Notice something a little different? Our updated newsletter masthead now emphasizes something that I think really makes our club special- and that is we have a fantastic diversity of riding options. Each week you can find four or five scheduled rides that range from beginner to advanced level rides including both road and mountain bike riding. For a mere $22 per year you get a plethora of riding opportunities every week in one of the best bicycle riding locations in the country. Thank you to the many ride leaders who donate their time and effort to graciously lead these rides!

Another bargain club event coming up is the mid-winter party. Don't miss this fun, and tasty, event scheduled for Saturday, February 11. Not only is this a great venue to get to know your fellow club members without risking a blowout or annoying a passing motorist, but where else can you find a scrumptious dinner for only $10?! Yes, the dinner is well subsidized by the club. If you haven't already signed up, look for the form in this newsletter and mail it in today with your check.

At our last board meeting I learned that one of our members was in a bicycle accident. Fortunately several other club members were on the scene to provide assistance. It turns out their assistance was aided by the fact that many of them had taken a specialized first aid course that our club had offered several years ago. Consequently, we are looking into repeating such a course for our members in the near future.

As I write this message, according to the on-line countdown there are only 65 days, 21 hours and 8 minutes… left before the Cinderella Classic! This is one of the club's premiere events and is the success that it is because of the many volunteers who help make it happen. If you would like to learn more about this event or want to volunteer to help out, please refer to the Cinderella website at http://www.valleyspokesmen.org/cinClass.php. Not in shape for it? No problem- you can start getting in shape by joining any of the weekly Feather Pedals conditioning rides. These rides are all posted on the VS calendar and more details can be found from the Feather Pedals link from the VS website, or at http://sports.groups.yahoo.com/group/featherpedals/.

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.

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 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, gvblanco@aol.com (Beginner Friendly)

SAT. 2/4/12 2-3 L/M 25 (Classic) or 38 (Challenge) miles, 8:45 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: Jan Stevens, 925-216-4823.

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 southeast 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. 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.

SAT. 2/11/12 2-3LM 31 – 41 miles (52 – 65 km) 8:45 a.m. Feather Pedals Ride: Orinda - 3 Bears -Moraga - Pig Farm – Pleasant Hill loop. 6th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at the Orinda BART station. Take Hwy. 24 west to Orinda; take exit 9 to Orinda; merge onto Camino Pablo; immediately turn right into BART station. Both women and men are welcome on these training rides. (Beginner Friendly) Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/
Ride Host: Jan Stevens, jlsmail@comcast.net.

SAT. 2/18/12 2-3LM 38 – 48 miles (61 – 77 km) 8:45 a.m. Feather Pedals Ride: 7th in a weekly series of conditioning rides leading up to the Cinderella Classic. Starting at Dublin High School, we'll ride out to Castro Valley over Dublin Grade. The Classic route will then ride to the end of Cull Canyon before returning.
Lake Chabot Loop - Mountain bike trails.

TUE. 2/21/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Ride Host: Alberto Lanzas, 510-825-9581.

SUN. 2/19/12 3-M 32 miles (55 km) 10:00 a.m. 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. Check with host if the weather is questionable. (Beginner Friendly)
Printable route sheets are available on the Feather Pedals Yahoo group site - http://sports.groups.yahoo.com/group/featherpedals/files/
Ride Host: Rebecca Wood, 925-577-3842.

TUE. 2/22/12 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. 2/22/12 2.5-M 30 miles (50 km) 9:30 a.m. Sunol – Palomares loop. Meet at Shannon Center. From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd.; right onto Shannon; and right into Shannon Center. We'll go up Niles Canyon, cruise Palomares then home to Dublin. Bring food and fluids.
Ride Host: Alaine Nadeau, 925 216-0801.

SAT. 2/25/12 2-3L/M 41 – 50 miles (66 – 80 km) 8:45 a.m. Feather Pedals Ride: 8th in a weekly series of conditioning rides leading up to the Cinderella Classic. Starting at the Park & Ride lot off E. Airway in Livermore, we'll ride up Collier Canyon and then head east on Highland and Manning before returning to Livermore and the Starbucks at Vasco. From there we'll continue around the eastern edge of Livermore and regroup again at the Starbucks on Vineyard south of town. Classic riders will head back north from here while the Challenge riders do an additional loop through Pleasanton before returning. Take I-680 to the Isabel exit in Livermore and gosouth; turn left on E. Airway and left into the Park&Rotate. Both women and men are welcome on these training rides. (Beginner Friendly)
Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/
Ride Host: Kathy Kane, 925-323-5611.

