



Valley Spokesmen Bicycle Touring Club • Since 1971
P.O. Box 2630 • Dublin, CA 94568 • www.valleyspokesmen.org

JUNE 2011

President's Message

Recently, the City of Livermore hosted the start of the Stage 4 Amgen Tour of California. This race has passed through our Tri-Valley Area several times in the past. The reason for this is that we have fantastic places to ride as most of you already know. But some of you may be new to the Tri-Valley and are wondering what kind of bicycle riding there is around here. While getting ready for the Amgen race, the City of Livermore invited our club to come to the Livermore Library on May 14 to talk to the public about bicycling. On that Saturday, Erica and I provided a one-hour presentation called "Bicycling in the Tri-Valley...and Beyond!" Here is a short summary of our presentation that some of you who are new to the Tri Valley Area may be interested in. For accompanying photos, please visit our website at <http://www.valleyspokesmen.org/> and look for the posted PDF file that follows the narrative below...

There are many great family-friendly bicycle trails in the Tri-Valley area. Starting with Livermore, check out the trails shown at <http://www.larpd.dst.ca.us/parks/map.html>. Most of these trails are paved, off of roads and family-friendly. A favorite of ours for a family-friendly ride is Sycamore Grove. The paved trail takes you far from roads and provides a beautiful view of pastures, sycamore trees and riparian habitats along the Arroyo Del Valle creek. At the southeast end of this trail is the Wente Winery and restaurant. You can continue up the canyon on Arroyo Road to view Lake Del Valle from the top of the dam. Heading north on Arroyo Road to just past Wetmore Rd., turn right onto a paved bike trail that takes you through Holdener Park. This will take you to Marina Avenue. Next, check out the brand new paved trail that parallels Tesla Road starting on the west end near Concannon Vinyard near Buena Vista Avenue and proceeds east to Bruno Canziani Park. Also, don't miss the Arroyo Mocho Trail that begins on the east end at Livermore Avenue near Robertson Park and heads west to Isabel Avenue as it follows the Arroyo Mocho Creek. You can then head south next to Isabel Avenue on a paved trail onto the Del Valle trail that heads back to the east where it ends near Lakeside Circle.

In Pleasanton a favorite off-road paved trail is the Arroyo Del Valle Trail. You can find a nice map of other Pleasanton trails at <http://www.ci.pleasanton.ca.us/pdf/trails-map-100119.pdf>. The City of Dublin also has a few pretty off-road trails. Check out the Alamo Creek Trail and others at <http://www.ci.dublin.ca.us/documentview.aspx?DID=909>. The Iron Horse Trail is the backbone of off-road trails linking the north end of Pleasanton all the way to Concord (see map at http://www.ebparks.org/parks/trails/iron_horse). Don't miss the Contra Costa Canal trail and great views of Heather Farm at http://www.ebparks.org/parks/trails/contra_costa as it meanders around Walnut Creek.

Beyond the Tri-Valley there are also great family-friendly off-road paved trails to explore. One of our favorites is the Alameda Creek Trail that starts on the east near Niles and heads west to Coyote Hills Regional Park and the Don Edwards National Wildlife Refuge (see http://www.ebparks.org/parks/trails/alameda_creek). Another favorite is Angel Island. You can take a ferry from Alameda, SF or Tiburon to this island for some great views of the SF Bay Area (see http://www.parks.ca.gov/pages/468/files/angelisland_web.pdf).

In addition to the great off-road riding there are many beautiful bicycle rides on roads throughout the Tri-Valley area. I'll refer you now to the on-line presentation I referred to mentioned above for a glimpse of other great rides organized by your club and others as well.

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!



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 the 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 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. 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 3-L 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.

SAT. 6/11/11 4-M 52 miles (85 km) 9:30 a.m. Ride the hills of Woodside, La Honda, Tunitas Creek and Kings Mountain.

