President's Message

Only 5 days, 7 hours and 58 minutes, and counting…by the time you read this it is likely that the Cinderella Classic/Challenge bicycling extravaganza will have occurred (or is just about to). Thank you to all who have volunteered to help run this very well organized event. Your efforts make this event the success that it is each year. And thank you to the many intrepid cyclists for participating!

Many of you riding the Cinderella were able to get ready for this ride through the Feather Pedals weekly condition rides. Thank you to all of the many volunteers that help make FP such a huge success. From all the positive comments about FP, it is clear that there is an important social benefit in addition to all the great conditioning. Although the weekly PF rides are over, don’t despair, as there will be more FP rides on the third Saturday of each month (check the ride calendar).

Reminder: Last call for the CPR/Cycling First Aid class being taught on Saturday, April 14. Details and registration form may be found elsewhere in this newsletter.

If you enjoyed helping out at the Cinderella you might enjoy offering your services to one of the most exciting cycling races in the United States. Once again, the Amgen Tour of California will be including Livermore in one of the eight stages of the race. On Tuesday, May 15, Stage 3 of the race will begin in San Jose and end in Livermore after top-rated riders sprint past Calaveras Reservoir, Patterson Pass and Mt. Diablo. Volunteers are welcome to assist with each stage of this race as a “Course Marshall” to assist with the coordination and safety of the field of play for all race venues; keep the course clear of pedestrians, spectators, cars, etc., and to keep spectators informed. If you would like to offer your services, you can sign up at http://www.amgentourofcalifornia.com/Tour/volunteer.html.

Here’s something to think about- Last Friday my wife, Erica, was riding her bike on a familiar local route that fortunately passed near downtown Danville when her chain broke. This caused her derailleur to suddenly twist into her spokes, bringing her bike to an abrupt stop while breaking a spoke. Fortunately, she had her trusty cell phone with her but unfortunately I was out of town an unable to come to her rescue. With the assistance of another angel-cyclist, Erica was able to reach a bike store in Danville where her bike was diagnosed with something they could not fix immediately for lack of proper parts. Fortunately, a neighbor friend was able to come to her aid and transport bike and bicyclist back home. Following a swift repair by Ken at Livermore Cyclery in Dublin, the bike is back in shape and ready for the Cinderella. Lessons learned- when riding solo, stay within striking distance of locations that can render assistance (like a nearby bike store); keep you cell phone charged; have a list of who to call in case your primary rescuer is unavailable. Also, consider changing the chain before 5,000 miles.

Pedal swift and pedal safe!

-Mark
TOURING RIDE RATINGS
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 its best not to 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. e.g.), the 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 at 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.

MOUNTAIN BIKE RIDE RATINGS
All rides graded according to predicted difficulty as follows:
1) EASY: Mostly flat with few hills.
2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
4) STRENUOUS: Long, steep ascents and descents & very rough terrain.
5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles. Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL RIDES!!

ATTENTION: All non-members must sign waiver form, obtainable from ride leader. SIGN UP FOR RIDES OR CALL LEADER IF YOU PLAN TO RIDE!!

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

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

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

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

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

If you sign up and decide NOT to ride, please contact the leader of your change in plans. REMEMBER, if you don’t sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

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

See the Valley Spokesmen website calendar for additional rides and updates:

www.valleyspokesmen.org/vsCalendar/month.php
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 Schaefer Ranch. Meet on the west side of Dublin High School. Take I-680 to the Alcoast 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.

SUN. 4/1/12 SWAP MEET 1:00 p.m. – 4:00 p.m. 
Dublin High School, 8151 Village Parkway,Dublin. 
For information contact 

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/S 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.

TUE. 4/3/12 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. 4/4/12 3-M 29 miles (50 km) 9:30 a.m. We are riding from Lafayette for a 29-mile loop that includes the 3 Bears. Approximate elevation gain is 3,465 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. Rain cancels. (Advanced Ride due to amount of climbing & minimal regroups) 
Ride Host: Gail Blanco, 925-872-1001.

