



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

OCTOBER 2011 President's Message

My wife, Erica, and I just returned from the TOSRD tour to Sacramento. What a great tour, as usual. It provided an amazing experience of the sights, sounds and smells of the rural Sacramento River Delta as we rode the levee roads. The temperature was moderate and winds were breezy and the weather was even somewhat stormy at the end as a small front passed through. I'll take that over hot weather anytime. I hope you were able to join us for this wonderful and classic VS event. If not this year, consider riding the TOSRD next year. I spoke with many riders who were riding the TOSRD for their first time. They were all enjoying the ride and appreciated the good organization and food. Thank you to all who volunteered their time to make this event such a great success! Special thanks to Francie Cushman, Jim Duncan, and Bob and Bonnie Powers for leading this successful event.

Suddenly it seems, fall is here! Where did all that great summer daylight bicycle riding time go? It is getting harder to fit in that ride after work. The cooler temperatures of fall make it a great time to ride but you should be aware of some of the hazards as well. Here are some quick tips to consider as we head into autumn- Make sure your bike lights are operating as it can be easy to find yourself peddling in the dwindling daylight. Use both a headlight and taillight. Be sure to wear reflective clothing. When the weather turns wet, pay particular attention when crossing painted lane lines and railroad tracks. The painted lines can become very slippery, especially right after a first rain of the season. Several riders on the recent TOSRD can vouch for this! Railroad tracks are also notoriously slippery when wet. Even the tracks that have rubber-inlaid protection can be dangerous. Always cross the tracks perpendicularly, wet or dry. Wet leaves can also be slippery. So that said, check out the ride calendar for some fun rides this month.

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 above ratings are approximately:

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.

HELMETS ARE REQUIRED ON ALL RIDES!!

ATTENTION: All non-members must sign waiver form, obtainable from ride leader. **SIGN UP FOR RIDES OR CALL LEADER IF YOU PLAN TO RIDE!!** If you sign up and decide NOT to ride, please contact the leader of your change in plans. **REMEMBER**, if you don't sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

WEATHER: If there is a 10% chance of rain, snow, sleet or hail on the day of the ride, contact the leader the night before the ride or arrive at the meeting place on the day of the ride for final decision of cancellation. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

DURATION OF RIDES: If you wish to know the approximate length of time for any of the following rides - including rest stops, lunch stops, sight seeing etc., - please call the ride leader.

CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Call the leader to see who is signed up for the ride so car pooling arrangements may be made.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes.

CODE OF CONDUCT: All Valley Spokesmen members are expected to hold each other in compassionate regard and to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.

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



OCTOBER 2011

Note: Check the [website calendar](#) for additional rides not listed here.

SAT. 10/1/11 2-L/M 27 miles (43 km) 9:00 a.m.

Starting at the shopping center at S. Livermore and Pacific we'll ride south and through Sycamore Grove Park and then meander through a variety of Livermore neighborhoods. Take Livermore Avenue south through town; turn left on Pacific Ave. and park in the shopping center on the left.

Leader: John Woodworth, 925-784-6350.

SUN. 10/2/11 Diablo Mountain Challenge. Bonnie needs HELP with three water stops and serving food at the top – give her a call (925-828-5299)

Check website calendar for club ride.

MON. 10/3/11 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. 10/4/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.

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

Leader: Jane Moorhead, 925-980-9889

WED 10/05/11 3-M 32 miles (55 km) 10:00 a.m.

Lafayette-Moraga-Grizzly-Orinda Loop

We'll ride from Lafayette to Moraga and climb Pinehurst to Skyline and Grizzly Peak, then down Wildcat Canyon to Orinda. Return via St. Stephen's trail back to the start. Meet at the staging area on Olympic Blvd., just west of Pleasant Hill Road in Lafayette. Bring water and snacks or money to buy in Orinda.

Leader: Alberto Lanzas, 510-825-9581.

WED. 10/05/11 NO CLUB MEETING THIS MONTH.
The next club meeting is scheduled for Wednesday, December 7, 2011.

FRI. 10/7/11 1-L/M 10-30 miles (16-50 km) 9:00 a.m.
No Drop 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 (Beginner Friendly)

SAT. 10/8/11 2-L 20 miles (32 km) 10:00 a.m.
 Celebrate Navy Fleet Week, and join Bob for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate Bridge, through Fort Baker and back to Marina Green to watch the Navy Blue Angels air show. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Call if in doubt about the weather.
Leader: Bob Hislop, 925-890-6300.
 (Beginner Friendly)

SUN. 10/9/11 4-M 62 miles (100 km) 8:30 a.m.
San Ramon - Diablo Junction - Morgan Territory
 Starting at the Bollinger Canyon Park&Ride lot off I-680, we'll ride up to the junction on Mt. Diablo before descending to Walnut Creek and continue through Clayton. Then we'll climb Morgan Territory Rd. After the summit, we'll descend to Livermore and return via Highland and Camino Tassajara. Take I-680 to the Bollinger Canyon exit and meet in the Park&Ride lot at the southwest corner (behind the Chevron station). Bring water and food.
Leader: Alberto Lanzas, 510-825-9581. (Advanced)

TUE. 10/11/11 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: Jane Moorhead, 925-980-9889.

WED. 10/12/11 3-L/M 62 miles (100 km) 9:00 a.m. This ride starts in Fairfield, winds its way up to Monticello Dam on the Southern end of Lake Berryessa and then follows Putah creek into Winters with a stop-over at Steady Eddy's <http://steadyeddys.com/default.aspx> for lunch. Take I-680 North to I-80 East and then take exit 47 for Waterman Blvd. Turn left at the light onto

Waterman over the freeway and then take the first right onto Hilborn Rd. Drive about one block and park in the large lot on the right behind Cole & Cole. The destination address is 2460 Hilborn Road, Fairfield, CA. Bring fluids and snacks as this route is rural without much in the way of amenities. Here's a link to the route <http://ridewithgps.com/routes/661759>
Leader: Dave Leddon, 925-462-0727.

