President’s Message

On our ride today to look for the eagle nest in the transmission tower above Calaveras Reservoir, we kept seeing these pink arrows painted on the pavement. You guessed it; the Cinderellas left their mark from a very successful ride on April 2. By all accounts this event was a big hit. Congratulations to all the Cinderellas who participated in this very popular ride! Please join me in thanking the many Price Charmings that volunteered to support this very special event. If you would like to let us know how your Cinderella experience went you can do so in the club survey, read on…

…and while we’re on the survey topic, I wanted to let you know that the closing date for giving us your feedback through the survey is Sunday, May 15. To date we have 43 responses. Please let yourself be heard and let your club officers know how you feel about the club. We’ve added some new comment questions to make it easier to let us know how you feel. Please follow the link to the survey from our website at http://www.valleyspokesmen.org/

Have you noticed that spring is in the air? On our ride to Calaveras Reservoir today some of us noticed the many wildflowers starting to bloom, including, California Poppy, Buttercups, Indian Paintbrush, Blue-eyed Grass, Lupine, and here and there Bluedicks. One of the best ways to see these gorgeous wildflowers is on one of the fun tours to Yosemite Valley (sold out) and the ride to Paso Robles to visit the Great Western Bicycle Rally over Memorial Day weekend. Please see a later section of this newsletter for more information about these tours. If you miss these rides, consider joining us in September for the very popular weekend ride to Sacramento, called the Tour of the Sacramento River Delta (TOSRD).

Note that our next club meeting is Wednesday, June 1 at Round Table Pizza. Our guest speaker for the evening will be bicycle attorney Gary Brustin, who specializes in bicycle law and advocacy. This is a rare opportunity to get all your burning bicycle legal questions answered.

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!

MAY 2011

SUN. 5/1/11 3-M 37 miles (60 km) 10:00 a.m. Meet at the Pleasanton Ridge Staging Area parking lot. We'll go out Calaveras to the wall, and on to Ed Levin if desired. Take I-680 S, exit at Castlewood Dr, left on Foothill Rd 1.4 miles to Pleasanton Ridge parking lot. Bring food and water; none available en-route.
Leader: Gail Blanco, 925-872-1001.

MON. 5/02/11 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore.
Call Ted Vidnovic, 925-337-2803, for further information.

TUE. 5/3/11 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

**Leader:** Jim Duncan, 925-209-1369.

**TUE. 5/3/11 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. 5/4/11 2-L/M 35 miles (60 km) 10:00 a.m.** Ride starts at the Budweiser brewery in Fairfield and heads north on a scenic tour to Wooden Valley returning via Gordon Valley and Mankas Corner. Take I-680 to I-80 and head east; exit Chadborne; right on Busch; and left into the visitor parking lot. Park at far end. Optional brewery tour following the ride.

**Leader:** Barbara Wood 707-745-6353.

**WED. 5/4/11 3-L/M 16+ miles 6:00 p.m.** Rebecca Wood will be leading a Wed. night ride every other Wed. Start at St. Timothy’s Church, 1550 Diablo Rd., 1 mile west of Mt. Diablo Scenic Blvd. (south side). **Ride up Diablo as far as you’d like,** there will be 16/21/25 mile options. Ride will leave promptly at 6 pm. Bring adequate water and fuel.

**Leader:** Peter Rathmann, 925-828-1973.

**WED. 5/4/11 NO CLUB MEETING THIS MONTH.** The next club meeting is scheduled for Wednesday, June 1, 2011.

**THUR. 5/5/11 2-M/B 25 miles (40 km) 6:00 p.m.**

**Regular T n’ T rides from Shannon Center in Dublin.** Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

**Leader:** Jim Duncan, 925-209-1369.

**SAT. 5/7/11 3-M 58 miles (93 km) 9:00 a.m.** The Cal-Pal ride featuring two of our favorite climbs: Calaveras and Palomares. We’ll start at Muirwood Park in Pleasanton, head south to Sunol and then up and over Calaveras to Ed. Levin Park. Then through Milpitas, Fremont, and Niles to Palomares and the climb along its babbling brook before dropping down to Palo Verde and then a final ascent over Dublin Grade back to Pleasanton. Take I-680 to the Stoneridge exit and go west; turn left at the light on Springdale Ave.; left on Muirwood and the park will be on your left. Park on the street. Bring food and water.

**Leader:** Steve Aguirre, 925-556-0124.

**SAT. 5/7/11 2-M 38 miles (61 km) 10:00 a.m.** Join Edith for this absolutely beautiful ride from Vacaville to the quaint city of Winters. We will ride through walnut and apricot groves, past cows, goats, sheep and small farmhouses. We might even greet my favorite llama or have some wild turkeys cross our path! Meet at the Lagoon Regional Park in Vacaville. Take I-680 North to I-80 East, take the Pena Adobe exit into the park. Use the lot to the left before the gate for the park. Bring water and lunch or buy at a cute coffee shop in Winters. There will be cookies at the end of the ride!

**Leader:** Edith Norby, 707-771-0483(c).

**SUN. 5/8/11 2-L/M 29 miles (40 km) 9:30 a.m.** Join us on a Heather Farm/Danville loop. A nice no-drop ride; trails to Danville Blvd., out Stone Valley Rd., through Diablo Country Club and over a couple of hills through Blackhawk. Return; Camino Tassajara, Sycamore Valley Rd., Danville Blvd. to Peet’s for coffee or whatever, continue to Rudgear and South Broadway back to trails to Heather Farm. Take Ygnacio Valley Rd. to San Carlos Dr., go North to the last parking lot on the left.