Start at the parking lot behind Robert's Market, 3015 Woodside Rd, Woodside, CA 94062. Take the San Mateo Bridge (Hwy. 92W) to I-280S; take exit 25 for CA-84/Woodside Rd; merge onto Woodside Rd; destination on the left. Bring water and snacks, money for lunch at San Gregorio. Possible car pool at Shannon Center in Dublin at 8:00 a.m.

Leader: Heidi Fraser, 925-451-1430,
Heidisbike@gmail.com.

SUN. 6/12/11 3-M 50 miles (80 km) 10:00 a.m.

Starting at Monte Vista High in Danville we'll head through Alamo and Walnut Creek to Moraga before climbing scenic Pinehurst and Redwood roads. Our return will take us through Castro Valley to Dublin grade and back into Danville. Take I-680 to the Stone Valley Rd. exit and go east for 2.6 miles; the high school will be on the right. Bring water and snacks.

Leader: Joe Selby, 925-286-2300.

TUE. 6/14/11 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. 6/14/11 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. 6/15/11 2-L/M 25 miles (40km) 9:00 a.m. Ride to Las Trampas park on Bollinger from Shannon Center in Dublin. Take I-680 to the Alcosta exit heading west; take a left on San Ramon Road; turn right on Shannon and right into the parking lot. Bring water and snacks.
Leader: Alaine Nadeau, 925-216-0801, l8trees@aol.com

THUR. 6/16/11 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. 6/17/11 1-L/M No Drop 10-30 miles (15-50 km) 8:00 a.m. This Odd FriDay series of rides will occur every Friday 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. 6/18/11 2-L/M 20-37 miles (32-60km) (3 options) 9:30 a.m. Feather Pedals ride starting from the Blackhawk Plaza shopping center and heading south through some of the new San Ramon Windemere development with a Challenge option to continue on to Livermore. We'll have a refreshment break at Starbucks before returning on a different route. Meet at the parking lot west of Draeger's Market in Blackhawk Plaza. Take I-680 to the Sycamore exit and go east; continue on Camino Tassajara; turn left on Blackhawk Rd. and right into the shopping center. Bring water, snacks, and money for Starbucks and optional lunch after the ride. See web calendar for route details. All riders welcome.
Leader: Marty Lenzi, 925-324-3804, maclenzi@aol.com

SUN. 6/19/11 3-M 58 miles (93 km) 9:00 a.m. Shannon Center to the Flynns. Ride from Dublin to Livermore via Collier Canyon with a stop at the Starbucks on Vasco and then continuing up Altamont Pass and over north and south Flynn. The return will take us to Pleasanton on Vineyard Ave. and back to Shannon. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the parking lot. Bring water and snacks.
Leader: Dan Carhart, 925-828-8964.

TUE. 6/21/11 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. 6/21/11 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. 6/22/11 3-M 35 miles (60 km) 9:30 a.m. Meet at the Livermore airport terminal, roll at 9:30 a.m. Route: Robertson Park, Cross Rd, Flynns, May School, Collier Canyon. From I-580 go south on Airway Blvd. Turn right onto Terminal Circle and right into the parking lot.
Leader: Pete Slagle, 925-819-6600.

THUR. 6/23/11 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. 6/25/11 3-M 30 miles (50 km) 09:30 a.m. Dublin to Sunol – Palomares. We'll ride down Foothill to Sunol, then Niles Canyon to Palomares before climbing to the summit. The return will take us to Dublin Grade back to the start. Meet at Shannon Center. Take I-680 to Alcosta Blvd. and go west; turn left on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring water and snacks.
Leader: Alberto Lanzas, 510-825-9581.

SAT. 6/25/11 MTB-3 7-10 miles (10-16 km) 10:30 a.m. About 1200' of climbing await us on this ride through Jeremiah Morgan's Territory. We will be treated to some great views from the Bob Walker Ridge before we drop down to cross MT road and begin our climb back up. The trails should have improved since our last visit. We will be riding fire trails and double-track, with some debris, as these are not the most heavily traveled byways. Cattle graze here but we should experience less of their mudprints. Moderate to steep climbs but not too long. Temps may be getting higher so bring lots of water. Bathrooms and water available at the start. Meet at Morgan Territory Staging Area at the top of MT road. You will need fluids, snacks and a helmet. It takes forever to get there so plan accordingly.
Leader: Dane Carlson, 925-323-5865.

