President’s Message

Did you happen to check out the AMGEN Tour of California race last week as their Stage 3? So amazing and inspiring to see such top racers from around the world with average speeds in the mid to high 20’s. From the vslist emails I saw that a number of you did find some fun vantage points to see the race- from San Jose, Mt. Diablo and the finish line in Livermore. My wife and son biked to the junction of Hwy 84 and Calaveras Road to watch them zoom by. I had a pretty unique opportunity to get to view the peloton from a friend’s helicopter as they sped along the Calaveras Reservoir and up Hwy 84 toward Livermore. I have to admit, the flying part was possibly more exciting than watching the cyclists below. We did our best to avoid the plane pulling the beer banner! Here are a couple of photos as the cyclists sped along the Calaveras Reservoir...

Speaking of bicycling photos- do try to make our next club meeting on Wednesday, June 6 (see the ride calendar for detail), and you will be treated to a great presentation about cycling tours in France and Tuscany, Italy. You don’t want to miss this fun evening!

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) Leisurly, 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!

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

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 a.m. at Walnut Creek BART 9:00 a.m. at SF Ferry Building while waiting for the ferry. (Or optionally ride back.) After ride food/drink at Norm’s Pub, 356 Hartz Ave., Danville. while waiting for the ferry. (Or optionally ride back.) After ride food/drink at Norm’s Pub, 356 Hartz Ave., Danville. 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 Dublin area.

Suggested carpool is the Park & Ride on Bollinger and I-680 for an 8:15 departure. (Advanced Riding Level).

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

MON. 6/4/12 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. 6/5/12 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. 6/6/12 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Entertainment for the evening will be provided by Jamie & Joy Gilpin and Dick & Marilyn Powell of Bicycle Outfitters Tours who sponsor trips to France and Tuscany. Great presentation, you won't want to miss it! Find out the answers to all your club questions, and see if we’re the club for you! Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903 for a map.

MON. 6/4/12 2-L/M 30 miles (50km) 9:00 a.m. Join us on a Heather Farm/Danville loop. We'll head through the Diablo and Blackhawk country clubs on our way to a refreshment stop in Danville before returning to Heather Farm. Take Ygnacio Valley Rd. to San Carlos Dr.; go north to the parking lot on the right by the ball fields.

Ride Host: Richard Skow, 925-939-6964.
THUR. 6/7/12 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. 6/8/12 1.5-L 20 miles (30 km) 10:00 a.m. Please join me for a very leisurely ride. Start from Sycamore Park & Ride PROMPTLY! This will be no more than 20 miles and no hills (or very few)! If you have done nothing more than looked longingly at your bike (wishing the 2 of you would bond more), if you have tried joining club rides only to be dropped before the first turn, or, if you are looking for fun people to casually ride with - LOOK no more! I want to hear from you. Call or email me (preferably email) so I can tailor the ride accordingly. If I don’t hear from anyone by 6/6, I will assume that the “regulars” are going and will not worry about the route I choose. Of course, there will be the usual coffee stop near the end of the ride. Bad weather cancellation will be sent on VS list if necessary. 
Ride Host: Julie Hampton, 510-685-7103. 
pyclejulz@sbcglobal.net

SAT. 6/9/12 3-M 25/35/60 miles (40/60/95 km) 9:00 a.m. Join Bob on his birthday celebration ride with a choice of routes. We'll start at Shannon Center and ride over Dublin Grade before tackling Palomares. First option is to ride back from the summit, while the rest of us continue down the other side and up Niles Canyon to Sunol and then north to Pleasanton. The second option is to ride back to Shannon from there, while others continue on Vineyard to Livermore and take Collier Canyon and Highland to Danville and then head south on SRVB. Meet at Shannon Center. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Birthday party will follow the ride at the Strains’ home. 
Ride host: Bob Strain, 925-829-4235.

SUN. 6/10/12 2-M 38 miles (62 km) 8:00 a.m. Starting at San Ramon’s Central Park we’ll head up to Blackhawk and then over to Livermore via Collier Canyon. Our return will be on Vineyard through Pleasanton and back on the Iron Horse trail. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place. 
Ride Host: Peter Rathmann, 925-336-0973.