**Leaders:** Geoff and Joan Shannon, 925-672-7738.

**TUE. 5/10/11 2-M/B 25 miles (40 km) 6:00 p.m.**

**Regular T n’ T rides from Shannon Center in Dublin.** Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

**Leader:** Jim Duncan, 925-209-1369.

**TUE. 5/11/11 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.

**WED. 5/11/11 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.
THUR. 5/12/11 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

FRI. 5/13/11 1-L/M No Drop 10-30 miles 10:00 a.m.
This Odd FriDay series of rides will begin on April 15 and will occur every Friday (no 5/27) that falls on an odd date. All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available. Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!
Leader: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 5/14/11 2-L/M 50 miles (80 km) 9:00 a.m. Ride from Benicia to the Jelly Belly company and on to Suisun City. Take I-680 North, cross the Benicia Bridge, exit to I-780. Exit E. 2nd St., turn left (toward the water) on E. 2nd, right on Military, left on 1st St., and left into the B Street parking lot. Bring water and lunch or money to buy.
Leader: Bekki Livingston, 925-487-6551(c).

SUN. 5/15/11 3-M 47 miles (75 km) 9:30 a.m. Starting at the Sycamore I-680 Park&Ride we’ll head up the Blvd. through WC on the Iron Horse (both bridges!). Over the Bears, refuel in Orinda, then return via St. Stephens and Lafayette. Approximately 3000’ of climb. Take I-680 to the Sycamore Valley exit and meet in the Park&Ride lot on the northeast corner of the intersection. Bring water and food or money for same.
Leader: Kevin Thieben, 925-437-5919.

TUE. 5/17/11 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

TUE. 5/17/11 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. 5/18/11 2.5-M 30 miles (50 km) 10:00 a.m. Meet at Shannon Center. From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd; right onto Shannon; and right into Shannon Center. We’ll go up Niles Canyon, cruise Palomares then home to Dublin. Bring food and fluids.
Leader: Alaine Nadeau, 925-216-0801.

THUR. 5/19/11 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

SAT. 5/21/11 2-L to 3-M 25 - 40 miles (40 - 65 km) 9:30 a.m., announcements at 9:15. Starting from Draeger’s Market in the Blackhawk shopping center we’ll have two routes. The ‘Classic’ route will wind through Alamo, downtown Danville, and San Ramon while the ‘Challenge’ route will add an excursion to the junction on Mt. Diablo. From I-680 take the Sycamore Ave. exit and go east (becoming Camino Tassajara); turn left on Blackhawk Rd. and right into the shopping center; park in the lot to your left. Bring water and snacks.
Leader: Karin Ball, 408-406-2286.

SUN. 5/22/11 4-L 39 miles (65 km) 10:00 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory. A long climb but not too steep. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection.
Leader: Richard Hedges, 925-447-6197 (home), 784-5763 (cell on the day of ride), richard_hedges@yahoo.com

MON. 5/23-27/08 3-M 300 miles (500km) 9:30 a.m.
Coastal ride to the Great Western Rally in Paso Robles. Ride starts at the Daly City BART station and goes down the coast mainly on Hwy. 1 to Cambria and then heads east to Paso Robles. Overnight stops are planned in Santa Cruz, Monterey, Big Sur, and San Simeon with motel and camping options at each stop. Self-contained, so each participant will carry his/her own gear.
Leader: Peter Rathmann, 925-336-0973.

TUE. 5/24/11 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

TUE. 5/24/11 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.
TUE. 5/24/11 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.-FRI. 5/25-27/10 3-M 200 miles (321 km) 7:30 a.m.  
Ride from Sunol to Paso Robles and the Great Western Bicycle Rally via Hollister and King City.  
Meet in Sunol at the Train Depot at 7:30 a.m. for a prompt departure at 8:00 a.m. Cost of lodging, two lunches, snacks, drinks, etc. (community food) $225.00 per person. Informational/planning meeting Thursday, May 13th at 7:30 p.m.. SIGN UP NOW!!!  

WED. 5/25/11 3-M 30 miles (50 km) 10:00 a.m.  
Meet at Shannon center in Dublin for this ride over Dublin Grade and through the Five Canyons area in the Hayward hills. Take I-680 and exit Alcosta heading west. Turn left onto San Ramon Valley Blvd, then right onto Shannon and right again into Shannon Center. Bring food and fluids.  
Leader: Alaine Nadeau, 925-216-0801, 8trees@aol.com

THUR. 5/26/11 2-M/B 25 miles (40 km) 6:00 p.m.  
Regular T n' T rides from Shannon Center in Dublin.  
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  
Leader:  Jim Duncan, 925-209-1369.

SAT. 5/28/11 1-L 20 mile (37 km) 10:00 a.m. –  
Fuddruckers Ride Join Randy for a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddruckers following the ride. We will meet at the Fuddruckers parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center) . Bring water and money for lunch at Fuddruckers. Significant chance of rain cancels. Call if in doubt.  
Leader: Randy Huey, 925-518-8439.

