



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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## ***July 2010***

Helmet hair is good!

I am still amazed at how many people I see out on their bikes without a helmet. In many cases these are families out for a ride. The kids are dutifully wearing their helmets, probably under protest, since their parents are bare-headed. Not only does this send a bad message to the kids but exposes the adults to serious head injuries in a fall. I think that the general feeling is that there is little risk on the bike trails at slow speeds. They couldn't be more wrong due to the extreme mix of iPod distracted "traffic". Boarders, bikes, strollers, dogs, walkers, and skaters of mixed skills are all traveling at different speeds.

I have personally experienced two crashes which have resulted in my need to purchase a new helmet. A need I will gladly fill.

I will be the first to admit that I am not an expert bike handler though I have worked hard over the years to improve in this area so as to be safe whether on a solo ride or "Pack" or group ride with "spirited pace lines". In both cases, the sequence of events which resulted in my two extremely sudden and inescapable impacts with a very unforgiving tarmac, were not the result of erratic or poor bike handling practices or skills in a tight group. Both happened during the common scenario of passing or being passed by non automobile traffic (passing a scooter and being passed by a fellow cyclist).

Both these situations are quite common on the Iron Horse Trail. Passing and being passed on the "trail" is just plain scary; especially with the concentration of bikes, dogs, and strollers, many with iPods turned up and unable to hear bells or verbal warnings.

I can only recommend that while on the bike you should communicate, communicate, communicate whether in a group or on a trail. Call out and signal any change in direction, speed, intent to pass or when encountering obstacles / hazards like holes, branches and glass. Never assume that anyone or anything around you is aware. Protect yourself and your partners. Always wear the appropriate safety gear when on the bike, board or blades. Bad things happen and they happen fast. I don't care how experienced or skilled you are.

Keep on spinning... safely.

Dan

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**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.

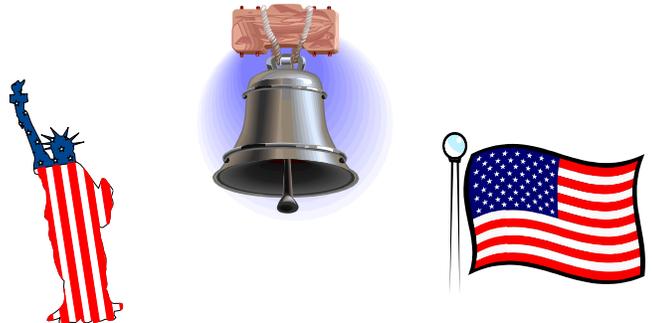
**DURATION OF RIDES:** If you wish to know the approximate length of time for any of the following rides - including rest stops, lunch stops, sight seeing etc., - please call the ride leader.

**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!**



**JULY 2010**

**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.**

**SAT. 7/3/10 25 miles 8:30 a.m. prompt departure.**  
**Feather Pedals Monthly Ride.** Meet at Draeger's market in Blackhawk, Danville. ~25 Miles with Challenge Options (climb and/or additional miles). Wear your Red, White, and Blue! Sag will be provided. Lunch optional at Draeger's Market after the ride.  
**Leader: Karin Ball, 408-406-2286.**

**SUN. 7/4/10 2-L/M 30 miles 9a.m.** Come have some fun with Bob and Jane before you go do fireworks. This thirty mile, mostly flat, ride will start and end at Livermore Cyclery in Livermore. There will be swag and prizes for attendees. Everyone who shows up will get something. If you complete the ride there's more swag. Best July 4th decoration (rider, bike or both) as decided by participants gets the grand prize. Ride leader is the tiebreaker vote on best decoration and ultimate authority on all rules for prize awards (and there are many). If you "pre-register" for the ride (call me and leave a message) you will get a bonus prize when the ride ends at Panama Red's (hint, Peter you have one. Can you use another?). You must be present when ride leader arrives to receive prizes. The ride will stop at the red, white and blue (not necessarily in that order) and activities are possible at those stops. I'm figuring three hours for the ride but give yourself some extra time.

