President's Message

Enough Already!

Where is summer? Enough of spring/winter already….give me a little localized “Global Warming”. I know, I know how can I say that, even in jest, but I am not joking. It is really getting old to pile on the layers in the morning never knowing whether it will actually warm up. Get moving, warm up, start to peel off some stuff. Hit a down hill, in the shade, into the wind and back on with the stuff. On some days it is a never ending cycle, off / on, off / on creating a whole new cycling term, the “Pace Line Strip Tease”. So far that occasional warm spot is just a tease; put those arm and leg warmers back on.

I would like to thank the Versus Network for bringing back memories of an old classic, the Heidi Bowl. Many of you may have to “Google” this reference but I think it is a good analogy.

Now I realize that cycling is not the draw that hockey is but to cut over to pre-game drivel during the final sprint on a key stage of the biggest US bike race of the year is just ridiculous. But to be fair I am sure that the three minutes of extremely insightful prognosis and pontification did materially impact the outcome of game, and ultimately the pursuit of the cup.

Someday cycling may actually be recognized in this country as a real sport. I really love that the Amgen did get a lot more coverage over the last several stages, unfortunately it was focused on the unsupported allegations of the increasing despised and insufferable Landis, instead of the excitement of a phenomenal sporting event which was contested to the last mile. My only disappointment was big George Hincapie getting nipped at the line on the last stage. George is one of the truly unsung heroes of US cycling.

I have watched with amusement as many sports casters, who are much more insightful, knowledgeable and experienced than I, go to great lengths to show us how difficult it is to hit a major league fast ball, dunk a basketball or execute a “one on two” breakaway to a successful score. There is no doubt that these all require significant skill, strength and God given talent. Just once I would like to see these same journalists attempt to maintain a 25 mph average over any distance (let alone over120 miles in a shoulder to shoulder peloton) a 10 mile climb with a 7% average and 18% kickers, against the wind, in the rain and tell me cycling is not a sport and world class cyclists are not true “athletes”. Oh well, it will never happen though it would be good for a snicker or two. We who attempt these on a regular basis know and appreciate the truth.

Enough of the cycling sour grapes. In the immortal words of Rodney Dangerfield, “we get no respect.”

Keep on spinning. You know the truth.

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!

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 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 Cummings 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...
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 Flynn’s, 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 Vomac Rd.  Bring water and nutrition.  

Leader: Dan Carhart, 925-828-8964.

SAT. 6/5/10 1-L 25 mile (40 km) 10:00 a.m.  – Contra Costa Canal Trail Ride  Join Randy for a circumnavigation of the beautiful Contra Costa Canal Trail and lunch after the ride.  Bring water and money to buy lunch.  Meet at Heather Farm baseball field/restrooms in Walnut Creek.  Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley.  Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east).  The entrance to Heather Farm is on your left at Ygnacio Valley and San Carlos Drive.  Call if in doubt about the weather.  

Leader: Randy Huey, 925-518-8439.

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.

WED. 6/2/10 7:00 p.m.  CLUB MEETING.  Non-members and members alike, join us at Round Table Pizza, 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.

TUE. 6/8/10 2-M/B 25 miles (40 km) 6:00 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. 6/8/10 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.

**SAT. 6/12/10 1-L 20 miles (32 km) 10:00 a.m. – Lafayette-Moraga-Orinda Trail Ride** Join Randy for a round trip on the scenic Lafayette-Moraga and Orinda Trails, with a stop for lunch in Orinda. Bring water and money to buy lunch. Meet at the Lafayette-Moraga trail parking lot on Olympic Blvd just west of the intersection with Pleasant Hill Rd. Call if in doubt about the weather.

**Leader:** Randy Huey, 925-518-8439.

**SUN. 6/13/10 4-L 40 miles (65 km) 9:00 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory. A long climb but not too steep and we’ll ride at a leisurely pace (rabbits can sprint on ahead). Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection. Bring plenty of water and fuel. Suggested carpool: Shannon Center in Dublin by 8:10 a.m.

**Leader:** Alaine Nadeau, 925-577-6586, l8trees@aol.com.

**TUE. 6/15/10 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. 6/15/10 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. 6/19/10 3-M 55 miles (90 km) 8:30 a.m. Meet at the former Nob Hill shopping center at South Livermore Ave and Pacific Ave. We will ride up Mines Road to Elyar Ridge (3 miles past the county line) and return. Bring water and fuel. Option: Continue out to Junction Store (+5 miles). Take I-580 to N. Livermore exit and head south through town; turn left on Pacific Ave. and park along street or in parking lot on left.