SUN. 6/26/11 4-M 60 miles (95 km) 9:30 a.m. Ride the beautiful Santa Cruz Mountains, via Lexington Res, Skyline, Boulder Creek, Big Basin Park and back to Lost Gatos for refreshments. Start at the Los Gatos Library parking lot (198 Maple Pl.). Take I-880 south; cont. on Hwy. 17S; take exit 20B to Hwy. 9S toward Los Gatos; turn left on University; turn left on Main St.; take 2nd right on Maple Pl.; library will be on right. Bring water, snacks, money for refreshments at Los Gatos. Possible car pool at Shannon Center in Dublin at 8:00 am.
Leader: Heidi Fraser, 925-451-1430,
Email Heidisbike@gmail.com.

TUE. 6/28/11 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. 6/28/11 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. 6/29/11 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 University 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.

THUR. 6/30/11 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.



JULY 2011

FRI. 7/1/11 1-L/M No Drop 10-30 miles (15-50 km) 8:00 a.m. This Odd Friday series of rides will occur every Friday 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. 7/2/11 2-L 45 miles (72 km) 9:00 a.m. Starting at Livermore airport we'll head west and stop for some refreshment at Peet's Coffee in Danville before returning. Take I-580 to Airway exit and go south; turn right into Terminal Circle and park in the lot or on the street. Bring water and snacks or money to buy.
Leader: Bill Goodwin, 925-487-0521.

SUN. 7/3/11 2-L/M 34 miles (57 km) 9:00 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.
Leader: Peter Rathmann, 925-336-0973.

TUE. 7/5/11 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.

TUE. 7/5/11 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. 7/6/11 3-L/M 35 miles (60 km) 10:00 a.m. Cheese Factory Ride. Meet at the Paradise Foods parking lot on Ignatio Blvd in Novato. Our route will go out Lucas Valley Road to Nicasio, past the reservoir, and

up the hill to the Cheese Factory for lunch before returning to Novato. From 101 north take the Ignatio exit in Novato, cross over the freeway, and turn right into the parking lot by Paradise Foods. Park at the far end of the lot.

Leader: Barbara Wood, 707-745-6353, cell 707-980-0426.

WED. 7/06/11 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 7, 2011.

THUR. 7/7/11 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.

SAT. 7/9/11 3-L/M 47 miles (75 km) 9:00 a.m. Dublin to Moraga Loop.

Starting at Shannon Center in Dublin we'll ride over to Castro Valley and then continue on scenic Redwood and Pinehurst roads on our way to Moraga Commons. The return will take us past St. Mary's in Moraga, then through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.

Leader: Alberto Lanzas, 510-825-9581.

SUN. 7/10/11 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: Bill Goodwin, 925-487-0521.

MON. 7/11/11 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. 7/12/11 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.

TUE. 7/12/11 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. 7/13/11 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.



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 at 925-422-9701: hollaway1@lnl.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, 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

UPCOMING EVENTS

- 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
Stateline, NV
- 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
- July 9 [Tour of the California Alps – Death Ride](#)
Closed – Markleeville
- 9 [Central Coast Century Ride to Defeat ALS](#) –
- 10 [Livestrong Challenge](#) – Davis
- 10 [Tour of Loleta](#) – Loleta
- 16 [Windmill Century](#) – Santa Maria
- 16 [Healdsburg Harvest Century](#) – Healdsburg
- 17 [Fall River Century](#) – Fall River Mills



UPCOMING TOUR

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.

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 - (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



FOR SALE

We have a few 35th Cinderella jerseys for sale at \$50.00 each. The sizes available are:

- 2.....small
- 5.....medium
- 2.....large
- 2.....extra large
- 1.....XX large
- 1.....XXX large

If interested let Bonnie know and arrangements will be made for mailing or pickup.



