President’s Message

It is hard to believe but we are at the end of another year. Time seems to be flying by faster than a down wind descent. We are now hip deep in the most treacherous time of the year, the Thanksgiving / Christmas / New Years holidays. Where riding days are few and far between yet the onslaught of irresistible, totally delectable, calorie laden delights is almost never ending and relentless. I can feel the pounds inevitably marching my way as I write this. Of course the aroma of baking pumpkin pie and Czechoslovakian nut roll may be a major factor in this psychosomatic vision of uncontrollable weight gain and future hill climbing night mares.

How does one fight this terrifying scenario? I wish I knew. All of my strategies have failed miserably.

Abstinence: The total rejection of all Holiday Epicurean Delights….yeah right….I have a well know addiction to all manor of Holiday baked goods. I could list them alphabetically but I have limited space and you have limited patience in reading even my best editorials. It just suffices to say that this is an addiction as strong as nicotine but alas, no “Goodie” patch is yet available.

Limited Consumption: Commonly know as a “Diet”… controlled and limited intake of all caloric burdened sustenance……. yeah right….not even Jillian Michaels – “TVs Toughest Trainer” could stop the primal urge to have seconds. Once my taste buds have experienced even one bite of barbequed turkey, garlic mashed potatoes with giblet gravy, candied yams and fresh baked rolls, all washed down with a full bodied glass of Cabernet Sauvignon, it is all over. Besides I am somewhat immune to having an attractive woman yell at me having been married for 31 years to my lovely wife.

Hit the Gym: Spin those extra calories away…yeah right….Boring. No matter what I try to distract myself I have yet to find anything that can keep me motivated to consistently or even inconsistently get on the spin cycle and crank it up.

I guess I will just have to accept the fact that I am in a vicious cycle. Work all spring and summer to get off the weight, build up the endurance just to throw it all away as the rains and holiday festivities dominate the ride schedule.

I hope you all have better luck than I in breaking this vicious cycle. Have a Happy Holidays and may the coming year be the best ever.

Keep on spinning!
Dan

Happy Holidays!
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=6-13 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!

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. 12/1/10 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE! ELECTION OF OFFICERS FOR 2011. Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Pizza served at 6:30 p.m. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar at for a map.

WED. 12/1/10 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE! ELECTION OF OFFICERS FOR 2011. Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Pizza served at 6:30 p.m. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar at for a map.

VS Calendar

SAT. 12/4/10 2-L 20 miles (32 km) 10:00 a.m. – San Francisco-Golden Gate Bridge 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. 12/4/10 2-L 20 miles (32 km) 10:00 a.m. – San Francisco-Golden Gate Bridge Ride. Join Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate Bridge, through Fort Baker and back for lunch at Fisherman's Wharf. Bring water and money to buy lunch. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Call if in doubt about the weather.
Leader: Randy Huey, 925-518-8439.
SUN. 12/5/10 2-L/M 45 miles (72 km) 10:00 a.m. A lopsided figure-8 through the still undeveloped regions of Dublin and San Ramon. We'll hit Dougherty, Collier and downtown Livermore. After a stop for coffee (Panama Red’s or Peet’s?) it's back out N. Livermore to San Ramon. Social ride or sprint, come one, come all. Definitely no drop, ride at your own pace and enjoy the day. Start at Shannon Center in Dublin. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Rd. and right again into the parking lot. A little moisture is ok, full on rain cancels. I predict a beautiful day!

Leader: Randy Huey, 925-518-8439.

MON. 12/06/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore (about 1/4 mile east of old location). Call Zafer Demir at 925-443-4124 for further information.

TUE. 12/7/10 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails.
All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

Leader: Janie Page, 408-598-0247.

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 the OLD and NEW club officers 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 Farmers’ Market Join Randy for a ride from Heather Farm down the Canal and Iron Horse Trails for a stop at the Danville Farmers’ 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 ~20-40 miles (30-65 km) 9:30 a.m.
Monthly Feather Pedals ride We’ll meet at Draeger’s Market in the Blackhawk Plaza shopping center. There will be two route options: Classic and Challenge.
- Classic is ~ 20 miles: a loop through Danville, Alamo, and San Ramon.
- Challenge is ~ 40 miles, all riders will ride the first part of the Classic route together and then Challenge riders will depart the Classic route at Mt. Diablo Scenic Blvd. to make the climb and descent on the south side of Mt. Diablo; after the descent riders will rejoin and follow the Classic route. (If riders prefer the challenge of a climb but not the extra miles, riders can return to Draeger’s vs. rejoining and following the Classic route.)
- SAG support on the Classic route only. Cancellations announced by 7am the day of the ride via eMail to vslist@googlegroups.com and featherpedals@yahoogroups.com
- Take I-680 to Sycamore exit in Danville and go east; continue on Camino Tassajara; turn left at Blackhawk Rd and right into the shopping center parking lot (staging to the left). Lunch and socializing after the ride at Draeger’s Market.