**Ride leader: Bob Heady 925-980-7989.**

**MON. 7/05/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street.**  
**Call Zafer Demir at 925-443-4124 for further information.**

**TUE. 7/6/10 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.**

**TUE. 7/6/10 3-4/M, 8-13 miles (13-21 km) 7:00 p.m.**  
**Lake Chabot Loop – Mountain bike trails.** All levels are welcome. We will meet in the parking lot (Nike Classroom) across from the Regional Parks Police/Fire HQ. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Dinner at Chipotle, in CV, after the ride and everyone is welcome to join us. Take Lake Chabot Rd. from Castro Valley Blvd. Take the right after Arcadian (last house on the right) just before the park begins. Meet at the top of the hill in the parking lot (free) across from the Police Station.  
**Ride 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.**

**WED. 7/07/10 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 1, 2010.**

**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.**

**SAT. 7/10/10 1-L 20 miles (32 km) 10 a.m. – Danville Farmer's Market** Join Randy for a ride from Heather Farms down the Canal and Iron Horse Trails for a stop at the Danville Farmer's Market and back for lunch near Heather Farms. Bring water and money to buy lunch. Meet at Heather Farms 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 Farms is on your left at Ygnacio Valley and San Carlos Drive. Rain cancels. Call if in doubt.  
**Leader: Randy Huey, 925-518-8439.**

**SUN. 7/11/10 3-M 25-35 miles 7:00 a.m. Mt. Diablo.** Let's beat the heat. Departing from San Ramon Central Park at 07:00. Take I-680 north, exit Bollinger heading east, turn left in Central Park opposite Market Place. If you pass Alcosta, you've gone too far. Make a U-turn then turn right into the park. Bring food and fluids  
**Ride leader: Alaine Nadeau, 925-577-6586.**

**TUE. 7/13/10 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.**

**TUE. 7/13/10 3-4/M, 8-13 miles (13-21 km) 7:00 p.m.**  
**Lake Chabot Loop – Mountain bike trails..** All levels are welcome. We will meet in the parking lot (Nike Classroom) across from the Regional Parks Police/Fire HQ. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Dinner at Chipotle, in CV, after the ride and everyone is welcome to join us. Take Lake Chabot Rd from Castro Valley Blvd. Take the right after Arcadian (last house on the right) just before the park begins. Meet at the top of the hill in the parking lot (free) across from the Police Station.  
**Ride Leader: Janie Page, 408-598-0247.**

**WED. 7/14/10 3-M 30 miles 09:00 a.m. Five Canyons.** Meet at Shannon center in Dublin. We'll depart at 09:00. Take I-680 and exit Alcosta heading West. Turn Left onto San Ramon Valley Blvd, then right onto Shannon and right again into Shannon Center. Bring food and fluids  
**Ride Leader: Alaine Nadeau 925-577-6586**  
[18trees@aol.com](mailto:18trees@aol.com)

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

**THU. 7/15/10 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. 7/17/10 2-M 33 miles (55 km) 9:00 a.m. Starting in Walnut Creek we'll ride south to Danville** and then return by way of the Diablo and Round Hill country clubs. Meet at the second parking lot at Heather Farm. Take I-680 to the Ygnacio Valley exit and go east; turn left into Heather Farm at San Carlos and left again into the second parking lot.  
**Leaders: Dan & Joan Johnson, 925-933-9649.**

**SUN. 7/18/10 3-L/M 55 miles (88.5 km) 9:30 a.m.**  
Healdsburg City Hall, 401 Grove St. **Starting in Healdsburg, we will ride "one of the best and most classic of all Sonoma County rides."** This remote route has a few good climbs, but we will take them easy. It can also be hot. We have services for the first 20 miles, then we have 25 or so miles until we pass by the Jimtown Store. Bring hydration and snacks, or money to buy - make sure you have water. Carpool suggestion is Pleasant Hill BART by 8.  
**Leader: Dane Carlson 925-323-5865, [dane.c@att.net](mailto:dane.c@att.net)**

