President’s Message

Time to lighten up……

As we enter the final quarter of the year the only environmentally related condition that seems to be on schedule is the rapidly shorting daylight hours. Instead of “cool crisp autumn” temperatures we are hitting triple digit “Summer” temperatures and easterly off shore breezes. These warm evenings are a nearly irresistible call to go for an evening ride. What a great way to end the day. Though the plan may be to just do a “quick 60 minute loop”, an unplanned mechanical (like any of us would plan a mechanical problem) can suddenly extend the ride outside the window of acceptable light. Nothing is scarier than riding home “dark” in the dark among apparently over worked, under paid commuters who are late for dinner. Angry, angry, angry….a decrease in afternoon caffeine may be in order….

Riding “Dark” is wearing your stylish, yet dark colored, jersey, shorts, helmet and gloves on an unlit bike. Now is the season for your lightest brightest outfits and light it up. You can’t be too bright. Light colors, reflective accents, reflective decals all help to catch that driver’s attention. Make sure there are new batteries in your head and tail light and, most importantly, they are with you on the ride, not home in the gear bag. See, and be seen and live to ride another evening.

Tour of the Sacramento River Delta?
Hats off to Francie, Bonnie, Bob, Jim and a small army of support volunteers for planning and hosting yet one more extremely successful Tour of the Sacramento River Delta (TOSRD) ride last weekend September 25th and 26th. 198 cyclists enjoyed incredible weather, beautiful river scenery, copious amounts of delicious “home made” country cycling fare and timely frozen indulgences. There were rumors (all un-confirmed) of free flowing post ride libations (porters and ales) but apparently “what happens in Sacramento stays in Sacramento” unless it involves the budget in which case, “Nothing Happens in Sacramento”.

Tickets, tickets everywhere…
Be aware that there seems to be a major push by a number of local communities to crack down on what they consider the “Rogue Cycling Scoff Laws”. Running stop signs seems to be the infraction of choice. Sunol recently increased their infraction cash flow several times over at the intersection of Foothill and Kilkare Rd. Roll thru at the peril of your wallet.

Keep on spinning ….after a complete stop.
Dan
TOURING RIDE RATINGS

All rides graded according to predicted difficulty as follows:

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

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

The speeds of the following ratings are approximately:
P=8-10 mph; 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!!

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 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.

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.

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

FRI. 10/1/10 – TUE. 10/5/10 2-M 275 miles (440 km)
9:30 a.m. Tour from the Daly City BART station down the coast to Morro Bay. Option of camping or motels at each stop. Possibly with a Sag vehicle. Preliminary schedule is:
Friday: Daly City to Capitola
Saturday: Capitola to Monterey
Sunday: Monterey to Big Sur
Monday: Big Sur to San Simeon
Tuesday: San Simeon to Morro Bay

SAT. 10/2/10 1-L 56 miles (90 km) 10:00 a.m.
American River Trail to Folsom. Join Randy for an easy ride along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom for lunch and return. This is a great ride for new cyclists. Bring water and lunch or money to buy at Folsom. The ride will start at Discovery Park by Old Town Sacramento. Take I-680 north and get on Hwy 242 to pick up Hwy 4 through Antioch and over the Antioch bridge to Rio Vista. Then take Hwy 12 east to I-5, and continue on I-5 north to Sacramento. Exit I-5 at Richards Blvd, turn left onto Richards Blvd, turn right onto Jibboom St, and park in Discovery Park lot near the American River trailhead (just over the bridge into Discovery Park). Parking is $5, and allow 1 ¾ hours for drive to Sacramento. Call if in doubt about the weather.
Leader: Randy Huey 925-518-8439.
SUN. 10/3/10 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 8:00 a.m.
Leader: Alaine Nadeau, 925-577-6586, I8trees@aol.com.

SUN. 10/3/10 Mtn-3 8-12 miles (12 – 20 km) 9:00 a.m. The Mid-Peninsula Regional Open Space is comprised of 26 preserves, some of the finest scenery in the area, and it is MTB friendly. Dense redwoods, cool forests, open grasslands and sweeping vistas await us. Today’s adventure is in Purisima Creek Redwoods. The trails we will be riding are fire roads and single track. None of the trails are exceptionally difficult, but we will encounter some steep hills, both climbing and descending. All levels are welcome on this ride; however you should be comfortable riding a MTB and singletrack. If a hill is too steep – you can always walk it (which I have been known to do). I have not ridden this trail before; I do have a route, but we will be exploring. These trails can get crowded on weekends. There are speed limits on the downhill, and possible radar traps – so watch for others and watch your speed. We will start early (and promptly) to avoid some of the crowds. Meet at the Purisima Creek trailhead on Skyline Blvd. Allow approx. 1 hour driving time from the Dublin area. From San Mateo take 92 up to Skyline, turn left and drive approx. 5.8 miles to the North Ridge Trailhead.
Leader: Dane Carlson 925-323-5865 (dane.c@att.net)

MON. 10/04/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Zafer Demir at 925-443-4124 for further information.