MON. 6/11/12 3-L/M 24 miles (40 km) 9:00 a.m. Ride from Heather Farm out to Orinda via Moraga Commons and back. One coffee stop along the way. Take Ygnacio Valley Rd. to San Carlos Dr., go north to the parking lot on the right by the ball fields. 
Ride Host: Richard Skow, 925-939-6964.

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

TUE. 6/12/12 2-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

WED. 6/13/12 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; park in the lot on the right by the ball fields. 
Ride Host: Richard Skow, 925-939-6964.

THUR. 6/14/12 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. 6/15/12 2-L/M (NO DROP) 20-30 miles 9:30 a.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.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
FRI. 6/15/12 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 Host: Rebecca Wood 925-577-3842 
rcwood1@sbcglobal.net

SAT. 6/16/12 2-L to 3-M 25 - 40 miles (40 - 65 km) 9:30 a.m., announcements at 9:15. Starting from the Garre winery in Livermore we’ll have two routes: a ‘Classic’ moderate route of about 25 miles and a ‘Challenge’ route that adds 10 or more miles and a few more hills. Take I-580 east to Livermore and exit on Vasco Rd. to go south; turn left on Tesla and continue 1.2 miles to Garre winery (7986 Tesla) on the left; go through the iron gate and go toward the back; after the road becomes gravel turn left and park by the tents. Bring water and snacks. There will be an opportunity for lunch and wine tasting after the ride.
Ride Hosts: Kathy Kane, 925-323-5611, and Karin Ball, 408-406-2286.

SUN. 6/17/12 4-L 39 miles (65 km) 10:00 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory. A long climb but not too steep. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection.
Ride Host: Richard Hedges, 447-6197 (home), 784-5763 (cell on the day of ride). More Info. click here

TUE. 6/19/12 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. 6/19/12 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. 6/20/12 2-M 57 miles (90 km) 9:00 a.m. Meet at Heather Farm and ride to Sunol via the Blvd. and return the same route. We’ll be stopping for lunch on the way back. Take I-680 to the Ygnacio Valley Rd. exit and drive east; turn left into Heather Farm Park at San Carlos Rd.; park in the lot on the right by the ball fields.
Ride Host: Richard Skow, 925-939-6964.

THUR. 6/21/12 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. 6/22/12 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 Host: Rebecca Wood 925-577-3842 
rcwood1@sbcglobal.net

SAT. 6/23/12 3-M 40 miles (64 km) 9:00 a.m. No Drop! This is an out and back ride, so you can shorten it as you wish. We will meet at Cranck 2 in the Raley’s shopping center at Sunol Blvd. and Junipero in south Pleasanton. There is moderate climbing and lots of rollers. We are starting a little early in case it is warm.

SUN. 6/24/12 1-S 100 miles (161 km) 7:30 a.m. Only 1000’ of climbing, so we’re going to attempt to get a portion of the group to average over 20 mph. We’ll have about 6 regroups, and there are many shortcuts which I’ll detail for folks who don’t want to go that fast. If the forecast is too hot we’ll shorten the route. Start at old PW Market Center on Vasco Rd. in Livermore. Park in front of the vacant market, near Vasco Rd., not near the Starbucks that VS rides stop at frequently.
Ride Host: Rob Delfosse, 925-216-4823.

TUE. 6/26/12 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. 6/26/12 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.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
WED. 6/27/12 3-L/M 35 miles (60 km) 10:00 a.m.
Cheese Factory Ride. Meet at the Paradise Foods parking lot on Ignatio Blvd in Novato. Our route will go out Lucas Valley Road to Nicasio, past the reservoir, and up the hill to the Cheese Factory for lunch before returning to Novato. From 101 north take the Ignatio exit in Novato, cross over the freeway, and turn right into the parking lot by Paradise Foods. From 101 South, exit Ignatio, turn right at Ignatio and right into parking lot at Paradise Foods. Park at the far end of the lot.