SUN. 2/26/12 3-L/M 47 miles (75 km) 9:00 a.m. Dublin to Moraga loop. First we'll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we'll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.
Ride Host: Peter Rathmann, 925-336-0973.

TUE. 2/28/12 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. 2/29/12 3-M 29 miles (46 km) 9:30 a.m. Leap Day with the Bears. We are riding from Lafayette for a 29-mile loop that includes the 3 Bears. Approximate elevation gain is 3,500 ft. Our route will take us to the Bears via Pleasant Hill Rd., Reliez Valley Rd., and Alhambra Valley Rd. After climbing Bear Creek Rd., we are heading to Orinda for a Starbucks coffee stop. Meet at the Lafayette/Moraga Regional Trail head parking lot, located at the intersection of Olympic Blvd. and Pleasant Hill Rd. Bring water and food or money to buy in Orinda.
Ride Host: Alberto Lanzas, 510-825-9581.

SAT. 3/3/12 2-3L/M 52 – 62 miles (84 – 100 km) 8:45 a.m. Feather Pedals ride from Martinez to Jelly Belly. Starting at the Martinez Marina, we'll head across the Benicia Bridge and continue to the Jelly Belly factory in Fairfield. From there the Classic riders will return via Suisun Valley while the Challenge riders will first head north to Wooden Valley Rd. Take I-680 north to the Martinez exit (last before toll); turn left on Marina Vista and continue through town; turn right on Ferry, cross RR tracks; right on Joe Dimaggio; left on Court St.; left into first parking lot. Both women and men are welcome on these conditioning rides. (Beginner Friendly)
Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/
Ride Host: Carol Da Shiel, 925-989-8321.

SUN. 3/4/12 3L-B 32 miles (52 km) 9:30 a.m.
WED. 3/7/12 3-L/M 21 miles (33 km) 10:00 a.m. Carquinez Strait - Cummings Skyway - Franklin Canyon loop. Starting at the Martinez Marina we'll ride along the south side of the strait on the largely closed-to-cars Scenic Drive to Port Costa and Crockett. Our return will be via a climb of Cummings Skyway and descent to Franklin Canyon and then Alhambra Ave. back to Martinez. Meet at the Marina Park. Take I-680 north to the Martinez exit (last before toll); turn left on Marina Vista and continue through town; turn right on Ferry, cross RR tracks; right on Joe Dimaggio; left on Court St.; left into first parking lot. Bring water and snacks.
Ride Host: Dick Ward, 925-389-6738.

WED. 3/7/12 1-L/M (NO DROP) 20-30 miles 10:00 a.m. This Odd Fri-Day 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. (Beginner Friendly)
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 3/10/12 2-3L/M 32 – 51 miles (52 – 82 km) 8:45 a.m. Feather Pedals Ride: Pleasanton – Danville – Livermore loop. Starting at Jakroo (5627 Stoneridge) in Pleasanton we'll ride north through Dublin, San Ramon, and Danville to our first regroup at the Starbucks in Blackhawk. From there we continue on Tassajara to Highland and loop through the area north of Livermore before reaching our second Starbucks stop on Vasco Rd. Then the Classic riders continue around the southeast side of Livermore and return to Pleasanton via Vineyard Ave. while the Challenge group first gets in a few extra climbs on Carrol, Flynn, Patterson Pass, and Cross Rds. Meet at Jakroo Rider Sportsfashion at 5627 Stoneridge Dr. near the northwest corner with W. Las Positas Blvd. Take I-580 to the Santa Rita exit and head south; turn right on W. Las Positas Blvd.; right on Stoneridge Dr.; and immediately right again into the parking lot. Both women and men are welcome on these training rides. (Beginner Friendly)
Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/
Ride Host: Kathy Strain, 925-785-4355(c).

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@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 925-580-8395.

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

UPCOMING EVENTS

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

March
3 Blossom Bike Ride – Reedley
3 Death Valley Spring Century and Double Century – Furnace Creek
10 Solvang Century – Solvang
17 Tour of Borrego – Borrego Springs
17 Tour de Sewer – Bell Garden
24 Solvang Double Century – Solvanag
24 Run to Camacho’s Century – Santa Ysabel
25 Tour of the Unknown Valley – Orland
31 Cinderella Classic/Challenge – Pleasanton
31 Tour of Tehama Tide for Mercy – Red Bluff
31 Hell’s Gate Hundred – Furnace Creek

UPCOMING TOUR

Sunday, April 22nd – Thu. April 26th, 2012 Yosemite is Filled!
Currently there is a waiting list. Now is the time to pay the balance due. The total cost for the trip is $390.00 per person. So, with your $100.00 deposit, the balance due is $290.00. Please make check payable to Bonnie.

