President’s Message

I want to extend a huge thank you to our wonderful past president, Dan Carhart, for his awesome leadership and fun and informative newsletter articles for the past two years! I owe Dan a huge debt of gratitude as he graciously stepped up to the President position after I accepted a job in Lancaster in March of 2009. It was very reassuring to know the club was in such great hands while Erica and I ventured to southern California. Thank you Dan!

Speaking of Lancaster…Let me just say that there is nothing like being away for a while to allow one to fully appreciate the fantastic bicycle riding we have available to us here in the Bay Area. Although it was great meeting some very nice folks with the High Desert Cycling Club, riding the extremely flat desert roads, all laid out in a one-mile grid, just isn’t the same as taking in the views from Mt. Diablo or cruising through the redwood forests along Pinehurst Rd. The good news is that you don’t have to actually move to Lancaster like we did in order to realize that we live in a bicycling paradise here in the East Bay Area! It is good to be back!

Your feedback is appreciated - two years ago, just before our leaving for the desert, you may recall a little survey we conducted asking you for your ideas about our club’s activities and direction. Please look for an updated survey next month, both in the newsletter and on line to give you a chance to provide us with your feedback again this year.

Some other newsy items…

Party reminder: Don’t miss the best party in town, on Saturday, February 26! I guarantee there is no other place you can find a delicious dinner with music and entertainment for only $10 per person. This party is highly subsidized by the club so why not take advantage of that and join in the fun! Please look for the sign-up sheet in this newsletter.

Congratulations to our long-time member, Charles Parrish, who was interviewed recently by the SF Chronicle about his folding bicycle! Please see the article about Charles re-printed in this newsletter for your reading enjoyment.

Thirty-five years ago our club put on a special ride just for the ladies. Now the Cinderella Classic is the most popular ride for women on the west coast! It will be held this year on Saturday, April 2. If you’re not riding it then please consider volunteering your time to help out. There are many ways to help - from packet preparations, rest stop truck loading, assisting with registration in the morning to helping out at one of the rest stops, as well as cleanup. For more information and to learn how you can help, refer to the Cinderella Classic web page at http://www.valleyspokesmen.org/cinClass.php. If you are planning to ride the Cinderella Classic, there are some great training rides going on weekly. See the ride calendar for details. Please note that due to the large number of women participating in the Cinderella Classic, it is more important than ever to follow the rules of the road so that we can continue to offer this special ride in the Tri-Valley area.

Pedal swift and pedal safe.

Mark Dedon
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, 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 interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.

If you sign up and decide NOT to ride, please contact the leader of your change in plans. REMEMBER, if you don't sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

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

MEMBERSHIP DUES ARE NOW DUE! JOIN TODAY!

FEBRUARY 2011

TUE. 2/1/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m.
Mtn-3 8-13 miles (13-21 km) 7:00 p.m.

ALL FUTURE TUESDAY EVENING RIDES AT LAKE CHABOT

NOTE: Check with the ride leader or website calendar to verify since this ride will be intermittent during the winter depending on conditions. 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: Bob Heady, 925-980-7989.

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
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, including the route sheet, are on the club's web calendar.
Leader: Rebecca Wood 925-577-3842.

SAT. 2/19/11 2-L/M 38-51 miles (60 – 80 km) 9:30 a.m. Feather Pedals series of training rides leading up to the Cinderella Classic (both genders welcome). This ride will start at Osage Park, at Brookside and Everett Drives, Danville. From I-680, take Sycamore Valley Road west and turn right onto Brookside Drive. Continue on Brookside Drive to its end at the Osage Park lot. 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.
Leaders: Carol Da Shiell, Alma Schiefer.

SUN. 2/20/11 3-M 35 miles (60 km) 10:00 a.m. Meet at Shannon Center in Dublin and ride to Sunol Regional Park and return. This is our annual '1000-Miler' ride in recognition of club members who rode at least that far in 2010. So no matter how far you rode, come on out for the ride today. 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. 2/7/11 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. 2/8/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m. REFER TO 2/1/11 FOR DETAILS .