**Leader:** Jim Van de Vreugde, 925-577-0719.

**SUN. 6/20/10 3-L/M 55 miles (90 km) 9:00 a.m.** From the intersection of Deer Park Rd and Silverado Trail in the Napa Valley we’ll enter Robert Louis Stevenson State Park and climb over Mt. St. Helena on our way to Middletown. Return via Butts Canyon, Pope Valley and Ink Grade Roads. Services are limited on this route so bring plenty of water and food. Suggested carpool: PH BART by 8:00 am. There are some climbs and we’ll take them easy, enjoying the sights along the way.

**Leader:** Dane Carlson (dane.c@att.net) or 925-323-5865.

**TUE. 6/22/10 M-3, 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. 6/22/10 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 the 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. 6/23/10 2-L/M 22 miles (34 km) 10:00 a.m. Easy-paced out-and-back ride from Shannon Park in Dublin to the end of Bollinger Rd. in Las Trampas park. Take I-680 to the Alcostra Ave. exit and go west; turn left at San Ramon Rd.; turn right on Shannon Ave. and right into parking lot. Bring water and snacks.

**Leader:** Alaine Nadeau, 925-577-6586, l8trees@aol.com.

**THUR. 6/24/10 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 the 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.
Valley Spokesmen  June   2010

SAT. 6/26/10 1-L 20 miles (32 km) 10:00 a.m. – Marsh Creek-Big Break Trail Ride. Join Randy for a round trip on the scenic Marsh Creek and Big Break Trails, with a stop for coffee or lunch after the ride. Bring water and money to buy lunch. Meet at the Starbucks at the corner of Balfour Rd. and Fairview Ave. in Brentwood. Call if in doubt about the weather. Leader: Randy Huey, 925-518-8439.

SUN. 6/27/10 3-M 40 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. Leader: Gail Blanco, 925-872-1001.

TUE. 6/29/10 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.

WED. 6/30/10 2.5-M 35 miles (60km) 10:00 a.m. We’ll do a ‘Figure 8’ loop starting in San Ramon, heading through the new Windemere development to Tassajara and then continuing on Highland and N. Livermore Ave. The return will be via Collier Canyon, Highland, and Tassajara through Blackhawk to Crow Canyon. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Leader: Gail Blanco, 925-872-1001.

THUR. 7/1/10 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.

SAT. 7/3/10 2-L 20 miles (32 km) 10:00 a.m. – San Francisco Ride. Join Randy for a fun ride down the Embarcadero, past Fisherman’s Wharf, through the Marina and Point Park, over the Golden Gate Bridge, through Fort Baker and back for lunch at Fisherman’s Wharf. Bring water and money to buy lunch. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Call if in doubt about the weather. Leader: Randy Huey, 925-518-8439.

SUN. 7/4/10 TBD Leader: Jane Moorhead?

TUE. 7/6/10 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.

WED. 7/7/10 3-M 30 miles (50 km) 9:00 a.m. Meet at the Livermore Park & Ride lot at Airway and Rutan and pedal with us over the hill to Lake Del Valle and back. From I-580 go south on Airway Blvd. and continue past the airport and Kitty Hawk Rd. to the intersection with Rutan. Park in the large lot to the left. Bring water and snacks. Leader: Gail Blanco, 925-872-1001.

THUR. 7/8/10 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.

THUR. 7/1/10 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.
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 1st 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

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

July 3/5 Northwest Tandem Rally – Medford, OR
10 Bike for Breath – Foster City
10/11 LIVESTRONG Challenge – San Jose
17 Tour of Trinidad – North of Eureka
17 Harvest Century – Healdsburg
17 Fall River Century - McArthur
17 Windmill Century – Santa Maria
31 Santa Cruz Mountain Challenge

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 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 - (to be discontinued)..............$70.00
- sleeveless wind shell vest - ..............................$58.00
- long sleeve jacket - (to be discontinued)..............$69.99
- shorts - women / men - ....................................$50.00
- 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
### Mileage Report as of May 22, 2010

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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 – 65,479.