Leaders: Karin Ball, cell 408-406-2286 & Alma Schiefer, cell 925-330-2228.

SAG: Dean Ball, cell 925-786-5710.

SUN. 12/12/10 3-L/M 47 miles (75 km) 9:00 a.m.
Dublin to Moraga loop. First we’ll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we’ll return through Lafayette, Alamo, and Danville. 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: Peter Rathmann, 925-336-0973.

TUE. 12/14/10 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails.
All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

Leading: Janie Page, 408-598-0247.

TUE. 12/15/10 3-L/M 30 miles (50 km) 10:00 a.m.
Barbara will lead us on a scenic tour of the Benicia area followed by some delicious pear cobbler at her place to celebrate her birthday. The route will take us to Lake Herman Road, the Solano Bike Link Path, American Canyon, back to Benicia via local streets and bike paths. A few significant climbs totaling 2100’. Take I-680 north across the Benicia bridge, stay left on the bridge to I-780. Exit E 2nd St and go left under the freeway; turn right on Military; left on 1st. St.; left on B to the parking lot.

Leader: Barbara Wood 707-745-6353.
SAT. 12/18/10 1-L 20 mile (32km) 10am – Marsh Creek-Big Break Trail  Join Randy for a round trip on the scenic Marsh Creek and Big Break Trails, with a stop for coffee or lunch after the ride. Bring water and money to buy lunch. Meet at the Starbucks at the corner of Balfour Rd. and Fairview Ave. in Brentwood. Call if in doubt about the weather. 
Leader: Randy Huey, 925-518-8439.

SUN. 12/19/10 2-L 30 miles (50 km) 10:00 a.m. Our traditional ride to see the beautiful Christmas decorations at Orchard Nursery in Lafayette. Meet at the SRV School District Office (699 Old Orchard Dr.) in Danville. Take I-680 to the Sycamore Valley exit and go east 0.9 miles; turn left on Old Orchard Dr. and immediately left into the school district parking lot. Bring water and snacks.
Leader: Julie Hampton, 510-685-7103.

TUE. 12/21/10 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

WED. 12/22/10 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; turn right on Shannon and right again into parking lot. Bring water and snacks.
Leader: Gail Blanco, 925-872-1001.

SAT. 12/25/10 Merry Christmas! – no ride

SUN. 12/26/10 3-M 30 miles (50 km) 9:00 a.m. We'll ride down Foothill to Sunol, then Niles Canyon to Palomares before climbing to the summit and taking Dublin Grade back to the start. Meet at Shannon Center. Take I-680 to Alcosta Blvd. and go west; turn left on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring water and snacks.
Leader: Peter Rathmann, 925-336-0973.

TUE. 12/28/10 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

WED. 12/29/10 2-L/M 22 miles (34 km) 10:00 a.m. Easy-paced out-and-back ride from Shannon Park in Dublin to the end of Bollinger Rd. in Las Trampas Park. Take I-680 to Alcosta Ave. exit and go west; turn left at San Ramon Rd.; turn right on Shannon Ave. and right into parking lot. Bring water and snacks.
Leader: Alaine Nadeau, 925-577-6586, 8trees@aol.com

JANUARY 2011

SAT. 1/1/11 4-L/S 25 miles (40 km) 9:00 a.m. Time for the traditional Valley Spokesmen New Year's Day ride to the summit (or as far as you want to go) of Mt Diablo. Meet in the Danville Railroad Museum parking lot for this social ride. Take I-680 to Diablo Rd exit; go west to Hartz and turn left; turn right on Prospect and left on Railroad Ave. Parking lot will be on the right. Bring water and snacks.
Leader: Peter Rathmann, 925-336-0973.