TUE. 10/5/10 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. 10/6/10 2-L/M 30 miles (50 km) 10:00 a.m. Starting at Shannon Center in Dublin, we’ll ride through San Ramon and Danville to Alamo. Take I-680 to Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into parking lot. Bring water and snacks
Leader: Gail Blanco, 925-872-1001.

WED. 10/06/10 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, December 1, 2010.

THU. 10/7/10 to 10/23/10 425 miles Tour of the Texas Hill Country.

SAT. 10/9/10 2-L 20 miles (32 km) 10:00 a.m. Celebrate Navy Fleet Week and 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 to Marina Green to watch the Navy Blue Angels air show. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Call if in doubt about the weather.
Leader: Alaine Nadeau, (925)577-6506, I8trees@aol.com

TUE. 10/12/10 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. 10/13/10 Executive Board Meeting has been cancelled this month.

WED. 10/13/10 2-L/M 25 miles (40 km) 10:00 a.m. An easy ride to Las Trampas Park on Bollinger from Shannon Center in Dublin. Take I-680 to the Alcosta exit heading west; take a left on San Ramon Road; turn right on Shannon and right into the parking lot. Bring water and snacks.
Leader: Alaine Nadeau, 577-6586 I8trees@aol.com

SAT. 10/16/10 3-L/M 25+ miles (40 km) 8:00 a.m. Join Pete in celebrating his birthday for a fun, at your own pace, ride up the north side of Mt. Diablo with the goal to reach the top. Go up as far as you want and then retrace your steps back to the start, on the way stopping at Peet's in Ygnacio Plaza for coffee. Meet at
the 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:** Pete Culshaw, 925-457-7133 (cell) 925-932-0790 (home).

**SAT. 10/16/10 Details TBA 25 miles** with longer challenge option. 9:30 a.m. Check the web calendar for updates on the starting place and route. **Leaders:** Kathy Kane & Colleen Woods.

**SUN. 10/17/10 4-M/B 57 miles (90 km) 9:00 a.m. Livermore 'Mini Death Ride' with 5000 feet of climbing.** Ride covers many of the hills in the Livermore area: Del Valle, Miles, Tesla, Patterson, and S. Flynn. Everyone rides at his own pace and if you don’t feel like doing the full route it’s easy to shorten. Meet at the "Old Nob Hill Market" at Pacific and S. Livermore. To get to the start exit on N. Livermore from highway I-580, drive south past First Street, and Pacific will be on your left about one mile from First Street. **Leader:** Steve Whelan, 415-971-6828.

**SUN. 10/17/10 Mtn-4 12 miles (20 km) 10:00 a.m. Today’s adventure is in and around Mt. Diablo State Park.** Mt. Diablo is known for rugged climbs, extreme heat and almost no legal single-track. The trails we will be riding are fire roads and one of the extremely limited pieces of legal single-track to be found on the mountain. A mix of oak forest and open grasslands awaits us. None of the trails are exceptionally difficult, but we will encounter some steep hills, both climbing and descending. All levels are welcome on this ride; however you should be comfortable riding a MTB and single-track. If a hill is too steep – you can always walk it (which I have been known to do!). We will meet at the Finley Rd. trailhead. Finley Rd. is off of Camino Tassajara. You cannot park at the trailhead; parking is available about a half mile before. Bring hydration and energy. **Leader:** Dane Carlson 925-323-5865 (dane.c@att.net)

**TUE. 10/19/10 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. 10/20/10 3-M 30 miles (50 km) 10:00 a.m. Meet at Shannon center in Dublin.** We'll depart at 10:00. 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. **Leader:** Alaine Nadeau, 925-577-6586 I8trees@aol.com

**SAT. 10/23/10 1-L 20 miles (32 km) 10:00 a.m. – Danville Farmer’s Market** Join Randy for a ride from Heather Farm 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 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. 10/24/10 2.5-L/M 47 miles (75 km) 10:00 a.m. Dublin to Moraga loop.** Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids. **Leader:** Alaine Nadeau, I8trees@aol.com 925-577-6586.

