President's Message

**Yosemite or Bust!**

*Sunday, Day 1: 81.4 from Dublin to Oakdale.* We all (about 24) convened 7:30am at the Power's house with duffle bags in tow and to stow in the rented van. Following introductions Bonnie handed out the rout sheets and reviewed the highlights. Just prior to our 8 am departure, we were joined by about 15 more club members who planned to accompany us to Tracy and then return for a one-day only ride. Erica and I hopped on Ruby, our candy apple red Tandem Tuesday, and the adventure began. We were joined by more riders as we passed through Livermore. Before we knew it we were zooming down the east side of the Altamont, passing numerous cows and wind turbines along the way. After a short re-group at the Carl's Jr. in Tracy, we continued east along our way toward our Oakdale destination. You can really smell the valley from a bicycle. The warm weather seemed to accentuate to livestock aromas in particular. Somewhere just before the cemetery near Escalon, we noticed that Ruby was making a chatter sound when I applied the front brakes. On closer examination, we discovered that the front rim was beginning to break. With about 9 miles to the hotel in Oakdale, I let a little air out of the tire to reduce the pressure against the rim, and readjusted the front brake pad that was catching the rim. Then we continued in to Oakdale on our somewhat compromised Ruby. Ruby was done for this ride but we were not. With the very gracious loan of Jim’s Honda CRV, I made a quick trip back to Dublin to replace Ruby with our single road bikes. The ride must go on!

*Monday, Day 2: 48 miles from Oakdale to Groveland.* Following a decent breakfast at the hotel, we headed out of town on a new route along Sierra Rd. that paralleled Highway 120. Images along the way- Rancho Costa Lota – goldfields – Knights Ferry covered bridge – ever changing mannequin near Chinese Camp - fish hatchery with 6-pound rainbow and brown trout, cold drinks at the cafe at the top of Priest Grade – yummy pies and ice cream at the Charlotte Inn.

*Tuesday, Day 3, April 24. 60 miles from Groveland to Yosemite Valley.* Delicious breakfast with pancakes, eggs and homemade sausage at Charlotte Inn and then we were off to a day of adventure through the pine forest. We opted for the extended ride via Camp Mather. We were treated to great views of the canyon that leads up to the Hetch Hetchy Reservoir and the associated penstock and powerhouse. On the route back to Hwy 120 we learned that one of our riders had fallen and received a mean cut. Fortunately, several other riders had recently attended the bicycle first aid course and knew how to attend to the injured rider. Following lunch we entered the park (free this week!) and proceeded to climb to Crane Flat, about 6,300 ft. elevation before descending about 2,000 ft. into the valley. What an amazing “E Ticket” ride as we zoomed downhill through tunnels, past waterfalls and into the spectacular scenery of Yosemite Valley! This descent and the beautiful ride through the valley to Curry Village provided a spectacular ending to our bicycle adventure. But the trip was not over yet...

*Wednesday, Day 4, April 25. Yosemite Valley.* At breakfast we hatched the plan to get a ride to the top of Glacier Point and then hike back to the valley on the Panorama Trail. The weather was off and on rain but the spectacular views from Glacier Point encouraged us to so the hike. Fortunately the rain held off for most of the 8-mile hike and we were treated to wonderful sights along the way back to the valley – top of Illilouette Falls – blue grouse mating calls – emerging snow plants – Nevada Falls and Vernal Falls – the Mist Trail. We descended more than 3,500 ft. on this hike! The day was capped off with a delicious dinner in the Mountain Room Restaurant with a view of Yosemite Falls.

Thank you again Bob and Bonnie Powers for leading this classic ride!

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, sightseeing 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!

Note: Check the website calendar for additional rides or updates/cancellations of rides listed here.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
MAY 2012

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 farmhouses. 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.

FRI. 5/4/12 3+L/M approx. 24 miles (40 km) 4:00 p.m.
This Friday afternoon a few of us are doing a ride up Mt. Diablo! We are meeting at 4:00 pm at St. Timothy's Episcopal Church, 1550 Diablo Rd., Danville, CA. Park in the lot near Fairway Rd. to the right of St. Timothy's as you are facing the church. May arrange for a get-together after the ride. Please join us!
Ride Contact: Rebecca Wood 925.577.3842 rcwood1@sbcglobal.net

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

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.

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.

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**WED. 5/9/12 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.

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**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.

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**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. **(Beginner Friendly)**

**Ride Host:** Gail Blanco, 925-872-1001, gvblanco@aol.com

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**FRI. 5/11/12 3+L/M approx. 24 miles (40 km) 4:00 p.m.**

This Friday afternoon a few of us are doing a ride up Mt. Diablo! We are meeting at 4:00 pm at St. Timothy's Episcopal Church, 1550 Diablo Rd., Danville, CA. Park in the lot near Fairway Rd to the right of St. Timothy's as you are facing the church. May arrange for a get-together after the ride. Please join us!

**Ride Contact:** Rebecca Wood 925.577.3842 rcwood1@sbcglobal.net

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**SAT. 05/12/2012 - 3-L/M or whatever 60 miles (95 km) 9:00 a.m.**

**Petaluma and Beyond**

This is a beautiful ride for everyone through the rural area of Western Sonoma County, over a few moderate hills and a stop at the Freestone Bakery for lunch & goodies. Take Highway 37 West, turn right on Lakeville Road into Petaluma, turn left on ‘D’ street, cross the bridge to 4th and turn left to park at the south end of Walnut Park. Bathrooms available. Approximately 1 1/4 hour travel time from Dublin. Adjourn to Dempsey’s after the ride. [http://www.dempseys.com/](http://www.dempseys.com/)

Suggested carpool locations: I-680 & Sycamore Ave. Park & Ride for 7:45 am and Pleasant Hill BART south entrance to parking garage for 8 am departure.