SUN. 1/2/11 2-L/M 35 miles (60 km) 9:00 a.m. Meet at Shannon Center in Dublin and ride to Sunol Regional Park and return. Take I-680 to Alcosta exit, left onto San Ramon Blvd., right onto Shannon Ave, right into parking lot. Bring your lunch to the park.
Leader: Mark Dedon, 925-828-9183.

MON. 1/03/11 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore (about 1/4 mile east of old location). Call Zafer Demir at 925-443-4124 for further information.

TUE. 1/4/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

TUE. 1/11/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.
**Valley Spokesmen**

**December 2010**

**WED. 1/5/11 2-M 25 miles (40 km) 10:00 a.m.**

Paradise Loop. Starting in Mill Valley we’ll ride through Tiburon and Corte Madera including the scenic route along Paradise Drive. Meet at Blithedale Plaza at the northeast corner of Blithedale and Camino Alto in Mill Valley. Take I-580 across the Richmond-San Rafael bridge; take exit 2A to Sir Francis Drake Blvd.; stay left onto south 101; take exit 444 to Blithedale; shopping center is on right at Camino Alto. Suggested carpool: Rudgear Park & Ride lot on I-680 in time for a 9 am departure.

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

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**WED. 1/05/11 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 2, 2011.**

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**SAT. 1/8/11 2-L 15-25 miles (24 - 40 km) 9:30 a.m.**

First in a weekly series of training rides leading up to the Cinderella Classic. The ride today will start at Shannon Center in Dublin and will have a choice of two distances: 15 miles for the ‘classic’ ride, and 25 miles for the ‘challenge’ ride. Take I-680 to the Alcosta exit and go west; turn left on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Both women and men are welcome on these training rides.

**Leader:** Alma Schiefer, 925-330-2228.

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**SUN. 1/9/11 2-M 35 miles (60 km) 10:00 a.m.**

Starting at Diablo Vista Park we’ll head east through some rolling hills to Livermore and then loop back. From I-680 take the Crow Canyon exit in San Ramon and go east; turn right on Tassajara Ranch Rd. (before C. Tassajara) and right again into the park. Bring water and snacks.

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

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**TUE. 1/11/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**

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

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

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**WED 1/12/11 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.**

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**WED. 1/12/11 3-M 41 miles (66 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 to the right side. Sprinkles ok – call if in doubt about the weather.

**Leader:** Pete Slagle, 925-819-6600.

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

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**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.

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**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.

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**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.

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**WED 1/12/11 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.**

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**Wed. 1/12/11 3-M 41 miles (66 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
Valley Spokesmen
December 2010

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

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

NEW BIKE SHOP TO ADD TO OUR DISCOUNT LIST

Endless Cycles
3300 East Castro Valley Blvd.
Castro Valley, CA 94552
510-470-3551
http://www.endlesscyclesonline.com/

The following persons have agreed to be members of the Executive Board in 2011

- President: Mark Dedon
- Vice-President: Karin Ball
- Treasurer: Bill Well
- Recording Secretary: Lynn DeMattei
- Corresponding Secretary: Bonnie Powers
- Ride Chairpersons: Gail Blanco and Peter Rathmann
- Newsletter Editor: Marcia Seeger
- Newsletter Publisher: Mary Murphy

Come to the December 1st Club Meeting at Round Table Pizza in Dublin to vote them into office.

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
November 10, 2010

Meeting called to order by President Dan Carhart at 7:00 p.m. Minutes from the September 8, 2010 Executive Board Meeting were approved with one correction.

Treasurer Bill Well reviewed our accounts. We may have some outstanding bills for TOSRD, but next month these should be settled.