**TUE. 7/20/10 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.**

**TUE. 7/20/10 3-4/M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.** All levels are welcome. We will meet in the parking lot (Nike Classroom) across from the Regional Parks Police/Fire HQ. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Dinner at Chipotle, in CV, after the ride and everyone is welcome to join us. Take Lake Chabot Rd from Castro Valley Blvd. Take the right after Arcadian (last house on the right) just before the park begins. Meet at the top of the hill in the parking lot (free) across from the Police Station.  
**Ride Leader: Janie Page, 408-598-0247.**

**WED 7/21/10 2-L 25 miles 10:00 a.m. Tennis Park at Cull Canyon in Castro Valley.** Leisurely tour of the Hayward Mural Project's various venues in downtown Hayward then on to the Bay Trail to view the two large

murals on the shore. Stop at San Leandro Marina for lunch then return past Lake Chabot to the tennis park.  
**Leader: Linda Longinotti, 510-582-4030.**

**THU. 7/22/10 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 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. 7/24/10 TBA Ride**  
**Leader: Marcus van Raalte, 925-875-1017.**

**SAT. 7/24/10 85 miles 7:00 a.m. Ride from Oakland to Sacramento** and return in the evening on Amtrak. This is the first day of a cross-country trip by the Bike4Peace group that plans to get to Wash. DC on Sept. 22. Ride with them on their initial day with stops in Rodeo, Fairfield, Davis, and Sacramento.  
**Leader: Peter Rathmann, 925-336-0973.**

**SUN. 7/25/10 -- TBA**

**TUE. 7/27/10 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.**

**TUE. 7/27/10 3-4/M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.** All levels are welcome. We will meet in the parking lot (Nike Classroom) across from the Regional Parks Police/Fire HQ. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Dinner at Chipotle, in CV, after the ride and everyone is welcome to join us. Take Lake Chabot Rd from Castro Valley Blvd. Take the right after Arcadian (last house on the right) just before the park begins. Meet at the top of the hill in the parking lot (free) across from the Police Station.  
**Ride Leader: Janie Page, 408-598-0247.**

**WED. 7/28/10 2/3-M 30 miles 09:00 a.m. Meet at Shannon Center.** From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd; right onto Shannon; and right into Shannon Center. We'll go up Niles Canyon, cruise Palomares then home to Dublin. Bring food and fluids.  
**Leader: Elaine Nadeau, 925-577-6586 [l8trees@aol.com](mailto:l8trees@aol.com)**

**THU. 7/29/10 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 7/31/10 1-L 20 mile (32 km) 10 a.m. Join Randy for a round trip on the scenic Lafayette-Moraga Trail,** with a stop for lunch in Moraga. 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. Rain cancels. Call if in doubt.  
**Ride Leader: Randy Huey, 925-518-8439.**



## AUGUST 2010

**SUN. 8/1/10 3-M 55 miles 8:30 a.m. Morgan Territory Loop** We'll start at the Danville/Sycamore Park 'n Ride. Bring fuel and hydration.  
**Ride Leader: Kevin Thieben, 925-437-5919**

**MON. 8/02/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street.**  
**Call Zafer Demir at 925-443-4124 for further information.**

**TUE. 8/03/10 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. 8/03/10 3-4/M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.** All levels are welcome. We will meet in the parking lot (Nike Classroom) across from the Regional Parks Police/Fire HQ. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Dinner at Chipotle, in CV, after the ride and everyone is welcome to join us. Take Lake Chabot Rd from Castro Valley Blvd. Take the right after Arcadian (last house on the right) just before the park begins. Meet at the top of the hill in the parking lot (free) across from the Police Station.  
**Ride Leader: Janie Page, 408-598-0247.**

**WED 8/4/10 3-L 10:00 a.m. Let's pedal Calaveras Road out to Ed Levin Park.** We'll meet at the Pleasanton Ridge trailhead, head out Calaveras and on to Ed Levin Park. This is an out and back, so you may turn around at any time. Bring hydration and fuel as needed.  
**Ride Leader: Gail Blanco, 925-872-1001**

