President’s message

Congratulations to the 2012 VS award recipients! Your well-deserved award was also our entertainment at the Mid-winter party, cleverly and very formally presented once again Michelle McBee and Clay Dunning. Many thanks to the award committee and to Bonnie Powers for arranging another lovely party with delicious food, music, dancing online at http://www.valleyspokesmen.org/common.php?page=trophy. Don’t forget that you can nominate someone or yourself for one of the award categories (e.g. most improved, most flat tires in one ride, etc.), and you can even suggest a new award category if you are aware of some new and worthy feat of bicycling achievement.

In the last newsletter I mentioned that the board was looking into offering a first aid training class for bicycling. I am pleased to let you know that a CPR class geared for bicycling will be offered on April 14 (see calendar). Details and registration form may be found elsewhere in this newsletter.

As I write this message there are now only 32 days, 20 hours and 6 minutes before the Cinderella Classic and Challenge! Registration is now closed. If you discover that you need to buy or sell your registration, our illustrious webmaster Curtis has recently launched a clever web form to help do that at http://www.valleyspokesmen.org/cinRegTran.php. Or you can also transfer your registration here…http://valleyspokesmen.org/email.php?email=cinRegTmsfr

As for the princes, your volunteer efforts to make the Cinderella a great success is always very much appreciated. If you can offer your assistance and have not yet signed up to do that you can send a message to Bob Powers at b-bpowers@att.net. Don’t forget to keep up the conditioning for the Cinderella. Check the VS calendar for the next Feather Pedals Cinderella conditioning ride on the Saturdays leading up to the big event.

Remember the VS survey we conducted last year? The results were presented last July and your board has been using your feedback to make improvements. Please see the article later in this newsletter that summarizes the board responses to the survey.

Pedal swift and pedal safe!

~Mark
TOURING RIDE RATINGS  (revised2)

All rides are rated according to predicted difficulty.

TERRAIN:

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:

ND) No Drop - this means that the group will do it's best to 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 regroups.
M) Moderate, occasional regroups.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:

On the flattest 20-mile route (San Ramon Valley Blvd?), your average speed would be approximately:

L = 12 mph  
M = 16 mph  
B = 19 mph  
S = 22 mph-plus.

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroups and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

Rides listed as "Beginner Friendly" will often times be ridden by our most experienced riders, who just prefer to ride as a more leisurely pace. They will assist newer riders if requested. There will be slower paced riders on these rides and will sometimes be listed as ND. Rides may be listed as Beginner Friendly if the route is an out and back and can be done at your own pace with your own turn around point. Calaveras would be a good example of this. If in doubt, contact the ride host to get detailed information about a specific ride.

Rides listed as "Advanced Rides" are at a fast pace where riders will work together in a pace-line with minimal / no regroups. Not recommended for new riders.

All riders are welcome to show up for any ride scheduled, as long as you are prepared for possibly riding the route alone if it is above your level. Route slips are distributed at the start of a ride unless it is listed as a Show-n-Go, in which case the group will decide the route and no route slips are used.

It is our goal to provide as many varied rides as possible and to help guide our members and guests to the rides best suited to their riding preference / experience.

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!
MARCH 2012

FRI. 3/2/12 1.5-L 20 miles (30 km) 10:00 a.m. Please join me for a very leisurely ride. Start from Sycamore Park & Ride at 10:00 a.m. SHARP! This will be no more than 20 miles and no hills (or very few)! If you have done nothing more than look longingly at your bike (wishing the 2 of you would bond more), if you have tried joining club rides only to be dropped before the first turn, or, if you are looking for fun people to casually ride with - LOOK no more! I want to hear from you. Call or email me (preferably email) so I can tailor the ride accordingly. If I don't hear from anyone by 2/29, I will assume that the "regulars" are going and will not worry about the route I choose. Of course, there will be the usual coffee stop near the end of the ride. Bad weather cancellation will be sent on VS list if necessary.

Ride Host: Julie Hampton, psycejulz@sbcglobal.net, 510-685-7103.

SAT. 3/3/12 2.3-L/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.

Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/

Ride Host: Carol Da Shiell, 925-989-8321.

SUN. 3/4/12 3L-B 32 miles (52 km) 9:30 a.m. (Advanced & Beginner)

Today we will ride to Palomares via Schaffer Ranch and then have a choice to return on Palomares or continue on to Niles Canyon and Foothill Blvd. Two separate route slips will be provided. This is a strenuous and hilly route, but beginner friendly in that it can be done at your own pace and you may turn around at any point you wish. There will be very few regroups. The start of the ride is at Shannon Park on San Ramon Valley Blvd., just south of the Alcosta exit.

Ride Host: Gail Blanco, 925-872-1001.

MON. 3/5/12 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. 3/6/12 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. 3/7/12 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE! Entertainment for the evening will be presented by Ford Kanzler who repairs/builds/paints steel Italian bicycle frames. It should be fascinating to hear what he has to show us and talk about. Come to the Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Pizza served at 6:30 p.m. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar at for a map.

http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903

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 of 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.

FRI. 3/9/12 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 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)
SAT. 3/10/12 2-3/L/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 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: Kathy Strain, 925-785-4355 (c).

SUN. 3/11/12 2-M 38 miles (62 km) 10:00 a.m. Starting at San Ramon's Central Park we'll head up to Blackhawk and then over to Livermore via Collier Canyon. Our return will be on Vineyard through Pleasanton and back on the Iron Horse Trail. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.

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

MON. 3/12/12 3-L 30 miles (50 km) 9:00 a.m. Ride from Heather Farm up the North side of Mt. Diablo to the junction and down the South side and back to Heather Farm via Diablo Rd. and Danville Blvd. We'll stop for coffee at Starbucks in Danville. Meet at Heather Farm in the back lot by the baseball field.

TUE. 3/13/12 2-M/B 25 miles (40 km) 5:30 p.m. Let's start the T n' T rides again from Shannon Center in Dublin. An earlier start this month and then back to the usual 6pm in April. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Ride Host: Jim Duncan, 925-209-1369.

TUE. 3/13/12 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.
Ride Host: Richard Skow, 925-939-6964.

WED. 3/14/12 2-L 23/47 miles (40/80 km) 9:00 a.m. and 10:15 a.m. We'll be doing a ride of the Benicia and Carquinez Bridges with 2 starting points. The ride will originate at Heather Farm at 9 a.m. at the back lot baseball field and we'll ride up Pleasant Hill Road into Martinez to the park by the train station where we will pick up other riders at 10:15 a.m. and ride to the Benicia Bridge and the Carquinez Bridge and back to Martinez via the Carquinez Strait. We'll stop for lunch in Martinez.

