President’s Message

HAPPY NEW YEAR!!

With the very clear and dry weather and with all the excellent and varied riding alternatives available on the ride calendar, our members have been experiencing some great riding lately. I want to give a huge thank you to all ride leaders for a very successful 2011 and for stepping up again for 2012. *Ride leaders*- I would like to call your attention to the new and improved sign-in sheet that is now available on the website (follow the Downloads link). Thanks to Jim Paulos there is now a space for everyone’s cell phone number in addition to their emergency phone number.

I also want to thank all of the club officers and appointees for their fantastic support of the club operations in 2011 and welcome the new officers for 2012 (see the Club Officer section). Your efforts are very much appreciated by all club members.

Here are a few important reminders to keep you in touch with your club as we enter the New Year…

First off - your dues are due now. Please refer to the next to last page of the newsletter and the website for further instructions.

Please mark your calendar for the mid-winter party, to be held on Saturday, February 11. One of the fun events at the party is the presenting of the 2011 achievement trophies. The trophy categories include: Most Flats One Ride, Guardian Angel, Bone Crusher, We Appreciate You, Most Improved Rider, Button Boy / Girl, Road Rash of the Year, Best Tandem Pull – Captain, Best Tandem Pull – Stoker, Smashed Bike, Community Service and Inspirational Rider. And you can also suggest a new category for those worthy of the nomination for it. **Please get your nominations in to the Awards Committee (at vsrideawards@gmail.com) by January 3.**

Note that comments are due January 25 regarding the Bicycle and Pedestrian Master Plan (see link from the website).

Finally, I wanted to mention that the Cinderella Conditioning Rides are off to a great start (big thanks to Karin Ball and her support team!). Please find the link to the Feather Pedals ride calendar on the website home page.

Pedal swift and pedal safe!

-Mark
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. No Drop is 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:
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!!

2012 MEMBERSHIP DUES ARE NOW DUE! JOIN TODAY!

JANUARY 2012

SUN. 1/1/12 4-L/S 25 miles (40 km) 9:00 a.m. Time for the traditional Valley Spokesmen New Year's Day ride to the summit (or as far as you want to go) of Mt. Diablo. Meet in the Danville Railroad Museum parking lot for this social ride. Take I-680 to Diablo Rd exit; go west to Hartz and turn left; turn right on Prospect and left on Railroad Ave. Parking lot will be on the right. Bring water and snacks.

Ride Host: Peter Rathmann, 925-336-0973.

MON 1/2/12 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.

Ride Host: Jane Moorhead, 925-989-889.
WED. 1/4/12 2-M 40 miles 10 a.m. Meet at Central Park and ride a Livermore Loop. Central Park is located off the Bollinger Exit and across the street from the Library & Valero. Rain will cancel.
Ride Host: Gail Blanco 925-872-1001

WED. 1/4/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 7, 2012.

SAT. 1/7/12 2-L 15-25 miles (24 - 40 km) 9:30 a.m.
First in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at Dublin High School in Dublin and will have a choice of two distances: 15 miles for the 'classic' ride, and 25 miles for the 'challenge' ride. Take I-680 to the Alcosta exit and go east; turn right on Village Parkway; make a U-turn at Brighton and then right into the high school parking lot. Both women and men are welcome on these training rides. Details, including the route sheet, are on the club's web calendar.
Ride Hosts: Carol DaShiell cd31416@yahoo.com 925-989-8321 and Karin Ball khball2@yahoo.com 408-406-2286. (Beginner Friendly)

SUN. 1/8/12 3-M/B 50 Miles (80 km) 9:30 a.m. We are starting at the old Livermore Nob Hill parking lot and riding to Tesla Rd, Cross Rd, up Patterson Pass Rd, and down to Midway Rd. Our loop will take us to Altamont Pass Rd. with a rest stop at the Starbucks on Vasco Rd and Scenic Ave. Then we are riding via May School Rd., N. Livermore Ave., Highland Rd., and our final climb up to Collier Canyon Rd. We are riding various streets and bike trails in Livermore back to the start. The old Nob Hill parking lot is located at the intersection of Pacific Ave and S. Livermore Ave. Take Livermore Avenue south through town; turn left on Pacific Ave. and park in the old Nob Hill shopping center. Bring water and food or money to buy.
Ride Host: Alberto Lanzas, 510-825-9581 (Advanced ride)

MON 1/9/12 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.
Ride Host: Jane Moorhead, 925-980-9889.