SAT. 5/28/11 4-M/B 70 miles (110 km) 9:00 a.m.  
Start from the parking lot in Monte Rio at the intersection of Bohemian Hwy and Hwy 116. We will ride up King Ridge, following the Levi Gran Fondo route. Then we will head up Tin Barn descending to Stewart's Point where we will grab a bite to eat, and then spin down the coast to Jenner before heading back to Monte Rio on Hwy 116. To get to Monte Rio, go North on Hwy 101, turn Left on River Road, turn Left on Bohemian Hwy, and a quick Right into the parking lot. Bring water, food, and money for lunch.  
Leader: Rick Campbell, 925-785-6946.

SUN. 5/29/11 2-M 50 miles (80 km) 9:00 a.m.  
Starting at Muirwood Park in Pleasanton, we'll head south to Sunol and continue on Calaveras Rd. past the reservoir to the top of the 'wall.' Take I-680 to the Stoneridge exit and go west; turn left on Springdale Ave.; turn left on Muirwood (at 'T') and the park will be on the left. Park on the street and meet near the restrooms. Bring water and snacks.  
Leader: Herman Bonilla, 925-426-0680.

SUN. 5/29/11 4-M/B 47 miles (75 km) 9:00 a.m.  
Starting from Geyserville Elementary School at 21485 Geyserville Ave, we will do the Geysers loop. The ride has some steep sections and can get hot, so bring plenty of water. To get to the start location, go North on Hwy 101, take the Exit No. 510 toward CA 128, turn Right on Geyserville Ave. Bring water and food.  
Leader: Rick Campbell, 925-785-6946.

TUE. 5/31/11 2-M/B 25 miles (40 km) 6:00 p.m.  
Regular T n’ T rides from Shannon Center in Dublin.  
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  
Leader:  Jim Duncan, 925-209-1369.

TUE. 5/31/11 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.

JUNE 2011

WED.  6/1/11 2-L/M 25 miles (40 km) 10:00 a.m.  
Edith's ice cream & cookies ride. Starting at he Martinez Marina, we'll ride around the Carquinez Strait clockwise, along the Carquinez Scenic Drive and
across the bridge to Edith's house in Benicia for a decadent lunch of ice cream, lemon cake & cookies. Return to the Martinez Marina via the Benicia Bridge.

Directions to the Marina: Take the Martinez exit from I-680 and go west on Waterfront Rd.; continue as it becomes Marina Vista to downtown Martinez; turn right on Ferry St. across tracks into park; turn right on Joe DiMaggio Dr. then left and park in first lot on left. Bring water and snacks.

Leader: Edith Norby, 707-748-1508(h), 707-771-0483(c).

WED. 6/1/11 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.

THUR. 6/2/11 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

FRI. 6/3/11 1-L/M No Drop 10-30 miles 10:00 a.m. This Odd FriDay series of rides will begin on April 15 and will occur every Friday (no 5/27) that falls on an odd date. All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available. Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!

Leader: Gail Blanco, 925-872-1001, gvlan@wm.com

SAT. 6/4/11 3-L/M 47 miles (75 km) 9:00 a.m. San Ramon to Moraga loop. Starting at the I-680 and Bollinger Park&Ride 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 the Park&Ride lot on the southwest corner of I-680 and Bollinger Canyon (behind the Chevron station). Bring food and fluids.

Leader: Kevin Thieben, 925-437-5919.

SUN. 6/5/11 3-M 38 miles (60 km) 9:00 a.m. We'll ride from Lafayette on a loop out to Pinole via Reliez and 'Pig Farm Hill' and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic just west of Pleasant Hill Road in Lafayette.

Leader: Gail Blanco, 925-872-1001.

MON. 6/6/11 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Ted Vidnovic, 925-337-2803, for further information.

TUE. 6/7/11 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

TUE. 6/7/11 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. 6/8/11 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 6/8/11 3-M 42 miles (68 km) 10:00 a.m. Starting in San Ramon we’ll have a leisurely 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. Bring water and snacks.

Leader: Peter Rathmann, 925-336-0973.

WED. 6/8/11 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.

THUR. 6/9/11 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.
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 Rocco Hollaway, 925-422-9701, hollaway1@llnl.gov.

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, Manoring, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. Contact Don Williams at 925-580-9395.

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

UPCOMING EVENTS

May 1 Delta Century – Lodi
1 Chico Wildflower – Chico
1 Grizzly Peak Century – Moraga
1 Tour de Cure – Napa
1 Shasta Jamboree - Redding
7 Tour de Lincoln – Lincoln
7 Folsom Powerhouse Century – Folsom
7 3-F Century – Colusa
7 Tour of the Unknown Coast – Ferndale
7 Wine Country Century – Santa Rosa

June 4 Auburn Century – Wildest Ride in the West – Auburn
4 Eastern Sierra Double Century – Bishop
5 Sequoia Century – Palo Alto
5 America’s Most Beautiful Ride – Closed
11 Canyon Classic Century - Patterson
11 Sierra Century - Rocklin
11 Hayfork Century – Trinity Co.
11 Tour de Manure/Sierra Valley Metric Century - Sierraville
11 Alta Alpine Challenge – Markleeville
12 Tour de Cure – Palo Alto
12 Mendocino Monster - Ukiah
12 Bike the Bridges – Martinez
18 Lake Almanor Mile High 100
18 Best of the Bay – San Leandro
18 Terrible Two – Sebastopol
25 Climb to Kaiser – Clovis
25 Century for the Century – Arroyo Grande
25 CF Cycle for Life – San Francisco
25 Giro Bello Classic - Sebastopol

UPCOMING TOURS

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 is $230.00 per person, which includes lodging, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers?! Unlimited number of riders. If interested please sign up ASAP. Send your payment (made payable to Bonnie. For additional information you may call . . . . . . . .