Ride Host: Alberto Lanzas, 510-825-9581.

WED. 3/14/12 3-M 30 miles (50 km) 9:30 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. Check VS web calendar for status if the weather is questionable.

Ride Host: Kathy Strain, 925-785-4355 (c).

THUR. 3/15/12 2-M/B 25 miles (40 km) 5:30 p.m. Let's start the T n' T rides again from Shannon Center in Dublin. An earlier start this month and then back to the usual 6pm in April. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Ride Host: Jim Duncan, 925-209-1369.

SAT. 3/17/12 3-L-B 65/75 miles (100/120 km) 8:45 a.m. Feather Pedals Ride - 11th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at the Sycamore P&R in Danville and will continue to the Benicia and Carquinez Bridges with 2 starting points. The ride will originate at Heather Farm at 9 a.m. at the back lot baseball field and we'll ride up Pleasant Hill Road into Martinez to the park by the train station where we will pick up other riders at 10:15 a.m. and ride to the Benicia Bridge and the Carquinez Bridge and back to Martinez via the Carquinez Strait. We'll stop for lunch in Martinez.

Ride Host: Jane Moorhead, 925-980-9889.
Ride Host: Richard Skow, 925-939-6964.

WED. 3/14/12 3-M 30 miles (50 km) 9:30 a.m. Meet at Shannon Center in Dublin and then back to the usual 6pm in April. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Ride Host: Alberto Lanzas, 510-825-9581.

THUR. 3/15/12 2-M/B 25 miles (40 km) 5:30 p.m. Let's start the T n' T rides again from Shannon Center in Dublin. An earlier start this month and then back to the usual 6pm in April. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Ride Host: Jim Duncan, 925-209-1369.

SAT. 3/17/12 3-L-B 65/75 miles (100/120 km) 8:45 a.m. Feather Pedals Ride - 11th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at the Sycamore P&R in Danville and will continue to the Benicia and Carquinez Bridges with 2 starting points. The ride will originate at Heather Farm at 9 a.m. at the back lot baseball field and we'll ride up Pleasant Hill Road into Martinez to the park by the train station where we will pick up other riders at 10:15 a.m. and ride to the Benicia Bridge and the Carquinez Bridge and back to Martinez via the Carquinez Strait. We'll stop for lunch in Martinez.

Ride Host: Jane Moorhead, 925-980-9889.
Ride Host: Richard Skow, 925-939-6964.

WED. 3/14/12 2-L 23/47 miles (40/80 km) 9:00 a.m. and 10:15 a.m. We'll be doing a ride of the Benicia and Carquinez Bridges with 2 starting points. The ride will originate at Heather Farm at 9 a.m. at the back lot baseball field and we'll ride up Pleasant Hill Road into Martinez to the park by the train station where we will pick up other riders at 10:15 a.m. and ride to the Benicia Bridge and the Carquinez Bridge and back to Martinez via the Carquinez Strait. We'll stop for lunch in Martinez.

Ride Host: Alberto Lanzas, 510-825-9581.

WED. 3/14/12 3-M 30 miles (50 km) 9:30 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. Check VS web calendar for status if the weather is questionable.

Ride Host: Kathy Strain, 925-785-4355 (c).
Del Valle. Our route will take us to Livermore via Camino Tassajara, Highland Rd, and N. Livermore Rd. to the lake. We are returning via E. Vineyard Ave out to Pleasanton and back to San Ramon. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and food or money to buy. Rain cancels. (Advanced ride)

Ride Host: Alberto Lanzas, 510-825-9581.

MON. 3/19/12 2-L/M No Drop. 30 miles (50 km) 9:00 a.m. This Walnut Creek Monday+Wednesday Group series of rides will start at Heather Farm in Walnut Creek. Heather Farm is located at Ygnacio Valley Blvd. and N. San Carlos Dr. across from the Ygnacio Plaza Shopping center. We will congregate at the ball field parking lot. Make a right turn at the first stop sign on N. San Carlos Dr. ALL riders are welcome! We will do a coffee shop stop during the ride. (Beginner Friendly) We will travel through 'horse country' on our way to touring the 'ins' and 'outs' of the Diablo and Round Hill Country Clubs. On our way back to Walnut Creek, we will see people enjoying life on Easy St. The coffee stop will be Peet's in Alamo.

Please check the route at http://ridewithgps.com/routes/954144 and PLEASE PRINT OUT YOUR OWN ROUTE SHEET. Thanks. In case of bad weather, look for a VSList cancellation email around 7:30 am.

Ride Hosts: Pete Culshaw and Sharon Culshaw 925.932.0790 home, 925.457.7133 mobile.

TUE. 3/20/12 2-M/B 25 miles (40 km) 5:30 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Ride Host: Jim Duncan, 925-209-1369.

FRI. 3/23/12 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.

Ride Host: Gail Blanco, 925-872-1001, gvblando@aol.com (Beginner Friendly)

SAT. 3/24/12 3-L-B 46/74 miles (74/118 km) 8:45 a.m. Feather Pedals Ride, 12th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at Dublin High School. Take I-680 to the Dublin Blvd. exit and go east; turn left on Village Pkwy.; turn right on Brighton and into the parking lot on the left. The Classic route will loop around Livermore and return over Collier Canyon while the Challenge group will head over Corral Hollow to Tracy before returning over Altamont Pass. Both women and men are welcome on these conditioning rides. Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/

Ride Host: Karin Ball, 404-406-2286.

SUN. 3/25/12 '57th Birthday Ride. Option of two distances / routes / times:
1) 3-M/B 45+ miles (73+ km) 9:30 a.m. and
2) 1.5-L/M 20 miles (32 km) 10:00 a.m.

We'll journey around the local area; route sheets provided for both. #2 sheets and sign-in will be left on the back window of my vehicle. Probably adjourn to Jack's Brewing for no host food, libations and laughter following the ride. Meet at the Bollinger Park & Ride at Bollinger Canyon and I-680, behind the Chevron station. Notice to VS list and calendar by 8:00 a.m. if there's a weather cancellation.

Ride hosts: Francie Cushman & Jim Duncan hey-you@comcast.net 925-209-1369, 925-719-2256.

TUE. 3/27/12 2-M/B 25 miles (40 km) 5:30 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon;
turn right and into parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.