WED. 2/9/2011 3-M 36 miles (60 km) 10:00 a.m. Let's make up the rained-out ride we missed in Dec. Ride starts at Pleasanton Ridge Staging Area. Take I-680 S, exit at Castlewood Dr., left on Foothill Rd. 1.4 miles to Pleasanton Ridge parking lot. The ride will be to the "wall" and back, climbing the wall is optional. Bring food and water; none available en-route.
Leader: Gail Blanco, 925-872-1001.

WED. 2/9/11 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.

WED 2/09/11 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.

SUN. 2/13/11 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. This is our annual "1000-Miler" ride in recognition of club members who rode at least that far in 2010. So no matter how far you rode, come on out for the ride today. 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.

TUE. 2/15/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m. REFER TO 2/1/11 FOR DETAILS .

WED. 2/16/11 2-L/M 34 miles (57 km) 10:00 a.m. Ride from San Ramon to Walnut Creek. Meet at the San Ramon Central Park on Bollinger Canyon Rd. (Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center.) Bring water and lunch or money to buy.

SAT. 2/12/11 2-L/M 32 miles (55 km) with option of 42 miles 9:30 a.m. Feather Pedals series of training rides leading up to the Cinderella Classic (both genders welcome). This ride will start at Osage Park, at Brookside and Everett Drives, Danville. From I-680, take Sycamore Valley Road west and turn right onto Brookside Drive. Continue on Brookside Drive to its end at the Osage Park lot. 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.
Leaders: Carol Da Shiell, Alma Schiefer.

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Leader: Mark Dedon, 925-828-9183.

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Leader: Mark Dedon, 925-828-9183.

TUE. 2/15/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m. REFER TO 2/1/11 FOR DETAILS .
shopping center at the corner of S. Livermore and Pacific Avenues. Bring water and snacks.

Leader: Steve Whelan, 415-971-6828.

TUE. 2/22/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m.

REFER TO 2/1/11 FOR DETAILS.

WED. 2/23/11 3-L/M 25 miles (40 km) 10:00 a.m.

Chilly, hilly, chili ride in Benicia. Ride takes us thru the hills of Benicia, Lake Herman Road, back to town and then to my house for chili. Meet at the “B” St. parking lot. Take I-680 north across the Benicia bridge to I-780, exit E 2nd St., L at bottom of ramp, R on E. Military, L on 1st to end of street, L on “B” St. Bring snack and water.


SAT. 2/26/11 2-L/M 40-54 miles (65 – 86 km) 9:30 a.m.

(Pre-ride announcements at 9:15) Eighth in a weekly series of training rides leading up to Cinderella Classic. This ride will start in Livermore. Directions to start: from I-580 east; left on Airway Blvd exit; right on North Canyons Pkwy; straight to Independence Dr; left on Independence; park along the street. We will have a choice of two distances: 40 miles for the classic ride, and 54 miles for the challenge ride. Route sheet is at: http://sports.groups.yahoo.com/group/featherpedals/files/

Leader: Janet Moore (jam4me56@sbcglobal.net)

SUN. 2/27/11 3-M 50 miles (80 km) 9:30 a.m. We’ll start at the Park&R Ride lot on Bollinger Canyon Rd. and ride up and over the Oakland hills on our way to the zoo. Take I-680 to the Bollinger exit and park in the Park&Ride lot on the southwest corner of the exit (behind the Chevron station). Bring water and food.

Leader: Marcus van Raalte, 925-437-3332.

MARCH 2011

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

Mtn-3 8-13 miles (13-21 km) 7:00 p.m.

ALL FUTURE TUESDAY EVENING RIDES AT LAKE CHABOT

NOTE: Check with the ride leader or website calendar to verify since this ride will be intermittent during the winter depending on conditions. 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: Bob Heady, 925-980-7989.

WED. 3/2/11 1-L/M 36 miles (60 km) 10:00 a.m.

Ride from the north end of Berkeley’s Aquatic Park to the Emeryville Marina and then along the Bay Trail to Pt. Richmond for lunch. Meet at the foot of the Univ. Ave. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park). Bring water and food or money to buy.

Leader: Bob Hislop, 925-890-6300.

SAT. 3/5/11 2-L/M 44-64 miles (70 – 100 km) 9:30 a.m.