**WED. 8/04/10 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 1, 2010.**

**THU. 8/5/10 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. 8/7/10 2-L 20 miles (32km) 10 a.m.** Join Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Fort 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. Significant chance of rain cancels. Call if in doubt.  
**Ride Leader: Randy Huey, 925-518-8439**

**WED 8/11/10 Executive Board Meeting of at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.**



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

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

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

**EVERY 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**

- July 3/5 [Northwest Tandem Rally](#) – Medford, OR
- 10 [Bike for Breath](#) – Foster City
- 10/11 [LIVESTRONG Challenge](#) – San Jose
- 17 [Tour of Trinidad](#) - Eureka
- 17 [Harvest Century](#) – Healdsburg
- 17 [Fall River Century](#) - McArthur
- 17 [Windmill Century](#) – Santa Maria
- 31 [Santa Cruz Mountain Challenge](#)
  
- August 7 [Marin Century & Mt. Tam. Double](#)
- 15 [Tour d' Organics](#) - Sebastopol
- 21 [Holstein 100](#) - Tomales
- 21 [Tour de Menlo](#) – Atherton
- 21 [Cool Breeze Century](#) - Ventura
- 22 [Tour of Napa Valley](#) – Yountville



**THU. OCTOBER 7 – SAT. OCTOBER 23, 2010  
TEXAS HILL COUNTRY**

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.**



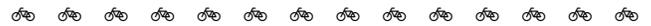
**THANKS**

After 42 years of service to the bicycling community Clarence Witt and his wife are closing their shop, for health reasons, by July 31st. Stop by and wish them well with a note of gratitude for all they have done for us bicyclists.

Witt's Bicycle Shop  
22510 Foothill Blvd.  
Hayward, CA 94541  
510-881-8070

**BEST WISHES FOR A SPEEDY RECOVERY**

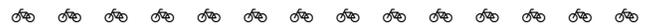
**to our President Dan Carhart and Vice-President Kathy Stein who crashed recently experiencing broken bones, cracked ribs, dislocation and probably an assortment of bruises. Hope to see you both back on your bikes soon.**



**CONGRATULATIONS!**



**Congratulations to club members Jan Aufdenkamp and Greg 'crash king' Moyer on their recent (it was a secret) marriage. Wishing you many years of continued happiness..... and remember: tire side down, two wheels on the road!**



**MEMORIES ARE MADE OF THIS!!!!**

It is amazing what you discover when you begin cleaning out the folders from years past. Would you believe this is a brief comparison of what it looked like from our very first Cinderella Classic to the present:

1976 – 114 riders	2010 – 2675 registered
\$3.00 registration fee	\$40.00 fee
30 gallons lemonade	100 gallons
2 cases bananas	34 cases
1 case oranges	30 cases
11 – 2 lb. boxes cookies	35 cases

There were no permits; no police coverage (just verbal notification that the event was occurring); no porta-potties; no major food; three checkpoints at street intersections; minimal sag support; and believe it or not, we made a profit of \$46.55. Memories, aren't they fun?!?!?!?



**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**

## 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)



### Valley Spokesmen “Bicycle” Touring Club General Membership Meeting June 2, 2010

Meeting called to order at 7:20 p.m. by President Dan Carhart.

Welcome was extended to all present. Introductions were made; it was good to see new faces.

Minutes from the May 12, 2010 executive board meeting were approved as written in the June newsletter and posted on the V.S. website.

Treasurer Bill reported we had a successful Cinderella. We will be discussing donations that will be made at our next executive board meeting.

#### OLD BUSINESS:

1. Past month's rides – They have been well attended with only a few rainouts. The Paso ride was great, well-supported and without rain except for Mark and Erica on day two. The wildflowers were spectacular. John's one night trip from Daly City (BART) to Capitola was also fabulous.
2. V.S. web site – Curtis updated the crowd on the site. Keep a lookout for his improvements. Any observations that need changes or corrections, please let Curtis know.
3. There were no updates on area Bicycle Master Plans.
4. The members of the executive board now have business cards, thanks Dan.