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/S 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-Palomeras 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 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)

SAT. 4/7/12 1-L 20 miles (32 km) 10:00 a.m. – Danville Farmer’s Market Join Randy for a ride from Heather Farm down the Canal and Iron Horse Trails for a stop at the Danville Farmer’s Market and back for lunch near Heather Farm. Bring water and money to buy lunch. Meet at Heather Farm baseball field/restrooms in Walnut Creek. Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley. Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east). The entrance to Heather Farm is on your left at Ygnacio Valley and San Carlos Drive. Rain cancels. Call if in doubt. 
Ride Host: Randy Huey, 925-518-8439.

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/S 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.

THUR. 4/12/12 2-M/B/S 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.

FRI. 4/13/12 2-L/M (NO DROP) 20-30 miles 9:30 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 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% chance 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 Host: Emma Olenberger, 707-479-2549, live2map@yahoo.com

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% chance 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 Host: Emma Olenberger, 707-479-2549, live2map@yahoo.com

TUE. 4/17/12 2-M/B/S 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. 4/17/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  
Lake Chabot Loop - Mountain bike trails.  
All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. 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. 4/18/12 3-M 45 miles (72 km) 9:00 a.m. Starting at Diablo Vista Park in San Ramon we’ll head east to Livermore via Camino Tassajara, Highland, N. Livermore and loop back via Flynn Rd. From I-680 take the Crow Canyon exit in San Ramon and go east; turn right on Tassajara Ranch Rd. (before C. Tassajara) and right again into the park. Bring water and snacks. (Advanced Ride)  
Ride Host: Alberto Lanzas, 510-825-9581.

THUR. 4/19/12 2-M/B/S 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. 4/21/12 2-L to 3-M 25 - 40 miles (40 - 65 km) 9:30 a.m., announcements at 9:15. Starting from Draeger’s Market in the Blackhawk shopping center we’ll have two routes. The ‘Classic’ route will wind through Alamo, downtown Danville, and San Ramon, while the ‘Challenge’ route will add an excursion to the junction on Mt. Diablo. From I-680 take the Sycamore Ave. exit and go east (becomes Camino Tassajara); turn left on Blackhawk Rd. and right into the shopping center; park in the lot to your left. Bring water and snacks.

Ride Host: Karin Ball, 408-406-2286.

SUN. 4/22-26/12 5-M/B 175 miles (281 km) 8:00 a.m. sharp departure! YOSEMITE OR BUST! Yosemite here we come, with overnights in Oakdale, Groveland, and into Yosemite.

Organizer: Bonnie Powers, 925-828-5299

SUN. 4/22/12 2.5-M 70 miles (110 km) 8:00 a.m. sharp. Starting at Dublin High School on Brighton just east of Village Parkway, we’ll ride with the Yosemite tour riders out to Livermore and over the Altamont to the outskirts of Tracy. Then we’ll bid them farewell and head back home. 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. The ride will depart promptly at 8 am to coordinate with the tour riders. Bring water and lunch or money to buy. Those wishing to continue with Peter on a camping tour to Yosemite should contact him in advance.

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

TUE. 4/24/12 2-M/B/S 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. 4/24/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

Ride Host: Jane Moorhead, 925-980-9889.

WED. 4/25/12 2.5-M 30 miles (50 km) 10:00 a.m. We'll start at the Martinez Marina, cross over the Benicia Bridge, and continue past the Mothball Fleet, Lake Herman, and Blue Springs Park to Redwood Parkway. We'll return on Columbus Parkway through Benicia State Park and downtown before re-crossing the bridge. Meet at the Martinez Marina Park. Take I-680N to the Marina Vista exit and go west through town; turn right on Ferry St.; cross tracks into park; turn right on Joe DiMaggio Dr. then left and park in first lot on left. Bring water & snacks.


THUR. 4/26/12 2-M/B/S 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: Dan Carhart, 925-828-8964.

FRI. 4/27/12 2-L/M (NO DROP) 20-30 miles 9:30 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, gvblanco@aol.com (Beginner Friendly)

SAT. 4/28/12 1-L 23 miles (37 km) 10:00 a.m. Fuddruckers Ride. Join Randy for a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddruckers following the ride. We will meet at the Fuddruckers’ parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center). Bring water and money for lunch at Fuddruckers. Call if in doubt about the weather.

Ride Host: Randy Huey, 925-518-8439.