**TUE. 10/26/10 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. 10/27/10 2-M 35 miles (60 km) 10:00 a.m.** Starting at Shannon Center we’ll head down Foothill Blvd. to Verona Bridge and then continue on Pleasanton-Sunol Rd. to Calaveras which will take us to Geary Rd. and the entrance of Sunol Regional Park. After a brief stop we’ll head back to Shannon. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right at Shannon Rd. and right again into the parking lot. Bring water and snacks. **Leader:** Michelle McBee, 925-200-0078.

**SAT. 10/30/10 1-L 20 miles (32 km) 10:00 a.m. – Lafayette-Moraga Trail** 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. Call if in doubt about the weather. **Leader:** Randy Huey, 925-518-8439.
Valley Spokesmen

SAT. 10/30/10 Mtn-3 12 miles (20 km) 10:30 a.m. Joe
Joseph D. Grant Park is located in San Jose on Mt.
hamilton road. This 9,560-acre park in the east foothills
of the Santa Clara Valley features grasslands and
majestic oak trees. We may see wild pigs, hawks and
probably a few tarantulas. There are many trails here to
explore in this remote and tranquil park, all wide fire
roads. Almost all trails are open to bikes. Our 12-mile
loop will have two escape options if you wish to cut it
shorter. None of the trails are exceptionally difficult, but
we will encounter some steep hills; both climbing and
descending. All levels are welcome on this ride; however
you should be comfortable riding a MTB. If a hill is too
steep – you can always walk it (which I have been
known to do!). Please allow 50 minutes from the Dublin
area, carpool suggestion would be Shannon Center at
9:30 a.m.
Leader: Gail Blanco, 925-872-1001.

WED. 11/03/10 NO CLUB MEETING THIS MONTH.
The next club meeting is scheduled for
Wednesday, December 1, 2010.

SAT. 11/06/10 2-M 65 miles (100 km) with shorter
options available 10:00 a.m.
PROGRESSIVE DINNER
BRING: Salad-----OR----Dessert-----OR----2 loaves sliced,
buttered French bread.
DRINKS: Will be provided.
MUST SIGN UP BY THURSDAY, 11/4/10
PLEASE call Bonnie to RSVP
Suggested Carpool: Park & Ride lot at I-680 and
Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends
are invited to this year’s Progressive dinner ride at Pam
and Steve Gifford’s circa 1854 farm home in the almond
and walnut orchards, cornfields and dairy farms of rural
Escalon, right on the way to Yosemite! We have family-
friendly intermediate ride loops planned on mostly level
terrain, totaling fifty (50) miles. Hammerheads don’t
despair! Each loop has additional distance just for you,
giving you a total of 65 miles. The first ride skirts the
limits of Escalon, and turns back thru the center of town
for the return to our first course of delicious soup. The
second ride crosses the Stanislaus River into Riverbank.
We will speed thru town towards Modesto, but turn back
across the river and return to our second meal of cool
salad. Then it’s off to the east on the day’s long ride out
thru Oakdale, and back thru Riverbank. Returning to our
home base, we get to feast on the chef-prepared frozen
dinner. For those who want more exercise, we have a
quick six-mile ride thru another quiet country corner just
down-the-road, and back to the Giffords’ for dessert and
socializing.
Plan on a 1 hour-15 minute drive from Dublin. Take I-
580 east over the Altamont Pass. Bear left on I-205 east
thru Tracy. Catch I-5 north for 2 miles to the Rte.120
exit towards Manteca. Bear left on Rte.120 east as
it loops onto Rte.99 north for one mile before exiting to
Yosemite Avenue in Manteca. Turn right on Rte.120 east
toward the National Park. Start to relax and enjoy green
orchards and fields. Go ten miles and enter Escalon.
Cross the railroad tracks after the Valero and stay right.
Turn right on McHenry Avenue, and proceed thru town
into the country for three miles to the flashing red light at
River Road. You’re close now! Turn left on River Road,
drive two miles, turn right on Burwood Lane, which
becomes Road at the sharp 90 degree left curve. A
couple hundred feet and we are on the left in the big
white house under the tall trees. Welcome!
Meet at the Giffords’ - 22549 Burwood Road,
Escalon, CA, 95320.
STEVE’S CELL PHONE IS 925.487.9150.

MON. 11/01/10 Monthly meeting of Valley
Spokesmen Racing Team at 6:30 p.m. at the
Livermore Cyclery, 2752 First Street, Livermore.
Call Zafer Demir at 925-443-4124 for further
information.