#### NEW BUSINESS:

1. The June/July ride schedule appears in the June newsletter as well as online. Watch for additions on the club website.
2. Bonnie reports there are still openings on the Texas Hill Country tour in October. Yosemite 2011 is filled and leaving on April 24<sup>th</sup> Easter Sunday. If you think you might want to go, call Bonnie, you may get lucky with a cancellation.

3. T.O.S.R.D. - Francie reported things are moving right along. Flyers have been mailed, reservations have been made in Sacramento and permits filed with Brannan Island and Delta High School.
4. Latest update from C.A.B.O. president Jim Baross – For a roadway that is too narrow for a bicyclist and a car to travel side by side, Caltrans has approved a sign stating “**bicyclists may ‘take’ the full lane.**” Similar signs are used in San Francisco and Santa Cruz. This may encourage other cities to use them too.
5. Correspondence sent and received may be perused in the current newsletter.
6. Next Executive Board Meeting will be Wednesday, July 14<sup>th</sup> at the Powers' place.

#### FURTHER NEW BUSINESS:

1. Jim D. reports the road going through the refinery area at the Carquinez Bridge is now beautiful. Also, the overpass at San Ramon Valley Road and Foothill Blvd. has been resurfaced on one side.
2. Jim P. reported there will be a bicycle safety training class at the Hayward Library on June 26<sup>th</sup> sponsored by the East Bay Bicycle Coalition.

There being no further business the meeting adjourned at 7:45 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

### Valley Spokesmen “Bicycle” Touring Club Executive Board Meeting June 9, 2010

Meeting called to order at 7:06 p.m. by Treasurer Bill Well.

Minutes from the June 2, 2010 club meeting were approved as read.

Treasurer Bill Well reported on our financial status. The Cinderella was extremely a lucrative event. Motion made, seconded and passed to give \$30,000. in charitable donations. We will also donate \$1,500. to each of the police departments in Dublin/Pleasanton/Livermore/Danville/San Ramon to be used toward bicycle safety programs. He further reported the club is not required to file as a charitable organization since our status with the IRS is 501-C-4. A letter is on file with our accountant, as well as with Bill, from the Attorney General stating this fact.

#### OLD BUSINESS:

1. Past month's rides continue to be very well attended. Our two crash victims (Dan Carhart and Kathy Strain) are improving after Saturday's encounter. We all wish them a quick recovery.
2. V.S web site – Curtis reported all is up to date. He enjoys learning new things and appreciates our informing him of any corrections that should be made.
3. Update on any Bicycle Master Plans – There is nothing to report currently. The next meeting in Dublin is not scheduled until the fall.
4. Memories – Bonnie shared stats from our first Cinderella. Would you believe we had 114 riders; charged \$3.00 per rider; and showed a profit of \$25.00. More will be shared in the newsletter.

#### NEW BUSINESS:

1. Ride Schedule for July/August – There are a few holes

but will be filled soon. The board was asked to check for typos etc. Discussed anniversary ride in August.

- 2. Upcoming tours – Yosemite is filled for 2011, however there is a waitlist. There is space on the Texas hill country tour in October. If interested contact Bonnie.
- 3. T.O.S.R.D. – We are under control and ready to roll.
- 4. C.A.B.O. strongly urges that bicyclists support SB 1061 and notify members of the Assembly Transportation Committee. This would provide a bike path on the Bay Bridge from Yerba Buena Island to San Francisco and complete the link between Oakland and San Francisco.
- 5. Cinderella donations will be considered at the July executive board meeting.
- 6. Bonnie reviewed correspondence sent and received.