THUR. 6/28/12 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. 6/29/12 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)

FRI. 6/29/12 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 Host: Rebecca Wood 925.577.3842. rcowood1@sbcglobal.net

SAT. 6/30/12 3-M/B 65 miles (100 km) 8:30 a.m. (Adv)
We are riding from San Ramon Central Park to Lake Del Valle in Livermore. Our route will take us via Crow Canyon, Camino Tassajara, Highland, Collier Canyon, Portola, S. Livermove, and return via Isabel/Collier Canyon. Two Starbucks stops at Portola and E. Vineyard. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the library. Bring water and snacks and/or money for coffee. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

SUN. 7/1/12 3-L/M/B 25-55 miles (40 – 88 km) 9:00 a.m. Start location is the Crank 2 parking lot at 5480-9 Sunol Boulevard. We will ride through the neighboring community and out to the Calaveras reservoir and possibly beyond. This will be an out and back and will have quite a few turn-around options. Those proceeding out Geary Road (Beg.) or to Ed Levin Park (Adv. ride) will have access to water and restrooms; everyone will need to bring his/her own fuel. This ride is a beginner friendly ride in that there are many turn-around options, and you may proceed at any pace you desire.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

MON. 7/2/12 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. 7/3/12 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. 7/3/12 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 7/04/12 5-M 52 Miles (85 km) 9:30 a.m. (Adv)
Woodside to Tunitas Creek We will ride from Woodside up Old La Honda Road to Hwy 35, then continue down to Pescadero. From Pescadero we’ll take Stage Road to San Gregorio and then out to Hwy 1. Our

Check the website calendar for additional rides or updates.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
### WED. 7/4/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 5, 2012.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Distance</th>
<th>Route Description</th>
<th>Ride Host</th>
</tr>
</thead>
<tbody>
<tr>
<td>THUR. 7/5/12</td>
<td>2-M/B</td>
<td>25 miles (40 km)</td>
<td>Meet in downtown Pleasanton, CA. Take Spruce Lane South from San Ramon Rd. to Spruce Lane Exit. Parking lot is on the left side of Woodside Rd.</td>
<td>Jim Duncan, 925-209-1369.</td>
</tr>
<tr>
<td>FRI. 7/6/12</td>
<td>3+L/M</td>
<td>approx. 24 miles (40 km)</td>
<td>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 Rd.</td>
<td>Rebecca Wood, 925-577-3842.</td>
</tr>
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<td>SAT. 7/7/12</td>
<td>3-M</td>
<td>30 miles (50 km)</td>
<td>No Drop. Livermore to Del Valle with a couple of climbs.</td>
<td>Jane Moorhead, 925-980-9889.</td>
</tr>
<tr>
<td>SUN. 7/8/12</td>
<td>3-M/B</td>
<td>62 miles (100 km)</td>
<td>Join Alberto on a beautiful ride out to Point Reyes Lighthouse from Nicasio.</td>
<td>Alberto Lanzas, 510-825-9581.</td>
</tr>
<tr>
<td>TUE. 7/10/12</td>
<td>2-M/B</td>
<td>25 miles (40 km)</td>
<td>Regular T'n'T rides from Shannon Center in Dublin.</td>
<td>Jim Duncan, 925-209-1369.</td>
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**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 Rd. 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 Rd. 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).

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

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

July
7 Giro Bello Classic – Sebastopol
7 Death Ride Preview – Bear Valley
14 Tour of CA Alps – Death Ride – Markleeville CLOSER
14 Bike 4 Breath – Foster City
21 Harvest Century – Healdsburg
21 Windmill Century – Santa Maria
28 Santa Cruz Mtn. Challenge – Scotts Valley

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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

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

VALETSPOKESMEN 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

OLD BUSINESS
1. Past month's rides – Generally the rides continue to be well attended with lots of variety. Yosemite was a wonderful event with the exception of one accident, but all is well now. Fortunately members had just completed the CPR/First Aid class and were well prepared. The wildflower ride was successful with several new people.

2. CPR/First Aid Training class has been very beneficial for all who have taken it. Discussion followed regarding more extensive training concerning “bicycle related” accidents. Dan to further inquiry.

