the second Heather Farm Parking lot on the left. Bring food and drink.

**Leader: Pete Culshaw, 925-932-0790 (Home), 925-457-7133 (Cell).**

**WED. 5/19/10 2-L/M 35 miles (50 km) 10:00 a.m.**

**North Livermore Loop.** Starting at the airport, we'll ride up Collier Canyon and around the north side of Livermore to Cross Rd. Bring water and food.

**Leader: Gail Blanco, 925-872-1001.**

**THUR. 5/20/10 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. 5/22/10 3-M 60 miles (100 km) 9:00 a.m.** We're motoring out **Calaveras Road to Milpitas**, then returning via Warm Springs, Niles Canyon, Palomares and Dublin Canyon Roads. Meet at Val Vista Park in Pleasanton. Take I-680 to Stoneridge Drive east; turn right onto Denker Drive and follow it around to the park. Bring fuel and hydration.

**Leader: John Woodworth, 925-784-6350.**

**SUN. 5/23/10 3-L/M 10 miles (16 km) 10:00 a.m..** We

will be exploring some of the recently opened single track in Del Valle Park. Riders will determine where and how far we go. Although this is not a beginner's ride we will work with all riders, but you should be comfortable on single track. Bring water and food. We'll head to town for lunch afterwards. Everyone is welcome to join us. Head south from Livermore on Livermore Ave.; about 1.5 miles outside town turn right at Mines Road; go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left); in about 4 miles there will be a fenced trail head on your right. Drive over the curb and park along the road. You will see my Toyota van there.

**Leader: Bob Heady, 925-980-7989.**

**TUE. 5/25/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.**

**Lake Chabot Loop - Mountain bike trails.**

All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Janie Page, 408-598-0247.**

**TUE. 5/25/10 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.-FRI. 5/26-28/10 3-M 200 miles (321 km) 7:30**

**a.m.** Ride from **Sunol to Paso Robles** and the Great Western Bicycle Rally via Hollister and King City. Meet in Sunol at the Train Depot at 7:30 a.m. for a prompt departure at 8:00 a.m. Cost of lodging, two lunches, snacks, drinks etc. (community food) \$225.00 per person. Informational/planning meeting Thursday, May 13<sup>th</sup> at 8:00 p.m.. **SIGN UP NOW!!!**

**Organizer: Bonnie Powers 925-828-5299.**

**WED. 5/26/10 2-M 35 miles (60 km) 10:00 a.m.** We'll

meet at the Pleasanton Ridge trailhead and head south to Sunol and then out Calaveras to the last summit. Optional climb of 'The Wall' for those so inclined. Bring water and snacks.

**Leader: Gail Blanco, 925-872-1001.**

**THUR. 5/27/10 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. 5/29/10 4-M/B 66 miles (105 km) 9:00 a.m. Join**

**Rob on this scenic tour of the South Bay** redwoods and coastal region. Starting at Hwy. 92 and Canada Rd. we'll head south to Woodside then over the hills to Half Moon Bay for lunch before tackling the hills again on the return. Directions: Take Hwy. 92 west across the bay to Canada Road. Take the Canada Road exit to the south; look for Rob and his orange Mazda parked on the Canada roadside. Suggested carpool is the Park and Ride lot at the northeast side of the I-680 & Stoneridge interchange on Johnson Dr. at 8 am. Bring water and food or money to buy.

**Leader: Rob Delfosse 925-216-4823.**

**SUN. 5/30/10 3-L/M 10 miles (16 km) 10:00 a.m.. We**

**will be exploring some of the recently opened single track in Del Valle Park.** Riders will determine where and how far we go. Although this is not a beginner's ride we will work with all riders, but you should be comfortable on single track. Bring water and food. We'll head to town for lunch afterwards. Everyone is welcome to join us. Head south from Livermore on Livermore Ave.; about 1.5 miles outside town turn right at Mines Road; go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left); in about 4 miles there will be a fenced trail head on your right. Drive over the curb and park along the road. You will see my Toyota van there.

**Leader: Bob Heady, 925-980-7989.**



**JUNE 2010**

**TUE. 6/1/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.****Lake Chabot Loop - Mountain bike trails.**

All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Janie Page, 408-598-0247.**

**TUE. 6/1/10 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. 6/2/10 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](http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903) for a map.**

**WED. 6/2/10 3-M 35 miles (60 km) 10:00 a.m. A scenic**

**tour of the Carquinez Strait** including crossing the Benicia and Vallejo bridges, the climb of Cummins Skyway followed by the Crockett descent, and then returning on Carquinez Scenic Drive, much of which is closed to motorized traffic. 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: Edith Norby, 707-748-1508.**

**THUR. 6/3/10 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. 6/5/10 3-M 35-59 miles (56-95 km) 9:00 a.m. We**

will depart Shannon at 9:00 am and head north on the "Boulevard" before heading east via Greenbrook and Sycamore Valley Rd. to Camino Tassajara and Highland. The full route will proceed to East Livermore via Altamont Pass, the Flynns, and Cross Rd. before returning via Tesla, Concannon, Isabel and Vineyard Ave to Pleasanton and back to Shannon. Shorter options with substantially less climbing will be available. Meet at Shannon Center in Dublin, which is off San Ramon Rd. north of Amador Valley Blvd. between Silvergate Dr. and Vomic Rd. Bring water and nutrition.