**Ride Host:** Jim Duncan, hey-you@comcast.net, 925-209-1369.

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**SUN 5/13/12 3-L/M/B 40 miles (64 km) 9:30 a.m.**

**It's time to head to Del Valle to enjoy the views.** I would love for all levels of riders to come out and form smaller groups so that everyone can ride at his/her preferred riding speed. This is a relatively easy route to follow, with some challenging climbs as we near the reservoir. It's an easy route to shorten for those wanting fewer miles or less climbing. Meet at Diablo Vista Park located on Tassajara Ranch Road just south of the intersection of Tassajara and Crow Canyon. We'll have one Starbucks stop along the way.

**Ride Host:** Gail Blanco, 925-872-1001, gvblanco@aol.com

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**MON. 5/14/12 2-L/M 24 miles (40 km) 9:00 a.m.**

Join Richard on a ride from Heather Farm to the small town of Clyde in the Port Chicago area. Meet at Heather Farm in the back lot by the baseball field. Take I-680 to Ygnacio Valley Blvd. and go east; turn left at San Carlos into Heather Farm; park toward the back on the right side.

**Ride Host:** Richard Skow, 925-939-6964.

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**TUE. 5/15/12 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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**TUE. 5/15/12 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.

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**WED. 5/15/12 3-L/M 24 miles (40 km) 9:00 a.m.**

Join Richard on a ride from Heather Farm to Martinez by way of Franklin Canyon and Carquinez Scenic Dr. Meet at Heather Farm in the back lot by the baseball field. Take I-680 to Ygnacio Valley Blvd. and go east; turn left at San Carlos into Heather Farm; park toward the back on the right side.

**Ride Host:** Richard Skow, 925-939-6964.

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**THUR. 5/17/12 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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**Go to VS Calendar for more rides [www.valleyspokesmen.org/vsCalendar/month.php](http://www.valleyspokesmen.org/vsCalendar/month.php)
Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php

FRI. 5/18/12 3+L/M approx. 24 miles (40 km) 4:00 p.m.
This Friday afternoon a few of us are doing a ride up Mt. Diablo! We are meeting at 4:00 pm at St. Timothy's Episcopal Church, 1550 Diablo Rd., Danville, CA. Park in the lot near Fairway Rd to the right of St. Timothy's as you are facing the church. May arrange for a get-together after the ride. Please join us!
Ride Contact: Rebecca Wood 925.577.3842
rcwood1@sbcglobal.net

SAT. 5/19/12 2-L/M 20-37 miles (32-60 km) 9:30 a.m.
Starting at Draeger's Market in the Blackhawk Plaza, we'll have a choice of three distances: EZ 20 miles, Classic 24 miles, and Challenge 37 miles. The EZ and Classic routes will head south on Dougherty and loop back through San Ramon with a stop at the Starbucks in the Market Place. The Challenge route will head east to Livermore and have a stop at the Starbucks on Vasco Rd. Meet at Draeger's Mkt. Take I-680 to the Sycamore exit and drive east; continue straight when it becomes Camino Tassajara; turn left at Blackhawk Rd. (Crow Canyon on right side), and immediately right into Blackhawk Plaza; Draeger's parking lot will be ahead and to the left.
Ride Host: Marty Lenzi, 925-283-1037.

SUN. 5/20/12 MTB-4 11 miles (18 km) 10:00 a.m. - Finley Road to Morgan Territory
Let's explore the rugged trails in the lands between Mt. Diablo and Morgan Territory. At the end of Finley Rd. we will ride past where the pavement ends and out into the wilds. This ride is on fire trails and is good for all levels, however there are steep hills. If a hill is too steep - just walk it, I do! This is a no drop, beginner friendly ride; however you should be comfortable on a mtn. bike and have basic mtn. riding skills. You will need a helmet, hydration (may be hot!), energy and a working bike. Ride starts on Finley Rd. off of Camino Tassajara. Parking is a half-mile shy of the trailhead (by the tree at the bend in the road).
Ride Host: Dane Carlson, 925-323-5865.

MON. 5/21-25/08 3-M 300 miles (500km) 9:30 a.m.
Coastal ride to the Great Western Rally in Paso Robles. Ride starts at the Daly City BART station and goes down the coast mainly on Hwy. 1 to Cambria and then heads east to Paso Robles. Overnight stops are planned in Santa Cruz, Monterey, Big Sur, and San Simeon with motel and camping options at each stop. Self-contained, so each participant will carry his own gear.
Ride Host: Peter Rathmann, 925-336-0973.

TUE. 5/22/12 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. 5/22/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Ride Host: Jane Moorhead, 925-980-9889.

WED.-FRI. 5/23-25/12 3-M 200 miles (321 km) 7:30 a.m.
Ride from Sunol to Paso Robles and the Great Western Bicycle Rally via Hollister and King City. Meet in Sunol at the Train Depot at 7:30 a.m. for a prompt departure at 8:00 a.m. Cost of lodging, two lunches, snacks, drinks etc. (community food) $225.00 per person. Informational/planning meeting Monday, May 14th 7:30 a.m. at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin SIGN UP NOW!!! Organizer: Bonnie Powers 925-828-5299.

WED 5/23/12 3-M 35 miles (60 km) 9:30 a.m.Dave will lead today's ride from Central Park, climb Mt. Diablo from the south and stop at A Sweet Affair Bakery in Walnut Creek, before returning via a flat route to the park. Central Park is located just east of I-680 on Bollinger Canyon Rd., just across the street from the San Ramon Library and Valero Station.
Ride Host: Dave Leddon, 925-462-0727.

THUR. 5/24/12 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.

FRI. 5/25/12 2-L/M (NO DROP) 20-30 miles 9:30 a.m.
This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)

FRI. 5/25/12 3+L/M approx. 24 miles (40 km) 4:00 p.m.
This Friday afternoon a few of us are doing a ride up Mt. Diablo! We are meeting at 4:00 pm at St. Timothy's Episcopal Church, 1550 Diablo Rd., Danville, CA. Park in the lot near Fairway Rd. to the right of St. Timothy's as you are facing the church. May arrange for a get-together after the ride. Please join us!
Ride Contact: Rebecca Wood 925.577.3842
rcwood1@sbcglobal.net
SAT. 5/26/12 3-M 58 miles (93 km) 9:00 a.m. Shannon Center to the Flynns. Ride from Dublin to Livermore via Collier Canyon with a stop at the Starbucks on Vasco and then continue up Altamont Pass and over north and south Flynn. The return will take us to Pleasanton on Vineyard Ave. and back to Shannon. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the center parking lot. Bring water and snacks.