SUN. 4/29/12 2-L/M 43 miles (70 km) 9:00 a.m. Ride with Julie on this tour through Danville, Livermore, Pleasanton, and San Ramon with a Starbucks stop on Vineyard and some regroups along the way. Meet at the Danville Park & Ride lot on the northeast corner of the I-680 and Sycamore Valley Rd. interchange. to Livermore, Pleasanton & San Ramon before heading back to Danville. This ride is for those who can do the mileage but enjoy a more relaxed pace. Possible lunch/drink stop at the end (depending on consensus).

Ride Host: Julie Hampton, psyclejulz@sbcglobal.net, 510-685-7103.
TUE. 5/1/12 2-M/B/S 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. 5/1/12 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. 5/2/12 2-M 38 miles (61 km) 10:00 a.m. Join Edith for this absolutely beautiful ride from Vacaville to the quaint city of Winters. We will ride through walnut and apricot groves, past cows, goats, sheep and small farm houses. We might even greet my favorite llama or have some wild turkey cross our path! Meet at the Lagoon Regional Park in Vacaville. Take I-680 North to I-80 east; take the Pena Adobe exit into the park. Use the lot to the left before the gate for the park. Bring water and lunch or buy at a cute coffee shop in Winters. 
Ride Host: Edith Norby, 707-771-0483(c).

WED. 5/2/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, June 6, 2012.

THUR. 5/3/12 2-M/B/S 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. 5/5/12 2-L/M 35 miles (60 km) 10:00 a.m. 
Wildflower ride! Starting from Shannon Center, we’ll ride down to Sunol Regional Park and identify some of the wildflowers along the way and in the park. Optional brief walk in the park. Meet at Shannon Center. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Rd. and immediately right again into the parking lot. Bring water and snacks. Route and pictures from a previous trip at http://www.everytrail.com/view_trip.php?trip_id=598572 
Ride Host: Erica Dedon, 925-828-9183.

SUN. 5/6/12 3-L/M 47 miles (75 km) 9:00 a.m. Dubin 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.

MON. 5/7/12 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. 5/8/12 2-M/B/S 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. 5/8/12 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.

TUE. 5/8/12 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: Jim Duncan, 925-209-1369.

WED. 5/9/12 3-M 29 miles (47 km) 9:30 a.m. (ADV) 
We are riding from Lafayette for a 29 mile loop that includes the 3 Bears. Approximate elevation gain is 3,465 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 trailhead parking lot, located at the intersection of Olympic Blvd. and Pleasant Hill Rd. Bring water and food or money to buy in Orinda. (Advanced Ride) 
Ride Host: Alberto Lanzas, (510) 825-9581.
THUR. 5/10/12 2-M/B/S 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.

FRI. 5/11/12 2-L/M (NO DROP) 20-30 miles 9:30 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, gvlachanco@aoi.com (Beginner Friendly)

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

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
4 Woody Y Century – Bakersfield
14 Mulholland Challenge – Santa Monica
14 Mulholland Double – Calabasas
14 47th Hemet Double – Hemet
14 Diablo Double – Walnut Creek
15 5th Zin Spin – Woodbridge
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.
21 The Temecula Challenge - Temecula
21 40th Primavera Century - Fremont
28 17th Devils Mountain Double – San Ramon
28 7th Covered Bridge Bike Classic - Snelling
28 4th Folsom Powerhouse Century – Folsom
28 SLO Wildflower – San Luis Obispo CLOSED
28 Chico Wildflower – Chico
28 43rd Mt. Hamilton Challenge – Santa Clara

May 5 Tour de Cure – Roseville
5 Wine Country Century – Santa Rosa CLOSED
5 Tour of the Unknown Coast – Ferndale
5 28th Cruisin’ the Conejo – Thousands Oaks
5 34th Delta Century – Lodi
6 Grizzly Peak Century - Moraga
6 Tour de Cure - Yountville
6 Shasta Jamboree Century - Redding
12 Sunrise Century – Lodi
12 Gold Country Century – Auburn
12 Clovis Centennial Century – Clovis
12 I Care Classic Tour – Morgan Hill
12 Central Coast Double – Paso Robles
13/20 Amgen Tour of California
19 3rd Davis Double Century – Davis
19 Tour de Lincoln – Lincoln
19 Heartbreak Hundred/Double – Palmdale
19 San Diego Century – San Diego
19 Sonoma County Backroad Challenge – Petaluma
25/28 48th Great Western Bicycle Rally – Paso Robles
28/6-1 Classic Climbs of the Sierras – Bishop
UPCOMING TOUR

Sunday, April 22nd – Thu. April 26th, 2012 Yosemite is Filled!  The balance is now due.