OLD BUSINESS:
1. The past month’s rides have been well attended. The progressive dinner went well and everyone ate, ate, ate. The Texas tour was enjoyed by all with one oops. There were two wet days, but only briefly. We made friends with a motorcyclist who followed our route for several days.
2. TOSRD evaluation – Everyone had a wonderful time with no accidents. There was one lost soul; the new route was terrific; and everyone appreciated the route markings.
3. The Mtn. Challenge was a great success. Bonnie thanks everyone for volunteering. There will be a Volunteer Appreciation gathering on November 17th in Walnut Creek. Join in if you were a worker.
4. Curtis really has no report for the web site. Keep up the good work, Curtis!
5. Area Bicycle Master Plans – Bonnie reported there was a meeting on October 29th in Pleasanton regarding the Iron Horse connection between BART and Santa Rita Rd. There is a Bikeways Projects Workshop in Dublin tonight, Francie is attending.
6. Jim passed out a list of those organizations that will be receiving a donation as a result of this year’s Cinderella. Motion made, seconded, and passed to approve the list.
7. Discussed the donation to Ruth Winder – There has been some difficulty in getting the money to her.
8. Discussed the donation to the group sponsoring the San Ramon Bicycle Rodeo, no action has been taken. Jim to check with Chuck Tyler.
9. The letter to East Bay Regional Parks regarding the Iron Horse Trail on Cinderella day is still pending.
NEW BUSINESS:
1. The December/January ride schedule was reviewed.
2. The BE-Pro Conference is set for January 7/8, 2011. We are looking for two volunteers, perhaps Mark Dedon and Karin Ball would be interested.
3. The Mid-winter party is set for Saturday, February 26, 2011. Mark your calendar.
4. Attorney Gary Brustin will be available to speak at our March 2, 2011 Club Meeting. Please attend and bring your questions.
5. The nominating committee reported the following persons have agreed to run for office for 2011:
   - President: Mark Dedon
   - Vice-President: Karin Ball
   - Treasurer: Bill Well
   - Recording Secretary: Lynn DeMattei
   - Corresponding Secretary: Bonnie Powers
   - Ride Chairman: Gail Blanco and Peter Rathmann
   - Newsletter Editor: Marcia Seeger
   - Newsletter Publisher: Mary Murphy

FURTHER NEW BUSINESS
1. Jim D. shared the Cinderella jersey design for 2011. We are looking at a cost of $50.00 each.
   The Cinderella is set for Saturday, April 2, 2011.
2. Curtis inquired on how Bill was doing with the new computer program – all is good.
3. Jim P. asked if anyone knew the routing of Amgen, with it beginning in Livermore and ending in San Jose.

There being no further business, the meeting was adjourned at 8:15 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen "Bicycle" Touring Club
October/November 2010

Correspondence sent:
1. Check to Meadowlark Dairy for TOSRD IT’S IT ice cream.
2. Check to La Quinta Inn and Suites for TOSRD accommodations.
3. Check to Pitney Bowes Global Financial Services LLC to lease on postage meter.
4. Check to Ralph Harmon for TOSRD refund.
5. Checks for “out-of-pocket” expenses on TOSRD to various persons.
6. Check to Bob Powers for TOSRD expenses and two First Aid Response Kits.
7. Check to Meals on Wheels as a donation.
8. Check to River Delta Unified School District for use of Delta High School on TOSRD.
9. Check to Dublin Security Storage for annual (13 months) rental fee.
10. Check to Pitney Bowes Global Financial Services LLC for taxes on postal meter.
11. Check to Pleasanton Marriott for deposit on Mid-Winter party.
13. Letters of welcome to old/new members. Membership now stands at 499.

Correspondence received:
1. Refund check of $500.00 from California Department of Parks and Recreation for use of Brannan Island on TOSRD.
2. Copy of Liability Insurance policy.
4. Attorney Gary Brustin will be available to speak at our March 2, 2011 Club Meeting. Please attend and bring your questions.
5. Copies of Sunset magazine for October and November.
6. Thank you letter from Adventure Cycling Association for $500.00 donation.
7. Advertisements from various organizations and businesses.
8. Requests for donations.
9. Membership renewal requests.

Newsletters and magazines from various clubs and organizations

The following persons have agreed to run for 2011 club officers

President: Mark Dedon
Vice-President: Karin Ball
Treasurer: Bill Well
Recording Secretary: Lynn DeMattei
Corresponding Secretary: Bonnie Powers
Ride Chairman: Gail Blanco and Peter Rathmann
Newsletter Editor: Marcia Seeger
Newsletter Publisher: Mary Murphy

MEMBERSHIP FOR 2011
IS NOW DUE
JOIN OR REJOIN TODAY!
Valley Spokesmen  December 2010  

**RIDE REVIEWS**

Saturday Sept. 25 and Sunday Sept. 26 a few of us rode the Valley Spokesmen’s Tour of the Sacramento River Delta.

Saturday we started from the Brannan Island State Recreation Area and took the back roads on Brannan, Twitchell, and Andrus Islands along the rivers, sloughs, and cuts - beautiful waters all. We came into historic Isleton via the "back way", went up on Hwy 160 to take the bridge across the Sacramento, and on Grand Island Road to Ryde where we turned east to the Ryer Island Ferry. The cable-operated ferry operates 24 hrs. It's everything unique. Once on the east side, we took the back roads into Clarksburg where the volunteers had a very good lunch spread ready. Once full of good food and fluids, we continued on the South River Road thru Old Sacramento to our motel.