**PLEASE NOTE:** Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive – FREE!!!
Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
May 12, 2010

- Meeting called to order at 7:04 p.m. by President Dan Carhart.
- Minutes from the April 14, 2010 executive board meeting were approved as corrected regarding the need for providing Peter with the email addresses for those interested in being included on the VSlist. Discussion followed. By the meeting Jim will be able to solve the dilemma in sending Peter the requested info.
- Treasurer Bill Well presented the status of our accounts. He also shared info on reporting our non-profit status to the California State Attorney General: Bill will contact our accountant. Discussion followed regarding profits from the Cinderella. The board was asked to start thinking about possible recipients of the $30,000 to be contributed. Motion made, seconded and passed to accept Bill’s report.

OLD BUSINESS:
1. Past month’s ride – Bonnie reported Yosemite was good, bad and ugly with riders unable to ride on the third day. Peter reported that the rides have been well attended with a few rainouts.
2. Curtis reported the Web site is going well. He would like to have people report if any info is out of date.
3. Bicycle Master Plans – Francie and Bonnie reported on ACTIA (Alameda County Transportation Improvement Authority) who is working hard in expanding senior mobility options. The Alamo Canal project is close to construction of the 781 feet between Dublin and Pleasanton. There are 175 miles of paved trails in the East Bay. ACTIA is quite proud of the improvements on the I-580 corridor. Studies are being done regarding BART to Livermore.
   Jim Kohnen reported on Bike to Work day May 13th with an aid station at the Dublin BART and two in San Ramon where exceptional goodies will be giving away. The money has been accounted for and the Alamo Canal I-580 underpass is waiting for the last environmental study.
4. Cinderella domain name – This is due to expire on February 12, 2011. Renewal will occur in January.
5. T.O.S.R.D. domain name – It was decided this is not necessary.
6. V.S. Business cards – Dan distributed these cards to most of the board members.

NEW BUSINESS:
1. June/July ride schedule was checked for errors and omissions. There are three TBD.
2. Bonnie reported on upcoming tours. There will be a meeting on Thursday, May 13th at 8:00 p.m. for those riding to Paso Robles. There will be a tour from the Daly City BART to Capitola this weekend.
   The Texas tour is coming along, sign up with Bonnie.
3. There was discussion regarding the status of Mark Dedon due to his resignation as President when he temporarily moved to Lancaster. Mark is always welcome to attend Executive Board meetings, but he is not part of the current board.
4. Teacher Wynn Kageyama, of the FFBC, is expanding his cycling education program to include adults. We have been asked to announce this fact.
5. Bonnie reviewed correspondence sent and received. Motion made, seconded and passed to rejoin several organizations if we have not already do so.
6. Jim Duncan reported the Devil Mountain Run used two sections of the Iron Horse Trail. He would like to write a letter to East Bay Regional Parks bringing this to their attention, since the Cinderella was not permitted to use it.

FURTHER NEW BUSINESS:
1. Bonnie has current phone lists for those who are interested.
2. Peter received a call from the City of San Ramon requesting we provide a bicycle for their recent Bicycle Rodeo. Motion made, seconded and passed to donate up to $600. for a bike purchased from Dublin Cyclery.
3. Curtis asked for the board to approve the purchase of a “Flash Program”, request denied.
4. Francie reported Dublin Blvd. will be widened between Hansen Drive and Silvergate Dr.
5. Curtis asked for a list of persons who were members in 2009 but have not rejoined in 2010.

There being no further business the meeting adjourned at 8:20 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen “Bicycle” Touring Club
May 2010

Correspondence sent:
1. Check to Alameda County Fairgrounds for balance due on Cinderella.
2. Check to Livermore Valley Joint Unified School District for use of Christensen School on Cinderella day.
3. Check to Minuteman Press for printing of May newsletter.
4. Check to Cycle! California for Cinderella advertisement.
5. Check to Bob Powers for Yosemite deposits made by club members.
8. Check to Bay Area Ridge Trail Council for annual membership.
9. Check to Adventure Cyclists for annual membership.
10. Refund checks to Cinderella riders.
11. Checks to cover gasoline used on Cinderella day.
12. Letters for welcome to old/new members. Membership stands at 464.

