President’s Message

2011…Year of the Bike?

Good bye 2010! Welcome 2011! I hope that everybody survived another Holiday Season with a maximum amount of joyous holiday spirit and reverie and minimal negative influence on your BMI (body mass index). Unfortunately my BMI has definitely taken a beating between the lemon bars, cake balls, IPA (India Pale Ale) and ride rain outs. It seems like every potential riding day which I have free from work, or other Holiday commitments, is scheduled for rain by a higher authority. So far no amount of hoping, begging and pleading seems to facilitate a rescheduling of pending precipitation.

Oh well, rain days are an excellent time to evaluate one’s success in achieving last year’s goals and setting new ones for 2011. Resolutions are fine but documented goals with measurable and achievable “steps” are much more effective. Not only do they need to be documented but visible. Once I have mine established I plan to type them up and hang them up where I will see them everyday. With a little luck, and a little more restraint at the dining table, I will be able to report 100% success this time next year. To quote a motivational speaker, whose name currently escapes me, “A goal not written down is only a dream”.

I would like to thank everybody for their support over the last two years. It is readily apparent that our sport is in a major growth spurt. The average number of participants on any given ride continues to grow. The average level of fitness continues to increase along with the typical ride length, vertical challenge and speed. I for one particularly enjoy this increase in challenge. But as with any organization we are only as strong as the new members we attract. Without this influx of new energy, enthusiasm and spirit any organization will stagnate and fade.

I would like to challenge all the membership to help fuel the new growth we need. We need to remember when we first started our cycling journey. Somebody who was stronger, faster and more experienced took the time to go slow and encourage, motivate and guide. Let’s return the favor. Dedicate at least one day in 2011 to leading a training or novice ride.

Have a Happy, Prosperous and Safe New Year.

Keep on spinning.

Dan Carhart

Happy New Year
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!!

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, site 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 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.

MEMBERSHIP DUES ARE NOW DUE! JOIN TODAY!

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. It’s Mark’s birthday, come help him celebrate. 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. 1/3/11 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. 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: Gail Blanco, 925-872-1001.

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.

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

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.

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 Camino Tassajara) and right again into the park. Bring water and snacks.
Leader: Gail Blanco, 925-872-1001.

TUE. 1/10/11 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.

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.

WED 1/12/11 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

SAT. 1/15/11 2-L 17 miles (27 km) with longer 'Challenge' option available; 9:30 a.m. Ride with the Feather Pedals from Blackhawk on a loop through Danville and San Ramon incl. the new Windemere area. Meet at Draegers Market in the Blackhawk Plaza. Take I-680 to the Sycamore exit and go east (bec. Camino Tassajara); turn left on Blackhawk Rd. (opp. Crow Canyon) and right into Blackhawk Plaza. Bring water and snacks. Optional social time / lunch after the ride. Arrive early so the ride can leave on time. Details, incl. the route sheet, are on the club's web calendar.
Leaders: Kathy Burkle 408-209-8471, Rebecca Wood 925-577-3842.

SUN. 1/16/11 2.5-M 31 miles (50 km) 9:30 a.m.
Palomares Loop. Meet at Shannon Center. From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd; right onto Shannon; and right into Shannon Center. We'll go up Niles Canyon, cruise Palomares, then home to Dublin. Bring food and fluids.
Leader: Mark Dedon, 925-828-9183.

TUE. 1/18/11 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.

WED. 1/19/11 3-L 32 miles (50 km) 10:00 a.m.
Take I-680 to the Sycamore exit and go east; turn right on Blackhawk Rd. (opp. Crow Canyon) and right into Blackhawk Plaza. Bring water and snacks. Optional social time / lunch after the ride. Arrive early so the ride can leave on time. Details, incl. the route sheet, are on the club's web calendar.
Leaders: Kathy Burkle 408-209-8471, Rebecca Wood 925-577-3842.

TUE. 1/25/11 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.
right onto Olympic into 1st parking lot. Bring water and lunch or money to buy in Orinda.
Leader: Edith Norby, cell# 707-771-0483.

SAT. 1/22/11 2-L/M 20 miles (32 km) with option of 42 miles) 9:30 a.m. Feather Pedals training ride for the Cinderella. We'll do an out-and-back ride from Shannon Center to Las Trampas Park at the end of Bollinger. The Challenge option will add climbs of Shaefer Ranch and Palomares. 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 Shannon Center parking lot. Both women and men are welcome on these training rides. Bring water and snacks. Arrive early so the ride can start on time. Details, incl. the route sheet, are on the club's web calendar.
Leader: Marty Lenzi (925-283-1037), Kim Rathbun.