(Pre-ride announcements at 9:15) Ninth in a weekly series of training rides leading up to Cinderella Classic. This ride will start at the Dublin/Pleasanton BART station on the Pleasanton side in the permit parking lot. Route sheet at: http://sports.groups.yahoo.com/group/featherpedals/files/

Leader: Karin Ball (khball2@yahoo.com)

SUN. 3/6/11 3-M 50 miles (80 km) 9:00 a.m. Starting in Danville we’ll head north to do the ‘3 Bears’ loop. Meet at the Park&Ride lot at the northeast corner of the I-680 and Sycamore Ave. intersection. Bring water and snacks.

Leader: Kevin Thieben, 925-437-5919.

MON. 3/07/11 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. 3/8/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m.

REFER TO 3/1/11 FOR DETAILS.

WED. 3/9/11 2-L/M 38 miles (60 km) 10:00 a.m. Let’s hope for dry/warm weather and ride to Livermore.

WED. 3/2/11 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at 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. 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. Entertainment for the evening will be provided by bicycle attorney Gary Brustin who specializes in bicycle law and advocacy. YOU WON’T WANT TO MISS THIS GREAT OPPORTUNITY to hear Gary speak! Find answers to all your club questions, and see if we’re the club for you! Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903 for a map.

SAT. 3/5/11 2-L/M 44-64 miles (70 – 100 km) 9:30 a.m.

(Pre-ride announcements at 9:15) Ninth in a weekly series of training rides leading up to Cinderella Classic. This ride will start at the Dublin/Pleasanton BART station on the Pleasanton side in the permit parking lot. Route sheet at: http://sports.groups.yahoo.com/group/featherpedals/files/

Leader: Karin Ball (khball2@yahoo.com)
We'll borrow a Cinderella Training Ride and head out via Crow Canyon and return via Stanley. A Starbucks stop along the way or bring your own fuel. Meet at San Ramon Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.

Leader Gail Blanco, 925-872-1001.

WED 3/9/11 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.

SAT. 3/12/11 2-L/M 45-53 miles (74 – 85 km) 9:30 a.m. sharp! Tenth in a weekly series of training rides leading up to the annual Cinderella Classic ride. The ride today will start at the Dublin/Pleasanton BART station on the Dublin side. Parking lot is on Owens Drive, west side. A choice of two distances: 45 miles for the ‘classic’ ride and 53 miles for the challenge ride. Route sheet is at: http://sports.groups.yahoo.com/group/featherpedals/files/
Leader: Alma Schiefer (afschiefer@gmail.com)

***See also the Valley Spokesmen website calendar for possible additional rides:
www.valleyspokesmen.org

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

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

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

EVERY 1ST SATURDAY MORNING each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a “no-drop” ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

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
- 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
UPCOMING EVENTS

February
12    Los Angeles Chinatown Firecracker Bike Ride
12-13 Tour de Palm Springs
19    Camino Real Double – Orange/Riverside/San Diego Counties
26    Annual Le Tour de Manure – El Centro
26    Pedaling Paths to Independence – Linden

March
5     Kings River Blossom Bike Ride – Reedley
12    Solvang Century – Solvang
12    Covered Bridge Bike Classic – Turlock
26    Hell's Gate 100 – Death Valley
27    Tour of the Unknown Valley – Glen County

UPCOMING TOUR

Sun. April 24 – Thu. April 28, 2011 Yosemite is FILLED!

Currently there is a waiting list. Now is the time to pay the balance due. The total cost of the trip is $375.00 per person. So, with your $100.00 deposit, the balance due is $275.00. Please make check payable to Bonnie. IF YOU ARE UNABLE TO JOIN US ON THE RIDE, PLEASE LET ME KNOW IMMEDIATELY, so those on the waiting list may have the opportunity to ride. For further information, call - - - - - - -

Organizer: Bonnie Powers, 925-828-5299 or b-bpowers@att.net

Wed. May 25 – Fri. May 27, 2011 – 200 miles. Sunol to Paso Robles and the Great Western Bicycle Rally with two nights' lodging in Hollister and King City. The total cost of the trip (to be determined) includes lodging, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers?! Unlimited number of riders. For additional information you may call - - - - - - -

Organizer: Bonnie Powers, 925-828-5299

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. INFROMATIONAL MEETING SET FOR THURSDAY, FEBRUARY 17TH AT THE POWERS’ PLACE AT 7:00 p.m. Give me a call if you may be interested. Bonnie Powers, 925-828-5299.