Correspondence received:
1. June 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.
**RIDE REVIEWS**

April 28th  Turnout was disappointingly light for my ride to the Junction and Walnut Creek today, so the ride has been rescheduled for Friday morning. But I did note a family enjoying a stroll on the Iron Horse trail who seemed unperturbed by the weather. Peter

April 30th  Much better weather today for the ride that was rained out on Wednesday. Headed up to the Junction from the south side then descended the north side into Walnut Creek and returned via a combination of trails and Danville Blvd. Peter

May 1st  A fine sunny day for our ride from Shannon to Sunol Regional Park while keeping an eye out for wildflowers along the way and also on a short hike through the park. Thanks to Erica Dedon for her expertise in pointing out interesting species and whether they were native or introduced. Peter

May 2nd  Today's ride took us from Dublin to Danville. Mainly on the Iron Horse trail on the way to Peet's Coffee in Danville and then returning on San Ramon Valley Blvd. Peter

May 1st  Mike DeMicco somehow arranged for a CHP escort for the Valley Spokesmen through the Lake Berryessa area today. Cars were told to stay behind the bikes. Nice touch Mike! The rest of the ride was nice too. Rick

Police car or not - left side of the road? How about oncoming traffic? How scary is that???? Edith

Mike, Thank you very much for a great ride. The ride was enjoyable with spectacular views and thank you for arranging the CHP escort. Brahim

There was a triathlon going on and the right lane was closed. We were fortunate to get through, as the CHP first told us that the whole road was closed and wouldn't be opened until 12:00 (it was 10:30 at the time). Unfortunately, we had to miss our rest stop at the Lake Berryessa Visitors Center, and stopped at the not-quite-as-nice Smittle Creek area further up the road. It was a nice day for a ride out there. There were still plenty of wildflowers about, but it's drying out. Pope Canyon, going through Pope Valley, was especially nice with green grass and wildflowers in abundance. I took some pictures too (will post later). Mike

May 2nd  Thanks Rob for a great ride on Saturday. We started out in Los Gatos and looped through Big Basin Redwoods State Park. It was a little misty early, but warmed up and we ended up having great weather. The terrain was scenic, and challenging - we heard that there might be a flat piece of road in the area, but couldn't find it and decided it was an incorrect rumor... We got back in time to catch the end of the Cat's Hill Crit, and watched the Women's 1/2/3 and Men's Pro/1/2 events. The course featured a 23% grade for 1 1/2 blocks where we watched the action. Rick

May 5th  Gail led today's ride from Lafayette, up Reliez Valley Rd. to Alhambra and 'Pig Farm Hill' and on to Pinole. After a brief stop we headed back via San Pablo Reservoir into Orinda and then on the Stephens and Lafayette-Moraga trails back to the start. Perfect day for a ride: sunny skies, just the right temperature, and still lush, green hillsides everywhere. Peter

May 8th  It was a great, sunny day as Randy led a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina District and Point Park, over the Golden Gate bridge, through Fort Baker and back for lunch in North Beach.

May 12th  Thanks to Alaine for leading today's ride down to Sunol and up and over Palomares and Dublin Canyon/Schaefer Ranch. Beautiful day and might be one of our last opportunities to see the green hills and abundant flowers for awhile. Noticed that the southern exposure hillsides were starting to turn a little brown, but there was still plenty of water flowing in Alameda Creek and Stony Brook. Peter

That Schaefer Ranch descent has a lot of cracks/potholes. Especially for a newer road. Ouch! Denise

May 15th  Today was the Feather Pedals' first monthly ride for 2010. We welcomed 38 riders (the 4 riders who didn't sign in because of an earlier start...please eMail me so I can add you to this sign-in sheet) along with 1 SAG (Dean) and 1 Sweep (Charles). We welcomed 4 new riders to our group along with many of those who rode Cinderella and a few of our favorite Valley Spokesmen gents who frequently ride with the group. It was a very successful day with no flats or accidents. The day started off a little overcast, however, we were quickly greeted by the sun and beautiful weather in the mid-60's. The ride offered 3 route options to meet the varying needs/interests of the group with mileage ranging from 24-37 miles. Of the 38 riders, ~15-20 riders selected the Mt. Diablo option, 2 riders selected the Mt. Diablo + 24 mile route, while all other riders enjoyed the 24 mile route. The route options provided an opportunity to take on additional challenges (climbing and/or miles) while allowing everyone the opportunity to plan for a common return time for lunch together.