TUE. 11/2/10 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.

SAT. 10/31/10 3-M 38 miles (60 km) 9:00 a.m. We’ll
ride from Lafayette on a loop out to Pinole via Reliez
and ’Pig Farm Hill’ and then return via the San Pablo
reservoir and Orinda. Start at the staging area on
Olympic just west of Pleasant Hill Road in Lafayette.
Bring water and lunch or money to buy.
Leader: Dane Carlson 925-323-5865, (dane.c@att.net).

TUE. 11/2/10 3-M, 8-13 miles (13-21 km) 7:00 p.m.
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. 11/03/10 2-L/M 25 miles (40 km) 10:00 a.m. An
easy ride to Las Trampas park on Bollinger from
Shannon Center in Dublin. Take I-680 to the Alcosta exit
heading west; take a left on San Ramon Road; turn right on
Shannon and right into the parking lot. Bring water and snacks.
Leader: Alaine Nadeau, 577-6586, l8trees@aol.com

SUN. 10/31/10 3-M 38 miles (60 km) 9:00 a.m. We’ll
ride from Lafayette on a loop out to Pinole via Reliez
and ‘Pig Farm Hill’ and then return via the San Pablo
reservoir and Orinda. Start at the staging area on
Olympic just west of Pleasant Hill Road in Lafayette.
Bring water and lunch or money to buy.
Leader: Gail Blanco, 925-872-1001.
SUN. 11/7/10  2.5-M 30 miles (50 km) 10:00 a.m.  
Palmores Loop.  Meet at Shannon Center.  
From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd.; right onto Shannon; and right into 
Shannon Center. We'll go up Niles Canyon, cruise 
Palmores, then home to Dublin. Bring food and fluids.  
Leader: Alaine Nadeau, 925-577-6586.

SAT. 11/13/10 1-L 25 miles (40 km) 10:00 a.m. – 
Leader: Russ Berckmoes, 925-202-7383

DROP RIDE. We may get separated on some of the 
be plenty of stops to get water and food. This is a NO 
water and food. From the top of Mt. Hamilton, there will 
ascending Mt. Hamilton. You'll need to bring enough 
Cafe about the time it opens to get water before 
during those first 58 miles. We should make the Junction 
and up the backside of Mt. Hamilton.

TUE. 11/9/10 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. 11/10/10 3-M 30 miles (50 km) 10:00 a.m. Meet 
at Livermore Airport and pedal with us to Lake Del 
Valle. 
Take I-580 go south on Airway Blvd. Turn right onto the street from the softball fields. From downtown Walnut 
Creek, take a left turn off Ygnacio Valley Road at the 
signal at San Carlos into Heather Farm Park. The route 
is available at: 
http://www.bikely.com/maps/bike-path/VS-WC-Martinez-
Frontwater
If in doubt about the weather, look for a VSLIST email 
around 8:30 a.m. or call.  
Leaders: Pete and Sharon Culshaw, 925-932-0790.

SAT. 11/13/10 4-M/B 107 miles (170 km) 7:00 a.m. 
Meet at Harvest Park School in Pleasanton. This is a 
self supported century ride going through Mines Rd. 
and up the backside of Mt. Hamilton. We will return 
climbing Calaveras Rd. The biggest issue will be water 
during those first 58 miles. We should make the Junction 
Cafe about the time it opens to get water before 
ascending Mt. Hamilton. You'll need to bring enough 
water and food. From the top of Mt. Hamilton, there will 
be plenty of stops to get water and food. This is a NO 
DROP RIDE. We may get separated on some of the 
climbs, but we will regroup as needed. Bring money if 
you want to buy food as we get on the San Jose side of 
Mt. Hamilton. It's expected that we'll be done between 
4:00 p.m. and 5:00 p.m. Call if you have any questions. 
Leader: Russ Berckmoes, 925-202-7383.

SAT. 11/13/10 1-L 25 miles (40 km) 10:00 a.m. – 
Contra Costa Canal Trail 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.

SAT. 11/20/10 3-M  65 miles (100 km)  9:00 a.m. 
"Cal-Pal" from Shannon. We're motoring out Calaveras 
Road to Milpitas, then returning via Warm Springs, 
Niles Canyon, Palomares and Dublin Canyon Roads. 
Meet at Shannon Center in Dublin. Take I-680 to the 
Alcosta exit and go south on San Ramon Rd.; turn right 
on Shannon and right again into the parking lot. Bring 
fuel and hydration. 
Leader: Kevin Thieben, 925-437-5919.