There being no further business the meeting was adjourned at 8:00 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen “Bicycle” Touring Club  
June 2010**

*Correspondence sent:*

- 1. Check to Bob Powers for Paso Robles payment from Steve Whelan.
- 2. Check to Dublin Unified School District for use of Dublin High School for Swap Meet.
- 3. Permit filed with Delta River Unified School District for use of high school on T.O.S.R.D.
- 4. Permit filed with California Department of Parks & Recreation for Brannan Island.
- 5. Check to California Department of Parks & Recreation for permit filing fee at Brannan Island for T.O.S.R.D.
- 6. Check to Round Table Pizza for dinner at June business meeting.
- 7. Check to Minuteman Press for printing of June newsletter.
- 8. Check to Postmaster for annual post office box fee.
- 9. Letters of welcome to old/new members. Membership stands at 471.

*Correspondence received:*

- 1. July copy of *Sunset* magazine.
- 2. Thank you letter from Bay Area Ridge Trail Council for renewing annual membership
- 3. Advertisements from various organizations and businesses.
- 4. Requests for donations.
- 5. Membership renewal requests.
- 6. Newsletters and magazines from various clubs and organizations.
- 7. Refund check from the City of Livermore.



**RIDE REVIEWS**

May 28<sup>th</sup> – 30<sup>th</sup> So the VS 367<sup>th</sup> ride to the Great Western Bike rally is in the books. And what a ride it was!

First a great THANK YOU! to our 'Hostess with the Mostess', Bonnie. Always there with the goodies....ever been passed (very carefully) at + m.p.h. so the rest stop will be set up on arrival? Come and see.

We started in a wee bit of wet but after 3 miles it was done and all the rain gear was dumped into the SAG - Thanks Dan. Then on through upper San Jose (without traffic) to a lunch break at Erik's Deli or Carl's Jr. Off through the countryside to Uvas Res and a refreshing break. Then on to Hollister with ta da!!!! a tailwind. Arriving at the hotel and sharing refreshments - some even showered first-and a great 6 choice pasta dinner in town. Some even went for the sundaes! Rain during the night but dawn was clear and off we went through colorful fields of red and green lettuce and then grapes (wine-type). Up to the fire station break for incredible ripe strawberries and other good stuff. Too windy for helicopter rappelling. Off we go but strong headwinds so sent Mr. Br to the front with Big Bob..... ya know, you have to train the new folks. A lunch stop at the slaughter palace before the last up and then a great downhill run into King City. Wow!!! And so it went, though the tardy folk got a wee bit of rain whilst the early birds shared a Fat Tire or two (three?) and thought about them...a little. Many enjoyed our usual great repast at Guadalajara before toddling off to bed. Rain during the sleepy hours but dawn was clear and off we went for a strenuous 1/4 mile ride to Denny's for a bite to eat and before heading out on a great day. Never seen it so pretty in many years of riding to Paso. The hills are still a wee bit green and defined, the flowers flowering, the sky blue, and the cows doing what they do best, the few clouds fluffy and white, as they should be. A great day to be riding. Then the 'wall' and the cheering section at the top was great (almost over the top for the Italian crew).... wish we had a video...sure was a big score..... (he hoped <(:o) to make up for riding off the front. And then for miles of semi-down / flats...how often have you averaged 25+ for 20+ miles...thanks to the pullers. And here we are in Paso Robles at 82 degrees. A great evening meal at Odyssey of the World and then naptime.

Saturday it was out to Mission San Miguel (a wonderful Mission experience) then Cross Canyon to Ranchito and onto Hog Canyon for a rocket back to Paso. Odyssey must have hit the spot 'cause back we went. Sure hope our boisterous laughter didn't disturb the romantic diners <(:o)... oh well. Then some split for home Sunday a.m. after an Odyssey breakfast to remember, (too bad, you could ride till noon + and then go) and some did the metric century...though it seems a few (names deleted to protect the innocent) had a problem distinguishing between blue and yellow road arrows and did 80+...oh well. A great course of 65 miles with 3,000' + of up through gorgeous countryside with weather to match. Fortunately those who stayed the course found the Firestone Walker Brewing Co. which, after a nice shower, was a great, quiet and relaxing spot. Wonder how the ride-the-rails crew did...tossing your bike into a passing boxcar and clambering aboard must be a great experience. I'm sure we will hear about it..... in spades! Then the VS-sponsored barbeque...before the wrap-up meeting.