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.....XXX large

If interested give Bonnie a call at 925828-5299 to make pick-up arrangements.



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

L.A.B. - League of American Bicyclists -

www.bikeleague.org

Nature Conservancy – nature.org/legacy

Planning and Conservation League

www.pcl.org

Rails to Trails – www.railstotrails.org

U.S.C.F. - **United States Cycling Federation**

www.usacycling.org



Valley Spokesmen “Bicycle” Touring Club

Executive Board Meeting

May 11, 2011

Meeting called to order at 7:02 p.m. by President Mark Dedon. Minutes from the April 13th Executive Board Meeting were approved as slaughtered.

In the absence of Treasurer Bill Well, Bonnie reviewed our checking account.

OLD BUSINESS:

- Peter reviewed the past month's rides. The Cinderella was an obvious hit. The Yosemite tour was a huge success, the weather was a little nasty Sunday and Monday, but perfect on the valley floor. There were many new people and lots of snow at the higher elevations. Gail reported the new Wednesday evening rides have been well attended.
- There was no website report.
- Mark reported on the Earth Day Festival in Pleasanton.
- Mark and Erica will be presenting a Power-Point presentation at the Livermore Library May 14th. The subject will be touring in The Valley and Beyond.
- AMGEN – VS has been invited to have an information table in Livermore – Jim Paulos volunteered.
- Mark reported the VS survey will close May 15th. Not very many people have responded.
- Bonnie reviewed the City of Dublin Bikeways Projects Workshop on April 20th. Lots of events are happening during National Bike Month – Energizer Stations on May 12th; Bike to Market Day May 21st; Bike-In Movies; Rides, safety classes; bike to school; flat tire repair clinics. Bonnie also reported on the East County Public Forum on Transportation May 21st. An update was given on the Alamo Canal Trail under I-680; construction will occur between April-October 2012. Other subjects covered were the Alameda Countywide Transportation plan; the WHEELS transit advancements; the I-580 corridor; and the route 84 expressway.
- Livermore policewomen Cindy Moore and Elaine Briggs were excited and appreciative for our donation to the Police Unity Tour.

NEW BUSINESS:

- The June/July ride schedule was reviewed.
- Bike to Work day May 12th. VS donated various items to the Dublin BART energizer stations.
- Long Distant Tours – Paso Robles has room; call Bonnie. Plans are ALREADY underway for Yosemite 2012. Nine rooms are filled for the Arizona tour in October; again call Bonnie.

- T.O.S.R.D. – September 24-25 – The brochures have been printed and will be mailed tomorrow. Reservations have been made at the motel. The ride is limited to 200 people. Discussion followed regarding the rooms and food.
- Wynn Kageyama will be speaking at our September 7th club meeting.
- As a board it was decided that Saturday July 30th or August 6th would be our preference in viewing the Race Across America film at the El Campanil Theatre in Antioch.
- Wednesday, June 8th is the next Executive Board Meeting at the Powers' place.

FURTHER NEW BUSINESS:

- Jim D. reported Livermore Cyclery is hosting an evening with AMGEN riders the night before the race. More info will be posted on the VSlist.
- The Wente road race and criterium were very successful with good participation and only a few accidents. The V.S. race team is putting together a junior team and seeking more women racers.
- Dan mentioned Universal Sports would like to supply us with a calendar of cycling events to be posted on our website.

There being no further business, the meeting was adjourned at 7:56 p.m.

Respectfully submitted, Lynn DeMattei, Secretary



Valley Spokesmen “Bicycle” Touring Club

May 2011

Correspondence sent:

- Check to Minuteman Press for printing of May newsletter.
- Check to San Ramon Valley Unified School District for Cinderella check point.
- Check to Livermore Valley Unified School District for Cinderella check point.
- Check to Minuteman Press for printing of V.S. business cards.
- Check to Police Unity Tour as donation to Police Officers Moore and Briggs.
- Check to Minuteman Press for printing of T.O.S.R.D. flyers.
- Check to California Department of Parks & Recreation for filing fee for Brannan Island State Park for T.O.S.R.D.
- Check to Marty Lanzi for Feather Pedal expenses.
- T.O.S.R.D. flyers mailed to V.S. members; 2009 riders and 2010 riders.
- Letters of welcome to old/new club members. Membership stands at 417 so far in 2011.