Organizer: Bonnie Powers, 925-828-5299
October 4-22, 2011 – Arizona here we come!
Bob and I have 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 cost is $1,400.00 per person (double occupancy) and $2,400.00 per person (single occupancy). A deposit of $100.00 is due now for those interested in going on this tour. For further information you may contact - - - - - -
Bonnie Powers, 925-828-5299.

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut - $65.00
- short sleeve jersey - women’s cut - $65.00
- long sleeve jersey - (to be discontinued) - $70.00
- sleeveless wind shell vest - $60.00
- 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 - $27.00
- socks - white, yellow, black - $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

FOR SALE

We have a few 35th Cinderella jerseys for sale. They may be purchased at a cost of $50.00 each.
The sizes available are:
1 - small
5 - medium
1 - large
2 - 2 extra large
1 - 3 extra large

If interested let Bonnie know and arrangements will be made for pick up.

ALSO FOR SALE

We have a few Cinderella T-shirts for sale for $5.00 in the following sizes:
3 – medium
7 – large
1 – extra large
1 – 3-extra large

If interested give Bonnie a call 925-828-5299 to make pick-up arrangements.

Valley Spokesmen “Bicycle” Touring Club
Club Business Meeting
March 2, 2011

Meeting called to order by President Mark Dedon at 7:10 p.m. Officers were acknowledged and members and guests were welcomed.

Treasurer Bill Well reviewed our accounts. We are doing well but expect some major expenses due to the Cinderella.

OLD BUSINESS:
1. Past month’s rides – There have been a few rainouts. The Feather Pedals have been doing extremely well with the pre-Cinderella rides. Kudos’ for all who have been putting these rides together. Peter and Gail encouraged people to lead a variety of rides on the same day, such as long/short, near/far, hard/easy.
2. Curtis reported on the web site; everything is up to date. If you have any questions or suggestions, contact Curtis.
3. Mid-winter party was fun and well attended (170 people). Thank-you Bonnie for organizing this great event. Marcia would like some pictures for the newsletter as well as a list of the awards recipients.
4. Bicycle Master Plans – Bill Rose reported on what’s happening in Pleasanton. The city Mayor will be exploring the town on bicycle. The Blue Oak Trail will go to the Pleasanton ridge. Rather than loop detectors, cameras have been posted at some intersections; however they are not working as expected. Radars have been installed at other locations that may prove more accurate. The Alamo Canal project is fully funded with an environmental report pending. El Charro Road
NEW BUSINESS:
1. March/April ride schedule is filled up. Peter asked if ride leaders would check the ride descriptions for errors or typos.
2. AMGEN – If you are interested in volunteering contact Tour of California.
3. Dublin St. Patrick’s Day parade – March 12th – Susan Neer is looking for volunteers to participate in this parade. We may have 50 riders all decked out in club colors and costumes if they wish.
4. Upcoming tours – Bonnie reported Yosemite is full with a long waiting list. The Arizona tour, October 3-21, has six rooms filled so far. Call Bonnie if you would like to go.
5. Mark discussed the results of the V.S. Survey (2009). He plans to put out another survey soon.
6. The City of Pleasanton is having an Earth Festival April 16th from 10-2 and is looking for assistance. Call Mark if you are interested.
7. Cinderella 2011 is coming along. Bob is still looking for volunteers. Call Bob if you can help.
8. Gary Brustin was unable to speak at this meeting due to a family emergency, but will be at our June 1st meeting for sure.
9. Jim Duncan asked ride leaders to document momentous happenings that occur on club rides. This will help the Awards Committee next year. Jim Paulos has placed a notice on the bottom of the ride sign-up sheets to make comments on the backside of the sheet.

There being no further business, the meeting was adjourned at 7:55 p.m.
Respectfully submitted, Lynn DeMattei, Secretary

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
March 9, 2011

Meeting called to order by President Mark Dedon at 7:02 p.m. Minutes from the March 2, 2011 Club Business Meeting were approved as read. Treasurer Bill Well reported on our accounts. We seem to be doing well, but there have been many checks written for the Cinderella. Motion made, seconded and passed to approve this report.

OLD BUSINESS:
1. Gail reported we have been out there riding – some attendance better than others, but in general well attended rides and fun. The Feather Pedals have been an “event” with as many as 160 riders. With this many riders people are bound to find someone with whom to ride. Discussion followed.
2. V.S. web site – Curtis has updated the Cinderella page.
3. Dublin St. Patrick’s Day parade – The Valley Spokesmen will not be participating.
4. Earth Festival, April 16th – This event is covered by Dublin Cyclery (Chuck Tyler); members may help with bike check if interested.
5. V.S. survey – Mark would like to draft some new questions for his 2011 survey. In general people enjoy the survey and would like to see more of them. Most common frustration is being left behind on rides. Discussion followed.
6. Livermore Library presentation – Erica and Mark will be speaking on Bicycling in the Valley in May on 14th. This is prior to AMGEN and part of a series of various bicycling topics (repair, racing, touring). Join them if you can.
7. Karin inquired about waivers for Sags during organized rides (Cinderella). Bonnie has an example, discussion followed.