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

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

VALLEY SPOKESMEN BICYCLE SWAP MEET
Sunday, April 1, 2012
1:00 p.m. – 4:00 p.m.
Dublin High School
8151 Village Parkway, Dublin, CA
Join us as you SWAP – Sell – or just plain Look
For information call Bob or Bonnie Powers at (925) 828-5299
FREE!!!

Valley Spokesmen “Bicycle” Touring Club
Business Meeting
March 7, 2012

Meeting called to order by President Mark Dedon at 7:04 p.m.

Minutes from the February 8, 2012 Executive Board Meeting may be found in the March newsletter.

There was no official Treasurer’s report; money is rolling in from the Cinderella.

OLD BUSINESS:
1. Past month’s rides – The weather has been excellent; there have been new Mountain bike rides; the Feather Pedals rides continue to be well attended.
2. V.S. web site – Curtis reported the site is up to date. He has set up a “buyer” “seller” registration section for the Cinderella.
3. V.S. survey – Mark has posted the results in the March newsletter. Members of the committee were thanked for their assistance.
4. Modernization of V.S. – A committee has been formed to deal with this issue. Reports will be forthcoming.
5. Meetup.com – subject will be discussed at the Executive Board Meeting.
6. Update on area Bicycle Master Plans – Bill Rose reported he has posted two reports on the VSlist for the Pleasanton area regarding the Iron Horse Trail and the Santa Rita-Stoneridge Intersection.
NEW BUSINESS:
1. Ride Schedule for March and April is complete. There is only one opening for May.
2. The V.S. Swap Meet is scheduled for Sunday, April 1st at Dublin High School from 1:00-4:00 PM.
3. CPR/First Aid Training class – April 14th, $15.00 V.S. members/$55.00 non-members. Sign-up now.
4. Upcoming Tours:
   - final payment due for Yosemite
   - $100.00 deposit requested for Paso Robles
6. Cinderella 2012 is coming right along. We have 42 vendors. We need more workers at Robertson and Christensen check points.
7. Adopt a Family Bikes program at St. Timothy’s Episcopal Church – is in need of donated bikes and parts for needy children.

FURTHER OLD BUSINESS:
1. East Bay Bicycle Coalition is offering Free Bicycle Safety Classes called Traffic Skills 101 for Adults and Teens 14+.
2. San Ramon Schools are in need of volunteers to assist with bicycle safety programs, any volunteers?

NEW BUSINESS:
1. Ride schedule for April/May was reviewed.
2. Swap Meet – is set for April 1st from 1:00-4:00 p.m. at Dublin High School
3. CPR/First Aid Training class on April 14th have 6 persons signed up so far.
4. Upcoming Tours:
   - final payment due for Yosemite.
   - $100.00 deposit is requested for the Paso Robles ride.
5. Mention was made of the closure of Calaveras Road. A letter received indicated arrangements could be made in advance for passage of bicyclists. [No no. 6]
6. Armchair Travelers program at the Livermore Library – Mark and Erica agreed to make a presentation.
8. Entertainment at club business meetings – It was suggested that perhaps Peter Culshaw make a presentation on their European tour or Dick and Marilyn Powell make a presentation of their tours. Bonnie to contact each.
9. Check to Office Depot for Cinderella expenses.
10. Check to Columbus Park for Cinderella check point at Greenbrook School.
11. Check to Ernie Ogden for 20 cases of Mother’s Cookies for Cinderella.
12. Check to San Ramon Valley Unified School District for Save Our Creek – Information on this subject will appear in our April newsletter as well as the club web site.
13. Check totaling $120.00 for Cinderella refunds or overpayment.