IF YOU ARE UNABLE TO JOIN US ON THE RIDE, PLEASE LET ME KNOW IMMEDIATELY, so those on the waiting list may have the opportunity to ride. For further information, call - - - - - - - - - -
Organizer: Bonnie Powers, 925-828-5299 or b-bpowers@att.net

ATTENTION ATTENTION ATTENTION
LAST CALL for the Mid-winter party Saturday, February 11, 2012.

VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
C.B.C. - California Bicycle Coalition - www.calbike.org
California State Parks Foundation - www.parks.ca.gov
East Bay Area Trails Council - www.ebtrails.org
E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org
Greenbelt Alliance – www.greenbelt.org
Nature Conservancy – 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
EVERYTHING you do from the moment you pull into the parking lot at the beginning of each ride IMPACTS a person, a neighbor, other rider(s), vehicles, etc. While another rider may not be affected by something you do on the road – your riding behavior is a reflection on the Valley Spokesmen Club. I encourage all of us to follow the rules of the road and extend a bit of courtesy to others on the road. Please stop at all lights and stop signs. San Ramon police officers will give you a citation and I am sure many other jurisdictions will too. When you need to stop along the route, please look around you and make sure you can do this safely. Please communicate with those around you so they are not running into you while you are stopping. Please get off the road when you stop. You should try to select an area where you can get completely off the road and not block other riders. Our club officers and Feather Pedals leaders have worked extremely hard to bring these rides to us and we want everyone to have fun, get healthy and stay safe. It was great to see so many riders show up for the first ride!

Bekki Livingston
+ + + + + + + + + + + + + + + + + + +

Hello fellow cyclists, Feather Pedals and Valley Spokesmen,

I wanted to share some of my thoughts on cycling as an individual and as a group. I participated in the FP ride this past weekend and was excited to see such a wonderful turnout of riders of all abilities. I was one of the VSRT members there to help whoever wanted to work on developing or refining their group riding skills. There were a handful who took that opportunity and I hope more will do so on the next FP ride.

First let me say I am by no means perfect nor innocent of following every vehicle code on the books. However, I will say I tend to be the one in many group rides who stops, or at least slows way down, before I roll through a light or stop sign but I do stop at most whether I'm in a group or not. I know I'll have to either ride like crazy to catch back up or end up doing my own ride solo. Either way it's not a big deal for me, I'd rather be a good ambassador for cyclists since there are already too many bike haters as it is.

As a reminder, every cyclist is a vehicle. Just because we're in a group does not mean we are one big long train or bus. Every person is responsible for his/her own actions. So every person who rolls through a stop sign or traffic light is violating the vehicle code as though driving a car. As for my observations of the FP #1 ride and cycling and cyclists in general, many riders tend to just follow what the person in front of them is doing or they are concerned about getting left behind so they rush to get through the light or completely run it just to keep up. It shouldn't and can't be this way. It's unsafe and quite frankly pisses off the cars and pedestrians who are witnessing our actions. Even if a car driver at an intersection is being patient and waving us through the red light or stop sign we are still breaking the law and a police officer can and often will write citations. I have personally witnessed 70 citations being handed out to a group of riders who all rolled through a stop sign. Now I didn't follow this rule last Sunday because nearly everyone was riding through the stop signs. That's no excuse and I won't do that again. I did stop at a red light even though we were at the top of a T intersection and someone commented wondering if we had to do that. I was surprised since I assumed this person would have known this due to previous riding experience. Seems like we should be allowed to ride through those, but by the letter of the law, if we are on the road we must obey every law the same as a driver of a car. Alcosta has a lot of stop signs so stopping and starting sure seems like that's all you're doing there on that stretch. I'm not going to second guess the ride organizers on the route choice as I'm sure they picked that stretch of road for overall safety especially with new riders in mind. However, that ride became very unsafe because of all the riders who ran the intersections. Rolling through seems innocent enough at times, but it's still a bad idea and not legal.

I'd like to finish by saying there are a few things to keep in mind while riding: Stay safe, have fun, be a great ambassador for all cyclists, and best of all, make some new friends.

See you on the road. Byron...