Correspondence received:

- Thank you note from Steve and Pam Gifford for surprise gift.
- Save Mount Diablo Annual Report.
- Copies of *Sunset* magazine for June.
- Copies for *Bicycling* magazine for June.
- Advertisements from various organizations and businesses.
- Membership renewal requests.
- Newsletters and magazines from various clubs and organizations.

MILEAGE REPORT AS OF May 18, 2011

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Ball, Karin	205	2	5	Obata, Ken	506		11
Blanco, Gail	791	8	17	Olenberger, Emma	257		6
Bousfield, Sarah	210		1	Page, Janie	221	9	13
Burkle, Kathy	232	1	6	Parrish, Charles	413		11
Campbell, Rick	845	1	15	Piekarski, Sharon	331		8
Carhart, Dan	642	4	18	Poe, Karin	382		9
Carpenter, Don	381		8	Powers, Bob	210	1	1
Culshaw, Pete	234		8	Raeburn, Marty	210		1
Cushman, Francie	1386	3	29	Rathmann, Peter	1889	3	45
Daly, Deb	487		11	Satoutah, Brahim	815	1	19
Dedon, Erica	375	1	9	Schiefer, Alma	380	2	10
Dedon, Mark	372	3	11	Shannon, Geoff	264	1	9
Delfosse, Rob	398		5	Shiba-Buscheck, Nancy	315		7
DeMicco, Mike	472	3	6	Shum, Bart	231		5
Duncan, Jim	1250	5	29	Simpson, Christy	753		15
Dunning, Clay	390		7	Slagle, Linda	296		10
Dunning, Craig	255		2	Slagle, Pete	450	2	14
Durant, Patric	357	1	10	St. Clair, Kimberly	365		8
Fraser, Heidi	467	3	7	Strain, Bob	266		7
Fujii, Bob	628		15	Strain, Kathy	564		14
Fujii, Vivian	200		6	Thieben, Kevin	784	2	22
Fusco, Bob	306		7	Thieben, Teresa	268		7
Gale, Randy	382		5	Thomas, Walt	297		9
Granahan, Dan	362	2	10	Thompson, Dianne	204		4
Hardy, Teresa	220		5	Twesten, Ray	203		5
Heady, Bob	207		13	Tyler, Chuck	210		1
Hedges, Richard	311	2	4	Van De Vreugde, Jim	739		15
Hernandez, Ken	704	1	13	van Raalte, Marcus	778	1	18
Hernandez, Mary	759		15	Whelan, Steve	1168	1	22
Hirt, Janice	326		8	Wood, Rebecca	306	5	7
Hirt, Joe	263		7	Woods, Colleen	280	1	7
Hislop, Bob	280	1	2	Woodworth, John	475		10
Ho, William	411		12	Yates, Sheryl	200		7
Johns, Leni	216		5				
Kane, Kathy	336	1	9				
Kowalewski, Steve	323		9				
Lanzas, Alberto	400		12				
Leaver, Kent	359		11				
Leddon, Dave	1284		33				
Lenzi, Marty	213	2	6				
Livingston, Bekki	383	1	9				
McBee, Michelle	709		15				
Montes, Frank	537		16				
Moore, Janet	331		8				
Moyer, Greg	288		8				
Nadeau, Alaine	203	2	6				
Neer, Mark	923		18				
Neer, Susan	898		17				
Norby, Edith	247	3	7				
Nowell, Keith	276		9				
Nowell, Linda	294		8				

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

IS YOUR 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 is 52,152!

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!!!