Ride Host: Dan Carhart, 925-828-8964.

SUN. 5/27/12 3-L/M 47 miles (75 km) 9:00 a.m. Dublin to Moraga loop. First we’ll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we’ll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids. Happy Birthday Kimberly!

Ride Host: Kimberly St.Clair, 925-242-0242.

TUE. 5/29/12 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. 5/29/12 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 Rd., 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: Kimberly St.Clair, 925-242-0242.

WED. 5/30/12 3 M/B 55 miles (88 km) 09:30 a.m. We’ll ride from San Ramon and climb over the Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. Then we’ll ride to Orinda for a Starbucks coffee break. We’ll return through Lafayette, Alamo, and Danville. Approximate elevation gain is 3,600 feet. Meet at San Ramon Central Park 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: Jim Duncan, 925-209-1369.

THUR. 5/31/12 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. 6/2/12 2-L/M 30 or 48 miles (50 or 77 km) 8:00 a.m. at Walnut Creek BART 9:00 a.m. at SF Ferry Building. Ride with Dick and Julie across the GG Bridge into Tiburon. Meet @ Walnut Creek BART at 8 am for an 8:15 train to SF Embarcadero Station, or meet them at the Ferry Building entrance at 9 am. Ride through the city, over the GG, through Sausalito and partially on a trail to Tiburon. Take ferry back to SF. Ride back to W.C. Restaurants in Tiburon for lunch while waiting for the ferry. (Or optionally ride back.) After ride food/drink at Norm’s Pub, 356 Hartz Ave., Danville. Round trip BART ticket is $9.50; Ferry is $10.50.

Ride Host: Dick Ward, 925-389-6738, email: humbuq1943-email02@yahoo.com

JUNE 2012

FRI. 6/1/12 2-L/M (NO DROP) 20-30 miles 9:30 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.

Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

FRI. 6/1/12 3+L/M approx. 24 miles (40 km) 4:00 p.m. This Friday afternoon a few of us are doing a ride up Mt. Diablo! We are meeting at 4:00 pm at St. Timothy’s Episcopal Church, 1550 Diablo Rd., Danville, CA. Park in the lot near Fairway Rd. to the right of St. Timothy’s as you are facing the church. May arrange for a get-together after the ride. Please join us!

Ride Contact: Rebecca Wood 925.577.3842 rcwood1@sbcglobal.net

SAT. 6/2/12 2-L/M 40+ miles (65+ km) 9:30 a.m. Mt. Tam. We’ll ride to the top of Mount Tamalpais. Meet at the Safeway on Miller/Camino Alto in Mill Valley. We’ll climb to Panoramic Hwy, Pan Toll Rd. and E. Ridgecrest Blvd. to the summit. Then we will ride down the backside to Fairfax. Bring plenty of water and lunch. Directions: Take 101 S, Exit E. Blithesdale Ave., right on E. Blithesdale, left on Camino Alto. Do not park in the Safeway parking lot. There should be ample street parking on Miller. Allow approx. 1 hour driving time from the Safeway to the BART station. Meet @ Walnut Creek BART at 8 am for an 8:15 train to SF Embarcadero Station, or meet them at the Ferry Building entrance at 9 am. Ride through the city, over the GG, through Sausalito and partially on a trail to Tiburon. Take ferry back to SF. Ride back to W.C. Restaurants in Tiburon for lunch while waiting for the ferry. (Or optionally ride back.) After ride food/drink at Norm’s Pub, 356 Hartz Ave., Danville. Round trip BART ticket is $9.50; Ferry is $10.50.

Ride Host: Dick Ward, 925-389-6738, email: humbuq1943-email02@yahoo.com

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

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

May 5 Ride Ataxia – Davis
5 Tour de Cure – Roseville
5 Wine Country Century – Santa Rosa CLOSED
5 Tour of the Unknown Coast – Ferndale
5 28th Cuisin’ 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 43rd Davis Double Centuries – Davis
19 Tour de Lincoln – Lincoln
19 Heartbreak Hundred/Double – Palmdale
19 San Diego Century – San Diego
19 Sonoma County Backroad Challenge – Petaluma
20 Motherlode Century – Lotus
20 Strawberry Fields Forever – Santa Cruz
25/28 48th Great Western Bicycle Rally – Paso Robles
28 Canary Century Ride – Palo Alto

June 2 Eastern Sierra Double Century – CANCEL
3 Sequoia Century – Palo Alto
3 Wildest Ride Century - Auburn
3 America’s Most Beautiful Ride – Stateline
9 Canyon Classic Century – Patterson
9 Hayfork Century – Heyfork
10 Tour de Cure – Palo Alto
10 Mendocino Monster – Ukiah
16 Sierra Century – Plymouth
16 Best of the Bay – San Leandro
16 Terrible Two – Sebastopol
16 Mile High 100 – Chester
24 Livestrong Challenge – Davis
24 LA Wheelmen Grand Tour – Malibu
30 Climb to Kaiser – Clovis, CA

UPCOMING TOURS

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 immediately with a $100.00 deposit. Send payment (made payable to Bonnie). For additional information you may call . . . . . Organizer: Bonnie Powers, 925-828-5299.

Sunday, April 21 – Thursday, April 25, 2013
YOSEMITE 2013 Now that this year’s ride has hit the history books it is time to think about next year. Very simply if do not make my reservations immediately I will not get the rooms (with bathrooms) you all like. SOOOOOO if you are interested in the 2013 ride to Yosemite, please let me know right away. The question is “Do I need 10 rooms for 20 people OR 15 rooms for 30 people?” Six weeks after I have made this reservation I must make my first night’s deposit. To secure your spot, send me a deposit check in the

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Valley Spokesmen

May 2012

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

amount of $100.00. Please give me a call or send me a message via email, b-bpowers@att.net, if you are interested.