Many in the group enjoyed a variety of lunch options and social time together at the outdoor seating at Draeger's Market with the last few riders lingering until around 2pm. The 24 mile route is one of our group's favorite routes. However, minor changes were made to the route to make it more direct (fewer turns through Danville neighborhoods) and to add variety with an incline up El Capitan.
Valley Spokesmen

June 2010

Our SAG, Dean, commented the 24 mile riders held a very good pace. All the Cinderella training rides have proven to bring our group to a new level. Bravo! With the increased pace, everyone still had time to "smell the beautiful roses" so to speak that we saw in bloom throughout the neighborhoods. How great was that?!?!

Thank you Charles, Dean, and to all those who continue to offer to help in any way. It was nice to see many of you taking the time to personally welcome our new riders. Everyone's continued participation, recognition, and appreciation for our collective efforts is very much appreciated.

In closing, I'm sorry to say one of our original Feather Pedals leaders, Punam Owens, will be leaving us 😞. She will be returning with her family to her home in the UK. In 2008, Punam suggested we start this group to give back to the cycling community with a focus on creating a supportive environment for those new to cycling as well as for those who just enjoy cycling and socializing just for the fun of it at whatever pace. She certainly had the right idea because we're delighted to have delivered 2 years of successful Cinderella training rides along with monthly rides...and, a wonderful group that continues to grow.

Please join me in sending thanks to Punam for all her efforts and continued commitment to ensuring our group is successful. Karin

May 15th Randy led a ride from Heather Farms to the Danville Farmer's Market with stops at Peet's Coffee and Daphene's Greek for lunch.

May 15th Thanks to all who came on the 'hi-jacked' ride today and to Bill for agreeing to the change. Nice to have the 'faster' group wait for the 'less fast' a number of times. Too bad the VSRT rider (shall remain nameless) we saw on May School and his bride (we will assume) did not come to join us at Shannon. And then an enjoyable time watching Amgen at Jack's whilst others were slogged headwinds from Capitola (does BART have headwinds?) or were squished with the great unwashed in Nevada City / Sacramento watching riders for 5 seconds instead of the complete race in the camaraderie of others, enjoying a repast and a beverage of choice. Oh well. Jim

May 15th John led a great weekend trip to Capitola and back, starting at the Daly City BART station and heading down the coast. Started out rather brisk and foggy, but the sun came out as we headed south; accompanied by a lovely tailwind that sped us on our way (in between numerous stops for pictures, sightseeing, and snacking). The next day we returned on a more inland route, first heading up Soquel San Jose Rd. that roughly parallels Hwy. 17 and then going past Lexington Reservoir and connecting with the Los Gatos Creek trail. Then we continued through San Jose, Fremont, and Castro Valley Hayward and the familiar climb of Dublin Canyon and Schaefer Ranch on our way to our respective homes. Thanks to John for leading, and especially to his wife Sarah for transporting our gear and making the trip possible. Peter

Peter took pictures. Now for words. Last Saturday and Sunday, six intrepid Valley Spokesmen--Peter, Heidi, Jim, Christy, Steve and I--set out on the first weekend club ride to Capitola and back. This was to be a trial run to work out the route and see if the trip will appeal to a broader group.

Day 1: 82.3 miles and 4000 feet

The first day was pretty routine as several of us had done this ride to Santa Cruz before. We took BART to Daly City where we encountered a cold, dense fog. Peter skilfully led us through the neighborhoods and over the hills towards the coast. Soon we were on the "standard" ACA Pacific Coast Highway route to Santa Cruz with sunny skies. In keeping with the touring nature of the trip we stopped for refreshments at Pacifica, Half Moon Bay, San Gregorio and Davenport. At San Gregorio, Steve took a planned separation from the group and returned to Hayward via La Honda and the Dumbarton Bridge. A pretty impressive single-day ride for him. We continued on to enjoy the prevailing north-west tail winds down the coast for the rest of the day. Arriving in Santa Cruz we met Sarah (who had our overnight bags) downtown at Chocolat where we treated her to an early dessert...No one complained at the price or the calories. Then it was off to our hotel for quick showers and then dinner, and of course Margaritas, at Margaritaville in downtown Capitola.