TUE. 3/27/12 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. 3/28/12 2.5-M 40 miles (65 km) 9:30 a.m. We'll
ride from Lafayette to Pinole. Our route will take us via
'Pig Farm Hill' and we are returning via El Sobrante, San
Pablo reservoir, and Orinda. Meet at the staging area on
Olympic Blvd., just west of Pleasant Hill Road in
Lafayette.
Bring water and food or money to buy. Check VS web
calendar for status if the weather is questionable.
Ride Host: Alberto Lanzas, 510-825-9581.

THUR. 3/29/12 2-M/B 25 miles (40 km) 5:30 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd.
and Amador Valley Blvd. Take Alcosta exit from I-680; go west
to San Ramon Rd. and left to Shannon; turn right and into
parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.

SAT. 3/31/12 THIRTY-SIXTH ANNUAL CINDERELLA
CLASSIC AND CHALLENGE
Sign-in between 7:00-9:00 a.m. at the Alameda
County Fairgrounds in Pleasanton, CA.
Event open to WOMEN and GIRLS ONLY!!! PRE-
REGISTRATION ONLY!!! No day-of Registration.
REGISTRATION is CLOSED!
For information call: Jim Duncan at 925-209-1369 or
Bob Powers at 925-828-5299.

APRIL 2012

SUN. 4/1/12 3-M 32 miles (52 km) 9:30 a.m. Join
Alberto today on this ride from Dublin to Sunol,
down Niles Canyon to Palomares Rd. and then over to
Schaefer Ranch. Meet on the west side of Dublin High
School. Take I-680 to the Alcosta Blvd. exit and go east;
turn right on Village Pkwy.; Dublin High is on left. Bring
water – lunch will follow the ride at the swap meet.
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 4/2/12 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. 4/3/12 2-M/B 25 miles (40 km) 6:00 p.m. Note:
back to regular time. Regular T n’ T rides from
Shannon Center in Dublin. Shannon Center is on San
Ramon Rd. between Alcosta Blvd. and Amador Valley
Blvd. Take Alcosta exit from I-680; go west to San
Ramon Rd. and left to Shannon; turn right and into
parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.

THUR. 4/5/12 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd.
and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San
Ramon Rd. and left to Shannon; turn right and into
parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.

WED. 4/4/12 NO CLUB MEETING THIS MONTH. The
next club meeting is scheduled for Wednesday, June
6, 2012.

THUR. 4/5/12 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd.
and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San
Ramon Rd. and left to Shannon; turn right and into
parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.
SAT. 4/7/12 3-M 60 miles (95 km) 9:00 a.m. Join us on the classic Calaveras-Palomares loop for Ken and Clay's most excellent birthday ride. We'll start at Shannon Center in Dublin, head south to Sunol and then up and over Calaveras to Ed Levin Park. Then through Milpitas, Fremont, and Niles to Palomares and over to the Dublin Grade back to San Ramon. Take I-680 to the Alcosta exit and go west; turn left San Ramon Rd.; right on Shannon; and right into the parking lot. Bring food and water. (Advanced) Ride Hosts: Ken Hernandez, 510-278-3636, and Clay Dunning, 925-210-0606.

SUN. 4/8/12 4-M 60 miles (100 km) 9:30 a.m. We'll ride 30 miles to the Junction and 30 miles back to the start on Mines Rd. No services along this scenic route. Please bring plenty of water and food. Meet at the old Nob Hill Parking Lot at the corner of S. Livermore and Pacific Ave in Livermore. (Advanced Ride) Ride Host: Alberto Lanzas, 510-825-9581.

TUE. 4/10/12 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. Ride Host: Jim Duncan, 925-209-1369.

TUE. 4/10/12 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. 4/11/12 2-L/M 25 miles (40 km) 9:00 a.m. Ride to Las Trampas Park on Bollinger from Shannon Center in Dublin. Take I-680 to the Alcosta exit heading west; take a left on San Ramon Road; turn right on Shannon and right into the parking lot. Bring water and snacks. Ride Host: Alaine Nadeau, 925-216-0801

WED. 4/11/12 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.

THUR. 4/12/12 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. Ride Host: Jim Duncan, 925-209-1369.

SAT. 4/14/12 3-L/M 55 miles (90 km) 9:00 a.m. Dublin to Moraga Loop. Meet at Shannon Park on the corner of San Ramon Valley and Shannon Ave. We'll ride over Dublin Grade to Castro Valley and then up Redwood into Moraga. Bring food and water. Ride Host: Alaine Nadeau, i8trees@aol.com 925-216-0801

SUN 4/15/12 3-M/B 43 miles (70 km) 9:30 a.m. Meet at the water fountain of the Pleasant Hill BART Station on the east side. Our route will take us over Pig Farm out to Pinole, past the refineries and over Carquinez Scenic Dr. There will be at least two coffee shop breaks along the way. 20% of rain cancels the ride. Bring plenty of food and water or money to buy. Route sheets will be provided. http://ridewithgps.com/routes/924667 Ride Leader: Emma Olenberger, 707-479-2549, live2map@yahoo.com

TUE. 4/17/12 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. Ride Host: Jim Duncan, 925-209-1369.

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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.

HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHTIME TRAINING RIDES: Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace.
(Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@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.

UPCOMING EVENTS

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 – Solvang
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

April
7 Party Pardee – Ione
7 4th Santa Clarita Century – Valencia
7 Farm to Forest Century - Willows
8-14 Tour of Big Sur and Coast – Carmel
14 35th Tierra Bella – Morgan Hill
14 Woody Y Century - Bakersfield
14 Mulholland Challenge – Santa Monica
14 Mulholland Double - Calabasas
14 47th Hemet Double – Hemet
19-22 Sea Otter Classic – Monterey
21 Bike Around The Buttes - Sutter
21 5th Cycle of Sight – Napa
21 Mr. Frog’s Wild Ride – Calaveras Co.
22 Primavera Century - Fremont
28 Diablo Double – Walnut Creek
29 Chico Wildflower – Chico

UPCOMING TOUR

Sunday, April 22nd – Thu. April 26th, 2012 Yosemite is Filled! The balance is now 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. For further information, call……
Organizer: Bonnie Powers, 925-828-5299 or b-bpowers@att.net

Wednesday, May 23rd – Friday, May 25th, 2012 200 miles. Sunol to Paso Robles and the Great Western Bicycle Rally with two nights’ lodging in Hollister and King City. The total cost of the trip is $230.00 per person (double occupancy). This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers?! Unlimited number of riders. If interested please sign up ASAP with a $100.00 deposit. Send payment (made payable to Bonnie). For additional information you may call……

VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
C.B.C. - California Bicycle Coalition - www.calbike.org
California State Parks Foundation - www.parks.ca.gov
East Bay Area Trails Council - www.ebtrails.org
E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org
Greenbelt Alliance – www.greenbelt.org
Nature Conservancy – nature.org/legacy
Planning and Conservation League www.pcl.org
Rails to Trails – www.railstotrails.org
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

Awards Received at the Mid-winter Party

Congratulations to you all!