Thanks, Bonnie Powers, 925-828-5299

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 - $65.00
- short sleeve jersey - women's cut - $65.00
- long sleeve jersey - (to be discontinued) - $70.00
- sleeveless wind shell vest - $60.00
- long sleeve jacket - (to be discontinued) - $69.99
- shorts - women / men - $58.00
- bib shorts - (to be discontinued) - $65.00
- arm warmers - $30.00
- gloves - yellow, blue, black - (changing to blue & black only) - $27.00
- socks - white, yellow, black - (changing to blue & black only) - $7.00

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

Valley Spokesmen “Bicycle” Touring Club

Executive Board Meeting

April 11, 2012

Meeting called to order by President Mark Dedon at 7:03 p.m. Minutes from the March 14, 2012 Executive Board meeting were approved as read. Treasurer Dan Carhart reported on the balances of our checking and savings accounts. Dan has all information required for filing our taxes, which are due on May 15th. We will continue with Varenchik Accounting to file.

OLD BUSINESS:

1. Past month’s rides – The rides were a combination of wet, dry, cold, and warm. All continue to be well attended. There was a huge discussion on going “near” paperless for the ride schedule in the newsletter. No conclusion was reached. The term “call the ride leader” will be eliminated in the ride description. Everyone was reminded that additional rides to the calendar must be submitted 72 hours prior to the ride for mileage to be credited to the riders. Bonnie mentioned none of the sign-up sheets have been submitted for the Feather Pedal rides prior to the Cinderella.

2. Evaluation of the Cinderella – Wet, soggy, cold and windy BUT the comments say “Great time, thank you, I’ll be back!” Hot drinks would be nice, but difficult to provide. Canopies worked out perfectly at Robinson checkpoint. SAG wagons did an amazing job transporting riders back to the fairground. Online registration transfers worked out very well. With 2775 registered, only 1346 riders were on the road with 48 of those doing the Challenge. After successful sales of food at the Swap Meet, the excess food was taken to Open Heart in Pleasanton – they were very pleased and slightly overwhelmed with the amount of food donated.

3. Evaluation of Swap Meet – This was a very successful day with excellent participation. We will continue to stick to the 1:00 p.m. opening time.

4. V.S. website – There was no report due to Curtis being on vacation.

5. Modernization of V.S. – Curtis is gradually developing an online membership form. Members would sign-up online, then send a check and form with a “wet signature” required by our insurance company.

6. Meetup.com – After some discussion it was agreed to advertise the club under “bicycle clubs.” Motion made and seconded to spend the annual fee of $144.00. Jim and Curtis to develop a banner.

7. Updates on area Bicycle Master Plans – Bill Rose has posted information on the VSlist regarding Pleasanton. The ground-breaking under I-580 occurred on Tuesday, April 10th.

8. The V.S.list – Peter continues to update this list. Somewhere between 50-60 names have been eliminated

NEW BUSINESS:

1. Ride schedule for May/June was mentioned.

2. CPR/First Aid Training class on April 14th: 12 persons are registered.

3. Mylar blankets – Motion made, seconded and passed to purchase 500 Mylar blankets, not to exceed $1,000.00.

4. MAZ-HI-VIZ small first aid kits – proposal was submitted.

5. Updates on area Bicycle Master Plans – Bill Rose has posted information on the VSlist regarding Pleasanton. The ground-breaking under I-580 occurred on Tuesday, April 10th.

6. There was no correspondence of any significance. Dan to check on membership renewal dates.

7. Mt. Diablo Scenic Road has been paved for the AMGEN

8. The next Executive Board meeting will be Wednesday, May 9, 2012.

There being no further business, the meeting was adjourned at 8:30 p.m.

Respectfully submitted, Bonnie Powers, Secretary, Pro-tem.

Valley Spokesmen “Bicycle” Touring Club

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
April 2012

Correspondence sent:
1. Check to Bruce Ingrassio for Cinderella worker T-shirts.
2. Check to Bob Powers for Swap Meet start-up cash.
3. Check to Alameda County Fairgrounds for Cinderella payment.
4. Check to Frankie, Johnnie, & Luigi Too! for Cinderella after party dinner.
5. Check to A Grande Affair for coffee urns.
6. Check to Office Depot for Cinderella printing.
7. Check to Jean Watts for First Aid supplies.
8. Check to Mary Well for Cinderella bagels.
9. Check to Dublin Cyclery for Cinderella parts.
10. Check to Steve Gifford for miscellaneous Cinderella items.
11. Check to Golden State Portables for Cinderella porta potties.
12. Check to Minuteman Press for Cinderella and printing of April newsletter.
13. Check to Alameda County Fairgrounds for balance due for Cinderella.
14. Check to Livermore Valley Joint Unified School District for use of Christensen School on Cinderella day.
15. Check to Jim Duncan for miscellaneous Cinderella items.
17. Check to Maria Nava for cleaning of Powers' home after Cinderella.
18. Check to Purchase Power for postage on meter.
19. Check to Damage Recovery Unit (Enterprise) for truck repair on roof on Cinderella day.
20. Checks for Cinderella refunds.
21. Checks to Lucky Stores for Cinderella fruit/meat/vegetables, etc.
22. Checks to SAG drivers to cover their gasoline used on Cinderella day.
23. Check to ICE Safety Solutions for CPR/First Aid/AED training class.

Correspondence received:
1. Bills received from the following businesses or organizations
   a. Bruce Ingrassio for Cinderella worker shirts
   b. Alameda County Fairgrounds
   c. A Grande Affair
   d. Golden State Portables
   e. Minuteman Press
   f. Livermore Valley Joint Unified School District
   g. Purchase Power
   h. Damage Recovery Unit (Enterprise)
2. Notice of East Bay Regional Park District FREE biking programs in the parks during the months of May/June/July/August/September/October.
3. Requests for membership renewals and donations.
4. Advertisements from various organizations and businesses.
5. Announcements of upcoming events and tours.
6. Newsletters and magazines from various clubs and organizations.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
CINDERELLA COMMENTS

First, CONGRATULATIONS! to the Cinderella’s who rode! No matter how far. 48 on the Challenge route!