**Leader: Dan Carhart, 925-828-8964.**

**SUN. 6/6/10 3-L/M 10 miles (16 km) 10:00 a.m..** We will be exploring some of the recently opened single track in Del Valle Park. Riders will determine where and how far we go. Although this is not a beginner's ride we will work with all riders, but you should be comfortable on single track. Bring water and food. We'll head to town for lunch afterwards. Everyone is welcome to join us. Head south from Livermore on Livermore Ave.; about 1.5 miles outside town turn right at Mines Road; go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left); in about 4 miles there will be a fenced trail head on your right. Drive over the curb and park along the road. You will see my Toyota van there.

**Leader: Bob Heady, 925-980-7989.**

**MON. 6/07/10 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. 6/8/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.**  
**Lake Chabot Loop - Mountain bike trails.**

All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Janie Page, 408-598-0247.**

**TUE. 6/8/10 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. 6/9/10 2-L/M 24 miles (38 km) 10:00 a.m.**

**Starting in Mill Valley we'll ride along scenic Paradise Drive with views of the north Bay Area.**

Meet across from the Mill Valley Middle School. Take I-580 across the Richmond Bridge and quickly exit on Sir Francis Drake Dr.; in 2 miles bear left onto Hwy. 101 South; in 3 miles take the Blythesdale exit and turn right; in 0.8 miles turn left onto Camino Alto; in 0.3 miles turn left onto Sycamore and park by the middle school. Bring water and snacks.

**Leader: Bob Hislop, 925-890-6300.**

**WED 6/9/10 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.**

**THUR. 6/10/10 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.**

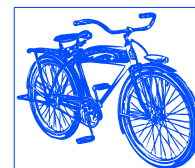
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**PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE**

**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 1<sup>st</sup> 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.**



**UPCOMING EVENTS AND RIDES**

- May 1 [Avenue of the Oaks](#) – Fallbrook
- 1 [Flat! Fast! Fun! Century](#) – Colusa
- 2 [Grizzly Peak Century](#) – Berkeley
- 2 [Napa Valley Tour de Cure](#) – Yountville
- 2 [Shasta Jamboree](#) - Redding
- 2 [Delta Century](#) - Lodi
- 8 [Tour of the Unknown Coast](#) – Humboldt
- 8 [Crusin' the Conejo](#) – Conejo Valley
- 15 [I Care Classic](#) – Morgan Hill
- 15 [Tour de Lincoln](#) – Lincoln
- 15 [Lodi Sunrise Century](#) - Lodi
- 17/21 [California BIKE COMMUTE Week](#)
- 19 [King of the Mountain Ride](#) – San Jose
- 22 [San Diego Century](#)- Encinitas
- 23 [Echelon Gran Fondo](#) – Napa Valley
- 23 [Monticello Solano Century](#) – Vacaville
- 28/31 [Great Western Bicycle Rally](#) – Paso Robles
- 29 [Velo de Femme Women's Fun Ride and Clinic](#) at Great Western Bicycle Rally
- 29 [Indian Valley Centuries](#) – Indian Valley
  
- June 5 [Sierra Century](#) – Rocklin
- 5 [Ride the Ojai](#)
- 6 [Mendocino Monster Century](#) – Ukiah
- 6 [America's Most Beautiful Bike Ride](#) – Lake Tahoe
- 6 [Sequoia Century](#) – Western Wheelers
- 12 [Canyon Classic Century](#) – Patterson
- 12 [Auburn Century](#) – Auburn
- 12 [Hayfork Century](#) – Trinity County
- 13 [Tour de Cure](#) – Palo Alto
- 19 Mike High 100 Bike Ride – Chester Park
- 19 [Best of the Bay](#) – Orinda
- 26 [Giro di Peninsula](#) – San Mateo
- 26 [Breath Easy Ride](#) – Rohnert Park
- 26 [Summer Solstice Century](#) – Quincy
- 27 [Tour of the Carson Valley](#) – Genoa, NV

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**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 - - - - -  
**Organizer: Bonnie Powers, 925-828-5299.**

**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. Total cost of lodging, two lunches, snacks, drinks, etc. (community food \$225.00 per person. SAG will be provided, any volunteers?! Unlimited number of riders. **If interested please sign up ASAP.** Informational meeting set for Thursday, May 13<sup>th</sup> at 8:00 p.m. at the Powers' place. For addition information you may call - - -  
**Organizer: Bonnie Powers, 925-828-5299.**

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**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 - (to be discontinued)....	\$70.00
sleeveless wind shell vest.....	\$58.00
long sleeve jacket - (to be discontinued)....	\$69.99
shorts - women / men.....	\$58.00
bib shorts - (to be discontinued).....	\$65.00
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