Day 2: 88.1 miles and 4000 feet

Next morning four of us left the hotel early (Peter camped out but rejoined us at the hotel) and met up with Heidi (who had stayed with a friend) at the "Ugly Mug" which is a great coffee house conveniently located on the way out of town. None of us had done the full route before, although we had done most of it in pieces on prior rides. We rode east from Capitola on the Old San Jose Highway, rising 1700' in 12 miles amongst redwoods up to Summit Road. A nice stop at the Summit Store allowed us to fuel up on more chocolate. We continued north until we reached the Old Santa Cruz Highway, and then leisurely descended through redwoods (ultimately on Alma Bridge Road) to Lexington Reservoir.

Our first navigational hiccup occurred when I was unable to find the beginning of the Los Gatos Creek Trail. We rode through downtown Los Gatos and then paralleled the trail for a few miles. This probably saved us some time since the speed limit on the trail is 15 mph and it is quite crowded in spots. Later on, though, the trail was preferable and most pleasant as you can just motor along past the waterfalls and scenery while passing under crowded streets...What a great trail. It took us to within a few miles of downtown San Jose! I found the correct exit and we vectored along for a few miles to the well-marked southern end of the Guadalupe River Trail. This well-constructed trail along the river
passes through the netherworld of downtown San Jose. I have tried to find this from the north but got led right into an impassible embankment by Google Bike. Now we were on it but had to find out how to get off it. We did it, but probably bailed a little early, now that I see our GPS tracks on the map.

Now we were in uncharted waters for all of us. My original plan was to head due east to Calaveras as I have done in the past. But this time we were going to head north for a proof-test of the BART bailout option. We headed up Old Oakland Road into the north wind. Even Jim-the-battering-ram got worn down and we finally had to throw Peter-the-pointer up to the front. That got us to the Fremont Bart station and, since we were now out of chocolate, Heidi opted to take the train. The remaining four of us re- vectored over to Mission and headed into the north wind towards Hayward. By the top of Grove Avenue in Castro Valley I was pretty emaciated and desperate enough to stop at Mickey D’s. I was accepting offers of a drive home from Dublin in the remote event that one of us made it that far. Christy offered up some red beans which were gratefully accepted. Then we took off for the Dublin Grade. In no time at all we were at the top. I now opted to barrel directly home to Livermore and pretty much established a PB. The rest of the group tore off up Schafer Ranch Road, later declaring that it was surprisingly effortless even after almost eighty miles.

So went the first Dublin-Capitola Expeditionary Loop. There were a few hiccups with the route finding. Also, food became a problem in northern San Jose where we were all unfamiliar with the territory and, in desperation, we had to resort to fast food...EEEWwwwhhhhh.

Anyone else wondering what was in those “red beans”? Maybe so, but sure gonna take ‘em next time, too. John

May 19th When I signed up to lead a ride for Peter and Curtis months ago, I had no idea what it would turn into. I only learned of the ride "overlap" a few days ago. With a little help from Jim Duncan (actually a lot of help) we were able to do our ride, stay out of the way, AND have front row positioning at the corner of Tesla and Mines road. What a day!!! Gail

May 19th Thanks for the ride today Rob. We had a good group of people who took vacation, played hooky, stepped out for awhile, or otherwise made time to enjoy the day. We started out with sunny skies and great weather as members of the group rode as far as they wanted up Mines Road to watch the action. The Junction served up a great lunch as people gathered anticipating the arrival of the race. It was great to see the Junction Bar & Grill is operating well under new ownership and is there to accommodate hungry and thirsty folks. Some of us ended up heading down Del Puerto Road to an uphill section to watch the race. Very exciting to see the riders and the race procession come through. We had some sprinkles on the way down, but it dried out as we got closer to Livermore. A great day other than a couple checking out the pavement up close and personal. But, all rode away and are OK. Rick

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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)
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)

2010 Tour of California on 1st Street downtown Livermore
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 __________________________________________________________________________________________

Name ____________________________________________________________________________________________________________ Age __________ Signature __________________________________________________________________________________________

Name ____________________________________________________________________________________________________________ Age __________ Signature __________________________________________________________________________________________

Name ____________________________________________________________________________________________________________ Age __________ Signature __________________________________________________________________________________________

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: (_____) __________________________

Emergency Contact: __________________________________________________________ Telephone: (_____) __________________________

Physicians Name: __________________________________________________________ Telephone: (_____) __________________________

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
Newsletter Editor/Typist: Marcia Seeger
Newsletter Publisher: Mary Murphy
Past President: Jim Kohnen
V.S. Racing Team contacts: Jim Duncan

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

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

Community Liaisons

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

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

http://www.valleyspokesmen.org