WED. 10/12/11 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

SAT. 10/15/11 3-L/M 25-40 miles (40 - 65 km) 9:00 a.m. This monthly Feather Pedal ride will start in the Crank 2 parking lot and will climb Calaveras to the First Summit or The Wall. Riders may turn around at any point. Crank 2 is located at 5480 Sunol Blvd. in Pleasanton. Take I-680 south to the Bernal exit. Turn right onto Sunol Blvd. Raley's Shopping Center will be on the left. Plan to be ready at least 15 minutes before the start time for pre-ride announcements.
Leader Rebecca Wood, rcwood1@sbcglobal.net, 925-577-3842. (Beginner Friendly)

**SUN. 10/16/11 2-L/M 48 miles (75 km) 9:00 a.m. Two Bridges Plus! We'll cross the Carquinez and Benicia Bridges and explore several scenic rural roads. Starting at Pleasant Hill BART, we'll take Reliez Valley Road to Franklin Canyon Road, head down into Crockett and then out across the Carquinez Bridge; have a snack and enjoy the view near the Vallejo Ferry Terminal (mile 20); traverse rural Lake Herman Road; swing by the good ol' Valero Refinery, and cross the Benicia Bridge. After a brief snack or short lunch in downtown Martinez around mile 40, we'll return to Pleasant Hill BART. There are a couple of notable hills, but less than 2,000 feet climbing overall, and some great scenery as a reward. Bring water and snacks and be prepared for weather variations, but rain cancels. See link for route map: <http://www.mapmyride.com/routes/view/49630412>
Leader: Gary Hsueh, ghsueh@me.com, 510-334-1976.**

MON. 10/17/11 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: Jane Moorhead, 925-980-9889.

WED. 10/19/11 3-L/M 45 miles 10:00 a.m. Ride to Port Costa and Crockett and then on to Pinole for lunch.

The ride starts from the parking lot at the intersection of Olympic Blvd. and Pleasant Hill Rd. (Northwest corner). As always, bring fluids and snacks.

<http://ridewithgps.com/routes/687720> to preview the route.

Leader: Dave Leddon, 925-462-0727.

FRI. 10/21/11 1-L/M 10-30 miles (16-50 km) 9:00 a.m.

No Drop. 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,
gvalbanco@aol.com (Beginner Friendly)

SAT. 10/22/11 2-L/M 35miles (60 km) 9:30 a.m. Join Karin Ball and Gail Blanco on a Vineyard Tour of Livermore.

We'll start at Charles R Winery, south of the Tesla/Greenville junction. Stay with us afterward for a picnic lunch with optional wine tasting. We'll have a cooler available to store lunches in for our return. From I-580 East, exit South Vasco Road. Turn left onto Tesla Road. Turn RIGHT Greenville Road. Continue on Greenville Road, the paved road will end. Make the first available right on the gravel road. Charles R Vineyards is located at the end of the gravel road.

Leaders: Karin Ball, 408-406-2286, and Gail Blanco, 925-872-1001.

SUN. 10/23/11 3.5 M 58 miles (94 km) 09:30 a.m. San Ramon - 3 Bears Loop

We'll ride from San Ramon up Danville Blvd. thru Walnut Creek on the Iron Horse Trail (both bridges). Then, we will head to the 3 Bears and start our climbs up Bear Creek Rd. with a refuel stop in Orinda. The return will take us past Moraga and back to San Ramon via the Blvd. Meet at Bollinger Canyon Park&Ride lot off I-680. Take I-680 Bollinger exit and meet in the Park and Ride lot at the southwest corner (behind the Chevron station). Bring water and food.

Leader: Alberto Lanzas, 510-825-9581. (Advanced Riding Level)

MON. 10/24/11 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: Jane Moorhead, 925-980-9889.

WED. 10/26/11 3-L/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: Dave Leddon, 925-462-0727.

SAT. 10/29/11 1.5-L/M 65 miles (100 km) 9:00 a.m.

Martinez to Davis via Pleasants Valley Join us for this Halloween romp through the beautiful fall countryside. Starting in Martinez, we will cross the Benicia Bridge, ride up through Cordelia and around Fairfield, follow rural Pleasants Valley Road to Winters, and end in Davis. We'll have lunch in Winters or Davis, and take the Capitol Corridor train back to Martinez. Bring water, food, money, and PHOTO ID (for the train). No services between Fairfield and Winters. Rain cancels. Trains leave Davis around 4, 5, and 6 p.m. and later; fare is \$15. Meet at the first parking lot on the left inside the Martinez Waterfront Park, off Joe DiMaggio Drive, across the railroad tracks, near the Martinez Amtrak Station. Halloween decorations encouraged!

Leaders: Gary Hsueh, 510-334-1976,
ghsueh@me.com and **Emma Olenberger, 707-479-2549,**
live2map@yahoo.com.

SUN. 10/30/11 2-L/M 22 miles (35 km) 9:20 a.m. Ride to Las Trampas.

Starting at Livermore Cyclery in Dublin, we'll ride north to Bollinger Rd. and continue to the Las Trampas Park staging area at the end. Watch for the ostriches, zebras, zonkey?, and llama along the way. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd, Dublin (in the shopping center southwest of the Amador Valley and San Ramon Rd. intersection). Bring water and snacks.