MON. 1/9/12 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore (about 1/4 mile east of old location). Everyone welcome!
Call Ted Vidnovic, 925-337-2803, for further information.

WED. 1/11/12 3-M 33.5 miles (54 km) 10:00 a.m. Join Edith for this much-needed "after-the-Holiday work-out." We start @ Moraga Commons, take Pinehurst to Skyline and then Redwood Road to the Willows Golf Course, returning to the start via Pinehurst. Directions to Moraga Commons: Take Hwy 24 south, exit Central Lafayette, go right under the Fwy., then right on Mt. Diablo Blvd. and 1st left on Moraga Road. After about 2 miles (?) the Commons is at the corner of Moraga Road & St. Mary's Road in Moraga. Or google your own directions.
Bring water & lunch or buy at Willows Golf Course.
Ride Host: Edith Norby, 707-771-0483 (c)

WED. 1/11/12 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.

FRI. 1/13/12 1-L/M (NO DROP) 20-30 miles 10:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcome! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status. (Beginner Friendly)
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 1/14/12 2-3 L/M 22 miles (Classic) or 38 miles (Challenge) (35 or 61 km) 9:00 a.m. Second in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at Blackhawk Plaza in Danville. Meet in the upper (north) lot adjacent to Draegers market. Printable route sheets are available on the Feather Pedals Yahoo group site. Both women and men are welcome on these training rides. (Beginner Friendly)
Ride Hosts: Karin Ball, khball2@yahoo.com, 408-406-2286, and Rebecca Wood, rcwood1@sbcglobal.net, 925-577-3842.

SUN. 1/15/12 2-L/M 30 miles (50 km) 10:00 a.m. We'll start at Val Vista Park in Pleasanton and do a loop ride to Livermore and back. We'll stop for lunch in downtown Pleasanton on the return (bring $). Take I-680 to the Stoneridge exit and go east; turn right on Denker Dr. and follow it around to Payne Rd. Park on the street near the corner. (Beginner friendly)
Ride Host: Julie Hampton, 510-685-7103.

TUE. 1/17/12 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.
SAT. 1/21/12 2.5-L/M 26 miles (Classic) or 36 miles
Ride Host: Barbara Wood, 707-745-6353, cell 707-
(Beginner Friendly)
Ride Host: Jane Moorhead, 925-980-9889.

WED. 1/18/12 3-L/M 25 miles (40 km) 10:00 a.m.  The
“Chilly – Hilly – Chili” ride.  Meet at the “B” St parking
lot in Benicia.  Take I-680 north to I-780; exit E 2nd St; L
at bottom of ramp; R on E Military; L on 1st to the end of
street; L on “B” St.  Ride takes us thru the hills of Benicia,
Lake Herman Road, back to town and then to my house
for chili.  Bring snack and water.
(Ride Host: Barbara Wood, 707-745-6353, cell 707-
(Beginner Friendly)
Ride Host: Jane Moorhead, 925-980-9889.

SAT. 1/22/12 2.5-M 30 miles (50 km) 10:00 a.m.
Ride Host: Alberto Lanzas, 510-825-9581.

WED. 1/25/12 3-M 30 miles (50 km) 10:00 a.m. Meet at
the Airway Park and Ride in Livermore and ride with
us to Lake Del Valle.  We'll head out and return using
various bike trails and streets around the city of
Livermore.  One Starbucks stop.  Take I-580 to the new
Isabel exit and go south; take first left onto E Airway
Blvd.  The parking lot is on the left across from Rutan Dr.
Bring water and snacks.  (Note: no restroom at start)
Ride Host: Jane Moorhead, 925-980-9889.