Sunday, after a good breakfast at the motel, we were on our bikes on the road thru Sacramento on Riverside Road and the paved trail along the Sacramento River Levee. We then took 160 south through quaint Freeport, Hood, Courthand, Locke, and into Walnut Grove for an ice-cream stop. Once across Georgiana Slough, we took the back road along the slough (beautiful water) back into Isleton. Once out of Isleton “the back way”, we retraced our Saturday morning routes back to the Brannan Recreation Area for an awaiting fulsome BBQ handsomely prepared by the volunteers. The smells and the tastes all GOOD GOOD!!!

We'll do this two-day ride again next year. We'll put it up here early, and encourage you to sign up. It's a great your-first-back-to-back-two-day ride. You'll be looked after the best.

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October 12th
Petaluma & Beyond, a great ride in Western Marin County with a stop at the Freestone Bakery has been posted for Saturday October 30th. Details to be entered soon. Save the date for a memorable, beautiful ride in the Marin countryside. Jim

October 13th
Alaine led our ride today from Shannon Center to Las Trampas. A good ride for a warm day since we got the climb out of the way early and enjoyed a cooling breeze on our way back down the hill. Saw the zebras again at the ranch toward the end of Bollinger Rd., but no ostriches this time. Peter

October 16th
Two club rides on Mt. Diablo today. Jim and Francie led a ride up the south side from Danville to the junction and then returning by way of Walnut Creek while Pete Culshaw celebrated his birthday by riding from Heather Farm up the north side to the summit and back. I rode from home to join Jim and Francie on their ride to the junction but then rode with Pete’s group to the summit. On the way back I split off at the junction and went down the south side and back home while they took North Gate back to Walnut Creek. Peter

October 17th
Steve led the ’Livermore Mini-Death Ride’ today with plans to climb the various hills surrounding the town. But after tackling the Del Valle and Mines Rd. climbs, the increasing rain led us to call for a retreat to a more pleasant indoor setting. Peter

October 20th
Alaine led today’s ride which was originally scheduled to go out to the 5 Canyons area of Castro Valley. But the prospect of cold and damp fog in the hills wasn’t too appealing so the route was revised on a ‘plan as you go’ basis. We ended up riding through the new Windemere development to Tassajara and then on to Livermore via Highland with a stop at the feed store on Carneal that invites cyclists to stop by. We returned to Pleasanton on Stanley and then took the Iron Horse trail through the BART station and back to Dublin. Peter

October 27th
Started out a little cool, but the sunshine (and exercise) soon warmed us up on our ride from Shannon to Sunol Park. Got back just as the clouds started to roll back into the area. Peter

October 31st
Thanks for to-day’s Mt. Veeder ride, Mike. A cool start with fog on the Napa River, but sun after we crossed the bridge and quite lovely looking back at the fog with the golden sun. The Oreo cows looked good, as usual. The vineyards were colorful, the trees washed and green, the many pumpkin patches glowing orange, the pace just right and the downhills a blast! Good company, good pace, great territory and overall a gorgeous day in the Napa area. Thanks for posting. Francie and her domestique (Jim)

November 6th
Progressive Dinner - It was a grand day as nineteen of us gathered at Pam and Steve Gifford’s in Escalon, for a ride around the countryside passing many orchards of almond and walnut groves, vineyards, corn fields, livestock and lovely country homes. Of the three loops, all would agree the first and third were the best with little traffic and new territory to explore while crossing the Stanislaus River and passing through the towns of Oakdale and Riverbank. After each loop we returned for soup, then salad and finally the main course and then, would you believe, dessert. Obviously no one went hungry and the socializing was most enjoyable. The Giffords’ home is incredible, filled with amazing antiques and covering three acres. Special thanks to everyone for contributing salads and desserts to the feast. It was truly a delightful day!

MEMBERSHIP DUES FOR 2011 ARE NOW DUE
JOIN TODAY!
Our Adventure in Texas!

What? You are Going Where? Who Goes to Texas?

These were some of the questions we had asked ourselves before venturing out on our wonderful Southwest “Tour of the Hills of Texas”!