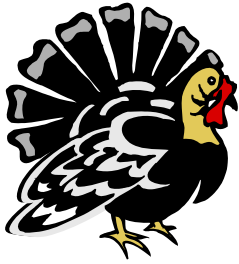
Leaders: Bob Heady, 925-833-8214, and Karin Ball, 408-406-2286.

MON. 10/31/11 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: Jane Moorhead, 925-980-9889.

See the Valley Spokesmen website (valleyspokesmen.org) for additional rides.



NOVEMBER 2011

WED. 11/2/11 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 travel through walnut and apricot groves, past llamas, cows, goats, sheep and small farmhouses. Even a wild turkey might 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. Do not go through the gate - use the left parking lot. Bring water and lunch or buy at a cute coffee shop in Winters. I will bring cookies!
Leader: Edith Norby, 707-771-0483 (c).

WED. 11/02/11 NO CLUB MEETING THIS MONTH.
The next club meeting is scheduled for Wednesday, September 7, 2011.

SAT. 11/5/11 3-M 31 miles (50 km) 9:00 a.m. Time Trial and Ride: Castro Valley – Redwood Rd-Skyline Blvd-Pinehurst Road-Redwood Road. Time Trial will start at the top of the hill in Castro Valley (Corner of Redwood Rd. and Proctor Rd.). Leaving in 1-minute intervals, ride 9.8 miles to the top of Redwood Rd. to Skyline Blvd. For those not wanting to time-trial, the group will leave after the last time trial rider. Regroup at the top of Skyline Blvd. Right on Skyline to Pinehurst, down Pinehurst Rd to Redwood Rd and Left on Redwood Rd back to Castro Valley.
 Meet at Castro Valley High School Football Field. Take I-580 to the Redwood Rd. exit and go north; turn left into Football Field Parking Lot. Bring water and snacks. Call if in doubt about the weather.
Leader: Chris Lundell, 510-566-4464.

SUN. 11/6/11 PROGRESSIVE DINNER

HOW: By bicycle, covering about 50 or 65 miles

HOUR: 10:00 a.m.

WHERE: Meet at the home of Pam and Steve

BRING: Salad---OR---Dessert---OR---2 loaves sliced, buttered French bread.

DRINKS: Will be provided.

MUST SIGN UP BY THURSDAY, 11/3/11

ORGANIZER: Bonnie Powers, 925-828-5299.

RSVP Bonnie!

Suggested Carpool: Park&Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

(continued).....

(Progressive Dinner continued...)

Valley Spokesmen Club members, families, and friends are invited to this year's Progressive dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite! We have **family-friendly intermediate ride loops** planned on mostly level terrain, totaling fifty (50) miles.

Hammerheads don't despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup.

The second ride crosses the Stanislaus River into Riverbank. We will speed through town towards Modesto, but turn back across the river and return to our second meal of cool salad.

Then it's off to the east on the day's long ride out through Oakdale, and back through Riverbank.

Returning to our home base, we get to feast on the chef-prepared frozen dinner.

For those who want more exercise, we have a quick six-mile ride through another quiet country corner just down-the-road, and back to the Giffords' for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east through Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero station and stay right. Turn right on McHenry Avenue, and proceed through town into the country for three miles to the flashing red light at River Road. You're close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!

The day's activities will begin at 10:00 AM at Giffords'-22549 Burwood Road, Escalon, CA, 95320. STEVE'S CELL PHONE IS 925.487.9150.

MON. 11/7/11 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 Stobridge Avenue exit; turn right on Stobridge, 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: Jane Moorhead, 925-980-9889.

MON. 11/7/11 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.

WED. 11/9/11 3-M 10:00 Gail will lead her first ride on "The Bears" and will do so at a moderate pace. If you've been hesitant to do it with the weekend crew, join me and we'll get through it together. Lots of hills, so be prepared. Bring food/water. Check calendar listing for exact mileage and meeting point a week prior to the ride, it is yet to be determined. Leader: Gail Blanco, 925-872-1001.

TUE. 11/8/11 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. CHANGE

FRI. 11/11/11 1-L/M 10-30 miles (16-50 km) 9:00 a.m. No Drop. 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 (Beginner Friendly)

SAT. 11/12/11 2.5-B 43 miles (69 km) 9:00 a.m. We'll be riding from south San Jose towards Gilroy heading out through Santa Theresa Park and passing the Chesbro, Uvas, and Calero reservoirs. Meet in the shopping center at the southwest corner of the Almaden Expressway and Camden Ave. Park behind the Burger King (6477 Almaden Expy) in the center of the lot. About 2000' of climbing. Bring water and food (no resupply on the route). Leader: Robin Johnson, retorobin@yahoo.com



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.**



HELP HELP HELP HELP HELP HELP HELP

The annual Mt. Diablo Challenge is coming up on Sunday, October 2nd and I need HELP! The event is sponsored by "Save Mount Diablo" and we have assisted with the ride since it first began 30 years ago. Our responsibility is the three water stops (Rock City – 2 workers; the Junction – 2 workers; and Juniper – 2 workers) plus serving the food at the top (6 workers). Currently I have one worker for the Junction, one worker for Juniper, and two workers for the top. Any volunteers????? I need your HELP. Please call **Bonnie Powers, 925-828-5299 (home) or 925-200-5299 (cell). Thanks a bunch!!!**