SUN. 1/29/12 3-M 40 miles (65 km) 9:30 a.m.
Ride Host: Alberto Lanzas, 510-825-9581.

TUE. 1/31/12 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.
Ride Host: Jane Moorhead, 925-980-9889.

FRI. 1/27/12 1-L/M (NO DROP) 20-30 miles 10:00 a.m.
This Odd FriDay series of rides will start at Central Park
and be geared toward the riders who show.  Central Park
is located at the intersection of Bollinger and Alcosta
Bldv., across from the Library.  ALL riders are welcome!
We generally do a coffee shop stop near the end of the
ride.  Check calendar 24 hrs. prior for a go or no go
weather status.
Ride Host: Gail Blanco, 925-872-1001,
gvlanco@aol.com  (Beginner Friendly)

SAT. 1/28/12 2.5-L/M 30 miles (Classic) or 43 miles
(Challenge) (48 or 69 km) 9:00 a.m.  Fourth in a weekly
series of conditioning rides leading up to the Cinderella
Classic.  The ride today will start at the fountain on the
east side of the Pleasant Hill BART station.  Both women
and men are welcome on these training rides.  Printable
route sheets are available on the Feather Pedals Yahoo
group site.
(Ride Hosts: Marty Lenzi, maclenzi@aol.com, 925-324-
3804, and Kathy Kane, kathyk@discoveryctr.net, 925-323-5611.

SUN. 1/22/12 2.5-M 30 miles (50 km) 10:00 a.m. We'll
start at the Martinez Marina, cross over the Benicia
Bridge, and continue past the
Mothball Fleet, Lake Herman, and Blue Springs Park to Redwood
Parkway.  We'll return on Columbus Parkway through
Benicia State Park and downtown before re-crossing the
bridge.  Meet at the Martinez Marina Park.  Take I-680N
to the Marina Vista exit and go west through town; turn
right on Ferry St.; cross tracks into park; turn right on
Joe DiMaggio Dr. then left and park in first lot on left.
Bring water & snacks.

TUE. 1/24/12 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.
Ride Host: Jane Moorhead, 925-980-9889.

Membership Dues
Are Now Due
JOIN TODAY
February 2012

WED. 2/1/12 2-L/M 34 miles (57 km) 10:00 a.m. Ride from San Ramon to Walnut Creek. Meet at the San Ramon Central Park on Bollinger Canyon Rd. (Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center.) Bring water and lunch or money to buy.
Ride Host: Peter Rathmann, 925-336-0973.

WED. 2/1/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 7, 2012.

FRI. 2/3/12 1-L/M (NO DROP) 20-30 miles 10:00 a.m.
This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)

SAT. 2/4/12 2-3 L/M 25 (Classic) or 38 (Challenge) miles, 9:00 a.m. 5th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at the Park&Ride lot on Sycamore Ave. at the NE corner of the I-680 interchange in Danville. We'll ride through various neighborhoods in Danville, San Ramon, Blackhawk, and Alamo with the Challenge route adding an out-and-back leg to the Mt. Diablo Junction. Both women and men are welcome on these training rides. Printable route sheets are available on the Feather Pedals Yahoo group site - http://sports.groups.yahoo.com/group/featherpedals/files/ (Beginner Friendly)
Ride Host: Teresa Thieben, 925-330-5265.

SUN. 2/5/12 3-M 55 Miles (89 km) 9:30 a.m. We will ride from San Ramon and head east to loop around Livermore. Our route will take us out via Camino Tassajara and Highland Rd. After a regroup at N. Vasco Starbucks, we'll head out to Patterson Rd., Cross Rd., and Tesla Rd. Return via E. Vineyard Ave. out to Pleasanton. An optional second Starbucks regroup at E. Vineyard and Isabel Ave. Meet at San Ramon's Bollinger Park & Ride lot on the southwest corner of I-680 and Bollinger Canyon (behind the Chevron station). Bring water and snacks. Possible lunch at Jack's after the ride. Check VS web calendar if uncertain about the weather.
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 2/6/12 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore (about 1/4 mile east of old location). Everyone welcome! Call Ted Vidnovic, 925-337-2803, for further information.