LAST CALL

MID-WINTER PARTY 2011

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

VALLEYSPOKESMEN 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

INFORMATIONAL MEETING SET FOR THURSDAY, FEBRUARY 17TH AT THE POWERS’ PLACE AT 7:00 p.m. Give me a call if you may be interested. Bonnie Powers, 925-828-5299.

OLD BUSINESS:
1. Past month’s rides – December and January rides have been really well attended, particularly the Feather Pedals rides. There have been some pretty cold, nasty, foggy days too.
2. V.S. web site – In his absence Curtis sent an email of his report. His home page is updated; the January newsletter is online; Feather Pedals Cinderella training page is updated; the Cinderella page is current; Cinderella transfer procedure has been updated; and the Exec Board names and info current.
3. Area Bicycle Master Plans – Everything is the same as previously reported.

INFORMATIONAL MEETING SET FOR THURSDAY, FEBRUARY 17TH AT THE POWERS’ PLACE AT 7:00 p.m. Give me a call if you may be interested. Bonnie Powers, 925-828-5299.

Valley Spokesmen “Bicycle” Touring Club Executive Board Meeting January 12, 2011

Meeting called to order by President Mark Dedon at 7:10 p.m.

Minutes from the December 8, 2010 executive board meeting were accepted as read.

Treasurer Bill Well reported on our checking and savings accounts. He mentioned there are a few outstanding checks as of 12/31/10 though there is not much concern. He distributed his Annual Report for 2010. Discussion followed.

OLD BUSINESS:
1. Past month’s rides – December and January rides have been really well attended, particularly the Feather Pedals rides. There have been some pretty cold, nasty, foggy days too.
2. V.S. web site – In his absence Curtis sent an email of his report. His home page is updated; the January newsletter is online; Feather Pedals Cinderella training page is updated; the Cinderella page is current; Cinderella transfer procedure has been updated; and the Exec Board names and info current.
3. Area Bicycle Master Plans – Everything is the same as previously reported.
We are still awaiting word regarding the letter to East Bay Regional Parks and the use of the Iron Horse Trail during the Cinderella.

NEW BUSINESS:
1. The February/March ride schedule was reviewed. Discussion followed regarding Mountain bike rides.
2. The City of Pleasanton is looking for assistance on their Earth Festival on April 16th from 10-2. To be discussed at the March business meeting to find volunteers. Mark to investigate further.
3. Gail reported on the BE-Pro Conference. It was a very interesting event. There were vendors Friday night. On Saturday some of the subjects covered concerned taxes; ambulances at major events; liability (riders, sags’ proof of insurance, workers’ insurance; and bicycle police. The issue of other clubs and businesses organizing Cinderella training rides were also discussed.
4. Mid-winter party – February 26th – We have 65 persons signed up so far.
5. Cinderella 2011 – Jim reported the patch and jersey designs have been decided. We are well on our way.
6. Bonnie reviewed the correspondence sent and received.

FURTHER NEW BUSINESS:
1. Bonnie has 2010 membership lists available to club members.
2. Jim D. reported that the rangers on Mt. Diablo have an all-weather report gauge that is currently non-operative. Jim will contact rangers regarding repairs. Discussion followed.

GOOD OF THE ORDER:
1. Francie shared the article of Charles Parrish in the San Francisco Chronicle – excellent.
2. Upper Dublin Blvd. continues to be under construction that makes it difficult for any bicycling.