Guardian Angel - Bob Heady

Most Unique New Ride - Leaders: Emma Olenberger and Gary Hsueh with their ride from Martinez to Davis then returning by train

Most Improved Rider: - Emma Olenberger

Most on one ride - Gary Hsueh

Crashed bike - Rob DelFosse

Most inspiring rider - Walt Thomas

Pinocchio award - Jim Duncan

Most Miles - male - Peter Rathman

Most Miles - female - Francie Cushman

New member leading the most rides (female) - Julie Hampton.

New member leading most rides (male) - Alberto Lanza

We appreciate you award - Bill Well

Lost Contact with reality - Bekki Livingson

New Eclectic Adventure Ride - Michelle McBee - cycling, rafting, camping, wine tasting!

MID-WINTER PARTY LOST AND FOUND

Someone left a coat behind at the Mid-winter party on February 11th at the Pleasanton Marriott. Give me a call or send a message describing the coat and I will be happy to see it returned to its rightful owner. Thanks, Bonnie Powers. 925-828-5299

CINDERELLA for 2012 is coming right along with many of the pre-organizational jobs completed. Rider Registration is CLOSED!
Don’t forget to mail in your WORKER FORM, as we have a few slots left to fill. You will be receiving a letter with your work assignment and/or a telephone call. If in doubt you may contact Bob Powers at b-bpowers@att.net or give him a call at 925-828-5299.

NOW – I NEED HELP. Please save AND freeze water in 2-liter bottles AND rectangular apple juice bottles to be used at the bottom of the ice chests. Also, please save the plastic bags you receive from the grocery store when you purchase groceries. These will be used for the resale of leftover food at the Swap Meet. Any questions, please call Bonnie Powers at 925-828-5299.

Valley Spokesmen Bicycle Touring Club
Executive Board Meeting Minutes
February 8, 2012

Meeting called to order at 7:15 p.m. by President Mark Dedon. Minutes from the January 11, 2012 Executive Board Meeting were approved as read.

Bill has the final accounting for 2011 available for all to view. More information will be coming at the March e-board meeting. Incoming Treasurer Dan Carhart will explore the possibility of a new accountant to handle our taxes. If unable to do so, we will continue with Varenchik. Bill and Dan to meet at a future date.

OLD BUSINESS:
1. Past month’s rides — Rides have been rolling along (pun intended). The Feather Pedals rides are extremely well attended.
2. V.S. web site — Curtis reported the T.O.S.R.D. and Cinderella pages are up to date on our web site. Discussion followed regarding relations with various bike clubs throughout California. Also discussed other aspects of the web site. All agreed our web site is truly great!
3. Location of V.S. business meetings — the location will continue to be at Round Table until further notice.
4. V.S. survey — Mark met with his subcommittee and will present a summarization of the results at a later date.
5. Modernization of V.S. — Mark met with this subcommittee, and members are to come back with certain jobs accomplished.
6. Meetup.com — Karin reported on V.S. involvement with Meetup.com. Sounds like a fine way to get advertising out for V.S. Curtis is going to design a web site. Motion made, seconded, and passed to proceed on Meetup.com
7. Update on Bicycle Master Plans — no report.
8. Ride Ratings — Gail distributed the revised ride ratings. Discussion followed with more suggestions and revision. Once finalized, the updates will appear in future newsletters and on the web site. Motion made, seconded, and passed to approve.

NEW BUSINESS:
1. March/April ride schedule was reviewed for errors and additions.
2. Cinderella update — We have a total registration of 2,325 so far. We have had a few glitches — the location of the third checkpoint has been moved to Greenbrook Elementary School. It is now necessary to file a permit with Contra Costa County and the City of San Ramon. Even with these changes the ride will be wonderful as usual.
3. Save Our Creek — This group hopes to have a link on our web site regarding the development along Mt. Diablo. Bill Well and any interested parties will attend future meetings. Motion made, seconded, and passed to provide a link to our web site and V.S. list.
4. Motion made, seconded, and passed to reimburse Mark Dedon $80.00 for out-of-pocket expenses when making V.S. survey copies.
5. V.S. list — a service for club members will be reviewed. A notice will go out that those persons who have not rejoined the club will be eliminated from the list. They will have two weeks to respond.
6. First Aid class — Dan Carhart reported the first aid team would be available for a class on April 14th or 21st. It was decided on April 14th. Motion made, seconded, and passed to charge a nominal fee of $15.00 to members only.
7. Motion made, seconded, and passed to order a first aid kit for the Challenge loop.

There being no further business, the meeting was adjourned at 8:50 p.m.
Respectfully submitted, Lynn DeMattei, Secretary

Valley Spokesmen “Bicycle” Touring Club
February 2012

Correspondence sent:
1. Check to Minuteman Press for printing of February newsletter
2. Check to Office Depot for office supplies.
3. Check to City of Dublin for Cinderella parade permit.
4. Check to Armstrong Garden Center for Mid-winter party flowers.
5. Check to Pleasanton Marriott for final payment for Mid-winter party.
6. Check to Contra Costa County for Cinderella permit.
7. Check to Jim Duncan to cover gifts for Cinderella riders.
8. Check to Mark Dedon for out-of-pocket copy expenses.
9. Check to Bob Powers to use for DJ gratuity at Mid-winter party.
10. Check to Livermore Cyclery for ride leader gift certificates.
11. Check to Dublin Cyclery for ride leader gift certificates.
12. Check to Dublin Security Storage for truck rental to unload storage locker with Cinderella supplies.
13. Check to Amos Productions for final payment for DJ at Mid-winter party.
14. Check to Valeshkai Sackville for designing Cinderella patch.
15. Check to Purchase Power for postage for meter.
17. Check to East Bay Bicycle Coalition for membership renewal.
18. Letters of welcome to old/new club members. 2012 membership currently stands at 425.