TUE. 2/7/12 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.
Ride Host: Jane Moorhead, 925-980-9889.

WED. 2/8/12 3-M 38 miles (61 km) 10:00 a.m. We'll start at the staging area at Pleasanton Ridge Park and ride out Calaveras to either the wall or Ed Levin Park, depending on weather and consensus of the group. The Staging parking lot is located on Foothill Blvd., south of the Castlewood Drive exit off of I-680. No water or food available enroute. Check VS web calendar if uncertain about the weather.
Ride Host: Gail Blanco, 925-872-1001.

WED. 2/8/12 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.

TUE. 2/14/12 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.
Ride Host: Jane Moorhead, 925-980-9889.

FRI. 2/17/12 1-L/M (NO DROP) 20-30 miles 10:00 a.m.
This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)
PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHETIME 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@llnl.gov

EVERY SUNDAY MORNING

3-B (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, 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.

ATTENTION
ATTENTION
ATTENTION
SAVE THE DATE for the Mid-winter party Saturday, February 11, 2012!!

UPCOMING EVENTS

January
6-7 BE-Pro Conference – San Jose
14 6th Stagecoach Century – Ocotillo

February
10/11 Tour de Palm Springs
18 Camino Real Double – Irvine
25 Pedaling Paths to Independence – Linden

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.ebrtrails.org
E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org
Greenbelt Alliance – www.greenbelt.org
Nature Conservancy – www.nature.org
Planning and Conservation League www.pcl.org
Rails to Trails – www.railstotrails.org

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut - $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 “Bicycle” Touring Club
Club Business Meeting
December 7, 2011

Meeting called to order at 7:00 p.m. by President Mark Dedon.

Minutes from the November 9, 2011 Executive Board Meeting may be found in the current newsletter.

Bonnie reviewed our checking and savings accounts. We have made $1000. Cinderella contributions to women’s causes and $1,500. contributions to local police departments.

OLD BUSINESS:

1. Past month’s rides – Peter reviewed several successful rides including the progressive dinner and Feather Pedals rides.
2. T.O.S.R.D. jersey order – Francie reported the T.O.S.R.D. jersey order has been placed and should arrive by mid-January.
3. V.S. website – Curtis was not in attendance, but the website is current.
4. Location of V.S. business meetings – This subject is still being investigated. Details to follow. The December
Valley Spokesmen  
www.valleyspokesmen.org  
January 2012

meeting is being held at the Round Table Pizza in Dublin.
5. V.S. survey – The E-board is slowly reviewing the results. Look for comments and solutions in future newsletters.
6. Guest speaker Paul Keener, Senior Transportation Planner for the County of Alameda Public Works department was introduced. He presented the draft of the Alameda County Bicycle and Pedestrian Master Plan for Unincorporated Areas. There were maps available for our perusal. It seems like we are moving in a positive direction. If you have any questions or comments please do so by January 20th. Send comments to Paul Keener, Senior Transportation Planner, Alameda County Public Works Agency, (510) 670-6452, paulk@acpwa.org

7. Bill Rose gave us an update on the several projects in the works in the city of Pleasanton. Good news is the I-580 underpass will go out to bid January 12th; its projected completion will be by October; Dublin is heading up the construction contract and Dublin is to maintain the trail. Hopefully he will share some of his info in the upcoming newsletter.