SUN. 1/23/11 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. 1/25/11 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.

WED. 1/26/11 3-L/M 30 miles (50 km) 10:30 a.m. Let's pedal from Heather Farm to the Diablo junction and back. Possible option to make a loop by returning from the south side. 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: Henry Lam, 925-708-4066.

SAT. 1/29/11 2-L/M 25 miles (40 km) with option of 45 miles 9:30 a.m. Feather Pedals training ride for the Cinderella (both genders welcome). Starting at the Crank-2 cycle shop in south Pleasanton we'll head down to Sunol and continue out Calaveras. The regular ride will turn around at the base of the hill while the optional Challenge continues past the reservoir to the top of 'The Wall' before returning. Crank-2 is at 5480 Sunol Blvd. at the south corner of the Raley's shopping center. Take I-680 to the Bernal exit and go east; turn right on 1st (becomes Sunol Blvd.) and left into the shopping center (just before Junipero). Bring water and snacks. Arrive early so the ride can leave on time. Details, incl. the route sheet, are on the club's web calendar.
Leader: Rebecca Wood 925-577-3842.

WED. 2/2/11 3-L/M 30 miles (50 km) 10:30 a.m. Let's pedal from Heather Farm to the Diablo junction and back. Possible option to make a loop by returning from the south side. 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: Henry Lam, 925-708-4066.

FEBRUARY 2011

TUE. 2/1/11 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.

WED. 2/2/11 3-L/M 30 miles (50 km) 10:30 a.m. Let's pedal from Heathen Farm to the Diablo junction and back. Possible option to make a loop by returning from the south side. 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: Henry Lam, 925-708-4066.

SAT. 2/5/11 2-L/M 27 miles (45 km) with option of 40 miles; 9:30 a.m. Feather Pedals training ride for the Cinderella (both genders welcome). Meet at Alamo Plaza on Danville Blvd. between Xenia restaurant and the gas station. We'll ride through assorted neighborhoods in Danville, Blackhawk, and Alamo. The Challenge option adds a climb to the Diablo Junction. Take I-680 to the Stone Valley exit and go east; Alamo Plaza is on the right after crossing Danville Blvd. Bring water and snacks. Arrive early so the ride can leave on time. Details, incl. the route sheet, are on the club's web calendar.
Leader: Rebecca Wood 925-577-3842.
**UPCOMING EVENTS**

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<td><strong>Los Angeles Chinatown Firecracker Bike Ride</strong></td>
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<td><strong>Le Tour de Manure</strong> – El Centro</td>
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<td>26</td>
<td><strong>Pedaling Paths to Independence</strong> – Linden</td>
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**LEADERS:** Carol Da Shiell, Alma Schiefer, 925-330-2228
UPCOMING TOUR

October 4-22, 2011 – Arizona here we come! Bob and I have recently mapped out a tour of Arizona. The tour would cover approximately 675 miles beginning in Phoenix and going to Apache Junction, Globe, Payson, Camp Verde, Sedona, Flagstaff, Cameron, Grand Canyon, Williams, Prescott, Wickenburg before returning to Phoenix. Arizona’s not flat; at one point we were at 7,000 ft. The actual cost is yet to be determined. Is anyone interested, do we have any takers? More info will be available at a later date. Give me a call if you may be interested. Bonnie Powers, 925-828-5299.

MID-WINTER PARTY 2011!

SAVE the date - Saturday, February 26, 2011
For this most festive occasion!

Congratulations to our new club officers for 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:. . . . . . Maria Seeger
Newsletter Publisher:. . . . Mary Murphy

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

Meeting called to order by President Dan Carhart at 7:15 p.m.

Minutes from the November 10th Executive Board meeting may be found in the current newsletter.

Treasurer Bill Well reported on our checking and savings accounts. All donations have been made to twenty-three women’s groups and five police departments as a result of profits made from the Cinderella.

OLD BUSINESS:

1. Past month’s rides – Most have been on the chilly side. Bonnie encouraged everyone to read the review of the Texas Hill Country ride. Francie mentioned the Progressive dinner at the Giffords’ was great.