HELP HELP HELP HELP HELP HELP HELP



UPCOMING EVENTS

- October
- 1 [21st Konocti Challenge](#) – Lakeport
- 1 [Levi's King Ridge Granfondo](#) – Santa Rosa
- 1 [Grizzly Century](#) – North Fork
- 2 [Mt. Diablo Challenge](#) – Danville
- 2 [Tour de Poway](#) - Poway
- 2 [Princess Promenade](#) – Sacramento
- 8 [25th Spooktacular](#) – Bakersfield
- 9 [Chico Fallflower Century](#) – Chico
- 9 [35th Riverbank Cheese & Wine](#) – Riverbank
- 15 [Solvang Autumn Double](#) – Solvang

- 16 [Foxy's Fall Century](#) – Davis
- 22 [Cruella Challenge](#) – Alamo
- 22 [3rd Wheels on Meals](#) – Livermore
- 22 [The Condor Classic](#) – San Benito Co.
- 22 [Santa Barbara Century](#) – Santa Barbara
- 22/23 [Bay to Bay](#) – Orange Co. to San Diego
- 29 [Death Valley Century](#) – Death Valley **Closed**
- November
- 5 [21st Solvang Prelude](#) – Solvang
- 6 [Giro de Vino Wine Tour](#) – Woodbridge
- 12 [Solvang Finest Century](#) – Solvang

- 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



UPCOMING TOUR



CANCELLED – CANCELLED - CENCELLED

October 4-22, 2011 – Due to circumstances beyond our control the Arizona has been cancelled. Bob and I have this Arizona tour all mapped out for the future. The tour will 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 retuning to Phoenix. Arizona's not flat, at one point we were at 7,000 ft. The cost will be determined at a later date. So watch the newsletter for a reschedule, perhaps in 2012. For further information you may contact - - - - - Bonnie Powers, 925-828-5299.

CANCELLED – CANCELLED - CENCELLED



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 - (changing to blue & black only) -\$27.00
- socks - white, yellow, black - (changing to blue & black only) -\$7.00

Contact Jim Duncan: hey-you@comcast.com or 925-209-1369



VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling – www.adventurecycling.org
- Bay Area Ridge Trail Council – www.ridgetrail.org
- C.B.C. - California Bicycle Coalition - www.calbike.org
- California State Parks Foundation -

Valley Spokesmen “Bicycle” Touring Club Club Business Meeting September 7, 2011

Meeting called to order at 7:05 p.m. by President Mark Dedon.
Minutes from the July 13th Executive Board Meeting may be found in the August/September newsletter.

In Bill Well's absence, Bonnie delivered the treasurer's report.

OLD BUSINESS:

1. Past month's rides were reported with black bean burgers on the Anniversary ride coming in as a big hit. There were about 70 riders that attended this combo ride and barbeque.
2. There was no update on the web site.
3. Mark is still compiling the results from the V.S. survey. The board will review the results at the next executive meeting.
4. Bill Rose reported on several issues around the area. East Bay Regional Parks has been very active. The I-580 underpass will begin construction in the spring of 2012; the Iron Horse trail from BART to Santa Rita is coming along; Pleasanton Ridge is acquiring 2,000 acres. Pleasanton has installed bicycle radar detectors at a few intersections. They are capable of detecting bicycle/motor cycles/cars. The ACE trains will be equipped with bike lockers.

NEW BUSINESS:

1. Peter reported on upcoming rides. Bonnie regretfully reported the Arizona Tour is cancelled for 2011.
2. Francie reported T.O.S.R.D. 2011 is coming along with 170 riders. Thursday, September 8th is the last day to sign up as Bonnie has to submit the room list at the hotel. Bob requests that everyone please put names on luggage so that abandoned bags can be reunited with their owners.
3. The next Executive Board Meeting on September 14th has been cancelled due to the absence of several board members.

GOOD OF THE ORDER:

Bob and Bonnie Powers will be celebrating 50 years of wedded bliss on September 16th. There being no further business, the meeting was adjourned at 7:20 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Wynn Kageyama was our guest speaker for the evening.

He had a slide show presentation and shared several papers including a Critique of FHWA Bike Lanes vs. Wide Curb Lanes; and Tri City Car Bike Accident Analysis and Recommendations. There was a discussion on the speed limits of bicyclists, but no conclusion.

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**Valley Spokesmen "Bicycle" Touring Club  
August & September 2011**

*Correspondence sent:*

1. Check to Minuteman Press for printing of August newsletter.
2. Check to Jim Duncan for T.O.S.R.D. out-of-pocket expenses.
3. Check to Maria Nava for house cleaning of Powers' place
4. Check to Varenchik Accountancy Corporation for filing of 2010 taxes.
5. Check to Round Table Pizza for September club meeting.
6. Check to Purchase Power for Pitney Bowes access fee.
7. Check to Bob Powers for out-of-pocket expenses for club birthday party.
8. Letters of welcome to old/new club members. Membership stands at 451 so far in 2011.

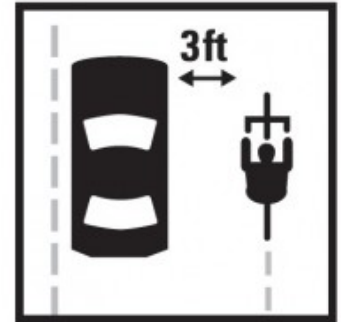
*Correspondence received:*

1. Letter from the City of Dublin explaining how our Cinderella donation was used at "Bike to School"; "Kids' Bicycle Rodeos"; and "International Walk and Roll to School Week".
2. Thank you note from National Parks Foundation Assoc. for \$40.00 donation.
3. Thank you note from California State Parks Foundation for \$300.00 donation.
4. Thank you letter from Adventure Cycling Assoc. for continued support.
5. Thank you, letter from Planning and Conservation League for \$75.00 gift.
6. Press Release from Contra Costa County Public Works Department listing roadwork at several locations from September 6<sup>th</sup> through September 26<sup>th</sup>.
7. Copies of *Bicycling* magazine for September and October.
8. Advertisements from various organizations and businesses.
9. Announcements of upcoming events and tours.
10. Newsletters and magazines from various clubs and organizations.
- 11.