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**VALLEY SPOKESMEN AFFILIATIONS**

- Adventure Cycling – [www.adventurecycling.org](http://www.adventurecycling.org)
- Bay Area Ridge Trail Council – [www.ridgetrail.org](http://www.ridgetrail.org)
- C.B.C. - California Bicycle Coalition - [www.calbike.org](http://www.calbike.org)
- California State Parks Foundation - [www.parks.ca.gov](http://www.parks.ca.gov)
- East Bay Area Trails Council - [www.ebtrails.org](http://www.ebtrails.org)
- E.B.B.C. - East Bay Bicycle Coalition - [www.ebbc.org](http://www.ebbc.org)
- Greenbelt Alliance – [www.greenbelt.org](http://www.greenbelt.org)
- L.A.B. - League of American Bicyclists - [www.bikeleague.org](http://www.bikeleague.org)
- Nature Conservancy – [nature.org/legacy](http://nature.org/legacy)
- Planning and Conservation League [www.pcl.org](http://www.pcl.org)
- Rails to Trails – [www.railstotrails.org](http://www.railstotrails.org)
- U.S.C.F. - **United States Cycling Federation** [www.usacycling.org](http://www.usacycling.org)

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**YOUR ATTENTION PLEASE!!**

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 who have not paid for your clothing items.

**PLEASE pay up at your earliest convenience!**

Thanks

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**Valley Spokesmen "Bicycle" Touring Club  
Business Meeting  
March 3, 2010**

Meeting called to order at 7:18 p.m. by President Dan Carhart.

Minutes from the February 10th executive board meeting were approved as presented in the March newsletter.

Treasurer Bill Well reported on our finances, sharing our end-of-year net worth. Income tax info for 2009 has been submitted to our accountant.

*OLD BUSINESS:*

1. Past month's rides – Peter reported only a few rain-outs have occurred on the Cinderella training rides. Other rides have been well attended.
2. The Mid-winter party was very well attended with dancing and great food. We have a pair of glasses looking for their owner and there are a few ride leader awards to be picked up.
3. V.S. web site – Curtis was unable to attend but written report states he has added a link under Grab Bag; a link under Events; has swapped in a new Poll statement; has updated the home page to include photos of recent birthdays; and the March newsletter is now online.
4. Update on area Master Plans or bicycle issues – Nothing new to report.
5. First Aid classes – The classes are scheduled for March 27<sup>th</sup>. There are eight persons signed up so far.
6. Membership for 2010 now stands at 413.

*NEW BUSINESS:*

1. Ride schedule. Our ride chairmen are looking for leaders for the April/May schedule. Peter can make suggestions if you are unsure of rides.
2. Upcoming Tours – Yosemite is filled. Paso Robles – if you are interested sign-up with Bonnie so she can make the motel reservations. Texas Hill Country – sign-up ASAP so reservations can be locked in.
3. Cinderella update: Still need workers – call Bob. Have 2351 Cinders signed up so far. April 10<sup>th</sup> is the date, it's coming up fast.
4. Dan has been working on business cards for the club officers, leaders and others to hand out to interested people.
5. Correspondence sent and received may be found in the March newsletter.

*FURTHER NEW BUSINESS:*

1. Jim Duncan gave an update on the 20ish feet of the Iron Horse Trail on Dublin Blvd. that we would like to straighten out. The club has offered monetary as well as physical assistance to make this possible. Keep checking the newsletter for progress.
2. Jim Paulos mentioned if you log on to the City of Dublin

web site, you can see Dan handing over our donation.

There being no further business the meeting adjourned at 7:42 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen "Bicycle" Touring Club  
Executive Board Meeting  
March 10, 2010**

Meeting called to order at 7:03 p.m. by President Dan Carhart.

Minutes from the March 3, 2010 club business meeting were approved as read.

Bill Well, being out of town, did not give a treasurer report.

*OLD BUSINESS:*

1. Past month's rides have been really well attended.
2. Curtis reported on our awesome web site, however it was a small report. He is always looking to improve it. Erica praised Curtis on maintaining the site and keeping the Dedons up to date while they are living in Lancaster.
3. There were no reports on area Bicycle Master Plans.
4. The First Aid class on March 27<sup>th</sup> still has openings. Participants will be certificated in First Aid and CPR for two years. Anybody who goes on rides, leads ride, or just plan lives in the real world, will benefit.
5. Club membership now stands at 415.

*NEW BUSINESS:*

1. April/May ride schedule was reviewed.
  2. Bonnie reported on upcoming tours. Yosemite is filled; sign-ups have begun for Paso Robles; and she has 10 rooms secured so far for the Texas Hill Country tour.
  3. Jim reported on the Cinderella, stating all is coming right along. We still need help with food at the fairgrounds and workers at the checkpoints, call Bob if you would like to help out with this.
- PHENOMENAL event, guys; 2500 women – life is good. Discussion followed regarding access on the Iron Horse Trail between Greenbrook and Norris Canyon. Alternate routes were discussed.
4. Dan gave an update on the V.S. business cards.
  5. Bonnie reviewed correspondence sent and received.