Congrats to the Dedons for 3rd place in the vintage bike category, to Hailey for her ribbon, Francie for a 5# Cytomax package, JD for a bottle of Merlot and Bob P. a bottle of Chardonnay. All in all what a wonderful week! Again, thanks from all of us to Bonnie for her incredible organization, support and Indy 500 driving to keep us sustained and Bob for keeping it all together. See you in 2011 for another great Paso week. Come on T.O.S.R.D. 2010 for a little more frivolity. Pictures, after passing the censor board, may be posted.

+++++

Team,  
 Just wanted to acknowledge the great ride down to Paso. Great ride, great friendship, great support, great laughs and great food. Look forward to next year. :-)  
 Bob S.

+++++

I would second that. I was a little apprehensive about going on the ride Wednesday morning with the rain starting to fall. But we stayed dry and the weather was about perfect for riding. Looking forward to next year.  
 Steve

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May 29<sup>th</sup> Fifteen Valley Spokesmen & Delta Pedalers joined me for a 60 mile loop down the American River Trail, starting from Discovery Park in Old Town Sacramento, with a stop for lunch at Karen's Bakery Cafe in Folsom. It was flawless late-Spring day with lots of fragrant Buckeye trees and wildflowers blooming along the way. All the riders agreed that it was possibly the best weather ever experienced on an American River ride. Randy

~~~~~

May 30<sup>th</sup> Rob - It was a bright day of hills, 6700 feet of climb over 70 miles; scenery was great, got to see the ocean, the beach with an ocean breeze was chilly. Thanks for a fun but challenging ride. Marcus

~~~~~

June 13<sup>th</sup> Hi All, Yesterday was hot, hot, hot but that didn't stop the 44 riders who joined the monthly Feather Pedals ride. The 22-mile route started at Draeger's Market in the Blackhawk Plaza - out to Windemere - then navigating back to Draeger's via Dougherty, Crow Canyon, El Capitan and Sycamore Valley. Accompanying the heat were gusty winds which were both a curse and a blessing. The breeze provided a relief at times - but also felt like a wall at others! Only 1 flat tire - and no mishaps - so definitely a successful ride! In addition to the standard Feather Pedals ride, 9 of our 44 riders (the very hardy cyclists among us) accepted the challenge mapped out by Rebecca and braved the 2200-foot, 4-mile climb up Morgan Territory. It is a difficult ride on the best day, but with the wind, it can best be classified as a 'super challenge'. They also picked up a 10th cyclist, Armando, who joined the group for the climb. Fortunately, everyone made it to the top and there was only one minor fall that resulted in a skinned elbow. The very generous Team in Training

folks had fresh ice water and a first aid kit so the group was good to go. All returned safely via a steep hill and back to Draeger's for drinks, lunch and lots of great stories! PS: Karin has decided to bring her rock wall climbing shoes for the 14 percent grade against the wind - along with some bungee cords - the next time she tackles this one!!

A special 'thank you' to Dean - our wonderful SAG - and Charles - our patient, dedicated Sweep. You two are so special and so very appreciated by all of us! Kathy

~~~~~

June 13<sup>th</sup>

Thank you Richard for inviting your daughter to sag for our toasty ride to Mt. Hamilton. The luxury of having sandwiches and soda delivered was enjoyed by all.  
 Alaine

+++++

I would second that. Although there is a vending machine at the top of Hamilton, having real food was a treat. Thanks. Steve