**IN THE STATE CAPITAL****Assembly approves 3-foot passing bill**

California is one step closer to enacting a three-foot passing law after Tuesday's 44-25 vote in the Assembly to approve [Senate Bill 910](#).

Cosponsored by the California Bicycle Coalition and the City of Los Angeles and authored by Long Beach Sen. Alan Lowenthal, the bill goes back to the Senate for a vote to concur on amendments made in the Assembly, the last procedural step before being sent to Gov. Jerry Brown next week for his signature. The Senate approved the bill in June.



CBC tried to enact similar legislation in 2006 but was blocked by the California Highway Patrol and trucking interests. Trucking interests and AAA opposed the 3-foot passing requirement again this time, but strong organizing by the state's bicyclists and cycling organizations coordinated by the CBC overcame their opposition.

Hundreds of Californians and dozens of advocacy organizations and businesses contacted Assemblymembers in recent weeks to urge a yes vote on SB 910.

Ron Jones, a corporate wellness coach and cyclist based in Valencia, tried unsuccessfully to generate local interest in a 3-foot passing law after his friend and fellow competitive cyclist [Norm Hoffman](#) was struck from behind and killed by a teenaged driver in Bakersfield 10 years ago.

"Senate Bill 910 is not just about the bicyclist, but about the motorist who kills someone. That's who this bill also protects," said Jones. "Maybe if there had been this law and some education about passing bicyclists, the driver would've approached Norm differently."

Watch for more from [CBC](#) in the next week about contacting Gov. Jerry Brown with letters of support for SB 910.



**MILEAGE REPORT AS OF September 20, 2011**

|                   | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |                                                        | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |
|-------------------|-----------------|--------------|----------------|--------------------------------------------------------|-----------------|--------------|----------------|
| Aguirre, Steve    | 1028            | 1            | 28             | Moore, Janet                                           | 331             |              | 8              |
| Andrews, Bill     | 220             |              | 1              | Moorhead, Jane                                         | 563             | 1            | 25             |
| Ball, Karin       | 265             | 3            | 7              | Moyer, Greg                                            | 612             |              | 19             |
| Blanco, Gail      | 1822            | 19           | 44             | Nadeau, Elaine                                         | 307             | 3            | 9              |
| Bonilla, Herman   | 260             | 1            | 6              | Neer, Mark                                             | 2174            | 1            | 51             |
| Bousfield, Sarah  | 210             |              | 1              | Neer, Susan                                            | 1943            | 1            | 42             |
| Burkle, Kathy     | 232             | 1            | 6              | Norby, Edith                                           | 450             | 5            | 13             |
| Campbell, Rick    | 1761            | 3            | 33             | Nowell, Keith                                          | 300             |              | 10             |
| Carhart, Dan      | 2157            | 25           | 59             | Nowell, Linda                                          | 294             |              | 8              |
| Carlson, Dane     | 476             | 4            | 19             | Obata, Ken                                             | 1487            |              | 37             |
| Carpenter, Don    | 794             |              | 13             | Oh, Nancy                                              | 283             |              | 2              |
| Clarke, Lorretta  | 330             |              | 9              | Olenberger, Emma                                       | 356             |              | 8              |
| Culshaw, Pete     | 457             |              | 15             | Page, Janie                                            | 436             | 22           | 28             |
| Cushman, Francie  | 3210            | 6            | 64             | Parrish, Charles                                       | 882             |              | 22             |
| Daly, Deb         | 727             |              | 16             | Payne, Pat                                             | 238             |              | 6              |
| Daniel, Dan       | 289             |              | 9              | Piekarski, Sharon                                      | 363             |              | 9              |
| DaShiell, Carol   | 303             | 1            | 10             | Poe, Karin                                             | 382             |              | 9              |
| Dedon, Erica      | 488             | 2            | 13             | Powers, Bob                                            | 453             | 3            | 3              |
| Dedon, Mark       | 607             | 4            | 20             | Powers, Hailey                                         | 306             |              | 3              |
| Delfosse, Rob     | 940             | 1            | 18             | Quist, Jonathan                                        | 394             |              | 16             |
| DeMicco, Mike     | 578             | 3            | 8              | Raeburn, Marty                                         | 210             |              | 1              |
| Deornelas, Vic    | 559             |              | 11             | Rathmann, Peter                                        | 4276            | 10           | 108            |
| Duncan, Jim       | 3282            | 16           | 74             | Rodriguez, John                                        | 243             |              | 2              |
| Dunning, Clay     | 760             |              | 19             | Roe, Joan                                              | 240             |              | 6              |
| Dunning, Craig    | 355             |              | 4              | Satoutah, Brahim                                       | 1813            | 1            | 47             |
| Durant, Patric    | 357             | 1            | 10             | Schiefer, Alma                                         | 639             | 2            | 16             |
| Eacret, Wes       | 838             |              | 21             | Shannon, Geoff                                         | 414             | 1            | 14             |
| Flexer, Reva      | 258             |              | 7              | Shiba-Buscheck, Nancy                                  | 315             |              | 7              |
| Fraser, Heidi     | 893             | 5            | 17             | Shum, Bart                                             | 696             |              | 14             |
| Fujii, Bob        | 1217            |              | 29             | Simpson, Christy                                       | 2046            | 2            | 48             |
| Fujii, Vivian     | 407             |              | 11             | Slagle, Linda                                          | 586             |              | 18             |
| Fusco, Bob        | 648             |              | 14             | Slagle, Pete                                           | 1323            | 3            | 34             |
| Gale, Randy       | 688             |              | 15             | St. Clair, Kimberly                                    | 459             |              | 10             |
| Granahan, Dan     | 711             | 2            | 15             | Strain, Bob                                            | 778             | 1            | 21             |
| Hampton, Julie    | 260             |              | 9              | Strain, Kathy                                          | 1200            |              | 30             |
| Hardy, Teresa     | 220             |              | 5              | Thieben, Kevin                                         | 1591            | 5            | 43             |
| Heady, Bob        | 244             |              | 15             | Thieben, Teresa                                        | 360             |              | 9              |
| Hedges, Richard   | 671             | 3            | 11             | Thomas, Walt                                           | 481             |              | 16             |
| Hernandez, Ken    | 1741            | 1            | 34             | Thompson, Dianne                                       | 360             |              | 7              |
| Hernandez, Mary   | 1839            | 1            | 37             | Tracy, Steve                                           | 281             |              | 7              |
| Hirt, Janice      | 326             |              | 8              | Trublood, Lori                                         | 220             |              | 6              |
| Hirt, Joe         | 263             |              | 7              | Twosten, Ray                                           | 268             |              | 6              |
| Hislop, Bob       | 316             | 2            | 3              | Tyler, Chuck                                           | 210             |              | 1              |
| Ho, William       | 1381            |              | 39             | Van De Vreugde, Jim                                    | 2105            | 5            | 50             |
| Hsueh, Gary       | 307             |              | 8              | van Raalte, Laurie                                     | 223             |              | 6              |
| Johns, Leni       | 273             |              | 7              | van Raalte, Marcus                                     | 2455            | 3            | 55             |
| Kane, Kathy       | 504             | 1            | 15             | Ward, Dick                                             | 311             |              | 10             |
| Kohnen, Jim       | 261             |              | 8              | Whelan, Steve                                          | 2520            | 1            | 50             |
| Kowalewski, Steve | 483             |              | 14             | Wood, Rebecca                                          | 306             | 5            | 7              |
| Lanzas, Alberto   | 1915            | 5            | 51             | Woods, Colleen                                         | 305             | 1            | 8              |
| Leaver, Kent      | 464             |              | 15             | Woodworth, John                                        | 1562            |              | 30             |
| Leddon, Dave      | 3257            | 3            | 80             | Yates, Sheryl                                          | 225             |              | 8              |
| Lenzi, Marty      | 213             | 2            | 6              | Zielinski, Alynne                                      | 283             |              | 9              |
| Livingston, Bekki | 383             | 1            | 9              | Zielinski, Stan                                        | 358             |              | 13             |
| Low, Ellen        | 270             |              | 7              |                                                        |                 |              |                |
| Lundell, Chris    | 301             |              | 7              |                                                        |                 |              |                |
| McBee, Michelle   | 1312            | 1            | 33             | Total miles ridden by club members so far this year is |                 |              |                |
| Montes, Frank     | 1056            |              | 26             | 102,981!!! IMPRESSIVE                                  |                 |              |                |