3. V.S. web site – Unfortunately Curtis’ computer has crashed. He must rebuild his hardware and software. There was a report of difficulty with the current online newsletter – this too will be investigated. The site is up to date; if anything is amiss, let Curtis know.

4. Modernization of V.S. – This is in the works.
5. Meetup.com – V.S. to be represented, Curtis is working on this too.

6. Area Bicycle Master Plans – Francie reported on the progress being made on the I-580 underpass in Dublin. The city of Dublin is seeking a BPAC (Bicycle Pedestrian Advisory Committee) member.

NEW BUSINESS:
1. The June/July ride schedule was perused. There are two TBD rides and it will be complete.

2. T.O.S.R.D. – Francie and Bonnie continue to work in putting this together. The date is now September 22/23, 2012. The use of Brannan Island is still in question.

3. Pre-trip meeting for the Paso Robles ride is May 14th at 7:00 p.m. at the Powers. Bring final payment.

4. Jim is working on the Cinderella donations for this year. It was decided once again to donate $30,000. The City of Dublin greatly appreciates our past donations.

5. Bonnie reviewed correspondence sent and received. Motion made, seconded and passed to donate $300.00 to California State Parks Foundation; and renew our membership for $40.00 to the Nature Conservancy and $100.00 to Greenbelt Alliance.

6. Next Executive Board Meeting at the Powers’ place Wednesday, June 13th.

FURTHER NEW BUSINESS:
1. The Wente Road Race/Criterium was very successful and a great day with few accidents. The race team wishes to thank all the touring club members for their support.

GOOD OF THE ORDER:
1. Jim Paulos reported on the new “green lanes” for bicycles that are appearing in San Francisco, San Jose, and Pleasanton. They are very distinguishable and positive.

There being no further business, the meeting was adjourned at 8:17 p.m.
Respectfully submitted, Lynn DeMattei, Secretary
RIDE REVIEWS

April 28th
Randy led us on a Figure-8 route along the Iron Horse and Canal trails today. Starting at the Willows Shopping Center we headed south on the Iron Horse to the Canal trail which took us to Heather Farm. Crossing Ygnacio at John Muir Medical Center took us to the southern loop of the Canal trail until it intersected the northern section which we took west and then north to its end at Center Ave. in Pacheco. A short on-street section along Center and Marsh brought us to the northern end of the Iron Horse trail which we took back to Willows and a post-ride lunch at Fuddruckers.  Peter

April 29th
Thanks to all VS, FP, and guests who made it out to todays lovely ride to Livermore! 25 people signed in. I know a few didn’t make it on to the sign-in sheet. (If you forgot to sign in, please let me know by Tuesday so you can get the miles & I can send in the route sheet.) After a slight route change that allowed for less turns and better safety, we took off up Cam Tass. We allowed the "fasties“ to take off so they could get their speed on. We hope you all got to your destination safely! 5 people had to cut the ride short while the rest of us headed to Livermore. It was a very beautiful day filled with great conversation! I hope everyone had a good experience. After the ride, we stopped at Maria-Marisa for food & beverages. I found this to be very interesting as well as fun.
Thank you for joining me. Hope to see you again soon!  Julie
+++ + + + + + +

Julie’s contingent on today’s ride was chock-full of interesting questions. One was about llamas since all of us were unsure whether those were llamas or alpacas along Highland/Collier Canyon. According to a couple of Web sites, these animals have several key differences. First, the llama has the large, banana-shaped ears while the alpaca has short, spear-shaped ears. The alpaca is significantly smaller (125-150 lbs) than the llama (250-350 lbs). Llamas also have a mellower disposition than the alpacas, which tend to be a little skittish. In re clothing, I get the impression that the clothing made from the alpacas is nicer. Llamas were also the beast of burden for the Inca and the Native Americans of the Andean region.  Adele

May 4th
Thanks to the few who joined last Friday’s Mt Diablo ride. I wanted to send a shout out to one of our junior club members, Andrew. It was his first time riding Mt Diablo. Great job Andrew! It is such a pleasure having you in our club.  Karin

May 5th
Beautiful sunny and mild day for Erica’s wildflower ride to Sunol Regional Park. In addition to flowers, we saw a flock of turkeys along Foothill Blvd. and a deer helping to keep the grass short in a backyard along Happy Valley.