NEW BUSINESS:
1. The nominating committee presented the nominees for our 2012 club officers with all those present voting.
2. Peter discussed the December/January ride schedule. The ride chairmen are looking for ride hosts for January and February.
3. Cinderella 2012 – we are looking for a patch design now, so get artistic and possibly win $100.
4. Gail discussed the upcoming BE-Pro Conference January 6/7, 2012. We are looking for two volunteers to attend this conference. The Valley Spokesmen will pay the registration and lodging.
5. The Mid-winter party is February 11th. It’s a great way to party with your (street) clothes on.
6. Karin Ball reviewed the Feather Pedals accomplishments. They are an extremely successful group that focuses on women. Their conditioning rides are fabulous in helping women do the Cinderella. Nine points were covered including conditioning; nine monthly classic and challenging rides; each ride has a ride host and co-host plus sag and sweep; plans are for staggered starts of 15 riders; things will be standardized/simplified to scale, better communication; clinics will be held; there is new FP clothing that has been improved; Yahoo site established; post Cinderella party planned for April 7th – all are welcome! Most importantly FP needs help with sags; new riders; hosts; co-hosts; wave controllers; greeters; and floaters.

7. The correspondence may be reviewed in the December newsletter. Those persons who have joined the club recently may pick up their 2012 membership cards from Bonnie tonight.
8. Bob presented the 2012 Club Officers: President: Mark Dedon; Vice-President: Karin Ball; Treasurer: Dan Carhart; Recording Secretary: Lynn Demattei; Corresponding Secretary: Bonnie Powers; Ride Chairmen: Gail Blanco and Peter Rathmann; Newsletter Editor/Typist: Marcia Seeger; Newsletter Publishers: Bill and Mary Well; V.S. Racing Team Representative: Jim Duncan.

There being no further business, the meeting was adjourned at 8:25 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

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Valley Spokesmen “Bicycle” Touring Club  
Executive Board Meeting  
December 14, 2011

Meeting called to order at 7:10 p.m. by Vice-President Karin Ball.
Minutes from the December 7, 2011 Club Business Meeting were approved as read.
Treasurer Bill Well made his final reports on our checking and savings accounts. He reported we made a net profit on the T.O.S.R.D. of $1,741.00. Thank you for all your service Bill!

OLD BUSINESS:
1. Past month’s rides – All have been well attended with lots of rides offered and only a few rainouts.
3. V.S. web site – Curtis reported the home page will be updated immediately. Suggestion made to link to the Alameda County Bicycle and Pedestrian Master Plan for Unincorporated Areas. Also a link to the Feather Pedals organization would be helpful. Curtis asked that if anything needs massaging, please contact him.
4. The subject of a location for V.S. business meetings was discussed. Perhaps an R.S.V.P. of those attending would be helpful to avoid delays in the arrival of pizza.
5. V.S. survey – In Mark’s absence we tabled the survey results.
6. Francie gave us an update on the Dublin Bicycle Master Plan including changes in traffic patterns, signal detection and the I-580 underpass along the arroyo.
7. Karin discussed possible topics for entertainment at future business meetings. She is open for suggestions.

NEW BUSINESS:
1. January/February ride schedule was perused for typos, etc. Please note there are a lot of different levels available. The ride descriptions and rankings are due for revision. Gail to take on this task and will circulate her suggestions to the e-board in the future. It was also suggested the layout of the newsletter be rearranged with the ride schedule on the front page Dan to come up with prototypes.
2. BE-Pro Conference – January 6/7, 2012 – Motion made, seconded and passed to send Francie and Jim as our delegates.
3. Items tabled for the next meeting include: modernization of V.S. and Meetup.com Advertising in the SRV Dance Academy Impression – Nutcracker Program will be considered next year.
4. Mid-winter party February 11, 2012 – 30 people have signed up so far.
5. Bonnie reviewed correspondence sent and received. Bill and Bonnie to get together and renew memberships that are due.
6. Curtis recently met a gentleman that rebuilds old Italian frames that he then sells to those who are interested. He may be interested in speaking at a future club meeting.
7. Discussed the possibility of a “V.S. Craig’s List” for the sale of items sold to V.S. members only.
8. Jim has once again revised the ride sign-up sheets.
9. Bonnie has several 2012 calendars available for anyone who wishes them.
10. 2011 membership lists with addresses and phone numbers are also available.
11. Gail attended the REI opening in Dublin recently. They offer several classes that are geared toward bicycle repair and riding plus presentations and training clinics.
12. Sad news – Ralph Boethling, long time friend of V.S. and past owners of the Great Western Bicycle Rally, recently passed on. Our deepest sympathy to Laverne and their family.