RIDE REVIEWS

July 24<sup>th</sup>

Connie led a delightful outing to Lake Tahoe this weekend. We gathered at Camp Shelly on Friday evening and settled in at the two sites that she had reserved. This campground is just a little farther down the road from Camp Richardson and turned out to be a very nice spot. Good, free showers, friendly rangers, good fire grill and nice tree-shaded campsites. Saturday we set out on our circumnavigation of Lake Tahoe under just about perfect weather conditions. Only a slight breeze with sunny skies but fairly cool temperatures (although they felt warmer while climbing). A bear cub even deigned to entertain us by ambling along the road south of Tahoe City. Unfortunately I wasn't able to get my camera out in time and we didn't stick around to check for Mama Bear who was presumably close by.

Sunday the group split for a variety of destinations. Due to a late start we opted not to do the originally scheduled loop ride up Luther Pass and Kingsbury Grade, but some of us did start up Luther while others opted to explore the art festival, do some shopping, and/or take an extended swim in the lake.

Many thanks to Connie for a terrific job of organizing, Kathy and others for the spaghetti dinner, cake, salad, etc., Matt for the breakfast burritos and brownies and everyone else who pitched in to make the weekend a success. Peter

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July 27<sup>th</sup>

Wonderful day for Gail's ride to Pinole. Comfortable cool temperature for the early climbs up Reliez Valley and Pig Farm hill and we had a nice cooling breeze later in the day when it got a little warmer. Excellent turnout for a Wednesday ride and we ended up with several different subgroups each riding at their preferred pace. Peter

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July 29<sup>th</sup>

Gail led us to the Las Trampas staging area and then on to the La Boulange pastry shop in Danville on her continuing series of leisurely rides on odd-numbered Fridays. Peter

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July 30<sup>th</sup>

Beautiful day for Kevin's ride from Danville over Pig Farm Hill and the Three Bears. A little cool with some clouds early, but the hills warmed us up quickly and then the sun came out as well. Peter

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July 31<sup>st</sup>

Started out rather cool and cloudy for Steve's ride from Shannon to Castro Valley, Moraga, Lafayette, and returning via Danville. But everyone warmed up while

climbing the hills on the way to Moraga Commons and the sun came out for our flatter return trip. Peter

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August 3<sup>rd</sup>

Beautiful clear day for our ride to Walnut Creek via the Junction Ranger Station on Mt. Diablo. Nicely cooler temperatures than on our last ride of this route with the thermometers at the junction reading about 80F today. Peter