Correspondence received:
1. Thank you letter from Women’s Community Clinic for $1,000.00 Cinderella donation.
2. Thank you letter from Rails-to-Trails Conservancy for
renewing annual membership.
3. Thank you letter from National Parks Conservation Association for renewing membership.
4. Letter from St. Timothy’s Episcopal Church introducing the Adopt a Family Bikes program.
5. Letter from Varenchik Accountancy Corporation regarding new California laws and independent contractors.
7. Contra Costa County Public Works Encroachment permit for Cinderella.
8. City of San Ramon Parade Permit Application.
10. Advertisements from various organizations and businesses.
11. Announcements of upcoming events and tours.
12. 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 2012.

Total miles ridden by club members so far this year is 12,845.

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!!!
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 27th
Gail continued her series of casual rides on odd-numbered Fridays. Today we headed out Crow Canyon to Dougherty then up and over Windemere Pkwy. to Tassajara. We explored the area around the new Tassajara Creek Park and took the trail along the creek south to Dublin Blvd. From there we rode on the Iron Horse to Denica's Bakery for a refreshment stop before continuing north on the trail back to the start. Peter

January 28th
The Feather Pedals ride today started at the Crank-2 bike shop in Pleasanton and headed out to the Calaveras Reservoir with an option of different turn-around points depending on the desired distance. Beautiful day for the ride after the recent rains have started to return a bit of green to the hills. Peter

January 29th
A nice warm and sunny day for Alberto's ride from Lafayette to Pinole. We stopped for Peets Coffee in Pinole and Starbucks in Orinda and enjoyed the gradually greening hillsides along the way. Peter

January 30th
After a few pre-ride delays, 14 riders began the ride. 2 left half way into the ride for a root canal thinking that would be less painful. They missed the fun part Thanks Jane & Bob for a great ride. Christy
+ + + + + + + + + +
Great ride today, Jane & Bob....once we got underway. What? While fixing a double thorn flat, the group waited for the sleep-ins and the directionally impaired. Finally all arrived and off we go......for 30 yards..... and a chain break. Co-leader Bob fixed it quickly (no wonder the Feather Pedals ladies love him).
So, dodging dogs and oblivious people for the first 300 yards we were off on 2-1/2 hours of up followed by a great 1/2 hour of down flat.......well a little exaggeration is always good, it’s an election year. Fun dodging through the cattle...the blondie seemed to want an engagement.
Splash through a few stream crossings and assisting the rider at a stream crossing sitting with his wheel in his hands.
Savior Bob (once again) & Larry stopped as the rider asked 'how does this CO2 bottle fit on the valve?' 'Where is the adapter?' 'Huh'
The adapter he did not have.... Oh well.

February 1st
A rather inauspicious start with a light mist in the air and wet roads, but the clouds soon started to dissipate and there was some sunshine to dry things up by the time we got to Alamo. From there we headed into Walnut Creek for our lunch stop before returning on Danville Blvd. and the Iron Horse trail. Peter

February 3rd
Great weather for Gail's Odd Friday ride. We headed up through Danville and Alamo with stops at Oak Hill and Livorna Parks. On our return through Danville we stopped at the new Sweet Affair bakery for some refreshments. Peter

February 4th
Another nice turnout for the Feather Pedals ride today. We started at the Park & Ride on Sycamore Ave. in Danville and rode through San Ramon and Blackhawk before climbing to the Junction Ranger Station on Mt. Diablo. After coming back down we continued through Alamo to a regroup at Livorna Park and then descended Rudgear to Danville Blvd. to return to our starting point. The Classic route omitted the climb on Diablo. Peter
+ + + + + + + + + +
Yesterday was the Feather Pedals * (FP) Cinderella Series #5 of 12 rides and included spectacular spring-like weather once again. We had 148 total riders; 67 on the Classic route of 25 miles, 66 on the Challenge ride of 38 miles; 16 undeclared! (in the future, please remember to indicate which route you will be riding), and 20 in the beginner group. Several even ventured up another 4.5 miles (and 1600 feet) to the summit.
Hearty congratulations are in order for those of you ascending (or summiting) Mt Diablo for the first time! This is a big notch in your cycling belt for sure (not to mention the incredible views).
The Organizer/Co-Organizers for this ride were Teresa Thieben and Rebecca Wood. The ride was supported by SAGs Dean, Kevin, and Dan as well as Sweep, Charles. All SAG vehicles remained in good repair throughout the entire event this week. Thanks again to Jim D. and Bob H. for working with the new riders and to the multitude of experienced Valley Spokesmen riders who came out to support, coach, and encourage. A couple of our cyclists did receive traffic citations this week - please keep in mind that we are subject to the same laws as vehicles using the roads. Be aware and careful. Kevin
February 5th
Alberto's ride today took us from San Ramon to Livermore and Pleasanton with two Starbucks stops along the way on N. Vasco and Vineyard. A nice turnout prior to the Super Bowl and we split into a few groups at times depending on the desired pace. Peter

February 8th
A perfect day for Gail's ride up Calaveras. The early morning fog had all dissipated by the time we gathered for the start at Pleasanton Ridge Park on Foothill Blvd. and we enjoyed bright sunshine and warm temperatures throughout the ride. The group split up a bit and we had various turn-around options: first summit, partway along the reservoir, top of the 'wall', and at Ed Levin Park. Peter

February 10th
Today's Valley Spokesmen ride started at the Pleasant Hill BART station. From there, Vern and I made a slight detour to Best Buy where we picked up Dave and Bob. We made one last stop at Safeway before heading out. The weather was in the mid-50s and mild. At the top of Pig Farm we said goodbye to Vern as she turned back around and the three of us continued into Pinole for our first rest stop at Peet's. From there we headed into Hercules and up and around the Conoco-Phillips refinery. We dropped into Crockett and proceeded to climb Carquinez Scenic Dr. Just before coming into Martinez we experienced a slight misting. We stopped at the Starbucks on Main St. before heading out of town. We eventually picked up the Iron Horse Trail and encountered a nasty headwind the entire way back into Pleasant Hill. Emma

February 11th
Today's impromptu substitute Feather Pedals ride was awash with dozens of people willing to brave the elements, and we were rewarded for doing so by a good, steady, non-rainy, not-too-cold workout (even though the clouds were still a bit dark). We seemed to sort ourselves out pretty well amongst the Grizzly Peak Cyclists, who left later. People did both the Classic and Challenge routes. The challenge route went on the Iron Horse Trail and Lafayette-Moraga Trail for a bit, which could be viewed as an opportunity for interval training because of the stops, or obstacle-avoidance training because there were a lot of people on them - so either way it was useful. And overall the route had a good blend of hills and flats and miles - including several long, smooth, instant-gratification descents. I hear that some people went to Jack's afterward to celebrate. Gary