SAT. 11/21/10  3.5-M 60 miles (95 km) 9:00 a.m. 
Starting in San Ramon we'll ride up to Walnut Creek 
and Clayton and then climb over Morgan Territory. 
Take I-680 to the Bollinger exit and meet in the Park & 
Ride lot at the southwest corner of the interchange 
(behind the Chevron station). Bring water and food or 
money to buy. 
Leader: Marcus van Raalte, 925-437-3332.

TUE. 11/16/10 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 
Bldv., 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. 11/17/10 2-L 27 miles (44 km) 10:00 a.m. We 
take a leisurely ride through Walnut Creek and 
Pleasant Hill to the Martinez waterfront, and then stop 
for lunch at the Haute Stuff Deli in Martinez before 
making our way back to Heather Farm. Meet at Heather Farm Park, Walnut Creek, in the parking lot across the 
street from the softball fields. From downtown Walnut 
Creek, take a left turn off Ygnacio Valley Road at the 
signal at San Carlos into Heather Farm Park. The route 
is available at: 
http://www.bikely.com/maps/bike-path/VS-WC-Martinez-
Waterfront
If in doubt about the weather, look for a VSLIST email 
around 8:30 a.m. or call.  
Leader: Randy Huey, 925-518-8439.
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: Peter Rathmann, 925-336-0973.

WED. 11/24/10 3-M 42 miles (68 km) 10:00 a.m. Starting in San Ramon we'll ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. 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 on the right side. Bring water and food or money to buy.

Leader: Peter Rathmann, 925-336-0973.

SAT. 11/27/10 3-L/M 47 miles (75 km) 10:00 a.m. Starting at Shannon Center in Dublin we'll ride over to Castro Valley and then climb to the beautiful vistas on Redwood and Pinehurst roads on our way to Moraga Commons. The return will take us past St. Mary's and through Lafayette, Alamo, and Danville. Take the Alcosta exit from I-680 and go west; turn left onto San Ramon Rd; right onto Shannon Rd; then right into the parking lot. Bring water and snacks. Route and pictures from a previous ride at:

http://tinyurl.com/8b45lv

Leader: Peter Rathmann, 925-336-0973.

SUN. 11/28/10 3-L 25 miles (40 km) 10:00 a.m. Let's pedal from Heather Farm to the Diablo junction and back. Recuperate afterward at Peet's or the sandwich shop. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio Valley Blvd. and go east; turn left into Heather Farm Park at San Carlos; park in the second parking lot on the left. Bring water.

Leader: Alma Schiefer, 925-330-2228.

TUE. 11/30/10 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.

DECEMBER 2010

WED. 12/1/10 2-L 25 miles (40 km) 8:30 a.m. Let's explore the mysteries of Sunol. Sunol has a water temple and where is Kilkare? This will be a casually-paced ride from Shannon Center. Take I-680 to the Alcosta exit and head south on San Ramon Rd.; take a right on Shannon Blvd into the park.

Leader: Peter Rathmann, 925-336-0973.
WED. 12/8/10 3-M 36 miles (60 km) 10:00 a.m. Join Gail as we trek down Foothill Road all the way out to the Calaveras Wall and back. Meet at the Pleasanton Ridge staging area out on Foothill Road; arrive early for a prompt departure. Bring food and hydration.

Leader: Gail Blanco, 925-872-1001.

WED 12/08/10 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.

SAT. 12/11/10 1-L 20 miles (32km) 10:00 a.m. – Danville Farmer’s Market Join Randy for a ride from Heather Farm down the Canal and Iron Horse Trails for a stop at the Danville Farmer’s Market and back for lunch near Heather Farm. 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.

SAT. 12/11/10 2-L/M 25 miles with longer challenge option. 9:30 a.m. Check the web calendar for updates on the starting place and route.

Leaders: Alma Schiefer & Karin Ball.