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
January 11, 2012

Meeting called to order at 7:05 p.m. by President Mark Dedon.
Minutes from the December 14, 2011 Executive Board Meeting were approved as read.
Treasurer Dan Carhart would like Bill Well involved in the treasurer’s report until he becomes more familiar with our accounts. Bonnie reported on our checking and savings accounts balances.

OLD BUSINESS:
1. Past month’s rides – With the gorgeous weather, rides have been well attended, including the the triple peaks; Christmas lights; Feather Pedals (163 riders). Due to a recent accident we realize it would be an excellent idea to have a refresher class on first aid focused mainly on bicycling. Look for information in future newsletters. The Feather Pedals are off to another great start.
2. T.O.S.R.D. jersey order is due to arrive anytime now.
3. Curtis was unable to attend but reported via email the accounts balances. I have built a web page for Cinderella registration directory ASAP.
4. Location of V.S. business meetings – is still being examined. Discussed guest speakers for future meetings.
5. BE-Pro Conference – Francie and Jim made a report. Some of the subjects covered were in regard to the organization of major events including food prep,
correspondence:
1. January 2012 Club correspondence
2. February/March ride schedule was discussed and corrected.
3. Correspondence sent:
   2. Check to Pitney Bowes Global Finance Service LLC for lease on postal meter.
   3. Check to Bob Powers for out-of-pocket expenses (Cinderella/Mid-winter party/office supplies).
   4. Check to Jim Duncan for replacement of ink cartridges.
   5. Check to City of Livermore for replacement of ink cartridges.
   6. Deposit to Alameda County Fairgrounds when filing Cinderella use permit.

NEW BUSINESS:
1. February/March ride schedule was discussed and corrected.
2. Cinderella update – Permits are being submitted; flyers are nearly completed. There will be a Flyer-stuffing party (complete with homemade split pea soup) on January 19th.
3. Modernization of V.S. – It has been brought to our attention our club is in need of some updating. Mark formed a committee consisting of himself, Bonnie, Dan, and Jim Paulos.
4. Meetup.com – This outfit finds like-minded people with the same interests. Karin to report later.
5. Camera – Peter is in no hurry to replace his current camera.
6. Charity fund raising rides on the part of club members and posting same on the club ride schedule is not a good idea. Primarily for liability reasons, the collection of money and the need for permits and Certificates of Insurance. People may advertise through the VSlist once a year.
7. Mid-winter party – On February 11th has 93 people signed up and counting.
8. Check to County of Alameda when filing Cinderella parade permit.
9. Check to Minuteman Press for printing of Cinderella flyers and worker sheets.
10. Cinderella permits sent to City of Pleasanton; Livermore Area Recreations Department (Robertson Park); Livermore Unified School District (Christensen School); San Ramon Valley Unified School District; and City of Dublin.
11. Letters announcing Cinderella to Castlewood Country Club; Castlewood Property Owners’ Association; and West Pleasanton Property Owners Association.
12. Letters of welcome to old/new club members. 2012 membership currently stands at 282.

Correspondence received:
1. Thank you letter from Women’s Health Specialists for $1,000.00 Cinderella donation.
2. Contract for Cinderella from Alameda County Fairgrounds and County of Alameda.
5. Copy of Backpacker magazine for March.
6. Certificate of Recognition from City of Dublin for Cinderella donation
7. Advertisements from various organizations and businesses.
8. Announcements of upcoming events and tours.
9. Newsletters and magazines from various clubs and organizations.

GOOD OF THE ORDER:
1. Jim Paulos has some extremely outdated sign-up sheets turned in. Come on Hosts, use the new forms.
2. Feather Pedals have new apparel at Crank 2 including water bottles. Owner Byron would like to donate $1.00 to the club for each bottle sold.
3. Results will be forthcoming.
4. Update on area Bicycle Master Plans – Bob questioned some of the projects that were listed with the Alameda Public Works department. January 25 is the deadline for our comments.
5. Gail is working on the revision of the ride ratings and descriptions. She will email board members her final suggestions at which time when approved the newsletter AND the website will be updated.
6. V.S. Survey – Mark would like to have a sub-committee to discuss this survey. Bonnie and Gail volunteered.
7. Update on area Bicycle Master Plans – Bob questioned some of the projects that were listed with the Alameda Public Works department. January 25 is the deadline for our comments.
8. Check to Minuteman Press for printing of Cinderella flyers and worker sheets.
9. Cinderella permits sent to City of Pleasanton; Livermore Area Recreations Department (Robertson Park); Livermore Unified School District (Christensen School); San Ramon Valley Unified School District; and City of Dublin.
10. Letters announcing Cinderella to Castlewood Country Club; Castlewood Property Owners’ Association; and West Pleasanton Property Owners Association.
11. Letters of welcome to old/new club members. 2012 membership currently stands at 282.