Well, the last (almost) of the equipment / dry goods have been cleaned, sorted, labeled and returned to storage to day.
The excess food was sold at rock bottom prices at the swap meet and the unsold donated to a food bank.
Where to start: As you will see from the effusive thanks from the Cinderella’s (to be sorted and posted) all the volunteer Prince Charmings walk on water.
A great thanks to all who braved the weather to welcome and take care of the Cinderella’s as they arrived at your rest stop.

From all the Cinderella’s a heartfelt thanks

To the VS & VSRT members who assisted at the Feather Pedals conditioning rides.
To those who came in the days before to assemble packets, sort and load the trucks
To Giff at 2 a.m., posting the road signs
To the VSRT ‘parkers’, on duty at 5 a.m.
To Steve and his coffee crew on duty at 5:30
To Starbucks for the wonderful coffee.
To the registration crew who got the riders on the road.
To the SAGs who fixed a g-jillion flats and all who pitched in to SAG riders back to the fairgrounds.
To those who organized the SAGing from the lunch stop, order out of chaos
To the rest stop / lunch crews who welcomed the riders and kept their spirits up
To the fairground crew who had the hot soup warming the riders
To the Expo crew who put together a great event. The vendors were very pleased.
To the cleanup crew who had us out of the fairgrounds quickly.
To Bonnie and Bob for opening their home for the after party (and so much more).
To those who worked at the swap meet selling goodies
To those who came on Sunday / Monday / Tuesday to sort and clean, assemble and put away.
To the great spirit of all Valley Spokesmen who made this event happen.
We’ll do it again on April 6th 2013.  Jim

Now for a few stats:
There were 2775 women registered.
On Cinderella day there were 1300 women on the road – thanks to the awful weather!
There were to be 1004 first time riders
In addition to California riders came from 12 states:  Alabama = 1; Arizona = 1; Colorado = 3; District of Columbia = 1; Iowa = 1; Maine = 1; New Hampshire = 1; Nevada = 32; New York = 2; Oregon = 7; Texas = 1; and Utah = 1;
Top Cities represented were San Francisco = 175; Oakland = 154; Pleasanton = 136; San Jose = 134; and Livermore = 118.

Now for a few comments from our Comment Book or received via email.
- WET – still an experience!  Rode to Robertson Park and back to the fairgrounds.  Will remember today - first RAINY riding. Debbie

- This was my first Cinderella ride and WOW, what a great ride.  I was impressed with the amount of support given.  Great job Valley Spokesmen!  Christine

- Thank you to the great volunteers! . . . . The lady calling numbers for riders (to be sagged back to the fairgrounds) thank you and I hope you still have your voice the end of the day.

- Amazing ride, amazing SAG, everyone so positive, my spirit is full! Thank you ALL!!

- Thanks for all the support! Lovely as always - - it was just a triathlon (running to stay warm at the rest stops, and swimming thru puddles) – but a rich day nonetheless.  We did all 66 miles!  Next time rain is forecast, have space blankets at lunch stop.  Thanks!

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
- Thank you so much – Great ride – even in the rain. Laura

- Great support system! Loved the SAG, road support, food, and all the workers. Fantastic ride!!

- Thank you for having such a fun organized well-supported ride! The hail/wind/rain on the Altamont just added to the adventure! Great porta potties and food!

- Flat tire, wind and driving rain!! Had a WONDERFUL time – thank you! Stacey

- Wow! I was so impressed with the SAG support for everyone. I didn’t need help, but it was comforting to know it was there when needed. Jennifer

- Great ride but disappointing that almost all the vendors left before those of us who actually ride the whole course got in!

- Wet and Wild – super duper!

- Hail? Seriously! Loved it!

- I did the Cinderella Ride today and want to thank you for a great ride and support! Ben picked me up and probably saved me from Hypothermia- he drove me to my car and got my bike in my car-what a prince!!! I didn’t pick up my patch- can you send to me? I can pay for postage- Best, Julie

- I just wanted to thank the volunteers and all those who put together and managed yesterday’s Cinderella Classic. While no one could do anything about the weather, the coordination for SAG and evacuation was fantastic. I thought 2006 was challenging, but this year I had to stop at the Christensen School, due to incipient hypothermia for my friend and me. We were able to catch a shuttle back to the Fairgrounds. My impression was of controlled and determined actions, rather than panicked chaos. Kudos to those who finished this ride, and kudos to those who helped get us all back without disaster. I’ll be back next Cinderella, and can only hope that the weather cooperates! Riva

- I want to echo Riva’s sentiments by shouting out a HUGE thank you to the Valley Spokesmen club. Everyone was amazing yesterday. While all the cyclists had the option to ride yesterday or stay cozy in bed, the volunteers didn’t have that luxury. They were there first thing in the morning before cyclists began arriving and stayed well beyond the last finisher. And this was just yesterday. There was a lot of time and preparation that went into making yesterday happen days and months before. Each rest stop was fully loaded with food and friendly faces. They too were miserable in the cold, wind and rain but never let it show. They were too focused on wishing you a good job and encouraging you every step along the way. The SAG support was incredible. I heard over ~300 people received transportation back to the fairgrounds. I saw many assisting people alongside the road with flats. There were even two guys who were clearing tumbleweeds from attacking riders on Patterson Pass! And never once did I feel alone on the roads especially along Altamont Pass. They were keeping a watchful eye on us as we battled the wind and rain. They truly worked on overdrive to make sure all of us were safe and comfortable. It is for all these reasons and many more that I am so proud to belong to such an amazing club. Thank you to all the "prince" and "princess" volunteers for your time and dedication.
Emma, 1st Cinderella Challenge completed