2. V.S. web site - There was no report from Curtis.

3. Update on area Bicycle Master Plans – Bill Rose reported the Pleasanton Master Plan has been completed and is now being implemented. The path under I-580 is fully funded; everyone has approved the plan except Caltrans. The final approval is due October 2011; with construction to begin in the spring of 2012. Pleasanton is replacing loops with cameras.

4. Cinderella 2010 – All donations have been made totaling $30,500 to 23 Women’s groups; 5 cities.

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 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

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4. Cinderella 2010 – All donations have been made totaling $30,500 to 23 Women’s groups; 5 cities.
NEW BUSINESS:
1. Bob Powers reported on the nominees for 2011 Club Officers. Motion made, seconded and passed to elect the following persons by acclamation:
   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; and Newsletter Publisher: Mary Murphy.
2. Ride Schedule – The ride chairmen are looking for leaders for the end of January and into February. Sundays particularly are vacant.
3. BE-Pro Conference – January 7/8, 2011 – Karin Ball and Gail Blanco have agreed to attend.
4. Mid-winter party – February 26, 2011 – Already people are signing up for this festive event for a whooping $10.00.
5. Jim Duncan reported the jersey design for Cinderella 2011 is in the works as well as the patch.
6. Come to the March 2nd business meeting as bicycle attorney Gary Brustin will be our guest speaker.
7. There is a new bike shop that honors our members with a 10% discount – Endless Cycles in Castro Valley.
8. Jim Duncan also reports that Sports Basement in Walnut Creek will provide goodies and a 20% discount on the day members start and end a ride at their location.
9. Check out correspondence sent and received in the current newsletter.
10. The next Executive Board Meeting will be for OLD/NEW officers at the Powers’ place December 8th.
11. Erica Dedon thanked Dan Carhart for a job well done as club president.

There being no further business, the meeting was adjourned at 8:05 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

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

Meeting called to order by President Dan Carhart at 7:15 p.m.
after indulging in Tom and Jerry’s.
Happy Holidays everyone!

Minutes from the December 1, 2010 club business meeting were accepted, though not read.

Treasurer Bill Well reported on our checking and savings accounts. We show a profit of $2760.00 from the Tour of the Sacramento River Delta. The question was raised as to any checks outstanding that have not been cashed and Bill reported there are a few.

OLD BUSINESS:
1. Past month’s rides – They have been well attended if not rained out, but cold weather.
2. V.S. web site – Curtis reported everything is up to date.
3. Area Bicycle Master Plans – Everything is the same as reported at the club business meeting.
   Bottom line, both Dublin and Pleasanton are moving in a positive direction. Note: Stanley Blvd. is closed to cyclists on the south side; and Airway Blvd. is closed on the east side.

NEW BUSINESS:
1. The January/February ride schedule was reviewed. Discussion followed on how best to reach our membership. Peter would like to receive members’ email addresses in a timelier manner. Jim to work with Bonnie on this. The suggestion was made to revisit Mark Dedon’s survey and post it in the newsletter as well as online. We are looking for improvements and suggestions for the club.
2. Several club members participated in the Livermore Christmas parade and had a great time. It was suggested the club participate in the parades in Pleasanton, Dublin and Danville as well. All thought it would be a great idea.
3. The Feather Pedals are looking to reorganize their group seeking more leaders and persons willing to assist with some of the responsibilities. They wish to reach out and address riders’ concerns. The V.S. race team has agreed to assist this group with instruction on safe riding and pace lines with NO emphasis on racing, just encourage women to get involved.
4. BE-Pro Conference – January 7/8, 2011 will be attended by Karin Ball and Gail Blanco. Bonnie will make two motel room reservations.
5. Mid-winter party – February 26, 2011 – we have 27 persons signed up already.
6. Cinderella 2011 – Jim has some samples of jerseys for sizing to be tried on.
7. Executive Board refreshments – Bonnie passed around a list for board members to sign up for the year.
8. Correspondence was reviewed. Bill to check if we have already rejoined four of the organizations that have sent us renewal notices.
9. Jim Kohnen mentioned Hope Hospice was very pleased in receiving our donation from the Cinderella Classic.