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August 5<sup>th</sup>

With Friday falling on an odd-numbered date, it was time for Gail's continuing series of leisurely rides in the area around San Ramon's Central Park. Today we headed up the hill on Bollinger to the Gale Ranch development before going north to Alamo and out to the trailhead at the end of Green Valley Rd. Then it was back to Danville for refreshments at the La Boulange bakery before heading back on the Iron Horse trail. Peter

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August 6<sup>th</sup>

The Feather Pedals ride started at Crank 2 in Pleasanton, but there were a couple of options to extend the mileage by riding to the ride from either Dublin or San Ramon. Thanks to Nena and Alma, today's ride leaders, the usual Feather Pedals support group (SAG - Dean, sweep - Charles, etc.), and Byron at Crank2 for their organization and support of this ride. Peter

+++++

We had 46 riders for our Aug. 6 Monthly Feather Pedals event - 24 Classic and 22 Challenge cyclists. There were 3 flats, but none terminal :) Thanks to our intrepid Sagarella, Dean Ball and Sweep Charles Parrish for their phenomenal support. And, to Crank-2 for a really great sale! Nena

+++++

Great ride Nena! Good to see everyone! Thanks Bryon and Peggy for your continued support! Love the expanded store!

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August 13<sup>th</sup>

Great ride today Jim. Fantastic weather after many weekends of starting out in the fog. Great lead out by the ride leader up Tesla and a wonderful descent down Corral Hollow. Just when I thought we had done every local route there is, you came up with a unique ride. I especially enjoyed riding the back roads with little traffic. We had some headwinds coming back on Altamont, but that's Altamont. A good day with the VS. Rick

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August 16<sup>th</sup>

We often see wildlife on these mountain bike rides. For many evenings we'd find foxes raiding a dumpster. Once we had to ride very slowly BEHIND a skunk that was using "our" trail – for almost a one half mile! But this evening's ride featured a real treat for rider Jane Moorhead, who witnessed a bot snatching an insect from the air just a foot in front of her face! Janie



August 19<sup>th</sup>

Today's odd-numbered Friday ride by Gail had a nice turnout for our tour of San Ramon, Blackhawk, and Danville with a stop at the La Boulange bakery. The morning fog clouds lingered through much of the ride but cleared up in time for the bakery stop. Peter



August 20<sup>th</sup>

Thanks to Jim V. and Christy for leading today's ride down the coast from Half Moon Bay and returning on a somewhat hillier scenic inland route. Although the weather was cloudy and cool throughout the ride, we quickly warmed up on the climbs and enjoyed the varied scenery; ranging from open ocean vistas to dense forest regions. Peter



August 21<sup>st</sup>

Dan's ride to the Flynns started out rather cool and cloudy, but the sun came out when we got to Livermore and the hills warmed everyone up. Peter



August 24<sup>th</sup>

A little warm, but otherwise a beautiful day for Gail's ride around the outskirts of Livermore. A few participants decided that they wanted some more hills and added the Flynn/Carroll loop, but most of us were more than satisfied with the original route. Peter



August 27<sup>th</sup>

A number of route options were available on today's ride to Calaveras Reservoir. Gail's ride was an out-and-back from Foothill High, but Kevin then added the option of starting in San Ramon for a little longer ride, and Jim V. created another option of continuing into Milpitas and returning via Palomares. Peter



August 28<sup>th</sup>

Many thanks to Bob and Bonnie for both hosting the club's 40<sup>th</sup> Birthday Party and BBQ and for leading one of the club rides and to Mark and Erica for leading the second ride. A beautiful day for the rides and a wonderful get together afterwards over burgers, assorted beverages, cake, and ice cream. Thanks to all who participated in making this a great 40th celebration for the club. Peter

+++++

Thanks to Bob and Mark for leading today's rides for 70+ VS celebrants of the 40th anniversary of the Valley Spokesmen. To Robert & Randy for grilling up a storm at the end... to go with the great salads and goodies...with cake to boot!!!

To Bonnie & Bob for all the prep work and opening their home for the gathering.

To Miriam for being such a gracious assistant hostess. To all who came to mark this auspicious occasion. Jim

+++++

Bonnie and Bob, A special thanks for the beanie burgers!!!!!! :^) Karin

+++++

Thanks, Mark (and Erica!) for a wonderful ride. We had a great time. And please thank Bonnie & Bob again from us. You are all such wonderful people and I'm so glad we joined the club! Hope to see you 2 again soon! Julie (Hampton) and Dick (Ward)



August 31<sup>st</sup>

Nice day for our ride from San Ramon to Walnut Creek although we did have some problems with thorns creating flat tires along the way. Peter



September 3<sup>rd</sup>

Beautiful day for our ride over Calaveras into Milpitas and returning via Fremont and Niles over the Palomares and Dublin Grade hills. Unfortunately the ride was marred by a crash on Osgood Rd. in Fremont. Brahim hit a pothole and had his front wheel collapse with three broken spokes. Dan was able to call home and arrange for impromptu sag support while the rest of us continued the ride. Best wishes for a speedy recovery Brahim! Peter



September 4<sup>th</sup>

Alberto led today's ride to the Mt. Diablo Junction, taking us in the other direction this time - heading up to Walnut Creek and ascending the north side before returning via the south side descent and through Danville. The cooler temperature was appreciated today after getting a little overheated on yesterday's ride. Peter



September 8<sup>th</sup>

Almost 50 riders turned out in honor of Walt's 80th birthday on a Fremont Freewheeler ride that was co-listed by the Valley Spokesmen. Once again Walt conquered the short but steep slope up 'Nike Hill' in Coyote Hills Regional Park. We then continued through Fremont to Anderson's Bakery where we celebrated the birthday with assorted pastries, toasts, birthday cake, and numerous pictures. Best wishes for many more to come Walt! Peter