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

October
2 Konocti Challenge – Lakeport
2 Canyons Century – Tuolumne
3 Grizzly Century – North Fork
3 Harvest Ride - Hopland
3 Tour de Poway – San Diego
9 Wheels for Meals Ride – Shadow Cliffs, Pleasanton
9 Coyote Creek Cycling Classic – Morgan Hill
10 Riverbank Cheese and Wine Century – Stanislaus Bicycle Club
10 People Powered Ride – Goleta Valley Cycling Club
10 Chico Velo Fallflower Century – Chico
10 Castro Valley Tour de Valley
16 Foxy’s Falls Century – Davis Bike Club
16 Asti Tour de Vine – Dry Creek
16 BORP Revolution Ride – Sonoma County
17 MCDS Tour of Marin Half Century – Corta Madera
18 Long Beach Marathon Bike Tour
23 Spooktacular – Bakersfield

November
6 Solvang Prelude – SCOR Cardiac Cyclists Club
13 Tour de Foothills - Upland

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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<td>short sleeve jersey - club cut</td>
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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
Contact Jim Duncan: hey-you@comcast.com or 925-209-1369

VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
C.B.C. - California Bicycle Coalition - www.calbike.org
California State Parks Foundation - www.parks.ca.gov
East Bay Area Trails Council - www.ebtrails.org
E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org
Greenbelt Alliance – www.greenbelt.org
Nature Conservancy – nature.org/legacy
Planning and Conservation League www.pcl.org
Rails to Trails – www.railstotrails.org

Valley Spokesmen “Bicycle” Touring Club
Business Meeting
September 1, 2010

Meeting called to order at 7:15 p.m. by President Dan Carhart.
Minutes from the August 11, 2010 Executive Board meeting may be found in the current newsletter.
Treasurer Bill Well reported on our accounts. After some discussion, motion made, seconded and passed,
including 40/50 projects. The Pleasanton Bicycle Map is now available, welcoming comments or corrections. The Bicycle/Pedestrian Advisory Committee has disbanded and been merged with the Trails Committee.
4. Cinderella donations were tabled until the Executive Board meeting.
5. The letter regarding the use of the Iron Horse Trail on Cinderella day has also been tabled.
6. Upcoming tours – Yosemite 2011 is filled with a waiting list only. This is your last chance to sign up for the Texas Hill Country tour in October.

NEW BUSINESS:
1. The September/October ride schedule is available online and in the current newsletter.
2. Mtn. Challenge – October 3rd – Bonnie is in need of workers at Rock City; Junction, Juniper and at the top.
3. East Bay Bicycle Coalition has reported Niles Canyon is due for widening from I-680 to Mission Blvd. beginning in 2012 for completion in 2014. Unfortunately it does not appear that includes the bridges and train overpass.
4. Update on T.O.S.R.D. – We now have 178 riders registered. Everything else is coming right along.
5. Next Executive Board Meeting scheduled for Wednesday, September 8th at the Powers’ place.

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
September 8, 2010

Meeting called to order by President Dan Carhart at 7:10 p.m.
Treasurer Bill Well reported on our accounts. After some discussion, motion made, seconded and passed, to donate $100.00 to Cycles of Change sponsored by Wynn Kageyama of the Newark Junior High School.

OLD BUSINESS:
1. Past month’s rides – have been . . . . interesting to say the least, and reasonably well attended.

NOTE: “The County Mounties” are out in force in Sunol (Foothill/Kilkare stop sign) and in Danville. Word to the wise, (as I know you are) STOP AT ALL RED LIGHTS and STOP SIGNS!

A whole group of V.S. cyclists was ticketed in Sunol for not stopping, resulting in a $100. fine for each cyclist.
2. Bicycle Master Plans – The city of Pleasant Hill is beginning to form a bicycle master plan. The bicycle bridge over Treat Blvd. nears completion.
3. Curtis reported the web site is current with the exception of the club directory. Discussion followed.
4. The Cinderella donations have been tabled until next
5. We still have the letter to East Bay Regional Parks for usage of the Iron Horse Trail on Cinderella day to consider.
6. Discussed the $500 donation to Ruth Winder, the local teen hoping to go to the World Junior Track Championships in Italy, and how the payment should be handled. Bonnie has been in communication with Sports Basement, who shares our dilemma.

NEW BUSINESS:
1. Ride schedule – The board was asked to review the proposed schedule. Please, if there are any typos or errors, let Bonnie know immediately as there was an error on the date of the club meeting in the past two newsletters. Discussion followed.
2. After much discussion regarding the October Executive Board Meeting, motion made, seconded and passed to forgo this meeting. The next E-board meeting will be in November on the 10th.
3. Bonnie is looking for workers for the Mountain Challenge October 3rd. Help is needed at three water stops (Rock City/-the Junction/Juniper) and at the top. Bonnie to post this request on VSlist.
4. T.O.S.R.D. 2010 is coming right along. We have 198 registered riders.
5. Attorney Gary Brustin has offered to come as a guest speaker at one of our club meetings. He specializes in bicycle law and advocacy. Motion made, seconded and passed to invite Gary to an upcoming club meeting, perhaps December.
6. Nominating Committee for 2011 club Officers will include: President, Vice-president and three members-at-large. Bob Powers and Jim Duncan have agreed to serve; one woman will be asked.
7. Bonnie reviewed correspondence sent and received. Motion made, seconded and passed to contribute $500.00 to Adventure Cycling’s Bicycle Route Network.
8. Jim Paulos warned the Texas riders of the flooding in Austin that may cause problems while on their tour in October.