Haha. Never a good sign when the post-ride notes go out before I make it home! Not a bad day at all. I would like to thank Charles, who, gentleman as always, helped escort a very tired few of us back!!! Lori

February 11th
Michelle led our ride from the Rudgear Park & Ride lot to the Mt. Diablo junction today. There were threatening clouds at various points, but we stayed dry and only isolated road sections were still damp. But the lingering cloud cover kept us on the cool side until we got back to Danville where we finally got some sunshine. Made for a comfortable ride up the hill but a rather chilly descent of the south side. A number of us had ridden from San Ramon so we continued south instead of returning to Rudgear - and that's the route shown in the link below. Peter

Since so many people showed up for today's ride, I found a couple pieces of paper and had everyone sign up so we would have emergency numbers. Here is an Excel spreadsheet of what I could read. (I am not listing the emergency numbers - just name and route.) I am sorry if I don't have your full name - please forward your info and I will complete the sheet before sending it in. I am so tired right now - I can't remember anyone's name....It was a great ride today - although the roads were wet in places, the temperature was perfect for all the climbing! Bekki

February 12th
Beautiful day for Rob's ride up Mines Rd. although it stayed a little on the cool side in the shaded areas. Most went all the way to the Junction Cafe, but a few of us turned around at the county line. Peter

Excellent ride today, Rob. The Mines ride is a classic. The weather and company were perfect. I even enjoyed seeing the motorcycles go by (Curve Unit, female club). They had quite a turnout. Congrats to Emma for the first time to the Junction and to Merle, first 60 mile ride in 20 years, and training for the Death Ride. Rick

February 13th
The clouds looked a little dark but the streets were dry and the Weather Channel radar didn't show any rain.
February 19th
After a cloudy and chilly start the sun came out and gave us some great views of both SF Bay and the East Bay hills on Alberto's ride to Grizzly Peak. Peter

February 20th
Today Marcus, Steve Y. and non-member George joined me for the Pig Farm - 3 Bears - Lafayette ride. Marc G. had a late start and caught up with us at the Starbucks rest stop in Orinda. The roads were slightly wet from rain earlier in the morning and the sky had threatening clouds that only allowed a small short peak from the sun; however, the overall cool temperature made for comfortable climbing conditions. Congrats to Steve for his first time over Pig Farm and the 3 Bears. Happy President's Day, Emma

February 15th
Alaine led today's ride from Shannon Center over the Dublin grade and then into the hills above Castro Valley and Hayward. Beautiful day for this ride with the clear air giving us great views of San Francisco Bay and the city after the overnight showers washed all the haze out of the sky. Lots of regroups along the way let us stay together and gave us time to enjoy the scenic viewpoints. Peter

February 17th
Warm and sunny day for our Odd Friday ride. Today we headed up to Las Trampas Park at the end of Bollinger and then back down to San Ramon before continuing up the blvd. to the La Boulange bakery in Danville for some refreshments. We returned on the Iron Horse back to Central Park. Peter

Las Trampas, the best kept secret in San Ramon. Boulangerie, my favorite place for coffee and desserts. For those who haven't been there, try getting a regular latte-- it's served French style, in a bowl much bigger than a coffee cup. Dan

February 18th
The skies looked a little gloomy this morning, but there was still a large enthusiastic crowd at Dublin High for the Feather Pedals training ride. The 'Challenge' route headed over Dublin Grade to Castro Valley and then continued over Redwood and Pinehurst to Moraga Commons. From there we returned on a much flatter route: through Lafayette and then south down the boulevard through Danville and San Ramon. Fortunately the clouds had lifted by the time we climbed over Redwood and we even got some sunshine on the latter part of the ride. Peter

A great group of spirited, determined Classic riders who made the ups on the way to enjoying a beautiful rural ride up Cull Canyon - a remote area with 3 -4 cars....and how many thousands 3 miles away who have no idea such a beautiful place exists. Then a few more ups on the way back. Congratulations to all. A ride well done. Prince C

February 22nd
Las Trampas, the best kept secret in San Ramon. Boulangerie, my favorite place for coffee and desserts. For those who haven't been there, try getting a regular latte-- it's served French style, in a bowl much bigger than a coffee cup. Dan

February 24th
Strange when people start complaining about too much heat on a February ride. Seemed like summer on Alberto's ride from San Ramon's Central Park out through the Windemere development to Highland and N. Livermore. We stopped at the Starbucks on Portola and then continued through Livermore before heading north on Collier Canyon and back via Camino Tassajara, Crow Canyon, Dougherty, and Bollinger. Peter

A great group of spirited, determined Classic riders who made the ups on the way to enjoying a beautiful rural ride up Cull Canyon - a remote area with 3 -4 cars....and how many thousands 3 miles away who have no idea such a beautiful place exists. Then a few more ups on the way back. Congratulations to all. A ride well done. Prince C
Summary of VS Survey Results and Board Responses – Mark Dedon

Last year we conducted a survey of our club members and asked for comments on a number of club-related items. The survey responses were presented in July 2011. Since that time the club has made good progress addressing many of your comments and I would like to summarize some of those improvements here. For most of the questions that required written responses, I grouped the responses into categories and present some of the most-frequent suggestions and VS Board responses.

Questions 6 & 9: Any comments about leading rides? How could the weekly rides be improved?

*Member survey responses*- Would like to lead rides if riding levels were defined better; Would enjoy more ride variety (location, days, ability); Posted rides could be more accurate and up-to-date Last minute changes by non-ride hosts are disruptive; Rides would be improved if everyone stopped at stop signs and red lights. *VS Board response*- The board has recently revised the ride ratings to try to make them clearer (see VS website); The ride calendar is a testament to the huge variety of rides that are being led by club members. Many members are hosting rides all over the Tri-Valley area. There are regularly posted rides on four of the seven days per week. Many rides are beginner-friendly. Check out the new variety offered by the Feather Pedals. If you don’t see a ride that you would like, please consider hosting the ride and then design it to meet your needs. There are helpful instructions how to do this on the club website; The posted rides are a work in progress. Ride hosts are encouraged to submit routes to the webmaster for posting on the website. All of the Feather Pedals routes were posted at [http://sports.groups.yahoo.com/group/featherpedals/files/](http://sports.groups.yahoo.com/group/featherpedals/files/); Please respect the ride hosts’ planning and support the ride as it was advertised; All club members are expected to obey the traffic laws. We heard at our quarterly club meeting last year from bicycle attorney Gary Brustin that you have an opportunity to influence the public in the favor if cycling by obeying the traffic laws.