*FURTHER NEW BUSINESS:*

1. Jim mentioned the 2011 Cinderella is the 35<sup>th</sup> anniversary. He is thinking a monetary prize for the jersey design would be appropriate. Motion made, seconded and passed to award \$500. to the artist who submits the winning design.
2. Peter reported there are still people who have not picked up their awards for leading club rides during 2009. They include Jim Duncan, Bill Goodwin, Bob Heady and Peter Rathmann each of which will receive a \$100. gift certificate. Bonnie to purchase these certificates. The 2009 club officers are entitled to a V.S. jersey.

There being no further business the meeting adjourned at 7:40 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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*Valley Spokesmen "Bicycle" Touring Club  
Executive Board Meeting  
April 14, 2010*

Meeting called to order at 7:04 p.m. by President Dan Carhart.

Minutes from the March 10, 2010 executive board meeting were approved as written in the newsletter.

Treasurer Bill Well gave his report and provided the board with the year-end information he gave to our accountant for our IRS and state filing. Motion made, seconded and passed to accept his report as presented.

**OLD BUSINESS:**

1. Past month's rides – Peter reported that the Cinderella training rides were very well attended.
2. Cinderella comments have been mostly favorable. There were a total of 2123 women on the road which is pretty remarkable considering it was a cold, breezy day. Registration went very quickly; there was only one accident; first aid kits should have been at each check point; lines at Christensen School need to be improved; many, many compliments; a good event. We are concerned about the lack of consideration of riders and drivers and those who were tuned into their I-PODs.
3. Swap Meet was well attended, but there was some confusion as to when it began. Dan Carhart (printer extraordinaire) suggested improving the flyer.
4. The first aid class was extremely successful. Discussion followed regarding repeating the class in perhaps one year.
5. Web Master Curtis submitted a written report stating he has reworked all 80 files making them easier to navigate, more attractive, perform faster and easier to maintain, reducing them to 21 files.
6. No reports on area Master Plans.
7. Membership now stands at 445. Peter would like to see improvement in obtaining members' email addresses, or delete that line on the membership form.

**NEW BUSINESS:**

1. Discussed the domain names for Cinderella and TOSRD. The Cinderella name does not expire until February 2011. Jim to talk to Curtis on how much it would cost to register the domain name of TOSRD.
2. East County Bikeways Projects Workshop scheduled for April 15<sup>th</sup>.
3. City of Dublin Bikeways Projects Workshop scheduled for April 22<sup>nd</sup>.
4. May/June ride schedule was reviewed.
5. Upcoming tours – The Yosemite tour leaves Sunday, April 18<sup>th</sup>. Sign-ups have begun for the Paso Robles tour May 26-28<sup>th</sup>. Sign-ups have also begun for the Texas tour in October.
6. Club business cards – Dan is looking for additional info before they can go to print.
7. Bonnie reviewed our correspondence.
8. Next executive board meeting at the Powers' place on May 12<sup>th</sup>.

**FURTHER NEW BUSINESS:**

1. Jim D. reported the Wente Road Race and Criterium are on April 24/25. Volunteers needed.
2. Marcia is interested in creating a new graphic design for our club newsletter. Dan will work on it.
3. Bill suggested we have a club cut for the 2011 Cinderella jersey. It's a done deal: that is the only cut that will be

available.

4. Jim P. reported the US Bicycle Hall of Fame will have its grand opening in Davis on April 24<sup>th</sup>; admission will be free.

There being no further business the meeting adjourned at 7:50 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen "Bicycle" Touring Club  
April 2010**

**Correspondence sent:**

1. Checks to Cash and Carry for Cinderella.
2. Check to Ice Safety Solutions for first aid class.
3. Check to Pitney Bowes Global Financial Service LLC for postal meter lease.
4. Check to Office Depot for Cinder copies.
5. Check to Minuteman Press for printing of April newsletter.
6. Check to Smart and Final for Cinderella.
7. Checks to Lucky Stores for Cinderella.
8. Check to Minuteman Press for Cinderella maps.
9. Check to Jim Duncan for balance due on Bento bags.
10. Check to Custom T-shirts for Cinderella worker shirts.
11. Checks to Kimberly Powers for Mother's Iced Animal cookies for Cinderella.
12. Check to A Grande Affair for rental of three coffee urns for Cinderella.
13. Check to Frankie, Johnnie and Luigi Too for Cinder workers dinner.
14. Check to Office Depot for Cinderella copies.
15. Check to Mary Well for Cinderella bagels and Igloo's.
16. Check to Debbie's Catering for Cinderella pasta salad.
17. Check to Chuck Tyler/Dublin Cyclery for consignment parts for Cinderella.
18. Check to Livermore Area Recreation and Parks District for Cinderella.
19. Check to Purchase Power for postage on meter.
20. Check to Mike Banda/Golden State Portables for Cinderella porta potties.
21. Check to Jim Duncan for Cinderella expenses.
22. Check to Steve Gifford for Cinderella expenses.
23. Checks to Bob Powers for out-of-pocket expenses (Swap Meet; trips; Cinderella; first aid class; office supplies).
24. Cinderella refund checks.
25. Checks for gasoline used on Cinderella day.
26. Check to San Ramon Valley Unified School District for Tassajara check point on Cinderella.
27. Letters for welcome to old/new members. Membership stands at 448.