September 9<sup>th</sup>

With Gail gallivanting around in Tuscany, Dave took over leadership of today's Odd Friday ride from San Ramon's Central Park. We rode up to Las Trampas at the end of Bollinger and then headed up to Danville for refreshments from La Boulange bakery. Peter

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September 10<sup>th</sup>

A little cool and windy at times today in San Francisco, but we had a good ride across the Golden Gate and around the old Fort Baker/ Horseshoe Cove area. Then we returned via Ft. Point before ending the ride with a visit to the Ghirardelli Chocolate Festival. The wind gusts around the GG bridge towers were particularly strong today. But it was nice that they have reopened the west side for bicycle use after it had been closed for cable maintenance activities. Peter

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September 11<sup>th</sup>

Karin led today's ride starting at Draeger's Market in Blackhawk and winding through Diablo, Alamo, Danville, and San Ramon. Peter

+++++

Thank you Peter for joining the ride and the pictures. Hi Everyone, 23 riders joined the scenic Country Club "back in the saddle" ride yesterday. The weather started out a little chilly but turned out to be a perfect day for a casual Sunday a.m. ride. Many in the group rode the 25 miles at a faster pace than expected. Some stayed after the ride to socialize over lunch. I hope everyone enjoyed the ride. I do hope to post more moderate VS rides like this one in response to the feedback in the VS Survey. Thanks again to everyone who joined the ride. Karin

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September 14<sup>th</sup>

Beautiful day for our ride from San Ramon through Blackhawk and the new Windemere development. Sunny but with milder temperatures than the last couple days. Peter

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September 17<sup>th</sup>

Another good turnout for the monthly Feather Pedals ride. Today we started at Crank-2 in Pleasanton and rode out to Sunol before continuing south on Calaveras Rd. At Geary we split into a few groups with some continuing on up the hill to their choice of favorite summit while others turned around or rode into the Regional Park. Peter

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September 18<sup>th</sup>

Dan led today's ride from Shannon Center to Carroll and the Flynns northeast of Livermore. A nice sunny day and lacking the usual headwinds for our return on Vineyard. An enjoyable ride, but I could have done

without the bee that got me on my eyelid shortly after leaving the rest of the group to ride home. Peter

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September 18<sup>th</sup>

Thanks to all who joined us for yesterday's FP monthly ride and to Peter for the pictures attached. We had a total of 36 riders; 15 on the Classic and 21 on the Challenge. However, a few riders who signed in for the Classic actually took on the challenge and rode up Calavaras for the 1st time. Bravo!!!!

Many thanks to Crank-2 for the fresh donuts at the start and discounts after the ride. And, thanks to Dean, our SAG, and Charles, our Sweep, for their continued support. Karin

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September 24/25 - T.O.S.R.D.

Thanks for ANOTHER great TOSRD! Marker for the route were perfect! And, the black bean vegan burgers at the bbq...yummm!!! Thanks for all the time and effort that goes into making this week and great event! Karin + + + + +

I second that – this is the most amazing club and it comes with a great community and welcoming "family"! Bob, Bonnie, Francie & Jim (& ALL the others involved) A GREAT BIG THANK YOU! Michelle

+++++

It was a great ride. Thank you to Bonnie, Mary, Francie and everyone else who marked the roads, prepared the food and everything else that made this a success.

Kathy

+++++

Ditto, thank you Bonnie, Francie, Bob, Jim and all the SAG support and registration crew. A great ride, lots of fun and great biking community. VSTC rocks! Mary

+++++

Wow, my first TOSRD and had a great time. Thanks for all the hard work from the organizers and volunteers!

Ellen

+++++

Bonnie, Francie, Bob and Jim,

Thank you very much for a wonderful weekend! This was my first TOSRD and I thoroughly enjoyed it! The organization was top notch, especially the markings! Thank you again, Joan

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## PROGRESSIVE DINNER

WHEN: Sunday, November 6, 201  
HOW: By bicycle, covering about 50 or 65 miles  
HOUR: 10:00 a.m.  
WHERE: Meet at the home of Pam and Steve  
BRING: Salad---OR---Dessert---OR---2 loaves sliced,  
buttered French bread.  
DRINKS: Will be provided.  
MUST SIGN UP BY THURSDAY, 11/3/10  
ORGANIZER: Bonnie Powers, 925-828-5299.  
R.S.V.P. Bonnie



Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends are invited to this year's Progressive dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don't despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it's off to the east on the day's long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Gifford's for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You're close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!

The day's activities will begin at 10:00 AM at Gifford's-22549 Burwood Road, Escalon, CA, 95320.  
STEVE'S CELL PHONE IS 925.487.9150.

## 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<br>Peter Rathmann                          |              |
| Newsletter Editor/Typist  | Marcia Seeger                                          |              |
| E-mail                    | <a href="mailto:VSnews02@aol.com">VSnews02@aol.com</a> |              |
| Newsletter Publisher      | Mary Murphy                                            |              |
| Past President            | Dan Carhart                                            |              |
| V.S. Racing Team contacts | Jim Duncan<br>Zafer Demir                              |              |

## 2011 PRESIDENTIAL APPOINTMENTS

|                     |                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------|
| Cinderella Chairmen | Jim Duncan<br>Bob Powers                                                                         |
| Email               | <a href="mailto:CinderellaClassic@valleyspokesmen.org">CinderellaClassic@valleyspokesmen.org</a> |
| 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 Neer      |
| 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**

**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: \_\_\_\_\_