There being no further business, the meeting was adjourned at 8:30 p.m.
Respectfully submitted, Bonnie Powers, Secretary, Pro-tem

Valley Spokesmen “Bicycle” Touring Club
December 2010

Correspondence sent:
1. Check to California Parks Foundation for membership renewal.
2. Check to Greenbelt Alliance for membership renewal.
3. Check to Minuteman Press for printing of December newsletter.
4. Check to Marcia Seeger for out-of-pocket expenses on T.O.S.R.D.
5. Checks to the following organizations as a result of the Cinderella Classic:
   A Safe Place; Alameda County Deputy Sheriff’s Activities; Asian Women’s Shelter; Bay Area Women Against Rape (BAWAR); Building Futures for Women & Children; Cancer Support Community; Charlotte Maxwell Complimentary Clinic; Child Abuse Prevention Council of Contra Costa County; Community Overcoming Relationship Abuse (CORA), East Bay Agency for Children; Family Violence Law Center; Hope Hospice; Koinonia Family Services; La Casa De Las Madres; Marin Abused Women’s Services; Safe Alternatives to Violent Environments (SAVE); Sexual Assault & Domestic Violence of Yolo County; STAND! Against Domestic Violence; Sunday Friends, Women CARE, Women’s Health Specialists/Phoenix Teen Clinic; Tri-Valley Haven; and Women’s Community Clinic
7. Check for $1,500 to the following police departments as a result of the Cinderella Classic: Livermore Police Department; Pleasanton Police Department, Dublin Police Department, Danville Police Department and San Ramon Police Department.
8. Check to Alameda County Fairgrounds for Cinderella Classic 2011 deposit.
9. Check to Round Table Pizza for dinner at December Business Meeting.
10. Check to Cycle! California for BE-Pro registration for Gail Blanco and Karin Ball.
12. Check to Rails-to-Trails for membership renewal.
13. Check to National Parks Conservation Association for membership renewal.
14. Check to Wyndham Hotel for room reservations for Gail Blanco and Karin Ball at BE-Pro Conference.
15. Letters of welcome to old/new members who have joined or rejoined the club for 2011.

Correspondence received:
1. Thank you letters from Greenbelt Alliance and California State Parks Foundation for renewing membership.
2. Thank you letters for Cinderella donations from: Koinonia Foster Homes, Child Abuse Prevention Council of C.C.C., Women's Health Specialists, Sunday Friends, Bay Area Women Against Rape, Sexual Assault and Domestic Violence Center, Family Violence Law Center, East Bay Agency for Children, STAND! Against Domestic Violence, Women's Community Clinic, Women Care, La Casa de Las Madres, Center for Domestic Peace, Hope Hospice, Livermore Police Department and San Ramon Police Department.
3. Copies of Sunset magazine for December and January.
4. Thank you letter from Adventure Cycling Association for $500.00 donation.
5. Advertisements from various organizations and businesses.
6. Membership renewal requests.
7. Newsletters and magazines from various clubs and organizations.

RIDE REVIEWS

November 14th
Hi Feather pedals!
We had perfect weather, great riders and a beautiful route that wound through the Livermore vineyards and out Mines Road. We received many compliments for being such a fun and friendly group too! We had a great turnout and 42 riders joined us yesterday:
- 25 riders rode the classic route of 28 miles.
- 17 riders braved the climb up Mines Road for a 42 mile ride.
- 5 riders rode 50 miles. Kudos to Drew for riding 60 miles looking for Karin Ball who had a flat.
- Dean Ball, our champion SAG, gave assistance to two riders.

Many thanks to Bryan and Peggy at Crank2 for the free new nutrition waffles, extra donuts and coffee and the fantastic discounts.
Just a reminder that the next monthly ride is Saturday, December 11th staging from Blackhawk Plaza. Training for the Cinderella begins Saturday, January 8th at Shannon Park!
Happy Cycling!
Rebecca and Janet

November 15th
Glorious day! Great route! Gorgeous colors! (were we in Vermont?) Thanks Don

November 21st
Hi all,
Well you all missed a dry beautiful day (well it was cold and windy). what happened to everybody? - nobody had faith - nobody believed in my luck...
Well Ken Hernandez and I had a great tuff ride mostly in the sun with lots of wind.
Ken lead patiently pulling me along and we did the full ride (64miles and 5400 ft of climb), saw a few people on Diablo and not a single cyclist on Morgan Territory and then a few the rest of the way back.
I look forward to seeing everybody on the next ride.
Thanks
Marcus van Raaalte