OLD BUSINESS:
1. Past month’s rides – The report is much the same as last week. The attendance is dropping slightly on the Feather Pedals rides. Discussion followed on reimbursing SAG expenses on the Feather Pedals rides. All agreed when a bill is submitted, it will be paid. A few rides have been canceled due to rain.
2. V.S. website – Curtis reported it is pretty current. The Cinderella registration transfer section is working well.
3. Location of V.S. business meeting – Things have improved tremendously under the new management at Round Table Pizza. We will continue at that location.
4. Modernization of V.S. – The sub-committee is looking into online tools to deal with memberships. Our insurance company requires a wet signature on our membership forms.
5. Meetup.com – Board members are requested to look into this opportunity online and bring back at least two ideas on how this would benefit our club and its members.
6. There were no updates on area Bicycle Master Plans.
7. Save Our Creek – Information on this subject will appear in our April newsletter as well as the club web site.
8. The V.S.list – Peter is working on updating this list.
ATTENTION VS MEMBERS:

Proposed Housing Development Along the Diablo Road Corridor

A local community group Save Our Creek has asked our club to post their message in our newsletter and website regarding a proposed housing development in Danville. The VS Board is impartial to the development but is of the opinion that if there is to be additional traffic on Diablo Rd., an adequate bike shoulder should be provided.

Here is the message from the Save Our Creek organization:

SummerHill Homes has submitted a rezoning application to the Town of Danville as part of its proposal to build 78 properties along Blackhawk Road, Diablo Road, and McCauley Road in Danville, CA. At minimum, 25% of these lots will also have casitas that can be rented so that SummerHill can meet affordable housing requirements.

Local community action group Save Our Creek is actively challenging the proposed SummerHill development because it believes, among other things, that such a subdivision will create serious traffic problems for cyclists who ride along the Diablo Road corridor.

Valley Spokesmen members who are interested in learning more about the development and Save Our Creek’s efforts should visit www.save-our-creek.com. Save Our Creek also has an online petition that our members can sign, as well as a community Save Our Creek Facebook page.
RIDE REVIEWS

February 25th
Another big turnout for today's ride by the Feather Pedals group. We started at the Park&Ride on Airway in Livermore, headed up Collier Canyon, around the north side of Livermore, then up over Cross Rd. and continuing on Vineyard to Pleasanton. After looping south to Castlewood, we came back to Livermore on Vineyard and then rode through town back to the starting point. Peter

February 26th
A little cooler today, but still a beautiful sunny day for our usual loop out to Moraga and back. Plenty of climbing in the first half of the ride followed by a more restful return along Danville and San Ramon Valley Blvds. Peter

February 27th
Richard led today's ride from Heather Farm to Moraga and Orinda. A little cooler weather, but sunnier than forecast. Peter

March 2nd
Julie led today's lovely easy-paced ride from the Danville Park & Ride through various Danville and San Ramon neighborhoods on our way to a refreshment stop at La Boulange bakery. We passed by the corner of Norris Canyon and San Ramon Valley Blvd. twice on the ride and a pickup truck had a little mishap there sometime in the interim. Probably just as well that we weren't there at that moment. Peter

March 3rd
Beautiful day for the Feather Pedals ride from the Martinez marina to the Jelly Belly factory and continuing on to Wooden Valley Cross Rd. We were joined today by a contingent of Benicia Bicycle Club riders as we invaded their usual territory. Peter

March 3rd
Excellent ride today, Rob. Mines Rd. is such a good workout. Spring-like weather, and great pacelines up and down. Quite a few riders out enjoying the weather. Brahim was sporting his new jersey from Kauai that his daughter bought for him on her honeymoon. Looking good, Brahim!!