In all there were 11 daring souls to “tango with the Hills of Texas”! One of the riders had an accident about half way through the ride and had to go home. After surgery on her wrist, we understand she is doing quite well, but she and her husband were missed. She was very brave and an inspiration to all of us! However, the number 11 remained the same as her sister and husband drove in from Iowa and finished the last part of the route with us. Bonnie, who was still recovering from surgery and opted to drive the “sag van” the entire route! We secretly admitted were glad (not that Bonnie was injured) but the fact that we didn’t have to drive. I think some of us would still be finding our way back, great job Bonnie!

The beautifully laid out route lent itself to a mix of long straight flats, to more “serious rollers” and some hills that were quite daunting. The climbing ranged from 6% to approximately 15% grades. The rollers were deceiving in that your climb wasn’t rewarded by a fast descent that would send you to the top of the next roller, rather you made it only about a third of the way up to the next roller as they were very long.

However, many of the climbs had their reward with a sweeping panoramic view of the green pastures and bucolic hills. The expansive ranches and farms were far reaching, one would expect herds of cattle and/or other livestock, but only handfuls were visible.

Each quaint town we passed through had its own distinctive claim to fame, e.g., in the town of Hondo there was “Billy Bob’s Backyard B.B.Q……how could we resist Billy Bob’s!!

Utopia seemingly had been untouched by time, with its quaint local market, a few shops and of course the “morning gathering” place, the local coffee shop. The B&B was everything one reads about Southern Hospitality and Cooking! After a thundering rainstorm in the late afternoon, some of us witnessed our first display of fireflies. It was as if the whole grove of trees were lit up with miniature lanterns…….what a sight to behold.

Back on the road again riding to the town of Kerrville, we passed Lost Maples State Park known for it’s glorious palette of colors once mother nature touched it with her paint brush in the Fall. (Unfortunately we were just a few weeks too early for this event.) The hills on the way to Kerrville were steep and with rollers that continued as far as the eye could see……..

We were very happy to ride into the charming town of Fredricksburg! The town is teaming with tourists, shops, local cuisine and beer, and several museums! It is full of life and gaiety.

The trip was almost like opening gifts on Christmas morning, one pleasant surprise after another! The road to Johnson town crossed through some of the 80 miles of LBJ’s ranch. The LBJ National State Park is well worth visiting and is a distinct historical destination. The town itself, Johnson City, is not named after the former President but rather a distant
relative. Truly a place to find authentic southern cooking. Everything on the menu from Caramelized Pecan Chicken to fresh homemade ice cream that captivated your culinary fantasies, in other words, it was DELICIOUS!!

As we ventured forth to Austin, we found the road quite hilly and more of the Chip ‘n Seal Roads. For those who haven’t had the pleasure of riding on Texan Chip Seal it was akin to riding over miles of gravelly roads but only “Texas Style….large pieces of gravel! You really got to rock and roll! Alas, arriving in Austin, (for those of us who could find our way) very confusing City to enter, either by car or bicycle!

A well deserved rest at the luxurious Embassy Suites!

There is plenty to do in Austin and, of course for cyclists, visiting “Mellow Johnny’s”, the bike shop owned by Lance Armstrong was a big attraction for all of us. A display of the bikes he used in the “Tour de France” was a walk down memory lane.

It was hard to leave our “cushy” hotel and hit the road again; however we road to the charming “college” town of San Marcos. Lots of rollers, but beautiful countryside.

Not much time to visit, as we were up bright and early headed to New Bruenfels and our B&B located in the delightful town of Gruene. This was indeed the “Pearl” of the trip. The town built by Mr. Gruene still held it’s 19th century charm! Its claim to fame is Gruene Hall, Texas’ Oldest Dance Hall that continues to welcome dancers and bands from all over the world. The stage has seen the likes of Johnny Cash, Willie Nelson, Bo Diddley and Garth Brooks to name a few! What a treat!!!

The B&B was the “frosting on the cake”! The entire property shouted “Martha Stewart”! Everything from each thematically decorated room to a sumptuous brunch displayed like a food ad from Sunset Magazine.

To tie it all together the large acreage of beautifully manicured landscape was embraced by the stunning Guadalupe River with it’s crystal clear water.

How to leave this beautiful spot? “Mother Nature” had her say, as we had to wait a few hours on the veranda waiting for a storm with torrential rain to pass over. All geared up with rain jackets and plastic baggies on our computer, our troupe headed back to San Antonio…..As luck would have it and the help from a weather forecast on an I Phone, the rains had passed and our trip back to San Antonio was full of crisp fresh air, blue skies and billowy white clouds! A perfect ending to a perfect trip!