NEW BUSINESS:
1. The April/May ride schedule is complete! Gail reported with the well-attended rides before the Cinderella a new idea has developed on how to keep these riders after the Cinderella. Hopefully the dilemma has been solved by offering Friday rides with a variety of levels, watch for them in the newsletter. Also, look for rides up Mt. Diablo on Wednesday evenings. Karin questioned how much lead-time was needed for getting proposed rides in the newsletter.
2. The Steven Cozza’s Giro Bello Classic on June 25th in Sebastopol is looking for volunteers. If interested in helping, contact Bonnie, she has the info.
3. Long distance tours are happening. There is space on the October Arizona tour if interested.
4. AMGEN Tour is fast approaching.
5. Cinderella update – The patches have arrived and they look fantastic. We have 2515 registered riders. Bob is doing okay with workers, but there are still a few openings. Permits have been approved; food has been ordered; certificates of Insurance have been issued; food has been ordered; green confirmation cards will be in the mail by March 14th.
7. Igloos – Motion made, seconded and passed to replace three Igloo water coolers. Motion made, seconded and passed to purchase one 6-foot table. Discussion followed regarding how we will lend out our equipment because items have been lost or returned damaged. Motion made, seconded and passed – We no longer will lend out our equipment as a general policy.
8. Motion made, seconded and passed to rejoin the East Bay Bicycle Coalition.
10. Erica asked about future guest speakers for upcoming meetings. Discussion followed.

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

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
April 13, 2011

Meeting called to order by President Mark Dedon at 7:05 p.m. Minutes from the March 9, 2011 Executive Board Meeting were approved as read with one correction. Treasurer Bill Well reported on our accounts. He will have a finalized report on the Cinderella at the June board meeting.

OLD BUSINESS:
1. Cinderella evaluation – There were many favorable comments from riders and workers. There was some discussion on our refund procedure and how best to handle this in the future. It appears we need better signage into the
Valley Spokesmen “Bicycle” Touring Club
April 2011

Correspondence sent:
1. Check to Cash and Carry (Pleasant Hill) for Cinderella.
2. Checks to Office Depot for Cinderella.
4. Refund checks to riders canceling out of the Cinderella.
5. Check to Cash and Carry (Dublin) for Cinderella.
6. Checks to Lucky’s for Cinderella.
7. Check to Frankie, Johnnie & Luigi’s Too for Cinderella workers’ dinner.
8. Check to James Duncan for final Cinderella jersey payment.
9. Check to Harburn Enterprises, Inc. for Cinderella patches.
10. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
11. Check to Minuteman Press for printing of April newsletter.
12. Check to Kathryn Abrams for Cinderella jersey refund.
13. Check to Bob Powers for change at Swap Meet.
14. Check to Amador Valley Industries for Cinderella dumpster.
15. Check to Midstate Barriers, Inc. for Cinderella cones.
16. Check to A Grand Affair for rental of coffee urns for Cinderella.
17. Check to Livermore Area Recreation and Parks District for Robertson facility permit.
18. Check to Custom T-shirts for Cinderella worker shirts.
19. Check to California Highway Patrol for Cinderella.
20. Check to Jean Watts for first aid kit supplies.
21. Check to La Val’s for Cinderella pasta.
22. Check to Mary Well for Cinderella bagels.
23. Check to Chrys Simpson for Cinderella worker pizza.
24. Checks for gasoline used by SAG’s on the Cinderella.
25. Check to Dublin Cyclery for Cinderella parts used.
26. Check to Golden State Portables for porta potties for Cinderella.
27. Check to Steve Gifford for Cinderella expenses.
28. Check to Downtown Livermore, Inc. for AMGEN donation.
29. Check to Purchase Powers for postage on meter.
31. Check to Alameda County Fair Association for final Cinderella payment.
32. Letters of welcome to old/new club members. Membership stands at 409 so far in 2011.

Correspondence received:
1. Thank you notes from Cinderella riders.
2. Copies of Sunset magazine for May.
3. Copies of Bicycling magazine for May.
4. Advertisements from various organizations and businesses.
5. Membership renewal requests.
6. Newsletters and magazines from various clubs and organizations.
RIDE REVIEWS

March 27th
Thanks to all 260 riders who came out today for a very mellow 47th B'day ride and to those who joined us at Jack's for a brew and a bite. Onward to the 57th! Jim

March 28th
Forty three of us joined together in the dreary weather on Sunday to do the final Feather Pedals training ride. Fortunately, the rain only drizzled on us and the wind increased as the day went on. We had 34 riders on the Classic and 19 riders on the Challenge. It was a cool 58 degrees with a slight 5 mph wind in the morning and a 15 mph head wind in the afternoon. The roads were mostly dry without too much debris on them. We had the generous support of Patric Durant as our substitute SAG and he did a great job. Almost no problems were reported, just a couple of flats before we left and one on the road. He supported the Mines Road riders with water and cheer at the bottom, and was at the corner near the beginning with bells and cheers for the whole group. Over all a GREAT DAY to ride!! Thanks again Patric! Rebecca

March 30th
Edith led us on a loop over the Benicia and Zampa bridges on this beautiful sunny day. Nice to see the bright green hillsides after all the rain we've been having. Peter