There being no further business, the meeting was adjourned at 8:15 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

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Valley Spokesmen “Bicycle” Touring Club December 2011

Correspondence sent:
1. Check to Dublin Security Storage for storage locker (13 months).
2. Check to Minuteman Press for printing of December newsletter.
3. Check to Jim Duncan for T.O.S.R.D. jersey order.
4. Check to Round Table Pizza for December club business meeting.
5. Check to BE-Pro Conference for registration for Jim Duncan and Francie Cushman.
6. Check to Wyndham Hotel for Duncan/Cushman reservation at BE-Pro Conference.
8. Check to Rails-to-Trails Conservancy for membership renewal.
9. Check to California State Parks Foundation for membership renewal.
10. Check to National Parks Conservation Association for membership renewal.
11. Letters of welcome to old/new members for their 2012 membership.

Correspondence received:
1. Thank you letters from the following organizations for our $1,000.00 Cinderella donation:
Dream Catchers Youth Shelter; Family Violence Law Center, Support Network for Battered Women; and Women’s Daytime Drop-in Center.
2. Thank you letter from City of San Ramon for our $1,500.00 Cinderella donation.
3. Thank you letters from City of Pleasanton Police Chief David Spiller for our $1,500.00 Cinderella donation, as well as thank you letter from the Director of Finance Emily Wagner.
4. Thank you letter from Pacific Crest Trail Association for renewing our membership.
5. Thank you letter from Adventure Cycling Association for $100.00 donation.
7. Advertisements from various organizations and businesses.
8. Announcements of upcoming events and tours.
9. Newsletters and magazines from various clubs and organizations.

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

Total miles ridden by club members so far this year is **138,910!!! IMPRESSIVE!!**

DON’T FORGET – Ride Hosts (Leaders) of club rides earn points toward FREE club clothing. The more rides you lead, the more clothing you receive – FREE!!!

HEY RIDE HOSTS – Please turn in your sign up sheets immediately so members receive their total mileage for 2011.
November 30th
Dick W. led today's ride from the Danville Park & Ride lot. We wandered through a variety of Danville and San Ramon neighborhoods on our way to Windemere Parkway and then down the other side to Tassajara. At that point we encountered the full force of today's breezy conditions on our way north to Blackhawk. Then it was on to Alamo and back to Danville for a stop at the La Boulange bakery. Peter

December 2nd
Yesterday we enjoyed the unusually warm weather to have a casual Friday ride despite its being an even-numbered date. Our ride took us north from San Ramon through Danville and Alamo. Toward the end of the ride we stopped at the La Boulange bakery in Danville for some refreshments before heading home. Peter

December 3rd
Today Julie H. celebrated her birthday by leading a ride from Danville up through Alamo (stop at Livorna Park), Walnut Creek, and Pleasant Hill (stop at Hidden Lakes) on our way to Martinez. The bright sunshine warmed us up quickly, but the gusty winds had returned, making it slow going heading north. After the ride, Julie and Richard invited us over to their house for assorted pastry items, cheeses, and crackers. Happy Birthday Julie! Peter

December 4th
Karin led today's ride from the Blackhawk Plaza shopping center. Nice sunny day that warmed up quickly and didn't have the wind of yesterday. We rode through the Diablo and Round Hill country clubs and had brief stops at Livorna Park and Peet's Coffee in Danville. Peter