There being no further business, the meeting was adjourned at 8:08 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen “Bicycle” Touring Club
September 2010

Correspondence sent:
1. Check to Tri Valley Flowers for dish garden.
2. Check to Minuteman Press for printing of September newsletter.
3. Check to Nature Conservancy for membership renewal.
4. Check to Postmaster for stamps.
5. Check to Round Table Pizza for September club meeting/dinner.
6. Check to Varenchik Accounting Corporation for filing of State and Federal income tax for 2009.
7. Check to La Quinta Inn and Suites for T.O.S.R.D. deposit.
8. Check to Adventure Cycling Association as a donation for our country’s trail system.
10. Check to Purchase Powers for refilling of postage on meter.
11. Check to Cycle of Change as a donation toward Wynn Kageyama’s bicycle program.
12. Refund checks for T.O.S.R.D.
13. Letters of welcome to old/new members. Membership
now stands at 499.

Correspondence received:
1. October copy of Sunset magazine.
2. Thank you letter from California State Parks Foundation for $200.00 donation.
3. Advertisements from various organizations and businesses.
4. Requests for donations.
5. Membership renewal requests.
6. Newsletters and magazines from various clubs and organizations.

MILEAGE REPORT AS OF SEPTEMBER 27, 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 – 126,907!! Impressive!!
RIDE REVIEWS

August 28th
Thanks to Francie and Jim for leading today's ride from Danville to Walnut Creek, Blackhawk, Livermore, and Pleasanton. A nice ride in the cooler temperatures we're enjoying again, but marred by a couple crashes due to overlapped wheels (kudos to Rick for demonstrating how to do a forward flip while emerging unscathed and with only a tiny scratch on one shifter). Peter

September 1st
A lovely day for Gail's ride to Livermore and the 9:00 a.m. start let us get a good start before the temperature started to rise. We started at Diablo Vista park by Blackhawk and headed out to the north side of Livermore. Peter

September 5th
Nice sunny, but not too hot day for today's ride starting in south Livermore and heading out Tesia to Corral Hollow and then continuing through Tracy before returning via Altamont Pass. led by Jim and Francie.

September 6th
Susan and Mark led today's ride from San Ramon to the Calaveras "Wall." Great day for the ride, but there was an unpleasant surprise waiting in Sunol in the form of Alameda Sheriff's officers pulling over cyclists for not making a complete stop at Kilkare. They indicated that there had been complaints from merchants along Main St. about cyclists, so they were doing a brisk business handing out $100 tickets. After a brief delay we continued up Calaveras and along the reservoir. There's continuing construction activity in the staging area north of Geary Rd. with actual work on the dam replacement scheduled to start this spring and continuing through the winter of 2014. The road will be closed on weekdays for some periods during the construction. Peter

September 8th
Barbara led us on an enjoyable and interesting ride exploring some new paths in Benicia on our way to the cafe in Rockville. These included the Austin Gibbon Memorial bike bridge at the north end of Benicia State Park providing a safer alternate to Rose Dr. for crossing I-780 (official opening ceremony is Oct. 2nd) and McGary Rd. which provides an alternate to I-80 for heading north from American Canyon. Peter

Thanks to all who came along to make it happen. The I-780 bike/ped bridge official opening is Sat Oct 2nd, 9 AM. It would be great to see a lot of cyclists there. I would feel honored! Barbara

September 9th
Walt celebrated his 79th birthday with his annual climb of 'Nike Hill' (named for the abandoned missile installation at the summit) in the Coyote Hills Park on a Fremont Freewheeler's ride co-listed with Valley Spokesmen. After climbing the hill and riding through the Coyote Hills park we headed over to Andersen's Bakery in Hayward for some pastry, lunch, and birthday cake. Peter

Walt, Happy Birthday! And more to look forward to. I love your head gear, is that a funky chicken or a yellow-headed Canary? Jim K.