As we were coming down the mountain, I was reminded of a video of Fast Freddie Rodriguez descending down Diablo Northgate to set a Strava KOM: http://youtu.be/WCdTrofuw3c. OK, so we were a little slower :-); but still, had a great time working together into the headwind. Rick

March 4th
Gail led us up and over Schaefer Ranch, up and over Palomares, and then up and over Palomares and Schaefer Ranch again on our fairly short but definitely not flat ride today. Beautiful day to enjoy the green hills and blooming trees and wildflowers. Peter

March 4th
Thanks to everyone who came out for the mountain bike ride at Pleasanton Ridge today. Fantastic weather, views, and company along with a great workout as we rode the 17 miles and 2,800 feet of climbing. Highlights included:
- Steve and Christy getting chased by a cow
- Vic showing us some super-secret single tracks
- Two unnamed riders taking the easy way back, unknowingly heading up the toughest hill of the day :-) -
- The motto for the day - Seriously, the climbing is already done
- After-ride relaxing at Jack's

Rick

Haha, can't wait to hear the story about the cow. Funny considering we were just talking about the T-bone guy yesterday at lunch. Emma

March 4th
Yesterday was the Feather Pedals * (FP) Cinderella conditioning ride #9 of 12 rides and what a great day for a ride. There was lots of sunshine and not a lot of wind. We had 140 total riders; 69 on the Classic route of 52 miles, 54 on the Challenge ride of 60 miles; 17 undeclared! (In the future, please remember to indicate which route you will be riding when you check in). Congrats to all you who rode over the Bridge for the first time and welcome to Steve, Lora, Janet, Doug and all the other riders who joined us for the first time this week. If you did not have a chance to meet someone new yesterday, I encourage you to look for someone next week, or see if you can meet our youngest rider Nick. It is a lot of fun. I learned why it can be useful to carry a $1 in my repair kit from someone this week.

The Host/Co-Host for this ride were Carol Da Shiell and Gail Blanco. The ride was supported by SAGs Dean, Kevin, and Dan as well as Sweep, Charles, who did an outstanding job as always. You are all awesome. We especially are thankful to Kevin for bringing us the Jelly Belly sports Beans and coming out to help when he was sick, along with Dan and Dean for lugging all those extra Jelly Belly's back, and for all the other extra things you do for the riders. Charles made sure he counted every bike and nose before leaving the Jelly Belly factory to head off to sweeping the Challenge ride. You guys are AWESOME!

Additional thanks goes to Kevin Thieben, Nancy Lund and Gail Blanco for triple checking the route sheet and Bekki Livingston, the Benicia Club riders along with the
rest of the VS team who helped support the riders yesterday. Carol

To: Those who rode the Jelly Belly ride: I don’t know who posted this message “Great day, great ride, great company – and special thanks to our SAG crew who did double duty yesterday. How many trips back/forth across the bridge to help riders? And hauling all those jelly beans back to the start -- now that’s heavy work!” But it brings up a good reminder and I hope no one is offended with what I am about to propose.

How about we collect a few dollars from each person who rode yesterday to cover the gas and tolls that were incurred on our Jelly Belly ride for our SAG drivers? It is such a comfort to know that they are there for us and can bring us back to our cars if we have any difficulties. If we each contributed $2 – that could add up to a tank of gas to cover this ride and maybe a few dollars for the rides left on the calendar! I will bring a container to collect money at our next ride. So, when you sign in – slide a few green ones in and Dean can put gas in the car courtesy of all of us who appreciate his being there!

Thanks everyone! Bekki

Yes, we all could/should contribute to a gas fund for our faithful SAG’s! Thanks Bekki for mentioning this :) Marty

Actually, it would be a good idea to do this every time we ride! Valerie

Agreed! Kathy

Excellent suggestion Bekki! Michelle

March 7th
A little breezy this morning for the start of Alberto’s ride and the wind also made it feel cooler. But it made for an effortless glide down N. Livermore Ave. to our refreshment stop at Starbucks. For the return our group split up with the ‘official’ ride heading back up Collier Canyon to Highland, Tassajara, and Crow Canyon while the rest of us took Vineyard to Pleasanton and then the Iron Horse trail back to San Ramon. Peter

March 7th
Beautiful day for Gail’s Odd Friday ride from San Ramon up to Heather Farm Park in Walnut Creek. We stopped at the Sweet Affair bakery with their very tempting display of assorted pastries before heading back along the Iron Horse trail and the Blvd. Peter

Well... I thought about checking online, too, but didn’t. The printed newsletter had 10:00 a.m. for this morning’s ride. Four of us cycled over for that time and had a very nice ride! Larry led us up Camino Tassajara, Diablo, Stone Valley, and back on the Blvd. With extra riding to East Dublin, Alvira and husband, Sam, and I did 40+ miles. Gotta get ready for that Cinderella. We missed the yummy bakery, though. Next time! Debbie