December 7th
Gail led today's ride from Diablo Vista Park. We headed out Tassajara, Highland, and Manning to Livermore and then continued on some of the bike paths south of town through the vineyards. After a Starbucks stop we returned up Collier Canyon back to Highland and Tassajara. Peter

December 9th
Gail led us on a route through the Windemere development to Tassajara, along the new creek trail, and on to Denica's in Dublin for a pastry break before returning on the Iron Horse. Peter

December 10th
Thanks to everyone who came out for today's ride. A little chilly at the start, but it warmed up nicely. The goal for the ride was to visit 3 Starbucks on the route - and the mission was accomplished, including some multiple double espresso orders (Brahim!). We had two flats on the ride, but they were quickly fixed with professional skill and plenty of expert supervision. A few VSers gathered at Jack's afterwards for lunch. Overall, a great day riding. Rick

December 12th
Thanks to Robin and Bruce for hosting today's ride in new territory in the West Bay area. A great minimally urban and mostly rural ride through some really pretty country on good roads. The Arastradero (http://www.bahiker.com/southbayhikes/arastradero.html) and Windy Hill (http://www.openspace.org/preserves/pr_windy_hill.asp) Open Space Preserves are wonderful. And the huge groomed equestrian area we passed on the way back was a sight to see. Obviously bicycling is very popular in the West Bay! Many hundreds+ on the road but not crowded. With courteous motorists! Thanks to all who rode, hung together, and assisted those who don't read directions <(:o( Jim

December 11th
A little brisk today for our ride up the south side of Diablo to the junction and continuing down the north side to Walnut Creek before returning via Danville. Temperatures stayed in the mid-40s making for a chilly descent. The group split in Walnut Creek with some choosing to warm up at Peet's Coffee on Ygnacio while a few of us continued on to Danville. Peter

December 14th
Gail led the 'ride to the ride' starting at Heather Farm, and Edith led her famous 'Cookie Ride' starting at the Martinez Marina and doing a clockwise loop around the Carquinez Strait with a stop at her house for some delicious desserts. Sunny skies in Walnut Creek turned...
increasingly cloudy as we headed north and we ran into significant fog in Pacheco and Martinez. The fog stayed with us all the way along the southern part of the strait until we crossed the Zampa Bridge into Vallejo. From then on the sun stayed with us as we headed to Benicia and Edith's lovely waterfront home to dine on a variety of cakes, cookies, and ice cream before crossing the Benicia Bridge for our respective returns to either Martinez or Walnut Creek.

December 17th
Kathy Kane and Alma Schiefer led today's Feather Pedals ride from Livermore Cyclery in Dublin to Calaveras Rd. with some riders turning around at the 1st summit and others continuing on to the 'Wall' south of the reservoir. Livermore Cyclery cheered us on with some refreshments before the ride and Specialized had bikes available for extended test rides. The ride started out chilly and foggy, but the sun quickly burned through the fog and made us feel much warmer.

December 18th
Alaine led today's ride from Shannon Center to Sunol and the first summit on Calaveras. The later 10am start was welcome as it allowed the temperature to rise a bit before the ride. The bright sunshine helped make us feel warmer as well.

And there were adventures as well. Jim V locked up a pedal on the climb to the first summit and ground to a halt. With the persuasion of a Flintstone hammer a few times on the return he was able to get it loose enough to ride as it ground itself into oblivion. Guess who has new pedals.

So Dane, being a thoughtful & empathetic chap, separated his crank arm from the spindle a few bumps before the wall. Worked on it for 20 - 30 minutes to no avail. Receiving little sympathy from the only vehicle we saw all day and no cell reception he one legged it the two - three bumps to the wall where his son was called. He then rolled down to Ed Levine or farther to await his ride. The rest returned to Dublin via Happy Valley, enjoying the refreshing northerly breeze - a.k.a. head wind.

The two matching 'leather' arm chairs that appeared at the side of the road since yesterday are not a nice touch!