Correspondence sent:
1. Thank you letter from Women’s Health Specialists for $1,000.00 Cinderella donation.
2. Contract for Cinderella from Alameda County Fairgrounds and County of Alameda.
5. Copy of Backpacker magazine for March.
6. Certificate of Recognition from City of Dublin for Cinderella donation
7. Advertisements from various organizations and businesses.
8. Announcements of upcoming events and tours.
9. Newsletters and magazines from various clubs and organizations.

RIDE REVIEWS
December 28th
If your birthdays are like to-day, Richard, have lots more. You must have a direct line to the weather gods! As Dane said on the way up, "are we in a time warp? It's like June!" 70 degrees + at Lick Observatory, depending on whose temperature gauge was read. Thanks for a great day and to you daughter and friend for bringing the lunch. Many happy days, Richard! Francie & Jim

December 29th
Great ride to-day Mike, thanks. Pretty, fairly clear, some sun and blue sky, which is more than can be said about Danville, Walnut Creek etc. Still gloomed in when we returned. Great to see the Winter crops (wheat?) illuminating the fields in bright green, the new massive windmills and the birds - Red Tail hawks, Kestrels, Coopers hawks and other unidentified raptors. Golden eagle? The pheasant flock flying over the road in front of us was a sight. Though flying into the private hunting
preserve may not be the brightest thing they will do. Have never seen so many sheep in all the fields (not just at the ranch at the "T") with many many new tiny ones. Must have been a bumper crop. Through Bird’s Landing to the 1876 Shiloh church and graveyard before returning to the metropolis of Collinsville which is still as memorable as ever. Thanks for posting a really nice ride. Francie & Jim

December 31st
Emma led today’s ride from the Lafayette BART station up Reliez Valley Road and then Pig Farm Hill and the Three Bears. After a refreshment break in Orinda's Theater Square, we continued on the St. Stephen's trail and Upper/Lower Happy Valley back to Lafayette. Peter

+ + + + + + +
Thank you everyone for coming out for one last ride in 2011. We had twenty-six riders who completed the revised route while Pete and one other rider set off for the original route. With crystal blue skies and temperatures in the low-60s it is hard to believe it is December 31. Thank you Peter for the photos of our ride today. Happy New Year!! Emma

+ + + + + + +
Emma, Thanks for organizing this. Our group finished up a little after the rest, but we had a wonderful time. It is a great ride! See you in 2012. Happy New Year! Joan

January 1st
A great start to 2012 with our traditional ride to the Mt. Diablo summit. We had some fog early in Danville, but it had cleared by the time we started our climb and we had nice sunny and warm weather from then on. Quite a crowd of cyclists at both the junction and on the summit as several bike clubs converged on Diablo today. Peter

January 2nd
Jim led today’s ride from Shannon Center out to Livermore with stops at three Starbucks along the way. Stayed cloudy and a little cooler today. Peter

January 4th
Gail led today’s ride from San Ramon to Livermore on a figure-8 loop heading out Crow Canyon to Tassajara, Highland, and N. Livermore and returning on Portola, Collier Canyon, Highland, Tassajara, Windemere, E. Branch, Bollinger, Old Ranch, and Alcosta. Beautiful warm, sunny day for our ride. Peter

January 6th
Julie led today's ride from the Danville Park & Ride lot on Sycamore through various neighborhoods to Walnut Creek. On the way back we made a stop at the La Boulange bakery. Beautiful warm and sunny day. Peter

January 7th
Great weather and turnout for the first Feather Pedals ride of the year. Starting at Dublin High School, we rode north on Alcosta, then turned west on Norris before continuing north on Bollinger Canyon, which we followed all the way to its end in Las Trampas park. Peter

+ + + + + + +
Yesterday was the first Feather Pedals * (FP) Cinderella Conditioning ride out of 12. We had 163 total riders; 40 on the Classic route of 15.6 miles and 123 on the Challenge ride of 23.3 miles; and about 25 riders who stayed to enjoy lunch and socializing after the ride at Starbucks. If you did not have a chance to sign in before or during the ride please send us an email to help us make sure we have an accurate count of how many were on the ride.