**Correspondence received:**

1. May copy of *Sunset* magazine.
2. Advertisements from various organizations and businesses.
3. Requests for donations.
4. Membership renewal requests.
5. Newsletters and magazines from various clubs and organizations.

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RIDE REVIEWS

March 27<sup>th</sup> It was a beautiful day for today's Feather Pedals ride #12 of 13. We had 75 riders, no flats, ~12 hungry social lunchers, and lots of shopping at Crank2 and cake eating :^) ...thanks to Bryon and Peggy for both! Also, there was a cleaver wardrobe change in one of the residential neighborhoods (no other details will be revealed in this eMail :^). Many thanks to Punam, our leader today, for organizing a successful ride and for the week-to-week dedication of our SAG, Dean, and Sweep, Charles. Karin

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March 28<sup>th</sup> Gail led us to the summit of Mt. Diablo on today's club ride, which also served as a birthday celebration for Jim Duncan. Great time of year for the climb with abundant greenery sprinkled with an assortment of wildflowers and moderate temperatures that were pleasant on both the ascent and descent. Peter

+++++

Thanks for the ride today Gail. It was perfect spring weather and a very enjoyable ride up Mt. Diablo. Even better - we were able to celebrate Jim's birthday. Rick

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April 3<sup>rd</sup> Today's Feather Pedals ride #13 of 13. It was an "all leaders" led ride (Kathy, CC, Karin...and Punam from afar, i.e. enjoying a well-deserved vacation in Hawaii).

The group of 55 riders started out fast and continued to ride strong for 45 miles. There were no flats, accidents, or injuries. Two riders SAG'd in the last ~10 miles due to the cold weather.

At the ride kickoff, Carol aka CC offered complimentary Feather Pedals stickers to everyone. (Thanks CC!) Dean commented he couldn't do what he does to support the group without Charles, our Sweep, and presented Charles with an official "Feather Pedals Sweep" jersey. Thanks again Charles and Dean for all your support! Thanks to Peter for taking pictures and always being so prompt in reporting the success of our rides.

As usual, we finished the ride with ~20 riders having a social lunch together at Paneria (did you see those few with yummy Chipotle burritos?!?!? :^)

Congrats to all of you for your personal dedication to the 13-weeks of training and for supporting each other. Many first-timers took a leap of faith, believed in themselves, and experienced a rewarding 13-week journey. The time you've invested will allow you to ride the Cinderella event next Saturday with confidence and finish with great pride and success. We hope you'll remember how each of our rides opened eyes to the beauty that surrounds us and to appreciate the wonderful new friendships that have been formed. As Henry David Thoreau said...."To affect the quality of the day, that is the highest of arts". Our thanks to all of you for making the quality of our Saturdays together very special! Karin

+++++

Stayed cloudy and cool for today's final pre-Cinderella training ride by the Feather Pedals group, but it was dry and with only a slight breeze. Lots of green fields and wildflowers along the way. Peter

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April 17<sup>th</sup> Beautiful day for Francie's ride to the 'Pigs and Bears' hills. A little cool and cloudy at the start, but the sun came out by the time we got to Danville and quickly warmed us up. Then it was off to the green hills of Briones Park before returning through Orinda and Lafayette. Peter

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April 18<sup>th</sup> A perfect day for the start of the Yosemite trip and for those of us who accompanied them to Tracy before returning to Dublin. We didn't even have to fight the usual headwinds coming back over the Altamont. Hope the weather stays decent despite the forecasts for those continuing on to Yosemite. Peter

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April 18-22 – Yosemite of Bust or rather the Good, Bad and the Ugly. This one will go down in the books as a tour to remember. Day one was perfect riding conditions, sunny, warm with no wind. Day two was also ideal with a slight overcast, perfect for climbing Priest Grade or Wards Ferry. Day three was dreadful with impossible riding conditions - it snowed all day long. As a result we had to shuttle everyone in by cars. Chains were required on Hwy. 120 making it necessary to cover 30 miles at 10 miles an hour with the old fashion "heavy" chains on the truck. The only good thing the valley was spectacular as the snow was falling when we entered. The trees were laden with snow and ice, as we were greeted with white-out conditions – beautiful. And the ugly – we had two of our riders who became ill on the trip which was no fun at all for them.