Question 12. Any comments about the invitational rides? *Member survey responses*- Hope they can continue and appreciate those who organize these rides; Great job with the Cinderella Classic!; They're great and a great representation of the enthusiasm of the membership. Would like to see new invitational rides; Food offered could be homemade breads and cookies. *VS Board response*- The volunteers who put on these rides are looking forward to repeating them in 2012 and appreciate all of the members who volunteer their time to make them a success; Members are encouraged to host new invitational rides; Some club rides do feature homemade foods (e.g. progressive dinner ride) however for the larger rides, e.g. the Cinderella, offering homemade foods is not currently feasible.

Q16. If you want clinics, what would you like them to focus on? *Member survey responses*: All 21 responses were basically asking for safety and road riding skills clinics; *VS Board response*: A first aid class will be offered on April 14; Riding skills are being taught every week by VS volunteers during the Feather Pedals conditioning rides.

Question 21. I think the newsletter could be improved by... *Member survey responses*: More articles on great places to ride, or funny stories, or articles on good service received or good deals from LBS (local bicycle shops), etc.; Technical tips for servicing bikes, perhaps by interested bike shops' mechanics stressing biking manners on the road; Highlight someone in the club - make them more "real" because once you meet them, they are real personable; Revamping the format; Distribute as PDF. *VS Board response*: All members are encouraged to submit articles to the newsletter editor Marcia Seeger at VSnews02@aol.com by the 20th of each month; The format has been updated recently; The newsletter is available as PDF and can be downloaded at any time from the VS website. VS list members will now receive a reminder when the newsletter is updated on the web (usually monthly).

Question 24. I think the VS website could be improved by... *Member survey responses*: Allow upload/email of ride signup sheets; Route sheet library needs to be updated for accuracy and modernized (ie gpx/xls downloadable); Provide links from the WebCalendar ride descriptions to maps of the ride; Keeping Curtis and giving him more beer; It is too busy. It should have a simpler front page; It's great right now!; Is there a place to include stories of travel adventures? *VS Board response*: The completed sign-in sheets can be scanned and emailed b-bpowers@att.net.; See response to Questions 6 and 9 regarding...
the route library; From the variety of responses it seems like the website is keeping most members happy. Any specific suggestions and gifts are certainly welcomed and can be directed to the webmaster (see the bottom of the home page); Stories of travel adventures should be directed to the newsletter editor (see Question 21 above).

**Question 28. The quarterly club meetings could be improved by...** *Member survey responses:*
Change of venue; A place that has more than pizza; Moving to a more appetizing restaurant location; A larger room would help; Minimizing the business part of the meeting. I don't care about correspondence; Free beer; Having more guest speakers with entertaining stuff and less business; Giving a "heads up" well in advance (like you did this past meeting); I’ve never attended. *VS Board response:* The current location, Round Table in Dublin, recently changed ownership and has been notified that the previous management was not providing a satisfying experience for many club members. The new management has promised to provide a more pleasant experience for members. At the February board meeting, the VS Board voted to continue the quarterly club meetings at the same location if the new management shows good improvements; Speakers are being scheduled for each club meeting. See the separate announcement for the March 7 meeting; Free pizza, salad and a soft drink is a pretty good deal- so, alas, you need to buy your own beer.

**Question 30. What is your main frustration (if any) with the club?** *Member survey responses:*
Getting dropped on a no-drop ride, or a ride that is faster than the posted speed; Exclusivity and cliquishness; Only a few people step up to lead the club and its activities; Under-utilization of electronic tool; It seems that after the Cinderella ride, the club switches back to being a club for expert cyclists, not much for those who are not beginners (don't mention Iron Horse Trail as it is really boring and hate stopping every block to look for traffic) and those that are into intense climbing. I am still looking for a weekend ride that is intermediate and social at the same time. *VS Board response:* The ride ratings have been updated recently so that riders should have a better idea of the ride difficulty level (see response to Questions 6 and 9 above); Members do form friendships on club rides and new members are encouraged to join all of the events with the expectation that they will form fast friendships too; The VS website does a great job with getting club information distributed to the members and the board is looking into the steps needed to implement on-line registration for club membership; There are many rides that continue after the Cinderella Classic ride that are not just for expert cyclists. In particular, the Feather Pedal rides are scheduled to continue on a monthly basis after the Cinderella ride.

**Question 31. What would you like to see the club accomplish better?** *Member survey responses:*
Bring in new and younger members; More post-ride get-togethers; Joint ride listings with other local clubs; Continue to seek out "fresh" rides or new variations on old rides; Train people to have better riding manners-especially announcing a pass, not riding in the traffic lane (riding 2 or 3 abreast), etc.; Encouraging the large Feather Pedals group to become more involved with the main VS group by having rides available on the VS Calendar that they would feel comfortable with; I would like to see more members become ride leaders so that it encourages more cyclists to come out and ride with them. I'd also like the ride leaders to ride at the pace they advertise. Perhaps a ride leader clinic would be helpful; Better food on organized rides. Store-bought fruits are good, but the salads, breads, cookies, etc. should be homemade; I'd like to see more advocacy; Utilize internet tools for registration and ride sign ups. Provide venue for carpooling. Hire financial professional year round. Develop a business plan and succession plan. *VS Board Response:* Diversity of rides is attracting new members; More post-ride get-togethers are occurring after most rides; The VS Website provides links to other local bike clubs; All members are encouraged to lead rides and new routes and variations on old routes are welcomed; Bicycle conditioning is being provided as part of each Feather Pedals conditioning ride; A few rides do provide homemade foods (e.g. the progressive dinner ride and TOSRD). The food provided for the Cinderella Classic is good quality and purchased to be practical; The Valley Spokesmen emphasizes fun bicycle riding while other bicycle organizations are more about advocacy. Check out the California Bicycle Coalition ([http://calbike.org/](http://calbike.org/)) and the East Bay Bicycle Coalition ([http://www.ebbc.org/](http://www.ebbc.org/)); The board is evaluating the requirements of providing on-line club membership registration; The budget is managed by a volunteer treasurer using QuickBooks. A detailed budget summary is available on request.
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, Cinderlla 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
# CINDERELLA WORK ASSIGNMENT REQUEST