Everyone shared the same zest and joy for the adventure of exploring the “Hills of Texas”; which made for an unforgettable incredible trip!

Thank you Bob & Bonnie for all the effort you put into planning this wonderful adventure! Also thank you for all those who co-riders who helped to make this one of the “best trips ever!”

Carole Kolnes
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510-538-5000
http://www.missinglink.org

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510-470-3551
http://www.endlesscyclesonline.com/

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925-672-2522
http://encinabicyclecenters.com/

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Danville, CA 94526
925-820-0345
http://calped.com/

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Danville, CA 94526
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http://www.pegasusbicycleworks.com/

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925-828-8676
http://www.dublincyclery.com/

Livermore Cyclery
7214 San Ramon Rd.
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925-829-4310
http://www.livemorecyclery.com

The Pedaler
3826-A San Pablo Dam Rd
El Sobrante, CA 94803
510-222-3420
http://www.theped.com

Cyclepath Hayward
22510 Foothill Blvd.
Hayward, CA 94541
510-881-8070
http://www.cyclepathhayward.com/

Hayward Bicycles
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Hayward, CA 94541
510-881-5177
http://haywardbicycles.com/

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925-284-BIKE
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Sharp Bicycle
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925-284-9616
http://sharpbicycle.com

Cal Bicycles
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Livermore, CA 94550
925-447-6666
http://calbicycles.com

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2752 First St.
Livermore, CA 94550
925-455-8090
http://www.livemorecyclery.com

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925-485-3218
http://www.cyclepathhayward.com/

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http://citybicycleworks.com

Robotson Wheel Works
1235 MacArthur Blvd
San Leandro, CA 94577
510-352-4663
http://www.robinsonww.com

Delta Cyclery
6555 Pacific Ave.
Stockton, CA 95209
209-951-5665
http://www.deltacyclery.com

Delta Cyclery
130 West 11th ST., #A
Tracy, CA 95376
209-835-7151
http://www.deltacyclery.com

Encino Bicycle Centers
2901 Ygnacio Valley Blvd.
Walnut Creek, CA 94598
925-944-9200
http://encinabicyclecenters.com/
MID-WINTER HOLIDAY PARTY

MARK YOUR CALENDAR
SAVE THE DATE
FOR THIS NINETH ANNUAL GALA EVENT

WHEN: Saturday, February 26, 2011
WHERE: Pleasanton Marriott
       11950 Dublin Canyon Road, Pleasanton, CA
WHAT: Dinner, dancing and enjoyment for all
TIME: 6:00 p.m. (no host cocktails) 7:00 p.m. dinner served
WHOM: Valley Spokesmen members and invited guests
COST: $10.00 per person includes dinner, but not cocktails
MENU: Entrée of Salmon, or Beef (vegetarian upon request)

Make your reservation today by sending in this form to:
   Valley Spokesmen, P.O. Box 2630, Dublin, CA 94568

List each person individually and their entrée:

Name _________________________  Name _________________________
Address _________________________  Address _________________________
Phone ___________________________  Phone ___________________________
Entrée  Beef _____  Salmon _____  Entrée  Beef _____  Salmon _____
       Vegetarian _____  Vegetarian _____
Payment $10.00  Payment $10.00

Name _________________________  Name _________________________
Address _________________________  Address _________________________
Phone ___________________________  Phone ___________________________
Entrée  Beef _____  Salmon _____  Entrée  Beef _____  Salmon _____
       Vegetarian _____  Vegetarian _____
Payment $10.00  Payment $10.00

SIGN UP NOW FOR THIS MOST FESTIVE EVENT OF
THE YEAR!!!
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 2011 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2011 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: ______________________________________

Name: ____________________________ Type: ____________

Name: ____________________________ Type: ____________

Name: ____________________________ Type: ____________

Name: ____________________________ Type: ____________

Name: ____________________________ Type: ____________

Name: ____________________________ Type: ____________

Rev 12/17/2009
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
Danville Kathy Tate
Dublin Bill/Mary Well
Hayward James Paulos
Lafayette Stan Goodman
Livermore Susan Gibbs
Pleasanton Bill Rose
Pleasant Hill John Rodriguez
San Ramon Peter Rathmann
Walnut Creek Peter Culshaw

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

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

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

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