Peter

May 5th
Four riders turned out for the "Mines to wherever ride". Wes, Will, Rob and Bill Rose an old VS friend, departed Livermore for what turned out to be an amazing day on the bike. We had beautiful weather, just a little windy, and the road to ourselves for most of the day. The pace was brisk and we were at the junction before we knew it. Fortunately, the cafe was open a little early, so we were able to get water and refuel for what lay ahead. Wes, Rob and Bill decided to throw caution to the wind and headed out for the summit of Mt. Hamilton. The ride to the top of Hamilton was crazy, but the perfect weather allowed the riders to make it to the top with enough left in the tank for the return ride home. Bombing down the road was intense, as the road twisted and turned all the way down the mountain. A steady head wind made the ride back to the junction a little bit of a struggle. We refueled at the junction and departed for a spirited ride back down Mines. Back in Livermore the “Three Amigos" shared stories about the ride and a day that will remain with us for a long time. Totals for the day, 109 miles, 7500 feet of climbing.  Wes

May 6th
We modified our planned route this morning after hearing that Dublin Canyon Rd. was closed between Shaefler Ranch and Eden Canyon as a result of a traffic accident that knocked down a power pole. So instead of taking Dublin Canyon over to Castro Valley we headed north to Norris Canyon Rd. and took that over the hills to Crow Canyon and into Castro Valley. There Steve showed us a route through Earl Warren Park to avoid the short hill on Heyer. After that the ride went pretty much as planned although a few of us opted to go the entire length of the Lafayette-Moraga trail rather than using the parallel roads.  Peter

May 6th
Thanks for the ride Wes. I do believe that Mines is the best bike road in the bay area. The only road that I can think that might be comparable is maybe King Ridge-Tin Barn, but they are in Sonoma County. 90 miles of no intersections, nice climbs, fast twisty flat sections, and great descents back into Lmore, forested mountain views. It has a lot of everything cyclist like. And Mt. Hamilton is a classic climb from both sides. It was super green up there yesterday too. The central valley looks brown and gray now. Not attractive.  Rob

May 9th
Richard led a ride from Heather Farm Park in Walnut Creek over Pig Farm Hill and the Three Bears on our way to a lunch stop in Orinda. Our return was a flatter route following the bike trail along Hwy. 24 to Lafayette.
May 11th
This evening Rebecca led us on a ride up our favorite mountain. Started out a little warm, but the temperature cooled considerably as we climbed. Most of us only went to the junction today.  Peter

May 12th
Beautiful day for our ‘Petaluma and Beyond’ ride that took us to the Freestone bakery, through Valley Ford, and through Chileno Valley past Laguna Lake. The sea fog remained longer than expected and helped to keep the temperature nice and moderate and the winds only picked up later in the day when they helped push us back toward Petaluma. Three clubs were represented: Valley Spokesmen, Benicia, and Grizzly Peak and they used slightly varying route sheets.  Peter

May 18th
Rebecca led another evening ride up Mt. Diablo to the junction. Our green hillsides are rapidly changing to brown, but it was a nice sunny ride with pleasantly cool temperatures.  Peter

May 19th
Kevin led the ‘Challenge’ route of today’s Feather Pedals rides starting at the Blackhawk Plaza. We headed south through the Windemere development and then turned east on Highland to the roads north of Livermore. After a stop at the Vasco Starbucks, we continued out Patterson Pass Rd. to Cross Rd. and then returned on Tesla, Concannon, and Vineyard (another Starbucks stop) into Pleasanton. Then it was north through the BART station and continuing back to Blackhawk.  Peter

May 20th
Dane led today’s ride into Morgan Territory from Finley rd. on assorted fire roads. Plenty of ups and downs along the way with some nice views of Diablo and Morgan Territory parks.

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<tr>
<td>Owens, Jim</td>
<td>200</td>
<td>1</td>
<td>200</td>
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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 76,186!

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

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: _____________
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
News Letter 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
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

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
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568