Worker(s) Name(s) ________________________________________________________________

Address ___________________________________________________________________________

Telephone ____________________ E-mail Address _________________________________

<table>
<thead>
<tr>
<th>Wednesday, March 28</th>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route Sheet Labeling</td>
<td>11 a.m.</td>
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<table>
<thead>
<tr>
<th>Thursday, March 29</th>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
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<tbody>
<tr>
<td>Lemonade Mixing</td>
<td>11 a.m.</td>
<td>4</td>
<td></td>
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<tr>
<td>Route Sheet labeling</td>
<td>11 a.m.</td>
<td>8</td>
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<table>
<thead>
<tr>
<th>Friday, March 30</th>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
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</thead>
<tbody>
<tr>
<td>Pack Coolers</td>
<td>11 a.m.</td>
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<tr>
<td>Miscellaneous jobs</td>
<td>11 a.m.</td>
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<tr>
<td>Lay out Expo spaces</td>
<td>1 p.m.</td>
<td></td>
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<tr>
<td>Set up Fairgrounds</td>
<td>1 p.m.</td>
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<thead>
<tr>
<th>CINDERELLA DAY – SATURDAY, MARCH 31</th>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
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<tbody>
<tr>
<td>Vehicle Parking</td>
<td>5:30 a.m.</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Cinderella Registration</td>
<td>6:30 a.m.</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Crowd control / Door monitor</td>
<td>6:30 a.m.</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Challenge Entry Monitor (Cross &amp; Patterson)</td>
<td>8:30 - 10:30 a.m.</td>
<td>2</td>
<td></td>
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<tr>
<td>Rest Stops (set-up to clean-up)</td>
<td>set-up @ 7 a.m.</td>
<td>12</td>
<td></td>
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<tr>
<td>- Robertson Park</td>
<td>set-up @ 8 a.m.</td>
<td>16</td>
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<tr>
<td>- Christensen School (lunch stop)</td>
<td>set-up @ 9 a.m.</td>
<td>8</td>
<td></td>
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<tr>
<td>- SRVUSD Facility</td>
<td>10 a.m. - 2 p.m.</td>
<td>2</td>
<td></td>
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<tr>
<td>Returning Rider Check-in</td>
<td>12 noon - 6 p.m.</td>
<td>6</td>
<td></td>
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</tbody>
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## FOOD SERVICE AT FAIRGROUNDS

<table>
<thead>
<tr>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning - coffee, bagels, etc.</td>
<td>5:30 - 9 a.m.</td>
<td>4</td>
</tr>
<tr>
<td>Late morning - food line set-up, initial service</td>
<td>9-12 noon</td>
<td>2</td>
</tr>
<tr>
<td>Early afternoon - food service</td>
<td>12 noon - 3 p.m.</td>
<td>6</td>
</tr>
<tr>
<td>Late afternoon - food service, initial cleanup</td>
<td>3 - 6 p.m.</td>
<td>6</td>
</tr>
<tr>
<td>Fairground clean-up / load trucks</td>
<td>4 - 6 p.m.</td>
<td>10</td>
</tr>
</tbody>
</table>

## RECEIVING/CLEANUP @ POWERS

<table>
<thead>
<tr>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 p.m.</td>
<td>4</td>
<td></td>
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## SAGS

<table>
<thead>
<tr>
<th>Time</th>
<th>Workers Required</th>
<th>Indicate Your Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roving SAGS</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Challenge Route SAGS</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Shuttle SAGS</td>
<td>6</td>
<td></td>
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<tr>
<td>Stationary SAGS</td>
<td>3</td>
<td></td>
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<tr>
<td>Sweep SAG</td>
<td>1</td>
<td></td>
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</tbody>
</table>

# Worker Questions?
Bob Powers at b-bpowers@att.net • 925.828.5299

My T-shirt size(s) is/are: ___sm ___med ___lg ___xl ___xxl I prefer: ___long sleeved (enclose $8.00ea) ___short sleeved (enclose $5.00ea)

Please mail promptly to Valley Spokesmen • P.O. Box 2630 • Dublin, CA 94568-0784
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:  _____________________________________________________

Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________
Name: ________________________      Type: _____________

The Valley Spokesmen Touring Club Presents

A CYCLING-FOCUSED

CPR/First Aid Training

BY ICE SAFETY SOLUTIONS

Saturday, April 14, 2012
8:30am - 2:00pm
Dublin/San Ramon Services District
7051 Dublin Blvd.
Dublin, CA 94568

Two year certification will be issued through
Medic First Aid International upon completion of course!

Training will include:
• Stabilizing a potential cervical spinal injury
• Conducting a head-to-toe assessment following a bicycle accident
• Treating a fracture, sprain and other road injuries
• Recognizing the warning signs of heart attack, diabetic emergency, stroke and seizure
• CPR Training

The presentation will be sponsored by ICE Safety Solutions, regarded as an interactive and effective safety organization, delivering products and services nationally for employees working in dangerous or high-risk environments in which they or someone around them could become ill or injured.

ICE Safety Solutions has the distinct pleasure of serving clients such as eBay/Paypal, the Department of Homeland Security, Ghirardelli, KB Homes, Genentech, and more!

Two year certification will be issued through Medic First Aid International upon completion of course!

CPR/First Aid Training BY ICE SAFETY SOLUTIONS

SIGN-UP FORM

Name

Address

City _______________________________ State ____________ Zip ______________

Phone _______________________________ E-mail _______________________________

# of club members attending ($15 Each) # of non-members attending ($55 Each) Amount Enclosed

_________________________ ________________

Make checks payable to Valley Spokesmen

Please send completed form and fees to Valley Spokesmen at P.O. Box 2630, Dublin, CA 94568-0784
For more information, please contact Dan at dcarhart@minutemanpress.com or go to www.valleyspokesmen.org
VALLEY SPOKESMEN BICYCLE

SWAP MEET

JOIN US FOR THIS ANNUAL BICYCLE SWAP MEET AS YOU SWAP, SELL, OR JUST PLAIN LOOK.

SUNDAY, APRIL 1, 2012
1:00PM - 4:00PM

DUBLIN HIGH SCHOOL CAFETERIA
8151 VILLAGE PARKWAY
DUBLIN, CA

CALL BONNIE POWERS
(925) 828-5299

FREE!!!
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  Chrsty 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