I love challenges and I certainly had my share on this one. But all ended well and despite the adversities we all enjoyed Yosemite as it took on an entirely different personality than any of us had experienced. We were forced to hike minimally, ride the shuttle, visit the museums and the visitor center plus sit by the fire and read our various publications. And last but not least we enjoyed the delicious dinner at the Mountain Room as well as the delightful breakfast at the Ahwahnee. And finally, a special thanks to our bakers (Bill Andrews and Mary Reinke) who provided us with wonderful home-baked cookies and brownies. Bottom line, a very different trip, but enjoyable none the less. Bonnie

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April 25<sup>th</sup> Beautiful warm and sunny day for our excursion on the Bay Trail to the Emeryville, Berkeley, and Richmond marinas. We enjoyed our lunch at Little Louie's and then returned via Ferry Point, Brickyard Cove, and retracing our steps on the Bay Trail. Peter

MILEAGE REPORT AS OF APRIL 25, 2010

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Agostino, Val	366		8	Nowell, Keith	506		12
Ball, Karin	449	4	11	Nowell, Linda	334		8
Blanco, Gail	424	5	10	Owens, Punam	291	4	8
Burger, Barb	228		6	Parrish, Charles	464		13
Burkle, Kathy	414	4	10	Payne, Pat	328		7
Butler, Sher	287		6	Piekarski, Sharon	424		10
Campbell, Rick	913	2	22	Pinsky, Bert	324		8
Carhart, Dan	917	5	21	Pinsky, Kyle	404		10
Carpenter, Don	449		10	Rathbun, Kim	224		7
Castaneda, Ana	287		6	Rathmann, Peter	1181	7	32
Coronado, Carol	273	2	6	Reid, Marie	201		4
Culshaw, Pete	362		10	Satoutah, Brahim	659		15
Cunningham, Kathleen	312		7	Schiefer, Alma	413		10
Cushman, Francie	1158	1	25	Shannon, Geoff	368		11
Daly, Deborah	392		10	Simpson, Christy	969	2	21
DaShiell, Carol	388		8	Slagle, Pete	448		13
Delfosse, Rob	545	2	11	Smith, Harriet	234		5
Duncan, Jim	1133	1	25	Smith, Kimberly	220		5
Estey, Sue	304		7	St. Clair, Kimberly	628		14
Fujii, Bob	463		8	Strain, Bob	640	1	13
Fujii, Vivian	244		5	Strain, Kathy	956		20
Gallagher, Perri	311		8	Thieben, Kevin	513		9
Goodwin, Bill	373	6	10	Thieben, Teresa	318		7
Granahan, Dan	528	8	14	Thomas, Walt	391		12
Heady, Bob	216	2	7	Tracy, Steve	238		6
Hernandez, Mary	412		9	Trublood, Lori	213		5
Herrera, Gloria	288		6	Van De Vreugde, Jim	758		17
Hirt, Janice	351		8	van Raalte, Laurie	271		6
Hirt, Joe	286		7	van Raalte, Marcus	911		20
Ho, William	389		8	Whelan, Steve	1018		22
Hunt, Nena	531		13	Wilson, Beth	334		8
Johnson, Dan	309	1	8	Woods, Colleen	399		10
Johnson, Joan	350		8	Woodworth, John	691	2	16
Jones, Don	226		5				
Kibbee, Mike	433		11				
Kohnen, Jim	296		7				
Koniges, Alice	236		6				
Kowalewski, Steve	216		6				
Leaver, Kent	257		7				
Lenzi, Marty	274		8				
Lin, Linda	364		8				
Livingston, Bekki	412	5	9				
McBee, Michelle	592		14				
Moore, Janet	429		10				
Moorhead, Jane	346	1	9				
Murphy, Michele	240		6				
Musson, Nathalie	368		8				
Neer, Mark	1030	9	23				
Neer, Susan	1057	9	22				

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 - 50,382.

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!!!

## CINDERELLA WRAP-UP

You have all heard this before, but THANK YOU to all our volunteers for everything you did prior to, during and after the Cinderella. We have received many positive, rewarding, and encouraging comments many of which you may read below. What makes a successful event possible? One simple answer, "All the volunteers!" A huge heartfelt THANKS to all of you who helped check my typing; stuffing envelopes, bagging M & M's; wrapping meat trays; label/stapling route sheets; mixing lemonade; filling SAG boxes; marking the route; setting up the fairgrounds/expo; and then on the actual day working registration; check-in; food preparation; check points; sagging; clean up; and assisting with radio coverage. And last, but not least, clean up of the Powers' garage. And finally a very special thank you to my two right hand persons, Bob and Jim.

THANK YOU one and all for everything!

Bonnie



### Now for a few stats:

There were 2502 women registered.

On Cinderella day there were 2122 women on the road.

In addition to California, riders came from 13 other states and Canada: Arizona = 5; Colorado = 1; Hawaii = 1; Iowa = 2; Indiana = 1; Montana = 1; Nevada = 19; New York = 1; Oregon = 6; Texas = 1; Virginia = 2; Washington = 9; Wisconsin = 1; British Columbia = 1. California had riders from 233 different cities. And the Expo had 53 exhibitors.