There being no further business, the meeting was adjourned at 8:13 p.m.
Respectfully submitted, Lynn DeMattei, Secretary
RIDE REVIEWS

December 26th
Turned out to be a much nicer day than I anticipated this morning. We did have some wet pavement and threatening clouds early, but then the sun came out and made for a very pleasant day climbing Palomares and Dublin Grade. Lost a few riders along the way but still ended with one more than when we started. Peter

December 27th
Francie and Jim led today's ride from Shannon and heading out and around Livermore to take advantage of the break in our rainy weather. Peter

December 30th
Thanks to all who joined in on my birthday ride. All went well, though all would have enjoyed a bit more warmth in the weather or gloves (especially). Here is the cool part: All of you were so nice and thankful to my teenage daughter Elise and her friend Shelby, that they want to sag for us again!!)! - Richard

Thanks for leading this ride, Richard, and especially for all the support (thanks Elise and Shelby!) and the lunches at the top. A little brisk on the descent, but a beautiful sunny day to enjoy the views. Peter

December 30th
Due to a limited turnout, the Christmas Lights ride was shortened. But there were still lots of nice displays to see. Peter

December 31st
Francie led the New Year's Eve ride on a loop through San Ramon, Danville, and Dublin. The group split up with a couple of longer options depending on how far people wanted to go. Peter

January 5th
Beautiful sunny day for Bob's ride today through Belvedere, Tiburon, and along Paradise Dr. Peter

January 8th
A chilly, damp, and foggy day for the first Feather Pedals ride of the year but with an impressive turnout of riders. Stayed foggy throughout our climb to Las Trampas at the end of Bollinger Canyon. Peter

January 9th
Gail led today's ride from Diablo Vista Park out to Livermore. A little warmer and much sunnier than yesterday. Nice to see the Livermore hills turning green again. Peter

January 12th
Pete S. led his first VS ride today; a loop from San Ramon to the Mt. Diablo Junction, continuing to Walnut Creek and returning via Alamo and Danville. We explored some unfamiliar neighborhoods on the way. Peter

Today's ride was the Feather Pedals (FP) Cinderella Series ride #1 of 12. We had 103 total riders; 59 on the Classic route of 15 miles and 44 on the Challenge route of 23 miles; and about 23 riders who stayed to enjoy lunch and socializing after the ride at Panera Bread. We had 2 flats, which were efficiently resolved. Overall a successful ride for such a large group! The organizer for today's ride was Alma Schiefer. The ride was supported by SAG, Dean Ball. Charles is on a well deserved vacation, so we had no Sweep with us today.

Jim Duncan from Valley Spokesmen along with several of the VS Race Team was on hand to provide guidance, coaching, advice, and so on. Also, Jim Duncan held a skills training session with about 15 attendees. Thank You Jim and VS Racing Team!!

Both classic and challenge routes were wet, slippery and very cold. Some might say we had "miserable weather", but the riders were great company and the Valley Spokesmen support was awesome. A mother and daughter team joined us from San Francisco. Alma

We had a great turnout for the Show n' Go today, especially considering the drizzly conditions. We originally planned to ride to Calaveras, but decided to ride to Mt. Diablo Junction instead, hoping to find some sun at higher elevations. We saw the Feather Pedals heading up the Boulevard as we were coming in to Shannon Park, and the turnout was amazing. You are looking good Feather Pedals!! Some of the group made the wise decision to stop at Peet's in Danville for hot chocolate and posing :) The rest of the group worked its way up to the Junction, where there was a sighting of the sun, and temperatures were nice. The descent was cold and slippery, and unfortunately, Rob slid out on the descent. He was taken away by ambulance to be checked out as a precautionary measure. We hope he is up on the bike again soon. Rick

Gail led today's ride from Diablo Vista Park out to Livermore. A little warmer and much sunnier than yesterday. Nice to see the Livermore hills turning green again. Peter
January 15th
Another great turnout for the second Feather Pedals ride of the year. Today we started in Blackhawk and rode through the new Windemere development. The shorter, 'classic,' route turned around at that point while the rest of us continued on Tassajara, Highland, Collier Canyon, Manning, N. Livermore, Harford, etc. to the Starbucks on Vasco Rd. Peter

+ + + + + + + +

The weather was near-perfect for our second Cinderella Training Ride. Clearly the weather gods were making up for the previous week :) We had 114 riders - 58 rode the Challenge route and 56 rode the Classic. We had 8 flats (well - mine occurred while the bike was in the car!) and - as always - fantastic support from our star SAG, Dean. We are delighted that our super Sweep, Charles, is back with us making sure all riders safely return to the base. Thank you, Dean and Charles! We also want to extend our thanks to the women and men of the VSRT - Valley Spokesmen Racing Team. They are providing skill training and support to our riders who are new to the sport. Thank you!! Kathy