March 10th
Kathy and Karin were our ride hosts today as we rode from the Jakroo in Pleasanton up through Danville before turning east towards Livermore and the climbing challenge of Carroll, the Flynns, and Cross Rds. Then it was a battle against the wind on our way back to Pleasanton and a loop south to the Verona Bridge. Peter

March 10th
We had 127 total riders; 73 on the Classic route of 56.1 miles, 49 on the Challenge ride of 64.9 miles and 5 Undeclared. THANK YOU for responding to our request to indicate which route you intend to ride. The Undeclared count dropped significantly this week…next week, let’s get it to zero :^). Kathy Strain was the Host, and Karin Ball was the Co-Host. The new rider group was guided by Jim Duncan and Bekki Livingston. The ride was supported by our dedicated SAG / Sweep team -- SAGs Dean, Dan, and Kevin along with our Sweep, Charles. Many thanks again to all of the FP volunteers but especially to those who dedicate their time each week. Also, thanks to Carol DaShiell for sharing the very yummy and healthy tangerines from her fruit tree. She is one of our dedicated volunteers who has been unable to ride with us very much this year but she continues to be a Host/Co-Host and shows up for every ride to support everyone. Karin

March 11th
Some threatening clouds as we set out from San Ramon on our loop through Livermore and Pleasanton. But the weather service promised dry skies until later in the afternoon and their forecast proved to be correct. We had our usual Starbucks stop on Vineyard Rd. before heading back and I just started to feel a few rain droplets when we got within sight of Central Park at the end of the ride. Peter

March 12th
Dick led today’s loop ride from Heather Farm to the Junction Ranger Station on Mt. Diablo with a stop at Starbucks in Danville on the way back. Nice sunny day before the storms are supposed to arrive tonight. Peter

March 13th
Much thanks to Peter for ensuring that the lone mountain biker (me) made it back to the starting point. We had headwinds going south and north. It felt like I was pulling
a small U-Haul trailer behind me that day…. more motivation to get a road bike!

Dan

March 17th
Although the Feather Pedals ride today was cancelled, a few of us showed up and did the route anyway. We only got a few sprinkles while at Ed Levin Park and then some brief showers at the end after getting back to Dublin. The wild turkeys seemed to be out everywhere today - on Foothill, running in front of us on Calaveras, at Ed Levin Park, along Palomeras, and in Dublin Canyon. We also thought we could see the white head of a Bald Eagle in the nest along Calaveras that’s been empty for some time and a Golden Eagle flying over the summit of Palomares. Peter

March 18th
Alberto’s ride today was scheduled to go to Del Valle reservoir. But after our rest stop at Starbucks on Portola in Livermore a combination of threatening rain clouds, falling temperatures, and rising winds led to a consensus to shorten the ride and proceed directly back to Pleasanton and from there to the start. Peter

March 21st
Dick led today’s ride from Heather Farm in Walnut Creek to the Two-Bridges loop around the Carquinez Strait. Beautiful sunny day for the ride with summer-like temperatures and almost no wind. On the way back we stopped at Taqueria Los Toros in Martinez. Good food and very hospitable - even provided us with indoor bike parking. Then it was back on the bikes for the last climb of the day on Alhambra to Pleasant Hill Rd. and back to Heather Farm. Peter

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 21,740.

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!!!

RIDE HOSTS – TURN IN YOUR SIGN-UP SHEETS! MEMBERS ENJOY KEEPING TRACK OF THEIR MILEAGE AND ARE ANXIOUS TO KNOW WHAT THEIR TOTAL IS EACH MONTH. SEVERAL SHEETS ARE ALREADY OUTSTANDING THIS YEAR!
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

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

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. _____ NEW MEMBER _____ RETURNING MEMBER

Enclosed is $22.00 for a 2012 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2012 family membership ($15.00 after June 30th). Make check payable to: Valley Spokesmen.