November 24th
A bright sunny day for our ride up the mountain, but a little on the cool side. After heading north into a cold headwind we welcomed the start of the climb up Diablo since it let us warm up a bit. We only went to the junction, but were met there by Joe from the Benicia club who had gone to the summit and reported a temperature of 32F, strong wind gusts, and a little patch of ice on the road. The junction thermometer read 38F so we knew the descent would be chilly - and it was, especially with the north wind still blowing. Once in Walnut Creek it warmed up considerably and we had the benefit of a tailwind back to San Ramon. Peter

November 26th
A good day to burn off some of the turkey, stuffing, and pie from yesterday as we headed down Foothill Rd. to Sunol and continued on to the first summit on Calaveras. The return was on Sunol-Pleasanton Rd and then through the BART station back to Dublin. Peter
Alma led her first VS ride from Heather Farm up the north side of Diablo to the junction. This time the thermometer there read 44F and it definitely felt warmer than on our Wednesday ride. I had ridden from home and a couple of us opted to leave the club ride at the junction to continue down the south side instead of returning to Walnut Creek. Peter

December 1

Nice sunny (and warmer) day for our ride down to Sunol to see the ater temple and the canyon neighborhood on Kilkare Rd. Peter

Thanks for the route Peter.
Great to see all the improvements and new signage at the water temple. Now it makes sense.
Looks like there will be lots of lights etc on Kilkare and it may be worth a drive in a few days.
The station lights are being hung with care and the Sunol / Niles Railway train of lights is running.
http://www.ncry.org/tol_10.htm
Get a group together for a fun evening....it sells out quickly. Jim

December 4th

Jim led today's ride after delaying the go/no-go decision as long aspossible. We headed north to Rudgear and started getting the first few sprinkles in Danville, but never got any significant rain. After our regroup at Livorna Park the skies started getting a little brighter and we even had some rays of sun upon our return to San Ramon. Peter

December 5th

Dane led the ride to Livermore today. Despite assurances that the rain would wait until later in the day we did encounter some showers along the way. But it stayed warm and there were plenty of sections in between the showers that gave us a chance to dry out. Peter

December 11th

The Feather Pedals ride today started at the Blackhawk shopping center and looped through Alamo to the northwest and then headed south through Danville before returning. The Challenge option added an out-and-back ride to the Diablo Junction before rejoining the regular route. Cloudy with a bit of fog at the start which got more dense as we started the climb on Diablo. We started to climb out of it by Rock City and had nice sunshine from Curry Pt. to the Junction turn-around. Then it was back through the fog layer on the way down, but we soon had sunshine down in the valley as well for the rest of the ride. Peter

December 12th

Yesterday was the Feather Pedals *(FP)* last monthly ride for 2010. We had 23 total riders with 2 of them new to FP; 22 on the Classic route of 24 miles and 14 on the Challenge ride of 38 miles; and about 15 riders who stayed to enjoy lunch and socializing after the ride. Thank you Rebecca Wood stepping in to be co-leader for the Classic route (we missed you Alma!...hope you are feel better soon!) Here are a few comments from Rebecca..."What a great day to ride! Everyone enjoyed the route, especially the path by the Diablo and Roundhill golf courses. We had a few flats but no other mishaps. Thanks to our fearless SAG Dean and Charles, our celebrity sweep!" Ditto...thank you again Dean and Charles to your dedication to keep the FP group safe.

December 15th

Barbara celebrated her birthday by organizing today's ride in the Benicia area and inviting us over for peach cobbler (peaches from own tree) and ice cream. Unfortunately she wasn't able to ride with us but we hope she'll be feeling better soon. Thanks for the ride and the dessert! Peter

December 23rd

Taking advantage of the break in the weather, Jim led today's ride from Shannon Center up to Rudgear, through Blackhawk, and returning on Dougherty, Bollinger, and Amador Valley. Great to have sunny skies and dry roads again. Peter

December 24th

Marcus led the Show & Go Christmas Eve ride from the Bollinger Park & Ride lot. We opted for a loop similar to yesterday's that went by the Roundhill, Diablo, and Blackhawk country clubs. Peter

MEMBERSHIP DUES ARE NOW DUE
JOIN OR REJOIN TODAY
THIS IS YOU LAST NEWSLETTER
Do you know that we have a very successful and growing racing team?