January 16th
Mines Road was the place to ride yesterday. No fog at all on the entire ride and the thermometer at the Junction said 68 degrees. We had a total of 13 riders. Beautiful scenery too, as the creeks are full and the grass is green. Mike

January 16th
The Dedons led today's ride from Shannon Center to Sunol, Niles Canyon, Palomares, and Dublin Grade. Started out rather foggy and cool, but we got sunshine once we got down to Sunol. Encountered two car clubs along the way; a display of Packards at the Sunol RR station and a parade of Minis heading up Palomares. Peter

January 17th
Richard led us on a loop from Livermore up Patterson Pass and returning via Midway and Altamont Pass. The original plan was to return on Corral Hollow, but a cold and very foggy descent on Patterson Pass led to unanimous approval of a shortened return. One of the corners on our way down Patterson had a rockslide blocking all of the uphill lane and much of ours. The radio traffic report I heard on the way home indicated that road crews had started to clear it. Peter

January 19th
Beautiful day for Edith's ride from Lafayette to Moraga and then continuing up Canyon, Pinehurst, Skyline, and Grizzly Peak to the Steam Trains in Tilden. We then descended on S. Park and took Wildcat Canyon Rd. to Camino Pablo on our way to Orinda. After a brief stop we continued on the bike trail back to Lafayette. Nice views of SF Bay and of our bright green hillsides along the way. Peter

January 22nd
Beautiful warm and sunny day for the Feather Pedals' third ride in their series. This one included ample hills, especially for those doing the 'Challenge' option: Las Trampas, Dublin Grade/Schaefer Ranch, and Palomares. Peter

January 23rd
Nice day for the ride today on our usual Moraga loop route. Peter

January 26th
Nice day for Henry's ride from Heather Farm to the junction on Mt. Diablo although it wasn't quite as warm as predicted and the early fog made it feel even cooler. But we soon rose above the fog layer and enjoyed the sunshine. A few of us has ridden to the start and continued on down the south side after regrouping at the junction while the main group retraced their route back down North Gate. Peter
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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 during the year 2010 – 162,269 VERY IMPRESSIVE!!

**MEMBERSHIP DUES ARE NOW DUE FOR 2011**

JOIN TODAY!

MAIL IN THAT CHECK TODAY!
HEALTHY OBSESSION

True believer in cycling fold

Charles Parrish carries a folding bicycle wherever he goes. It is his primary means of transportation. Parrish, 57, lives in Livermore and rides 6 miles, regardless of weather, to his job as a computer programmer at the Lawrence Livermore National Laboratory.

Why: I do not drive a car because I cannot see well enough. I eat out 100 percent of the time, and I can fold the bike and take it into virtually any restaurant and place it out of the way, yet still be secure. If I need a ride in a motorized vehicle, I can fold the bike and place it into any car — no bike rack needed.

Greatest accomplishments: Riding from Los Angeles to Boston in 1993 — 49 days.

Gear you can't live without: My Bike Friday "Travel-tikit" for commuting and local riding, and my Bike Friday New World Tourist for touring.

Where you train: My lifestyle revolves around cycling, so I guess you can say I train everywhere.

Best time to train: I leave home for work at 6 a.m., and normally take the long way home, which gets me home after 7 p.m.

Most annoying thing people assume about athletes in

your sport: That I am an "athlete." I am not an athlete in the traditional sense.

Advice you'd give a rookie: Think "Safety, Safety, Safety." Cyclists have equal rights on the road, but they also have equal responsibility. Ride with traffic, use lights and bright clothing for night riding.

— Sam Whiting

Charles Parrish of Livermore rides his folding bicycle through the streets of Blackhawk.