Jim

December 20th
Dane led us on an excursion through neighborhoods in Alamo, Diablo, and Danville as we enjoyed the holiday decorations.

December 23rd
Gail wasn't able to join us on her ride, but she saw us off with some home-baked treats. We rode from San Ramon's Central Park up through Danville, Blackhawk, and Alamo before returning down the boulevard with our usual stop at the La Boulange bakery in Danville.

December 24th
Gary and Emma led our ride today from Shannon Center down to Sunol, down Niles Canyon, and climbing over Palomares, Dublin Grade, and Schaefer Ranch on the return. A little chilly at the start and again in the shaded parts of Niles Canyon, but the sunshine and climbs on Palomares and Dublin Canyon Rds. warmed us up.

December 25th
Francie led a group of 9 riders on a Christmas Day loop through Dublin, San Ramon, Danville, Alamo, and Blackhawk. A little chilly, but the sun and a few hills along the way helped warm us up.

December 26th
Alberto led today's ride from Mill Valley to the top of Mt. Tam and then continuing to Fairfax, San Anselmo, Ross, etc. back to the start. The ride started rather chilly and foggy as we meandered through narrow, winding back roads of Mill Valley (some planned and some not so planned), before we climbed up above the fog on Panoramic Highway into bright sunshine. From there the sun and the climbing warmed us up as we continued on Pan Toll and Ridgecrest Rds. to the upper parking lot on Mt. Tam. After regrouping, we headed back on Ridgecrest past the junction and onto Fairfax-Bolinas road with its sharp switchbacks down to Alpine Lake. Then it was back to more climbing to the summit of the road and a great descent into Fairfax where we stopped for coffee and snacks before tackling the last few miles back to Mill Valley, where it was still chilly and cloudy.
MID-WINTER HOLIDAY PARTY

MARK YOUR CALENDAR
SAVE THE DATE
FOR THIS NINETH ANNUAL GALA EVENT

WHEN: Saturday, February 11, 2012
WHERE: Pleasanton Marriott
11950 Dublin Canyon Road, Pleasanton, CA
WHAT: Dinner, dancing and enjoyment for all
TIME: 6:00 p.m. (no host cocktails) 7:00 p.m. dinner served
WHOM: Valley Spokesmen members and invited guests
COST: $10.00 per person includes dinner, but not cocktails
MENU: Entrée of Salmon, or Beef (vegetarian upon request)

Make your reservation today by sending in this form to:
Valley Spokesmen, P.O. Box 2630, Dublin, CA 94568

List each person individually and their entrée:

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

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

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

SIGN UP NOW FOR THIS MOST FESTIVE EVENT OF THE YEAR!!!
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

Please complete and return to the following address: VALLEY SPOKESMEN, P.O. BOX 2630, Dublin, CA 94568-0784

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. _____ NEW MEMBER _____ RETURNING MEMBER
Enclosed is $22.00 for a 2012 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2012 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.

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<thead>
<tr>
<th>DATE</th>
<th>AGE</th>
<th>APPLICANT'S SIGNATURE</th>
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If this application is for family membership, please indicate names and ages of all adults and minors who may be included in club activities.

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<thead>
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<th>Name</th>
<th>Age</th>
<th>Signature</th>
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Signature of parent or guardian (needed if applicant is under 18 years of age).

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

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<tr>
<th>Emergency Contact:</th>
<th>Telephone Number: ( )</th>
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<td>Emergency Contact:</td>
<td>Telephone Number: ( )</td>
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<tr>
<td>Physicians Name:</td>
<td>Telephone Number: ( )</td>
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<td>Medical Insurance:</td>
<td>Coverage ID:</td>
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<td>Group ID:</td>
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Allergies: ____________________________________________

Blood Type: Name: __________________ Type: ______________

Name: __________________ Type: ______________
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Name: __________________ Type: ______________
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

2012 club members may subscribe to the VS mailing list by pointing their browser to http://www.valleyspokesmen.org/mailinglist.php and following the directions there.