The Valley Spokesmen Racing Team (VSRT) has had a very successful year in many different race venues: hill climbs, (4 first place, 2 second, 1 third, 7 top ten), time trials (2 first, 1 third, 7 top ten), road races (2 first, 5 second, 5 top ten), criteriums (2 first, 3 second, 3 third, 3 top ten); has a growing track (velodrome) team (2 first, 1 third, 6 top ten); and now is making a mark in Cyclocross (6 second, 2 third, 5 top ten). The team sponsors two premier race events that draw elite riders from around the state: The Wente Road Race (April 30th 2011) and the Wente Criterium (May 1st 2011)

The team is growing and a number of women, men and juniors have transferred to VSRT and more are being recruited. How about you? All are welcome to come and see what racing is about, learn from the experienced riders and join in the excitement and camaraderie of competitive biking.

Contact the VSRT president, Ted Vidnovic, by e-mail at Vidnovic1@llnl.gov

Some folks are still racing and here’s a recap of who was doing what in November.

The Low Key Hill Climb series wrapped up with a chilly ride up Mt. Hamilton on Thanksgiving day. Janet Martinez, along with new VSRT riders Karis McFarlane and Kevin Comerford, were racing. Janet did what she does well (goes vertical faster than most...) and captured the women’s overall series win notching three wins along the way. Karis also had a series win in the "Endurance" category (which is the highest amassed time for the entire series awarding the highest level of participation).

Here is a video of the Welch Creek (off Calaveras) climb. Watch the 'grade' box http://www.youtube.com/watch?v=nXLzHOhiwgw&feature=related

Cyclocross season is on and Jim Lund continues to perform consistently well. He currently leads the B45+ category in the Sacramento series after 4 of 8 races are completed. He scored a 2nd and a 3rd in November to command that series lead.

In the highly competitive Bay Area Super Prestige series, Jim is also scoring well with a highlight being an 8th place from a large field at the most popular race of the cross season, Golden Gate Park. He currently sits 5th overall in that series with 4 of 5 races completed.

Apparently Andrew McIlroy liked his first cross race enough to get another one in and Rocco Hollaway and Roy Johnson have also been throwing their legs into it.

The BASP series will finish up and the Sacramento series will have two more races. Additionally the MonkeyCross, Central Coast CX, and Surf City series will all be offering races. You haven't lived until you've grinned out of a muddy face and had a cowbell rung in your ear.

Also in December is a noncompetitive opportunity to try out the track and Prez Ted has organized folks to go out Dec. 4. The track is a blast and the beginner classes are usually pretty low key and fun. Just leave your ‘gottawin’ at home since the goal is to learn, not compete.

January will be on us before you know it and we can start talking about the Early Bird Criteriums (and the San Bruno hill climb).
# MILEAGE REPORT AS OF DECEMBER 15, 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 - 157,828 VERY IMPRESSIVE!!

DON'T FORGET - Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive - FREE!!!

MEMBERSHIP DUES ARE NOW DUE FOR 2011 - JOIN TODAY!
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 ____
        Vegetarian ____
Payment $10.00

Name ____________________________  Name ____________________________
Address __________________________  Address __________________________
Phone _____________________________  Phone __________________________
Entrée  Beef ____  Salmon ____
        Vegetarian ____
Payment $10.00

Name ____________________________  Name ____________________________
Address __________________________  Address __________________________
Phone _____________________________  Phone __________________________
Entrée  Beef ____  Salmon ____
        Vegetarian ____
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

_________________________________________      _____  ___________________________________________
_________________________________________      _____  ___________________________________________
_________________________________________      _____  ___________________________________________
_________________________________________      _____  ___________________________________________
_________________________________________      _____  ___________________________________________

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: _____________
2011 CLUB OFFICERS

President Mark Dedon
Vice-President Karin Ball
Treasurer Bill Well
Recording Secretary Lynn DeMattei
Corresponding Secretary Bonnie Powers 925-828-5299

Ride Chairmen Gail Blanco
Peter Rathmann

Newsletter Editor/Typist Marcia Seeger
E-mail VSnews02@aol.com

Newsletter Publisher Mary Murphy

Past President Dan Carhart

V.S. Racing Team contacts Jim Duncan
Zafer Demir

2010 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen Jim Duncan
Bob Powers
Email CinderellaClassic@valleyspokesmen.org

Swap Meet Bob/Bonnie Powers
T.O.S.R.D. Chairman Francie Cushman
E.B.B.C. Rep. Open
Mileage Keeper James Paulos
Webmaster Curtis Stallins

Community Liaisons

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

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

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

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

http://www.valleyspokesmen.org

2011 club members may subscribe to the VS mailing list by sending an email with their names to: prathmann@yahoo.com