The Host and Co/Host for this ride were Carol Da Shiell and Karin Ball. The ride was supported by a wonderful team of SAGs led by Dean Ball and Sweep, Charles. We also had a fantastic group of Valley Spokesmen Riders who came out and assisted many of the newer riders with seat adjustments, shifting and other basic skills. Our route for the day started at Dublin High School, wound thru San Ramon to Bollinger where the Challenge riders continued down to Las Trampas Park before heading back to Crow Canyon, while the Classic riders turned on Crow Canyon and headed back to Dublin High School. For those who accidentally followed the challenge riders on the challenge route we were happy to see your smiles and hear how you loved the ride. Carol

+ + + + + + +
Thanks Carol!
In addition to our New Rider, Classic, and Challenge groups we had and will have a Riding Skills group hosted by the VS Racing Team to help Challenge riders develop and refine their riding skills. Please take advantage of this terrific opportunity to learn how to ride collectively as a group vs individuals riding in a group.

With such a large turnout for the rides, we will be asking those who want to join the Riding Skills group to separate out of the Challenge group and into the VS Racing Team/Skills group. So you will know what to expect each week, the VS Racing Team led by Ted will announce what the focus of the week will be and he will review it with the group before each ride.

Yesterday, the group practiced following the wheel in front of them at a safe [distance], how to handle gaps, and comfortable pace while in a pace line. The continuous change of the lead was like playing leap frog with a beautiful flow as the group truly transformed from individuals riding in a group to a collective group of riders. Congrats to Melinda and Malcom for staying with the pace line for the entire ride.

Additional thanks to.....
- VS Racing Team who coached us.... Ted, Andy, Bob, Byron, Victor.
- Bob and Bekki for the warm welcome and care for the New Riders.
- Everyone for helping in every way possible to make FP a success.
Karin
+ + + + + + +

Hi VS FP, I've received multiple complaints and concerns about our group not following the rules of the road. This puts others at risk as well as yourself at risk because you can receive a traffic citation for any violations of the vehicle code. Please take a moment to review "Rules Of The Road" on the VS web site (link below) and implement the rules on each and every ride.


Thank you for giving this request your full attention so we can keep our group safe. Regards, Karin

+ + + + + + +

Hi Karen and Fellow Cyclists,
My husband & I really enjoyed our ride with the FP Group Sat. as always! Thanks for the clarification and information from all on safe riding practices... it will make it safer to follow the rules when we are all on the same page so you don't have to worry about being rear-ended by a cyclist for stopping when the group around you is still rolling! Lol

We would like to thank the VS Racing Team and Karin for taking the time to enhance our riding with the Riding Skills Pace Line training! The experience of being a part of a team was awesome, a whole different riding experience... You really felt in sync, like a part of a smooth running engine. Pace lining was great; once you get to rest in the drafts of your team as you fall back from the front of the pack to the back while you rotate like a conveyor belt. A special thanks to Ted who was soooo patient to explain the routine to me and stay back with me when I struggled to maintain the pace on the hills. (Kudos to Malcom who had no trouble keeping up.)

It was very motivating to see how the VS Racers can roll together so effortlessly and yet be so caring and attentive. Even with the difference in our skill levels they were so encouraging we didn't want to give up till we got it and now have a fun new skill to practice and improve on! I strongly recommend the Riding Skills to anyone who wants to improve his/her skill level and have a blast doing it! Can't wait for our next opportunity! :)

Have Fun & Roll Safe, Melinda & Malcom

January 11th

Beautiful sunny day for Edith's ride from the Moraga Commons to the Willows Golf Course and back. We followed a number of different routes today. Edith had route sheets with two options: one took Pinehurst south directly to Redwood Rd. and followed that to Willows, while a longer option took Pinehurst north to Skyline and then headed out to Redwood. And one group had ridden to the start from Heather Farm while I rode from San Ramon but then took a shorter route back over Crow Canyon instead of returning to Moraga. Peter

January 14th

Series #2 of 12 rides. The route was staged at Draeger's in Blackhawk and travelled to Collier, Carneal, Vasco. We had 133 total riders: 65 on the Classic route of ~22 miles and 68 on the Challenge ride of ~37 miles; and about 30 riders overall who stayed to enjoy lunch and socializing after the ride at Draeger's Market in Blackhawk. Many commented what a great ride it was and that it's one of their favorites. Thanks Kevin Thieben for taking us down some new roads we hadn't travelled...everyone enjoyed the change. The Host/Co-Host for this ride was Karin Ball for the Classic route and Rebecca Wood for the Challenge route. Both routes were supported by SAGs Dean, Dan, Kevin (proudly wearing his 49ers jersey) and Sweep, Charles, on the Challenge route.