### Now for a few comments from our Comment Book or received via email.

- That guy from Reno, Ernie, is really cute! EM
- What a fun day of head winds!! Laura
- This was great. I loved the scenery and great fun. Genie
- Great road marking, tons of SAGs! Haven't been for a few years – like the new route..
- WOW, amazing and thank you. I did this ride last year and loved it, but somehow you topped last year. Maybe it was the smiling faces, the number of SAG cars with cow bells too (that makes me feel safe), the fans on the road, the awesome lunch, especially the animal cookies and V8 juice. I love this ride. Thank you!
- Love the Bento bags instead of water bottles.
- I did the challenge ride and had a blast. I would like to know how many feet of climbing this ride was? Barbara
- Thanks again! Windy and cold (except Cross Road), but fun! Maple bread is yummy! Soup great! Debbie
- Thanks for all your work! It's much appreciated. I had a blast. Great supported ride.
- The 85-milers are more hungry by lunchtime, so it was distressing that the lunch stop wasn't better organized. Otherwise great ride!
- I had three flat tires! Livermore Cyclery and the SAG drivers/volunteers were wonderful!! I never would have finished without their help. Thanks so much. Robin
- Great! 1<sup>st</sup> time riding – will do it again!
- Somebody did a great job on the arrows. Thanks! And thanks for a wonderful job – I love your smile. Love, love, love the Bento Bag as a gift!! Thanks
- OMG the SAG princes were amazing at both check points and on the road. You guys are wonderful. My Princes! Thx
- Great ride, great fun! A little windy and chilly, but great, great fun!!! See you next year.



2010 CINDERELLA CLASSIC AND CHALLENGE

Photos by Charles Parrish

- It only gets better. Thanks to all of you for all you do!

- Awesome Ride!! My 1<sup>st</sup> Cindy – but not my last. Consider setting aside an area with mats for stretching.  
- Thank you to all the volunteers! You are awesome. Somewhere around my 25<sup>th</sup> year. Wouldn't miss it.

- I did it. I really did it. Yay! Thanks SAG! Lynette

- Best organized ride EVER! I look forward to this ride each year. But next year, can you please block the wind?

- So completely fun – every year gets better/easier!

- Lunch stop for those of us who did the challenge was poorly organized – big disappointment after working so hard in the wind. Branch out on your food choices too. Gatorade or some energy drink would have been nice.

- We liked the route this year – great job on the arrows. Food excellent. Keep the lemonade.

- Came to ride from Arizona, the mountains kicked my butt, but the organization was great!!! Great SAG vehicles, more food than anyone could eat and a breathtaking ride. Thanks for the opportunity. Marge

- Wonderful organizing, wonderful energy! Thanks! The first stop near the horse/equestrian center needed a sign saying "No Bike Parking Along The Curb." Horses were spooked and people angry.

- Thank you for another wonderful ride. This was my 5th year participating and I thought the route changes were great! The volunteers are super and this is the best-supported organized ride. Thank you again to all the volunteers that continue to make the ride a success each year. Jerady

- Awesome SAG support. We saw SAG at least every 20-30 minutes. Great job! Vicki

- Thank you for doing all the hard work of organizing this event, marking the roads, supplying all the food and keeping the rest stops open for people like me who decide to do the Challenge route on a very windy day. It's the 5th time I've ridden the event and the 2nd time for the route with the extra little loop. I'm not much of a climber so Patterson Pass was difficult, even though it was the 'easier' way up. The views on the way up and especially at the top were amazing! Riding on Altamont Pass Road was another story. I appreciated the route modifications in the last leg of the ride--they eliminated some tricky left turns in heavy traffic. I surprised myself by finishing the 90 miles and doing it in time to get some of the soup. Thanks! See you next year. Joyce

- Thanks so much for all your great work and support before and during the Cinderella Ride. Your club is awesome and we all appreciate your group's smiles and enthusiasm for a woman's ride. I can't wait until next time when I can join you again. Kelly

- Not even windy weather can put a damper on the rush the Cinderella provides. It is all the moms and daughters who ride together, the women over 250 lbs and the women who make me feel young at 52 years old that make this ride what it is, a celebration of what women can do. Julie

- Cinderella 2010 was awesome. Despite the winds and the looming dark clouds, we had a blast. SAG was all over the place. I blew a tire and Michael came to my rescue immediately. Got my tire replaced and went on my merry way. Thanks for putting on another great event! Lourdes

- This was the best ride I've ever done. SAG was SO present, rest stops were well-staffed and stocked, the post ride gathering was awesome. The hot soup hit the spot! The route was gorgeous. A+++++ ride, thank you! Amy

- I would like to thank all the volunteers who support this ride. While I didn't need SAG support it was amazing to see their vehicles everywhere along the ride. Good job everyone. Barbara

- What an amazing ride you put on! Thank you so much for your (obvious) hard work. I really can't thank you enough for all the support to enable me to complete the ride. Sandy