- Thanks to everyone for another great Cinderella Classic! I think we all suffered together, and I mean the Princes, SAG, Luna Chix at the top of the hill, Lemon drop man, all the rest stop people and the wonderful school janitor who brought out hot water and whomever brought out that outdoor heating lamp and don’t forget the hot Starbuck’s coffee! Instead of the rain and gale force winds, I will remember the generosity of all who stuck it out with us and supported us. For the last 10 miles through Dublin/Pleasanton, what a nice sight to see SAG support even when we were almost at the finish line. Kudos to you all!! Linda

- First, I love this ride. However, the early season start has always been a concern for most riders. This year all but one of my friends chose not to enter. The one that did enter did not ride, due to weather. Why does this ride have to be so early? Again, I love this ride. But I have been on the ride with rain, cold and excessive wind, and it just doesn't make sense. Thanks, Mary

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Thank you for a well-organized event! This was my first year riding the Cinderella and I was quite impressed from the easy registration, well-stocked break stops, and the support along the entire route. I had a great time, regardless of the wind and rain. Michelle

Hi there, Cinderella team. Just wanted to let you know how wonderfully organized the ride was, and how great all your support and rest stop folks were. It was an incredible, wild ride, one that I'm proud to have completed but fervently hope never to do again in weather like that! You guys did an amazing job. It was my first Cinderella (drove down from Redding to ride) and I'll definitely be returning. Just wondering how many riders checked in on ride day, and how many finished. Thanks again, and see you next year. Sally

My license and credit card fell out of my "shoe wallet", I believe somewhere between Ruby Hills Winery and Concannon. The GREAT news is that some Prince found them both and drove all the way to my home in Danville to return them. I was still on the ride, by my landlord was there and he gave the cards to her. She was so surprised by the whole thing that she didn't think to ask his name. I was wondering if this person might have been part of the Valley Spokesman organization, a SAG team member, or CC volunteer. I thought I would write and see if any of you have heard anyone talking about this. I would love to be able to thank the Good Samaritan/Prince Charming who did such a kind thing.

Best regards with a grateful heart, Cinderella Christine

Thank you for organizing another super Cinderella! (Not your fault that it got so wet, cold, and windy...). Thanks also for the excellent SAG teams who got many of us back out of the rain. Although I didn't ride past the 2nd checkpoint this year, I did later notice that the mileage couldn't quite be right. In my calculations it would be 20.6 miles (not 14.6) from Christensen to Greenbrook Schools. And then 14 miles (not 17.6) until the end. I think the wrong mileage might be related to several previous years, when checkpoint 3 was at those old locations on Finley Rd and at Tassajara Hills School. Hoping for better weather next year, but thanks again for another great experience! Titia

Thanks to everyone for another great Cinderella Classic! I think we all suffered together, and I mean the Princes, SAG, Luna Chix at the top of the hill, Lemon drop man, all the rest stop people and the wonderful school janitor who brought out hot water and whomever brought out that outdoor heating lamp and don't forget the hot Starbucks' coffee! Instead of the rain and gale force winds, I will remember the generosity of all who stuck it out with us and supported us. For the last 10 miles through Dublin/Pleasanton, what a nice sight to see SAG support even when we were almost at the finish line. Kudos to you all!! Linda

Hi Valley spokesmen - Thank you SO MUCH for the Cinderella ride. I got a late start circa 8:30Am and got caught in lots of rain. I am not an outside experienced rider and I got very cold because I needed better gear. But the ride was super well organized. I really appreciated that Livermore cyclery raised my seat/saddle at the first rest stop because it made the world of difference. I loved the ride and my fellow cyclists. I stopped at mile 30 at the Vasco Starbucks because I was plain too cold and wet. My feet and hands were numb. There was a super woman who saw me there and bought me a pair of dry socks and a sweatshirt at Rite Aid. She was a real Cinderella to me! My husband left some cash to thank her but I never had the chance to say a final thank you and goodbye. If you know her, please thank her. She was an angel. I can do this ride athletically but I was not prepared for adverse conditions. I used to ride in the rain a lot and I would have made it with weatherproof gear but don't stop doing this ride all! It's super for women, it's super for getting the bike out of the garage and it's super for our health. Thank you so much for all the time and energy that goes into this! - Princess-in-waiting Debbie

CINDERELLA LOST AND FOUND
- One blue and green comforter – no doubt used by a SAG to keep riders warm.
- One pair of Specialized riding shoes
- Several pairs of gloves – sets and singles

Contact Bonnie (925) 828-5299 if you would like to retrieve your items

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
March 23rd
Great ride Jane! A little nippy at the start but the group of compatible riders set a good (not excessive) pace and warmed up. Great chatty group on many subjects and route flexible. "Let's go this way...OK, and then we can do this route..." won out quite a few times. Very pretty with blue sky, lush green, opening flowers, vineyards budding, wild life doing what wildlife does....in the Spring. Rode some portions of the Cinderella which is well marked (thanks Bonnie & Mary) and should be in full flower on the 31st. A great morning on the bike. Jim

March 23rd
Great ride today and beautiful weather for the Odd FriDay ride. We had 14 in attendance with a few first time riders. After our usual coffee break in Danville, part of our group decided to add on miles while we could before the rains this weekend and headed up to the Las Trampas staging area. Thank you all who attended, Gail

March 25th
The ride was cancelled but five of us showed up to brave the weather at Dublin High School for the last FP training ride. The parking lot was damp when we started, so we all put on our wet weather gear and set out. Three of us (Dane, Rich, and I) missed the bike path at Dougherty, but we regrouped with the happy couple (Michael George and Irma...sorry if I misspelled) as we crossed Dublin Blvd. and through the BART station. The roads were fairly dry, although the clouds were still threatening to drop water on us. We seemed to be split in two groups as we traveled down Vineyard...at which point I realized I had forgotten my food in the car. So three of us riding in front popped into Starbucks so I could grab some snacks to fill my pockets, while the happy couple continued past us down Vineyard. After getting back on the road, we attempted to catch up with the lead couple. Rich had to peel off at Vasco in order to make it back by noon, but Dane and I continued up Tesla. As we looked up over the hill, we could see clear skies through a little draw and hoped for the best since we were about to ride into nowhere's-ville. As we passed Carnegie Off-Road Park, the winds picked up. From there on it felt like there was a head-wind no matter which direction we headed. Once reaching the stores and supposed deli (which we never found) at mile 45.4 we searched both strip malls and couldn't even find a Starbucks! So we ended up going into the Chevron station for Dean to grab Gatorade and coffee, use the restroom, and lo and behold, I found an entire shelf of energy bars...woo hoo!