~~~~~



## MILEAGE REPORT AS OF June 22, 2010

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Agostino, Val	388		10	Matic, Mike	210		7
Ball, Karin	517	5	13	McBee, Michelle	1188	1	28
Berckmoes, Russ	278		7	Moore, Janet	511		13
Blanco, Gail	705	8	19	Moorhead, Jane	485	2	17
Bonilla, Herman	229	1	5	Murphy, Michele	262		7
Brown, Connie	223		5	Musson, Nathalie	368		8
Burger, Barb	418		11	Nadeau, Alaine	289	5	8
Burkle, Kathy	473	5	12	Neer, Mark	2130	13	48
Butler, Sher	317		7	Neer, Susan	2109	13	45
Campbell, Rick	1622	2	36	Norby, Edith	269	2	7
Carhart, Dan	1648	7	41	Nowell, Keith	688		19
Carlson, Dane	221		9	Nowell, Linda	476		13
Carpenter, Don	777		17	Owens, Punam	291	4	8
Castaneda, Ana	332	1	8	Page, Janie	202	5	9
Coronado, Carol	310	2	7	Parrish, Charles	724		20
Culshaw, Kathryn	285		2	Payne, Pat	415		9
Culshaw, Pete	697	1	16	Piekarski, Sharon	532		14
Culshaw, Sharon	305		4	Pinsky, Bert	324		8
Cunningham, Kathleen	312		7	Pinsky, Kyle	404		10
Cushman, Francie	2203	3	44	Powers, Bob	384	3	3
Daly, Deborah	414		11	Rathbun, Kim	283		9
DaShiell, Carol	467		12	Rathmann, Peter	1940	11	56
Dedon, Erica	554	1	7	Reid, Marie	201		4
Dedon, Mark	657		11	Repulles, Diane	210		7
Delfosse, Rob	1008	5	22	Rodriguez, John	401		6
DeMicco, Mike	456	3	8	Satoutah, Brahim	1442	1	32
Deornelas, Vic	397		11	Schiefer, Alma	481		12
Duncan, Jim	2509	18	58	Seaton, Shela	203		4
Duncan, Tom	258		6	Shannon, Geoff	426		13
Dunning, Clay	671		14	Shum, Bart	496		10
Dunning, Craig	302		3	Simpson, Christy	1861	2	40
Estey, Sue	304		7	Skow, Richard	451		8
Fraser, Heidi	257		3	Slagle, Pete	1016		25
Fujii, Bob	951	1	21	Smith, Harriet	234		5
Fujii, Vivian	457		10	Smith, Kimberly	236		6
Gallagher, Perri	333		9	Spangenberg Jr Larry	220		1
Goodwin, Bill	373	6	10	Spangenberg, Ed	220		1
Granahan, Dan	810	8	18	St. Clair, Kimberly	768		18
Heady, Bob	374	7	17	Strain, Bob	1378	1	27
Hedges, Richard	489		9	Strain, Kathy	1575		33
Hernandez, Mary	539		11	Thieben, Kevin	679		14
Herrera, Gloria	370		9	Thieben, Teresa	357		8
Hirt, Janice	411		10	Thomas, Walt	537		16
Hirt, Joe	346		9	Till, Gary	280		5
Ho, William	1081		27	Tracy, Steve	268		7
Hunt, Nena	553		14	Trublood, Lori	213		5
Johnson, Dan	309	1	8	Van De Vreugde, Jim	1569		35
Johnson, Joan	350		8	van Raalte, Laurie	344		9
Jones, Don	226		5	van Raalte, Marcus	1960		45
Kelly, Linda	200		2	Whelan, Steve	1772		33
Kibbee, Mike	618		18	Wilson, Beth	334		8
Kim, Hudson	220		1	Woods, Colleen	436		11
Kita, Jim	225		6	Woodworth, John	868	2	20
Kohnen, Jim	438		10				
Koniges, Alice	236		6				
Kowalewski, Steve	353		9				
Lam, Henry	223		5				
Leaver, Kent	685		21				
Lenzi, Marty	333		10				
Lin, Linda	364		8				
Longinotti, Linda	276		2				
Marande, Melissa	262		6				

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 – 48,681.

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

**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: _____

## 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

## 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)

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