RIDE REVIEWS

April 20th

A little cloudy, but just about perfect cycling temperature for Alaine's ride to Sunol and returning over Palomares and Dublin Grade with Schaefer Ranch thrown in as a bonus climb. Peter



April 23rd

Excellent ride today starting in Napa and riding a pair of loops – the first took us up Mt. Veeder Rd. with a return on Dry Creek (which was not dry this time) and the second took us north through Yountville to Oakville and then on Rutherford to the Silverado Trail and back to Napa. Peter



April 24-28

I want to thank Bob & Bonnie for putting on a great Yosemite Tour and to give a first timers perspective. I didn't know what to expect, but I ended up having a great time.

The route - We started out in Dublin on Sunday, climbing over the Altamont with a strong tailwind that took us all the way to Oakdale. 79 miles for the day & 1,772 feet climbing. Day 2 started out a route out of town charted by Mike DeMicco. Some elected to take Priest Grade to Groveland, while others took a southern route through Coulterville, and then climbed Priest Coulterville Rd., or some (like Francie!!) took the longer Greeley Hill Route.

I took the middle option and ended up with 67 miles and 5,616 feet. Day 3 started out with an optional route out Ferretti Rd. plotted by Jim D that was guaranteed to bypass some of the early hills <:) We then took a route off the main highway to Camp Mather, originally suggested by Rob Delfosse, that had some spectacular views of the Hetch Hetchy area. We capped off the day with a 10 mile descent to the Yosemite Valley floor. I ended the day with 64 miles and 6,727 feet of climbing.

For the total trip, I had 210 miles and 14,115 feet of climbing.

The accommodations - We stayed at the Motel 6 in Oakdale (OK - it was actually a nice Motel 6), the historic Charlotte hotel in Groveland, and at the cabins in Camp Curry at Yosemite. Each day, we typically gathered in the evening for some refreshments before heading out for dinner. The evening get-togethers were one of the best parts of the day. We had an extra day in Yosemite that gave us a chance to hike, explore & relax.

The organization - The Powers' have this down to a science and everything went off perfectly. I couldn't imagine being in better hands.

I just wanted to give you a short update on the trip. We are very lucky to have this kind of opportunity in the club.

Rick
+ + + + +

I second Rick's comments on another excellent tour to Yosemite organized by the Powers'. Peter
+ + + + +

Thank you so much Bonnie and Bob, for a great ride! I am so happy that I could ride all three days this time, it was awesome!

Love the Pinocchio picture Steve...Jim D, we had some good laughs at your expense, but it made the trip more fun and more beautiful, thanks! Heidi

+ + + + +

Great ride and times! I hope a lot of you sign up for next year and Wards Ferry will be open. I think the highlight was when Jim caved to peer pressure and bought a round of beers. Here's to sales! :-)



April 29th

Gail led her 'Odd Friday' ride today starting at Central Park in San Ramon and heading out to the end of Bollinger in Las Trampas before continuing up Tassajara to Blackhawk and back on Dougherty and Bollinger. Peter



April 30th

Dane led today's mountain bike ride starting at the end of Finley School Rd. and heading into Morgan Territory. Nice day to enjoy the views although a little breezy at times. The recent rains have left some of the fire roads rather bumpy from the hooves of the cattle in the area and as a result this was definitely a 'hike and bike' outing. Peter



April 30th

The Valley Spokesmen Race Team and the 800+ racers say a BIG thank you to the VS members who came at 0:dark:30 to set up, register riders, work the corners and clean up for a great day of racing. Jim

+ + + + +

I SECOND THAT!!! A big thanks for all your support. Don Williams, Race Director



May 4th

Barbara led today's ride starting from the Budweiser brewery in Fairfield. We rode through Cordelia, Green Valley, and Rockville before heading north on Suisun Valley Rd. to Wooden Valley Cross and then south on Gordon Valley to Mankas Corners. Quite a bit of shade along the way and a steady breeze to keep the temperature feeling comfortable. Peter