Since we had expected rain and wore all the necessary attire, we thought Murphy's Law would prevail and it would be of no use. But...there's always a but...it finally started to drop as we got back to Livermore. So we skipped the Starbucks/Portola Ave. regroup to get back before it got really wet. As we traveled down Stanley and crossed over to the bike path, made it about 1/2 way down to find a chain link fence and "No Trespassing" sign. So we backtracked to a crosswalk and got back on the road. We then turned the corner on Valley to find a bunch of slippery metal plates in the road, making that sketchy section even worse. Well, we managed to make the entire voyage with no flats, just a few fender rubbing issues on my bike. We reached the parking lot to find the happy couple's car still in the lot...they must have stopped somewhere for lunch. In any case, I have scrounged up an old ride sheet from my bike bag that we are using for an unofficial sign-in sheet. So, happy couple, if you're out there, and want to get your VS mileage logged, let me know. I can email it to you to fill out your names and autographs before I turn it in!

I just want to thank Dan for his determination and fortitude. It was nice to have company on this long ride. Sorry all you FPs missed a good one! Robin

March 25th
 Dyslexic Jim D. had his 57th birthday ride today, taking us from the Bollinger Park & Ride on a loop south to Dublin, through the Windemere development, and continuing north through Blackhawk and Alamo before returning on Danville/San Ramon Valley Blvd. The forecast for dry conditions until mid-afternoon held true as we saw some threatening clouds but didn't get any rain during the ride. Peter

Well, 5 of us arrived at Dublin High on Saturday morning to dry pavement and a chill in the air. 4 for the challenge route and 1 (due to time constraints) for the classic. As we pedaled closer to the hills the sky was threatening, but it was less windy than usual for the area so we pressed on. On the climb up Tesla/Corral Hollow Robin and I began to warm up; however that was quickly fixed on the chilly descent (plunge? freefall?) down into the stark valley (thank you for planning a CCW route!). We left the green hills behind to find a windblown, brown treeless void. The weather didn't dampen the Carnegie riders, a few were "trying the hill" as we passed. The skies were dark but no rain yet and we rounded a corner and Hello Mr. Headwind! I have never seen the road drop as much and have so little forward motion; the road to Tracy was unpleasant. Sadly we left the rural loneliness of Corral Hollow (except for the occasional pickup roaring passed) to wander into a series of deconstructed roads, heavy traffic and swirling winds. Grant Line was no fun. Hey Tracy, how about a shoulder?! Robin and I refueled and pressed on, knowing the typical Altamont Pass winds that await. The sky still held its water, always looking bad in front of us, taunting. The relatively car-free Altamont Pass road was welcome after the chaos of Tracy, plus the hills were green again. I was happy to view a UP freight pass by up above the road and soon we were back on our side of the hills and in Livermore. Overall the weather was pretty good for riding and the expected winds coming back were not too bad. We began getting a few droplets of rain as we hit Las Positas, and by Stoneridge we had to finally call it rain. We returned soaking wet but a nice ride overall, 77 miles was my total. Dane

March 26th
The Culshaws led today's ride from Heather Farm heading south on a loop through our familiar trio of country clubs (Roundhill, Diablo, and Blackhawk). We then rolled down Camino Tassajara to our refreshment stop at the Danville Starbucks. We enjoyed mainly sunshine albeit with a few dark clouds appearing from time to time. Peter

April 2nd
Gail and Alberto led yesterday's ride starting at Dublin High and doing the loop down Niles Canyon before returning on Palomares and Dublin Canyon/Schafer Ranch. Alberto led a longer version with an initial loop north to Greenbrook Rd. before heading south. Both rides ended back at Dublin High in time for our annual Swap Meet with lots of leftover goodies.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
April 14th
What a great turnout for one of my favorite rides. I'm missing several signatures. Please send me an e-mail with your name and address if you are counting miles.
Alaine

April 4th
Alberto and Gail led today's ride from Lafayette over Pig Farm Hill and the Three Bears with a stop at Theater Square in Orinda before returning via the St. Stephens and Lafayette-Moraga trails. Beautiful sunny day to enjoy the bright green hills of Briones Park. Peter

April 7th
Thanks to all those who rode the 10a Country Club loop in celebration of my "almost" 50th. Important note....I am still in my 40'ties until Tues ;) hahaha.
How exciting that we had so many Club ride options today. And such a great turnout for all of them!
My b-day ride had 30 riders AND an unexpected SAG.....Dan. Wow!...what a gift! Thanks Dan for supporting us today. And of course Charles who had a chance to just ride and not be the official Sweep but was concerned about everyone anyway. Thanks Charles! And many thanks to all of you for riding with me and for your birthday wishes. I truly appreciated hearing all of your voices singing the happy birthday song as we kicked off the ride ;). This Club is the best!
What a GREAT turnout for lunch at Draeger's!!! The b-day fruit cup with the 50th candles was perfect!!!!! Thank you Rebecca!
You all are truly the best!!!
Signed,
The young chick until Tuesday ...... ;) ha (Karin)

April 7th
Thank you to everyone that came out for Ken & Clay's birthday ride. We had a great turnout with 32 riders starting the ride and of course Charles who had a chance to just ride and not be the official Sweep but was concerned about everyone anyway. Thanks Charles! And many thanks to all of you for riding with me and for your birthday wishes. I truly appreciated hearing all of your voices singing the happy birthday song as we kicked off the ride ;). This Club is the best!
What a GREAT turnout for lunch at Draeger's!!! The b-day fruit cup with the 50th candles was perfect!!!!! Thank you Rebecca!
You all are truly the best!!!
Signed,
The young chick until Tuesday ...... ;) ha (Karin)