September 11th
Randy led today's ride starting at the Ferry Bldg. in San Francisco. We headed up the Embarcadero and past Crissy Field to the Golden Gate Bridge and then went down the hill to explore Ft. Baker before returning across the bridge to Ft. Point and then finishing at Ghirardelli Square and the chocolate festival. Peter

September 12th
This club ride started at Shannon Center in Dublin and visited a number of local pubs along the way. First stop was at Buffalo Bill's in Hayward, then Bronco Billy's in Niles, Bosco in Sunol, 1st St. Alehouse in Livermore, and The Hopyard in Pleasanton. Bill wasn't able to ride with us on his brewery tour of the East Bay, but he did join us (and treated us to a round) at the First Street Alehouse in Livermore. We enjoyed an interesting ride. We originally planned to also include Jack's in San Ramon, but had too many riders drop out by then. Peter

September 15th
A beautiful day for Dane's ride to the top of Mt. Tam. Started out a little cool and cloudy, but the climbing warmed us up pretty quickly and we were soon above the fog layer. Looked like the fog remained over San Francisco, but we got plenty of sunshine on Mt. Tam and throughout our descent into Fairfax. After a stop for ice cream we continued on through the small scenic towns of San Anselmo, Ross, Kent, and Larkspur before tackling our last hill of the day to reach the summit of Camino Alto and a long coast back to the cars. Peter

September 19th
Bill led today's ride that started at the Livermore airport and led us on a loop of the area over Hwy. 84, through Sunol, Pleasanton, Dublin, San Ramon, and Blackhawk before returning via Camino Tassajara and Collier Canyon. Cloudy skies, but pleasant temperatures for the ride. Peter

September 22nd
Gail led today's ride which took us on a full circumnavigation of Livermore. Beautiful sunny, but comfortably cool, day for this ride which took us through some of the vineyards south of town before climbing the hills to the east and north. On the way back we stopped at the 'bike friendly' rest stop on Carneal at the feed lot where there's a picnic area, vending machine, and rest room available for passing cyclists. Peter
PROGRESSIVE DINNER

WHEN:  Saturday, November 6, 2010
HOW:   By bicycle, covering about 50 or 65 miles
HOUR:  10:00 a.m.
WHERE: Meet at the home of Pam and Steve
BRING:  Salad----OR----Dessert----OR----2 loaves sliced, buttered French bread.
DRINKS: Will be provided.
MUST SIGN UP BY THURSDAY, 11/4/10

Valley Spokesmen Club members, families, and friends are invited to this year's Progressive dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don't despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it's off to the east on the day's long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Gifford's for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You're close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!

The day's activities will begin at 10:00 AM at Gifford's-22549 Burwood Road, Escalon, CA, 95320. STEVE’S CELL PHONE IS 925.487.9150.
2010 CLUB OFFICERS

President: Dan Carhart
Vice-President: Kathy Strain
Treasurer: Bill Well
Recording Secretary: Lynn DeMattei
Corresponding Secretary: Bonnie Powers 925-828-5299
Ride Chairmen: Peter Rathmann
Curtis Stallins
Newsletter Editor/Typist: Marcia Seeger
E-mail: VSnews02@aol.com
Newsletter Publisher: Mary Murphy
Past President: Jim Kohnen
V.S. Racing Team contacts: Jim Duncan
Zafer Demir

2010 PRESIDENTIAL APPOINTMENTS

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

Community Liaisons

Alamo Ralph Speck
Castro Valley Molly Heekin
Concord Jean Watts
Kathy Tate
Danville Bill/Mary Well
Dublin Chrsty 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.

VALLEYSPOKESMEN
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568

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
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

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

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

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

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

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

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

NAME - please print

ADDRESS

CITY

STATE

ZIP +4

In consideration of the acceptance of my application, I, for myself, my heirs, executors, administrators, successors and assigns, waive, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the Valley Spokesmen "Bicycle" Touring Club, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs, executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable to me for damages.

I AGREE TO WEAR A BICYCLE HELMET ON ALL CLUB RIDES.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE Valley Spokesmen Bicycle Touring Club AND SIGN IT ON MY OWN FREE WILL.

DATE

AGE

APPLICANT'S SIGNATURE

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

Name

Age

Signature

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

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact:

Telephone Number: (____)

Emergency Contact:

Telephone Number: (____)

Physicians Name:

Telephone Number: (____)

Medical Insurance:

Coverage ID: ______________ Group ID: ______________

Allergies:

Blood Type: Name: __________ Type: __________

Name: __________ Type: __________

Name: __________ Type: __________

Name: __________ Type: __________

Name: __________ Type: __________