Know someone booked on a sport? E-mail swbiting@sfcchronicle.com.
SOME INTERESTING STATISTICS ON CLUB RIDES AND MEMBERS MILEAGE

Total club rides
2005 – 251
2006 – 213
2007 – 268
2008 – 433
2009 – 401
2010 – 432

Total membership
2005 – 382 – During the year 224 members rode one or more rides
2006 – 375 – During the year 222 members rode one or more rides
2007 – 384 – During the year 205 members rode one or more rides
2008 – 499 – During the year 258 members rode one or more rides
2009 – 481 – During the year 225 members rode one or more rides
2010 – 500 – During the year 322 members rode one or more rides

Total miles ridden by club members on club rides
2005 – 93,611 miles
2006 – 78,780 miles
2007 – 88,250 miles
2008 – 114,692 miles
2009 – 140,991 miles
2010 – 161,269 miles

Top Mileage for Past Three Years

- **In 2007** – 1 member rode 6,533 miles
- **In 2008** – 1 member rode 6,628 miles
- **In 2009** – 1 member rode 6,694 miles
- **In 2010** – 1 member rode 5,549 miles
- **In 2005** – 1 member rode 4,147 miles
- **In 2006** – 0 member rode 4,000 miles
- **In 2007** – 1 member rode 4,739 miles
- **In 2008** – 8 members rode 4,000 miles
- **In 2009** – 1 member rode 4,160 miles
- **In 2010** – 6 member rode 4,000+ miles
- **In 2005** – 1 member rode 3,061 miles
- **In 2006** – 3 members rode 3,000 miles
- **In 2007** – 1 member rode 3,290 miles
- **In 2008** – 1 member rode 3,364 miles
- **In 2009** – 4 members rode 3,000+ miles
- **In 2010** – 3 member rode 3,000+ miles
- **In 2005** – 1 member rode 3,000+ miles
- **In 2006** – 3 members rode 3,000 miles
- **In 2007** – 1 member rode 3,290 miles
- **In 2008** – 1 member rode 3,364 miles
- **In 2009** – 4 members rode 3,000+ miles
- **In 2010** – 3 member rode 3,000+ miles
- **In 2005** – 4 members rode 2,000+ miles
- **In 2006** – 2 members rode 2,000+ miles
- **In 2007** – 4 members rode 2,000+ miles
- **In 2008** – 7 members rode 2,000+ miles
- **In 2009** – 5 members rode 2,000+ miles
- **In 2010** – 6 members rode 2,000+ miles
- **In 2005** – 9 members rode 1,500+ miles
- **In 2006** – 4 members rode 1,500+ miles
- **In 2007** – 3 members rode 1,500+ miles
- **In 2008** – 6 members rode 1,500+ miles
- **In 2009** – 10 members rode 1,500+ miles
- **In 2010** – 7 members rode 1,500+ miles

The maximum number of club rides a member could ride during 2010 was 423

A total of forty-four (51) club members agreed to be ride leaders during 2010. Special THANKS to ALL of YOU!

Of these Fifty-eight members, those that stand out most led 47/24/19/18/16/15/13/10 rides each.

THANK YOU, THANK YOU!!!!!
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 __________________________
Address _________________________
Phone __________________________
Entrée Beef _____ Salmon _____
Vegetarian _____
Payment $10.00

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

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

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

LAST CHANCE
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 _________________________________ _________________________________ (_____)____________________________

ADDRESS __________________________________________ CITY ________________________________ STATE ZIP +4

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

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

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

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

_________________________________________  _____  _________________________________
DATE AGE APPLICANT'S SIGNATURE

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

Name                                                                           Age     Signature
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact: __________________________________________________________
Telephone Number: (_____)__________________________________________________

Emergency Contact: __________________________________________________________
Telephone Number: (_____)__________________________________________________

Physicians Name: __________________________________________________________
Telephone Number: (_____)__________________________________________________

Medical Insurance: _________________________________________________________
Coverage ID: ____________________Group ID: _____________________

Allergies: __________________________________________________________________

Blood Type: Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________

Rev 12/10/2010
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

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

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
Open

Mileage Keeper
James Paulos
Webmaster
Curtis Stallins

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

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

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

2011 club members may subscribe to the VS mailing list by sending an email with their names to http://www.valleyspokesmen.org/mailinglist.php and following the directions there.

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