April 3rd
Our ride today started and ended at Dublin High so we could participate in the swap meet after the ride. Perfect sunny day for our ride down to Sunol and continuing down Niles Canyon, over Palomares, and returning via Dublin Grade. We got back just in time to get some snacks and search for bargains at the swap meet. Peter

April 5th
Steve led today's ride from Castro Valley over Dublin Grade to Sunol with the return via Palomares. I joined the ride at the top of Dublin Grade. Peter

April 6th
Alaine led us on the 5 Canyons ride through the Hayward hills on this beautiful sunny day. A little haze detracted from the views but it was a great day for a ride. Peter

April 9th
Ken led us on one of the club's favorite rides to celebrate his birthday: over Dublin grade, Redwood, and Pinehurst to the Moraga Commons and then returning through Lafayette, Alamo, Danville, and San Ramon. Nice day for the ride and a good turnout. Peter

April 10th
Heidi led today's ride from the Bollinger Park & Ride lot in San Ramon to the Junction Ranger Station on Mt. Diablo and Morgan Territory. Started out cloudy and rather cool, but the hills took care of warming us up and the clouds soon dissipated. Peter

Good ride today. Thanks Heidi! (My legs hurt...) Mike

April 13th
Pete Slagle led today's ride starting at the Livermore airport. At the start the rain was to our west and we were hopeful that it might pass to the north. But we started to get a few sprinkles early in the ride and when we reached Robertson Park it started coming down harder. After a brief discussion we reached a consensus to head back rather than take a chance on continuing the ride. Peter

It hit me at the top of Altamont pass on my return. I got the full treatment including a exfoliating facial. John

April 15th
Great ride today for the first of the new series of Odd FriDay rides. There were 3 well known faces and 4 new faces. We broke up into 2 groups and I believe all had a great morning. I look forward to riding with these new friends again, and hopefully the group will continue to grow and expand so that we will have riders of all levels to join into their smaller groups and enjoy the rides. Bring your own route slips or use one of mine; the more ideas and choices we have, the better. Enjoy the sunshine :-) Gail

April 16th
Patric led today's ride from Danville over Tassajara, Highland, and Collier Canyon to Livermore airport. After a brief stop we continued through town and then headed over to Pleasanton on Vineyard and returned through the BART station to Dublin, San Ramon, and back to Danville. Peter

April 17th
Mark led today's ride from Shannon Center. Originally planned to be the Moraga loop over to Castro Valley and up Redwood, but there was a consensus to stay on the east side of the hills based on reports of showers to the west and the dark clouds still rolling into the area. So we decided to ride down to Sunol and then up to the summit of Calaveras. Peter
CINDERELLA COMMENTS

A big big THANK YOU to those who, over the last three days, toted that barge and lifted that bail...wonder why the 50th case of oranges weighs a lot more than the first...perhaps it was the 32 cases of bananas that went before...and tomatoes, grapes, cantaloupe, meats, cheese, drinks etc. Thanks to those who mixed, stapled, pasted, sorted, lifted, drove, washed, cleaned and did what needed to be done so our Cinderella’s will have special day. And to those who will do your best to-morrow, Thank You. Hope you all can make it to the end at the fairgrounds to see the euphoria of the riders, buy a Fat Tire and relax at the Expo before the party at Powers where war stories will be told. Gotta say, the Cinderella’s love ya.

Today the 35th Cinderella has been put to bed (so to speak)...except for some fussy work. First, keep VS member Pat in your thoughts for a fast and complete recovery and we look forward to seeing her back on her machine. Details do not matter, just wish her well. (Editor’s note: Pat is progressing well and hopes to be back to work the week of April 24th)

Where to start...
A big thank you to all who assisted in making the day a great and memorable success, as you will see from the notes we are receiving from the Cinderella’s when we get them together.
I’ll name some names but all are included:
To Bonnie and Mary for marking the route with pink arrows
To Bob for his storage organization
To Steve G for starting at O dark :30 on Saturday putting out cones and signs for safety
To Zaf and the 5:00 a.m. VSRT (our race team) parkers who know their job better than the ‘pros’ and sped cars to parking
To Steve and his 5:30 crew for Starbucks coffee, bagels etc.
To Starbucks for the coffee donation. A big hit! To Randy and his jersey pick-up crew, morning and all afternoon, for handling a possibly complex project with aplomb and patience.
To Greg, Andy & Jim for getting the 51 Expo vendors to their booth spots....including a few unexpected.
Our Expo success has grown and it may be time to put a cap on the number of vendors.
To all the rest stop / lunch workers who remained calm, cheerful and helpful to the appreciative Cinderella’s. To the SAGS who, as usual, did their jobs professionally. Three asked for Mr. Arbuckle! Oh well.
To Steve and his fairgrounds crew for the food spread after the ride and keeping the food well supplied. To Gary, the soup meister. To the rider check in crew for assembling the patches, goodies and swag and keeping calm under fire
To the VS booth crew, thanks for giving an hour or so...Clay is the salesman of the day and wins the fur lined bathtub. To Molly for her Fat Tire and other liquid goodies
To all who helped with the cleanup at the fairgrounds after the Cinderella left. To Mary & Ken and all who pitched in for the grunt work of clean up at the Powers’ washing dirty stuff, stacking, packing, draining, more washing and doing what needed to be done. To those who came to the swap meet on Sunday and helped set up, sell the little we had left and cleaned up it was one of the bigger events. To Bonnie & Bob for opening their house for the after party. To Christy, Francie, Jim P, Jim V, Bob and Bonnie who spent all day Sunday washing tables, coolers, igloos, and stuff. Packing and labeling, getting two loads to storage and loading a third so we could move it to-day. Pooping out at 6 for a beverage and a bite was good! A very successful day and the Cinderella’s loved it. So we’ll do it again on March 31st 2012.
Thanks for what ever you did. Prince Charming

Bonnie must put in her two cents too. Very simply THANKS to all of you who helped me behind the scenes stuffing envelopes, alphabetizing, labeling confirmation cards, labeling route sheets and helping me with the purchase of the food and all organization. THANK YOU – THANK YOU – THANK YOU!!!