April 8th
Beautiful day for Alberto's ride from Diablo Vista Park out to Livermore incl. Carroll and the Flynns. Bright green hillsides mixed with abundant wildflowers. Peter

April 8th
Alberto and Gail led today's ride from Lafayette over Pig Farm Hill and the Three Bears with a stop at Theater Square in Orinda before returning via the St. Stephens and Lafayette-Moraga trails. Beautiful sunny day to enjoy the bright green hills of Briones Park. Peter

April 9th
Richard led today's ride from Heather Farm Park across the bridge to the Benicia waterfront. After a snack stop in town we returned across the bridge and then took an alternate way back on the Iron Horse trail past Buchanan Field and all the way south to the canal trail. Peter

April 14th
What a great turnout for one of my favorite rides. I'm missing several signatures. Please send me an e-mail with your name and address if you are counting miles.
Alaine

April 15th
Thank you everyone for coming out to join Julie and me along our routes. Both routes had good attendance and we heard everyone enjoyed himself or herself. After the ride, some people went to Kinder's, others to Jacks and another group went into Concord (I forgot the name of the establishment). As documented in Peter's photos, we did have a crash on the 43-mile route. Marcus caught a raised lip and went down. Good thing we had Jane with us and several of the people who took yesterday's medical class. He was checked out by paramedics and was able to get to the local watering hole to wait for transport home. We hope you are doing well tonight Marcus and don't wake up too sore in the morning.
Thanks everyone for today, Emma

April 18th
Beautiful day for Alberto's ride from Diablo Vista Park out to Livermore incl. Carroll and the Flynns. Bright green hillsides mixed with abundant wildflowers. Peter

April 21st
Although the hills are still showing off their bright green spring colors highlighted by assorted wild flowers, the temperature seemed more like mid-summer, especially on our way up to the Mt. Diablo junction. It was nice riding on the new pavement at the base of the mountain - quite a change.

April 21st
Great ride today, Rob. Our group of four started out early at 8:00 in Livermore to beat the heat, then went up and over the Altamont. We rode through some of the country roads heading up towards Stockton. The traffic was light, the temperature was nice, and there was little wind. The roads were great except one section of levee road that was full of potholes. From there, we went through Mountain House up to Bethany Reservoir. We stopped to talk to a few of the fishermen and they were catching some blue gill and striper. As we went back up the Altamont, it was starting to get warm and we were thankful we left early. I think this is maybe the longest VS ride so far this year at just under 80 miles. We had a nice pace too with the group finishing together averaging just over 20 mph for the ride. Lunch after at Dickey's BBQ was great. Rick

Rick--You neglected to mention the two guys from Stockton who joined our pace line for about 10 miles. 23 mph was a little too quick for them. At Sam's you casually pointed out that there were two 60 year olds amongst our group, whereupon they muttered something to the effect that most people they knew of at that age, spent more seat time in the rocking chair than on a bike seat. Hey, you're only as old as you feel (or ride). Wicked pace guys, and fun in many ways. Bob

April 21st
Saturday was the first monthly FP ride following the Cinderella...and the sun certainly followed the storm in this case. The temp had reached 90 degrees by the time we circled back to Draeger's Market for cold drinks, lunch and socializing. The group totaled 47 riders, 23 on the Classic route of 23 miles and 24 who added a 15+ mile "side trip" up Mt.Diablo for the Challenge ride. Our SAG team (Dean and Dan) and Sweep (Charles) had a relaxed day as all made it

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
back safely to enjoy an after-ride food stop at Draeger’s Market. On behalf of all the FP Organizers, SAG, & Sweep...thank you for joining us, Jan

April 25th
Bonnie organized another wonderful visit to Yosemite National Park as we toured from Dublin to Oakdale to Groveland to Yosemite Valley the last three days. Great weather timing to ensure that the rain stayed away until we were done with the biking. Unfortunately there was one fall on a steep descent along Evergreen Rd. south of Camp Mather - hope you’re recovering quickly, Nancy. Peter

Nancy is recovering well. Portions of a note she wrote to Joan are below......

I’m ok, I have a few stitches and road rash. No broken bones. I felt I could go back to Yosemite but my nephew showed up at Sonora Hospital to take me home. Totally ruined my new pants but did not ruin my new Primavera jersey. . . . So many members of Valley Spokesmen helped me I don’t know how to thank all of them. Nancy

MILEAGE REPORT AS OF 4/27/12

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<th>Sum of Rides</th>
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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 37,154!

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!

ATTENTION MEMBERS --- THESE TOTALS DO NOT INCLUDE PRE-CINDERELLA FEATHER PEDAL RIDES – NOR – MILEAGE RIDDEN ON THE DAY OF THE CINDERELLA. PLEASE LET THE MILEAGE KEEPER JIM PAULOS AT 510-200-8125 OR BONNIE POWERS AT 925-828-5299 WHICH LOOP YOU RODE (CLASSIC OR CHALLENGE) . THANKS

Go to VS Calendar for more rides [www.valleyspokesmen.org/vsCalendar/month.php](http://www.valleyspokesmen.org/vsCalendar/month.php)
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

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: ____________________________
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
Online 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  Jim Duncan  925-209-1369
                             contacts  Zafer Demir  925-443-4124

2012 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen  Jim Duncan  925-209-1369
                           Bob Powers  925-828--5299
T.O.S.R.D. Chairman  Francie Cushman  925-719-2256
E.B.B.C. Rep  Open
Mileage Keeper  Jim Paulos  510-200-8125
Webmaster  Curtis Stallins  925-462-8384

Community Liaisons

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

We appreciate the many articles that have been submitted and we are sorry that they cannot always be printed during the month of submission. The newsletter is limited in length due to the cost of postage, and we will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

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

VALLEY SPOKESMEN
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568