The New Rider group of ~15 riders was hosted by Bob Heady and Jim Duncan. Many thanks for their extra care and guidance in welcoming the new and existing riders who thoroughly enjoy this group.

The Riding Skills groups (or as I like to refer to it as the "Holistic Riding" group as you truly become one when you ride skillfully together) were hosted by the VS Racing Team -- Victor, Andy, Byron, and Mary.

Breaking up the Riding Skills group into smaller ride groups appeared to work very well. It made it easier for riders to practice skills (rotations in a pace line and the communications that happen in the front and rear) while receiving individual attention from the VS Racing coaches. Karin

January 15th

Almost perfect weather for our ride from Berkeley to Pt. Richmond (although there were a few comments that it started out a bit on the chilly side). After our usual lunch stop at Little Louie's (where the Veloraptor club was kind enough to clear out and leave us a table), we continued to the temporary berth of the USS Iowa which is being prepared for its voyage down to the LA area as a museum ship. Only the forward deck area of the ship was open for tours but there were also related exhibits in a nearby building. A couple fighter jets kept circling the area while we were on the tour. Then we rode back to the starting point but decided to add a few more miles by heading down to the Emeryville marina before calling it a day. Peter
January 16th
We were a small group of 3, but we had a nice, rather cold sunny day on this 60-mile plus ride (4100 ft of climbing). Even Dublin grade was pleasant as we did not have the usual head wind. It was a moderate pace and we missed the rest of the group...thanks Marcus.

January 25, 2011
Alberto led today's ride from Livermore to the Del Valle reservoir. Beautiful warm and sunny day was a welcome change form this weekend. Our route took us along the Arroyo trail on the way out Mines Rd. and our return was via the new trail north of Tesla that winds through some small vineyards to a new housing development. From there we meandered through various neighborhoods before stopping at the Starbucks on Portola a short distance from the end of the ride.

Peter

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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 during the year 2011 – **145,293!!! IMPRESSIVE!!**

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

**LEADERS (HOSTS) Please NOTE** this is the final mileages for 2011. Sign-up sheets that have not already turn in will not count toward members mileage.
THE VALLEY SPOKESMEN TOURING CLUB

Proudly Presents

THE THIRTY-SIXTH CINDERELLA CLASSIC
and CHALLENGE

EXCLUSIVELY for Women and Girls!

This unique bicycle tour for women of all ages and abilities winds through the Amador, Livermore, Diablo and San Ramon Valleys.

This metric-century (100k/65 miles) is mostly flat with a few moderate hills. The Challenge route of almost 100 miles is for fit experienced riders only. The course has an additional 2,000 feet of elevation gain with significant ascents/descents. From the start in Pleasanton, the ride circles south to Pleasanton, through the vineyards of Livermore, then north and along the base of beautiful Mt. Diablo to finish in Pleasanton. Charming Princes will be at three rest/food stops along the way with a cold lunch at the second. Our SAG service patrols the route to provide rider assistance if required. A Cinderella Ride Patch is awarded to every rider. So leave your Prince Charming at home and enjoy a special day!

WOMEN AND GIRLS ONLY! No male riders

**When:** Saturday, March 31, 2012

**Where:** Alameda County Fairgrounds, Pleasanton, CA

From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12

From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on West Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

**Bring:** Bright green confirmation card

**Cost:** ADVANCE REGISTRATION ONLY - $40.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.

**NO “DAY OF” REGISTRATION!!!** LIMITED TO 2500 RIDERS!!! Registration closes when the rider limit is reached.

**Time:** Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.

**Helmets:** A bicycle helmet is required on this ride!

**Prepare Your Bike:** Please check your bike, or have it checked, before you arrive to make certain the condition of all components (brakes, tire, wheels, derailleur) are ready for this ride. The Valley Spokesmen will not inspect your bicycle. Two local bike shops will be on hand to assist with minor mechanical problems

**Route:** A route sheet will be provided.

**Support:** There will be SAG support patrolling the route if you need assistance. Rest stops will have fruit, drinks and snacks, plus a cold lunch will be served at mid-point. Soup and food is served at the end of the ride

**Rain:** The ride is on rain or shine, there is NO make-up day!

**T-shirts/Sweatshirts:** Special Cinderella Classic shirts will be available for purchase from a vendor.

**Family/Friends:** Your spouse, family and friends are welcome to meet you at the finish and all are invited to The Cinderella Expo where bicycle manufacturers, clothing suppliers and women’s organizations will have booths.