Now for a few stats:
There were 2538 women registered.
On Cinderella day there were 2081 women on the road
In addition to California riders came from 8 states: Alabama = 1; Hawaii = 1; Colorado = 1; New Mexico = 4; Nevada = 17; Oregon = 3; Texas = 1 and Washington = 1
California had riders from 237 different cities. And the Expo had 51 exhibitors.
Now for a few comments from our Comment Book or received via email.

- A great day and wonderful event for women riders! Thanks for all the support.

- Great job at staffing rest stops! Like the new route, will be nice when Iron Horse goes all the way back to Livermore so we can avoid the last 10 miles of stop signs! Looking forward to next year. Keep up the good work.

- First timer – just moved here from Oregon. GREAT event! Nice job!!

- This is my 9th year! Great weather, great food, as always it’s a fantastic experience!!!

- Thanks for once again organizing a great, safe ride! Here’s to another 35.

- Thank you for a great job. I have never seen so many SAG wagons pass.

- Bonnie....I want to thank you for all your work. The Cinderella is a real gift and we all appreciate it so much. Merci...Dunka....Gracias.....Didn't see you yesterday after the ride. Probably because I came "gimping" in when they were ready to pack it up. Loved every painful minute.

- Awesome sag wagons!!! Very well organized in ALL aspects. Love the jersey.

- Thank you so much for everything. This was my first CC I was very impressed by the organization and all the food at the rest stops and loved that everyone was so friendly!!

- Need flaggers at dangerous intersections. Better food, sandwiches sucked, and beverages (Cytomax).

- Excellent ride – however need to teach people to ride in a single file in locations.

- Like the new rest stop closer to the end of the ride. Always fun.

- I completely missed the lunch stop! Poor signage! Need big cone with arrow to indicate rest stops.

- Came from Eugene Oregon and I will do it again. Good food. Great support. Thank you!

- So Great thank you! So much support. Area near end (freeway) 55-60 MPH was dicey, no well marked. If I wasn’t in a group I would have been a bit freaked.

- Great ride – thank you so much for all the organization, good food, cheery folks. Too many photo ops .. how can I remember who took what when? Would be great if they uploaded the pics and organized them by rider number. Loved it, will do it again. Thanks!

- Love the sag wagons – we needed to replace a tire/tube that was done very quickly. Love the route change from last year.

- Haven’t done this ride in over 5 years! Fabulous, beautiful! Loved the gradual inclines.

- Awesome ride. Your organizational efforts are amazing.

- This is my 3rd Cinderella. Every year it gets better. Love the directions from BART and the new route.

- Great time once again! Love the gift this year!

- It rocked! Thank you so much for an awesome ride and wonderful Prince Charming’s/Sag! Would not have been able to complete the ride without them!

- Wow – What a day! Best Girls day and best East Bay ride! You rock!

- My fifth Cinderella and the best yet! Thanks for the great weather and the Starbucks Coffee at the start.
The Cinderella was great as usual! My friend and I agree that the Cinderella is by far and away the best supported ride out there and the atmosphere is the best (and we have easily over 70 rides between us). We hadn’t ridden it since the early 90’s and that excellence hasn’t changed a bit. Though I swore off organized rides 15 years ago, I may be back next year!

In addition, our band of three wanted to buy jerseys, but only had $105. on us (combined). The person at the desk trusted us to send the rest and here it is.

The only suggestions I have for the future is two things. First is to put in the lit you send out that it is important not to block the road (which you do), but also if someone says “On your left” MOVE RIGHT if you can. I know you can’t control people, but I hope that with a reminder a few more night do so.

Secondly, there should be a person posted at the last turn into the Fairgrounds to make sure it is clear when people pull into the left turn land. I had heard that the police had someone there until just before we got there, but there was no one there when we did and watched several people pull out in front of oncoming traffic. I think they were too tired to be smart.

Thanks again and see you next year.

The following are comments from our Feather Pedal group:

- Peeps! My first time riding Cinderella . . . . and it was super fun. Thank god the rain gods didn’t strike, and had sunshine towards the end. My prayers are to those ladies who were hurt and I hope you have an easy and full recovery. Seeing the accident was a startling reminder for me to slow down, ride safe, keep distance between other riders. But besides all that, Lemon Drop Man . . . . you ROCK! Lunch was fantastic, and the route was beautiful. Next year? Cinderella Challenge for sure.
Girls Rock! Ride Safe! Karin P.

Karin, I’m forwarding your email to the people who make this happen...Bonnie and Bob Powers and Jim Duncan...with many others of course. Thanks! Karin B.

Ladies:

I only had the pleasure of riding with for two rides (the 8th and part of the 9th). What a treat! Each of you was incredibly gracious, welcoming, and helpful. I just started cycling a few months ago. Bianca (that would be my Bianchi road bike) and I really appreciate your grace!