_____ I prefer receiving my newsletter via the V. S. Web Site rather than a mailed hard copy

_____ Please add my e-mail address to the V. S. e-mail list so I receive current club information, ride updates, etc.

E-Mail address: _________________________________ Your e-mail address will not be shared with any other group or organization

NAME - please print (_____) PHONE

ADDRESS ______________________________________________________________________________________

CITY STATE ZIP +4

In consideration of the acceptance of my application, I, for myself, my heirs, executors, administrators, successors and assigns, waive, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the Valley Spokesmen "Bicycle" Touring Club, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs, executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable to me for damages.

I AGREE TO WEAR A BICYCLE HELMET ON ALL CLUB RIDES.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE Valley Spokesmen Bicycle Touring Club AND SIGN IT ON MY OWN FREE WILL.

DATE AGE APPLICANT’S SIGNATURE

If this application is for family membership, please indicate names and ages of all adults and minors who may be included in club activities.

Name Age Signature

_________________________________________  _____  ___________________________________________

_________________________________________  _____  ___________________________________________

_________________________________________  _____  ___________________________________________

_________________________________________  _____  ___________________________________________

_________________________________________  _____  ___________________________________________

Signature of parent or guardian (needed if applicant is under 18 years of age). ____________________________

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact: __________________________________________
Telephone Number: (_____)______________________________________

Emergency Contact: __________________________________________
Telephone Number: (_____)______________________________________

Physicians Name: _____________________________________________
Telephone Number: (_____)______________________________________

Medical Insurance: _____________________________________________
Coverage ID: ____________________Group ID: _____________________

Allergies: _____________________________________________________

Blood Type: Name: ________________________      Type: _____________

Name: ________________________      Type: _____________

Name: ________________________      Type: _____________

Name: ________________________      Type: _____________

Name: ________________________      Type: _____________

Name: ________________________      Type: _____________
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

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

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

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!

CPR/First Aid Training BY ICE SAFETY SOLUTIONS

$15
$55 for Non-Members
### 2012 CLUB OFFICERS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Mark Dedon</td>
<td>925-828-9183</td>
</tr>
<tr>
<td>Vice-President</td>
<td>Karin Ball</td>
<td>408-406-2286</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Dan Carhart</td>
<td>925-828-8964</td>
</tr>
<tr>
<td>Recording Secretary</td>
<td>Lynn DeMattei</td>
<td>925-373-1803</td>
</tr>
<tr>
<td>Corresponding Secretary</td>
<td>Bonnie Powers</td>
<td>925-828-5299</td>
</tr>
<tr>
<td>Ride Chairmen</td>
<td>Gail Blanco</td>
<td>925-872-1001</td>
</tr>
<tr>
<td></td>
<td>Peter Rathmann</td>
<td>925-838-1973</td>
</tr>
<tr>
<td>Newsletter Editor/Typist</td>
<td>Marcia Seeger</td>
<td>510-223-9347</td>
</tr>
<tr>
<td></td>
<td>e-mail: <a href="mailto:VSnews02@aol.com">VSnews02@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>Electronic newsletter editor</td>
<td>Jim Paulos</td>
<td>510-200-8125</td>
</tr>
<tr>
<td>Newsletter Publisher</td>
<td>Bill/Mary Well</td>
<td>925-837-0103</td>
</tr>
<tr>
<td>Past President</td>
<td>Dan Carhart</td>
<td>925-828-8964</td>
</tr>
<tr>
<td>V.S. Racing Team contacts</td>
<td>Jim Duncan</td>
<td>925-209-1369</td>
</tr>
<tr>
<td></td>
<td>Zafer Demir</td>
<td>925-443-4124</td>
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### 2012 PRESIDENTIAL APPOINTMENTS

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<tr>
<th>Position</th>
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<tbody>
<tr>
<td>Cinderella chairman</td>
<td>Jim Duncan</td>
<td>925-209-1369</td>
</tr>
<tr>
<td>E.B.B.C. Rep</td>
<td>Bob Powers</td>
<td>925-828-5299</td>
</tr>
<tr>
<td>Mileage Keeper</td>
<td>Jim Paulos</td>
<td>510-200-8125</td>
</tr>
<tr>
<td>Webmaster</td>
<td>Curtis Stallins</td>
<td>925-462-8384</td>
</tr>
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### Community Liaisons

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

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