- I want to thank the SAGs for all their help. The SAGs are definitely lifesavers! Thanks again. Xena

- This was my first 100k and you did an awesome job supporting riders! Truly outstanding! Gail

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2010 CINDERELLA CLASSIC AND CHALLENGE

Photos by  
Charles Parrish

-I lead the Peninsula Princesses. We had a small number of participants this year as the date fell upon most everyone's spring break. Those of us who participated had a wonderful time. The support couldn't be better. The people couldn't be friendlier. Thanks a million for putting this on year after year! Lori

- I rode in my first Cinderella ride this year. I loved it, even though I didn't get to finish the ride. (Been in bed all week with the flu). But no one could stop me from showing up and having a fab. time. Thanks to all who made this event happen, I cannot wait to participate next year and have been telling everyone how great this event is. Thank you, thank you Margaret

- Crossing Hwy I-680 at the end was dangerous. Tired people could not get clipped in, were falling and/or stumbling in the uphill intersection. The next left turn was sketchy (San Ramon/Danville Blvd?) because cars were trying to make a right turn with nowhere to go (from the overpass). I liked the course more last year, through the residential neighborhoods instead of on the busy streets when people are not as aware of their surroundings. My 2 cents. Robin  
COMMENT FROM THE CHAIR Hi Robin: Thanks for your 2 cents. We were denied permission to use the bike trail as we have in the past so had to go to the new route. There is no other safe way. There is a right turn and a left turn lane off Greenbrook at San Ramon Valley Blvd. so it's a matter of following the arrows. We'll see what we can do to add more directional arrows. Thanks for your input. Prince Charming



Greetings Valley Spokesmen Touring Club!



**Adventure Cycling Association**

I'm writing today to ask your club to help us spread the word about our **Build it. Bike it. Be a part of it.** fundraising campaign for the U.S. Bicycle Route System, which kicks off **May 3, 2010** and runs through **May 31, 2010**. May is National Bike Month, and what a great way to celebrate: support the creation of a national route network! Here are the details:

Adventure Cycling Association is launching a month-long fundraising campaign to support the creation of the U.S. Bicycle Route System (USBRS), a visionary project that will be similar to the national and international cycling systems blossoming across the globe, such as Euro Vélo. Using social networking platforms, and a team of core supporters, we are asking cyclists in America to donate \$10 to help with the creation of this national system of cycling routes. Our goal is to raise \$20,000.

We're looking for people to help us spread the word about this campaign. If you'll help us spread the word, I will add your club's name (with a link to your website) to our fundraising pages on Change.org and Facebook's Causes during the May campaign.

#### **We hope you'll help spread the word in two ways:**

1. Post one of our U.S. Bicycle Route System fundraising ads on your website during the month of May. I will be sending the ads out next week, so look for those.
2. Share the following message (below in italics) with your constituents (via email, blog posts, social networking communities) during the month of May (*feel free* to edit, embellish, and add). You will receive our press releases during the campaign so you will also have other material for your blog posts and messages:

**U.S. Bicycle Route System: Build it. Bike it. Be a part of it!** Donate \$10 today to support the creation of a national network of bicycle routes: the U.S. Bicycle Route System (USBRS), a visionary project that will be similar to the national and international systems blossoming across the globe, such as Euro Vélo. The routes will connect cyclists across the U.S. with cities, transportation hubs, scenic and historic destinations through existing (and new) infrastructure; routes will be numbered and officially recognized by state and federal government agencies. Your donation is tax deductible.

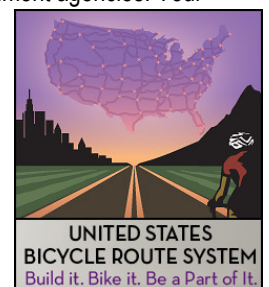
Learn more about the U.S. Bicycle Route System and donate \$10 today on its Change.org page (no login required):

<http://www.adventurecycling.org/usbrsdonate>

You can also donate to the campaign through Facebook's Causes application: <http://www.causes.com/causes/419721>

Want to help spread the word about this campaign? Learn how: <http://www.adventurecycling.org/beapartofit>

Thanks so much for your time. I hope that we can count on you to help us spread the word about the U.S. Bicycle Route System fundraiser during National Bike Month in May. **We kick off on May 3<sup>rd</sup>.**



Happy Riding, Amy



**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 (      ) \_\_\_\_\_ PHONE

\_\_\_\_\_  
 ADDRESS CITY STATE ZIP +4

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: \_\_\_\_\_

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](mailto: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

U.S.C.F./N.C.N.CA Rep: OPEN  
E.B.B.C. Rep.: Jim Eklund

Mileage Keeper: Jim Paulos  
Webmaster: Curtis Stallins

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

## 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

<http://www.valleyspokesmen.org>

2010 club members may subscribe to the VS mailing list by sending an email with their names to:

[prathmann@yahoo.com](mailto:prathmann@yahoo.com)