I would love to keep riding with you and I grow in this fantastic sport. I turned 50 on Friday and this was the best birthday present ever! To finish the Cinderella and to see those feathers (in all forms) flying in the wind--well that was great!

Special thanks to Karin, Dean, and Bob (taught me how to climb a hill).

Very, very best! Tracey

This year’s ride was simply awesome. Congratulations for 35 years of bringing this event off and making it better each year. The weather god looked favorably upon us (for which I am personally grateful). The “sisterhood” vibe was strong, the support from the princes was superb, the food was tremendous and the jersey was great.

Thank you for the training rides this year…made a huge difference.

Thank you for the your commitment that we ride well, safe and have fun. You are the best. Can’t wait until next year! Linn
## MILEAGE REPORT AS OF April 19, 2011

<table>
<thead>
<tr>
<th>Sum of Rides Total</th>
<th></th>
<th></th>
<th></th>
<th>Sum of Rides Total</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Miles</td>
<td>Led</td>
<td>Rides</td>
<td></td>
<td>Miles</td>
<td>Led</td>
<td>Rides</td>
<td></td>
</tr>
<tr>
<td>Ball, Karin</td>
<td>205</td>
<td>2</td>
<td>5</td>
<td>Satoutah, Brahim</td>
<td>416</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Blanco, Gail</td>
<td>377</td>
<td>4</td>
<td>10</td>
<td>Schiefer, Alma</td>
<td>265</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Campbell, Rick</td>
<td>597</td>
<td>1</td>
<td>13</td>
<td>Shannon, Geoff</td>
<td>207</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Carhart, Dan</td>
<td>319</td>
<td>8</td>
<td></td>
<td>Shiba-Buscheck, Nancy</td>
<td>315</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Carpenter, Don</td>
<td>335</td>
<td>7</td>
<td></td>
<td>Simpson, Christy</td>
<td>445</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Culshaw, Pete</td>
<td>207</td>
<td>7</td>
<td></td>
<td>Slagle, Linda</td>
<td>269</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Cushman, Francie</td>
<td>834</td>
<td>1</td>
<td>20</td>
<td>Slagle, Pete</td>
<td>293</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Daly, Deb</td>
<td>441</td>
<td>10</td>
<td></td>
<td>St. Clair, Kimberly</td>
<td>365</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Dedon, Erica</td>
<td>344</td>
<td>1</td>
<td>8</td>
<td>Strain, Bob</td>
<td>219</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Dedon, Mark</td>
<td>310</td>
<td>3</td>
<td>8</td>
<td>Strain, Kathy</td>
<td>429</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Duncan, Jim</td>
<td>706</td>
<td>1</td>
<td>17</td>
<td>Thieben, Kevin</td>
<td>564</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Durant, Patric</td>
<td>314</td>
<td>9</td>
<td></td>
<td>Thieben, Teresa</td>
<td>268</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Fujii, Bob</td>
<td>402</td>
<td>9</td>
<td></td>
<td>Thomas, Walt</td>
<td>267</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Fusco, Bob</td>
<td>260</td>
<td>6</td>
<td></td>
<td>Twesten, Ray</td>
<td>203</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Granahan, Dan</td>
<td>312</td>
<td>1</td>
<td>9</td>
<td>Van De Vreugde, Jim</td>
<td>421</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Hardy, Teresa</td>
<td>220</td>
<td>5</td>
<td></td>
<td>van Raalte, Marcus</td>
<td>672</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Hernandez, Ken</td>
<td>310</td>
<td>1</td>
<td>7</td>
<td>Whelan, Steve</td>
<td>709</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Hernandez, Mary</td>
<td>367</td>
<td>9</td>
<td></td>
<td>Wood, Rebecca</td>
<td>286</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Hirt, Janice</td>
<td>326</td>
<td>8</td>
<td></td>
<td>Woods, Colleen</td>
<td>230</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Hirt, Joe</td>
<td>263</td>
<td>7</td>
<td></td>
<td>Yates, Sheryl</td>
<td>200</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Kane, Kathy</td>
<td>243</td>
<td>1</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kowalewski, Steve</td>
<td>227</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaver, Kent</td>
<td>215</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leddon, Dave</td>
<td>852</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lenzi, Marty</td>
<td>213</td>
<td>2</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Livingston, Bekki</td>
<td>287</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>McBee, Michelle</td>
<td>310</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Montes, Frank</td>
<td>238</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moore, Janet</td>
<td>331</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neer, Mark</td>
<td>573</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neer, Susan</td>
<td>573</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nowell, Keith</td>
<td>276</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nowell, Linda</td>
<td>294</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obata, Ken</td>
<td>405</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parrish, Charles</td>
<td>325</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Piekarski, Sharon</td>
<td>331</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poe, Karin</td>
<td>321</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rathmann, Peter</td>
<td>1025</td>
<td>2</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2011.

**IS YOU NAME MISSING FROM THIS MILEAGE SHEET? REMEMBER IF YOU HAVE NOT REJOINED THE CLUB FOR 2011, YOU DO NOT RECEIVE CLUB MILEAGE UNTIL YOU DO!**

Total miles ridden by club members so far this year – 36,195!

**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!!!**
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: __________________________________________________________________________________

Blood Type: Name: ________________________ 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
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.