May 4th

Rebecca came to see us off but is still recovering from her injury on the Cinderella so Heidi led the ride up Diablo. The temperature had cooled off considerably

from earlier in the day making it a pleasant ascent. I headed back down after reaching the junction so as to make it home in daylight. Peter

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
May 7th

Kevin led this ride dubbed the Cal-Pal route, we started in Pleasanton, rode down to Sunol and then up Calaveras past the reservoir before dropping down into Milpitas and heading back north. After a stop in a Deli near Ohlone College we continued through Niles Canyon before climbing Palomares Rd. and then returning via Dublin Canyon Rd. Peter

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
May 11th

Gail led today's ride from the Livermore Airport to Del Valle reservoir. Along the way we checked out two new bike paths in Livermore. The first is an extension of the path that runs alongside S. Livermore Ave. east of Concannon, which used to dead-end abruptly. It now runs to the intersection of Tesla and Mines Rd. The second path extends north from the Mines and Tesla intersection and connects to Charlotte Way in the new development there. Peter

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
May 13th

Gail led today's 'Odd Friday' casual-paced ride from San Ramon's Central Park through Danville, Blackhawk, and Alamo. Along the way we passed through several country clubs. Peter

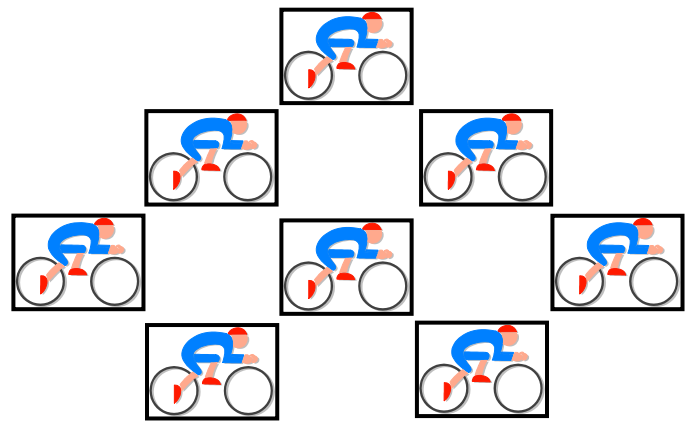
☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
May 14th

Bekki led today's ride from the Benicia waterfront to the Jelly Belly factory in Fairfield. It remained cloudy and cool throughout the day but at least we stayed dry and had an enjoyable ride and also sampled some of the treats offered at Jelly Belly. Peter

+++++

We did have a good ride on Saturday. The weather looked threatening and it was cold and windy. But 24 of us had a dry cold windy 50 mile ride!!!! Who knew the weather would be so crummy in May. Everyone enjoyed the Jelly Bellies and I saw a few packages in back pockets!!! Thank you Peter for taking pictures and Charles for sweeping. We will do it again later in the SUMMER and hopefully in SUMMER weather! Bekki

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺



Notice received from the East Bay Bicycle Coalition

Senator Boxer needs to hear from you TODAY

A big thanks to all of you who called or emailed Senator Barbara Boxer last week to save critical federal funds for walking and biking. The good news is she and her office heard from many of you. The bad news is we still don't have her commitment to support dedicated funding for biking and walking.

Senator Boxer is negotiating with other senators who don't think bicycling and walking are an important part of the transportation bill. She needs to know we have her back on this issue and she shouldn't give up on these crucial programs.

Call Senator Boxer at (202) 224-3553 or [email](#) her RIGHT NOW. Please tell her:

"I am one of your constituents and I think bicycling and walking need to be a part of the transportation bill. Please ensure that Transportation Enhancements, Safe Routes to School and the Recreational Trails programs continue with strong and dedicated funding as they are today."

If we don't act now, bicycling and walking programs may be written out of our transportation system for the next six years.

Thank you for making this call today to ensure that we continue to see the federally funded projects that connect our communities and result in more people biking here in the East Bay. If you called or emailed last week please reach out again today or tomorrow - this is the critical time for your voice to be heard in Washington.

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/maillinglist.php> and following the directions there.

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