**For Additional Information Call:** Jim Duncan (925) 209-1369 or e-mail: cinderellaclassic@valleyspokesmen.org
Bob Powers (925) 828-5299 or e-mail: b-bpowers@att.net
webpage: http://www.valleyspokesmen.org
SOME INTERESTING STATISTICS ON CLUB RIDES AND MEMBERS MILEAGE

Total club rides
2006 – 213
2007 – 268
2008 – 433
2009 – 401
2010 – 432
2011 – 349

Total membership
2006 – During the year 222 members rode one or more rides
2007 – During the year 205 members rode one or more rides
2008 – During the year 258 members rode one or more rides
2009 – During the year 225 members rode one or more rides
2010 – During the year 322 members rode one or more rides
2011 – During the year 278 members rode one or more rides

Total miles ridden by club members on club rides
2006 – 78,780 miles
2007 – 88,250 miles
2008 – 114,692 miles
2009 – 140,991 miles
2010 – 161,269 miles
2011 – 145,293 miles

Top Mileage for Past Three Years

In 2006 – 8 members rode 1,000+ miles
In 2007 – 9 members rode 1,000+ miles
In 2008 – 18 members rode 1,000+ miles
In 2009 – 22 members rode 1,000+ miles
In 2010 – 12 members rode 1,000+ miles
In 2011 – 11 members rode 1,000+ miles

In 2006 – 10 members rode 750+ miles
In 2007 – 9 members rode 750+ miles
In 2008 – 24 members rode 750+ miles
In 2009 – 24 members rode 750+ miles
In 2010 – 19 members rode 750+ miles
In 2011 – 15 members rode 750+ miles

In 2006 – 4 members rode 500+ miles
In 2007 – 3 members rode 500+ miles
In 2008 – 24 members rode 500+ miles
In 2009 – 35 members rode 500+ miles
In 2010 – 60 members rode 500+ miles
In 2011 – 18 members rode 500+ miles

The maximum number of club rides a member could ride during 2011 was 394

A total of sixty-nine (69) club members agreed to be ride leaders during 2011. Special THANKS to ALL of YOU!

Of these sixty-nine members, those that stand out most led 32/30/24/19/15/13 rides each. THANK YOU SO MUCH!!!
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:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Entrée</th>
<th>Entrée</th>
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LAST CHANCE
SIGN UP NOW FOR THIS MOST FESTIVE EVENT OF THE YEAR!!!
2012 CLUB OFFICERS

President  Mark Dedon  925-828-9183
Vice-President  Karin Ball  408-406-2286
Treasurer:  Dan Carhart  925-828-8964
Recording Secretary  Lynn DeMattei  925-373-1803
Corresponding Secretary  Bonnie Powers  925-828-5299
Ride Chairmen  Gail Blanco  925-872-1001
  Peter Rathmann  925-838-1973
Newsletter Editor/Typist  Marcia Seeger  510-223-9347
e-mail: VSnews02@aol.com
Electronic newsletter editor  Jim Paulos  510-200-8125
Newsletter Publisher  Bill/Mary Well  925-837-0103
Past President  Dan Carhart  925-828-8964
V.S. Racing Team contacts  Jim Duncan  925-209-1369
  Zafer Demir  925-443-4124

2012 PRESIDENTIAL APPOINTMENTS

Cinderella chairmen  Jim Duncan  925-209-1369
  Bob Powers  925-828--5299
E.B.B.C. Rep  Open
Mileage Keeper  Jim Paulos  510-200-8125
Webmaster  Curtis Stallins  925-462-8384

Community Liaisons

Alamo  Ralph Speck  925-837-2932
Castro Valley  Molly Heekin  510-728-5103
Concord  Jean Watts  925-676-6164
  Kathy Tate  925-671-7579
Danville  Bill/Mary Well  925-837-0103
Dublin  Christy Simpson  925-803-0173
Hayward  James Paulos  510-200-8125
Lafayette  Stan Goodman  925-283-3925
Livermore  Susan Neer  925-829-4980
Pleasanton  Bill Rose  925-846-3867
Pleasant Hill  John Rodriguez  925-680-0256
San Ramon  Peter Rathmann  925-828-1973
Walnut Creek  Peter Culshaw  925-932-0790

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.

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 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.

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: _____________

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Rev 11/04/2011