President’s Message

In the past month I was saddened to learn about the passing of two special members of our club, Jim Kohnen and Larry Spangenberg. I’m not sure how well they knew each other, but when I reflect on the various times I spent with these two great guys it is apparent they both shared some special qualities that inspired me and many others.

Some of you may recall that Jim was a past president of Valley Spokesmen and a very active member who joined us on many rides. I only knew Jim through the club but enjoyed his unfailing positive outlook. Jim always spoke with a smile on his face and looked for how he could help people and be involved. I was amazed to read about his 30-year career in the military reserve as a Colonel in the U. S. Army, his other career as a high school science teacher and that he had earned five degrees, including a Doctorate in Education (see http://www.legacy.com/obituaries/contracostatimes/obituary.aspx?n=james-kohnen&pid=157871711).

Larry was also a very active cyclist with the Valley Spokesman. I remember first meeting Larry on the April ’05 ride to Yosemite Valley when he provided very friendly sag support. Like Jim, Larry also made everyone feel comfortable because of his positive outlook and helpful nature. It was also interesting to learn that Larry also served in the military for 25 years during the Korean and Vietnam wars. He also had a second career with Lawrence Livermore Lab (see http://www.legacy.com/obituaries/ContraCostaTimes/obituary.aspx?n=Lawrence-Spangenberg-Spanky&pid=158022680). Long before I met Larry, he had been a very active rider on many VS tours. On the Yosemite and Paso Robles bicycle tours that my wife and I rode, Larry was always there as a helpful sag support not only for his kids and grandkids but for everyone on the tour- always with that warm smile.

James Bernard Kohnen
July 19, 1942-May 29, 2012

Lawrence "Spanky" Spangenberg
February 11, 1932 - June 9, 2012

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.

www.valleyspokesmen.org
JULY 2012

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 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 Arccadian 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 7/4/12 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 return will be via Tunitas Creek and down Kings Mountain back to Woodside. Meet at the Woodside City Hall. Take the San Mateo Bridge (Hwy 92 W) to I-280 S; take exit 25 for CA-84/Woodside Rd. City Hall parking lot is located on the left side of Woodside Rd before Robert's Market. Bring plenty of water and food or money to buy in San Gregorio. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

WED. 7/4/12 2.5-L/M 46 miles (73 km) 8:00 a.m. Join Julie for a local ride option leaving Dublin High School (8151 Village Parkway, Brighton entrance) and heading out to Livermore with a return via Collier Canyon. Take I-680 to the Alcosta exit and go east; turn right (south) on Village Parkway; turn left on Brighton and left again into the school parking lot.
Ride Host: Julie Hampton, 510-685-7103, psyclejulz@sbcglobal.net

WED. 7/4/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 5, 2012.

THUR. 7/5/12 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.

SAT. 7/7/12 3- M 30 miles (50 km) 9:00 a.m. No Drop.
Livermore to Del Valle ride with a couple of climbs - Cross Rd. and Del Valle Rd. Turnaround option at the top of Del Valle Rd. Meet in the Livermore Cyclery Parking lot that faces onto First St., not Old First.

SUN. 7/8/12 3-M/B 35 miles (60 km) 9:30 a.m. Same starting place and time as the ride above to the Pt. Reyes lighthouse, but a shorter distance for those who may want a little easier ride. Lunch afterwards at Rancho Nicasio. (For those who want to make the experience an all day event, the Sun Kings are playing at Rancho Nicasio at 4pm on 7/8 cost $15. Check out the link for lunch menu and music http://www.ranchonicasio.com/)
Ride Host: Julie Hampton, 510-685-7103, psyclejulz@sbcglobal.net

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
TUE. 7/10/12 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n’ T rides from Shannon Center in Dublin.
Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Ride Host: Jim Duncan, 925-209-1369.

TUE. 7/10/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Ride Host: Jane Moorhead, 925-980-9889.

WED. 7/11/12 2.5-M 30 miles (50 km) 9:00 a.m.
Starting at the Sycamore Ave. Park&Ride we'll loop through Danville, Alamo, Blackhawk and Dougherty Valley. Take I-680 to the Sycamore Ave. exit in Danville and park in the lot at the northeast corner of the intersection.
Ride Host: Dick Ward, 925-389-6738, humbug1943-email02@yahoo.com

WED. 7/11/12 The Executive Board Meeting for this month has been cancelled.

THUR. 7/12/12 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.

FRI. 7/13/12 2-L/M (NO DROP) 20-30 miles 9:30 a.m.
This Odd Fri-Day series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status. (Beginner Friendly)
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 7/14/12 4-M/B 64 miles (100 km) 9:00 a.m. (Adv.)
Start at Canada Road and Hwy. 92 near Belmont.
We'll head south on Canada, up King's Mt, down Tunitas Creek to the coast. Then a stop at Half Moon Bay for lunch and return via Higgins, Purisima, Lobitos Creek and Tunitas Creek.
Ride Host: Rob Delfosse, 925-216-4823.

SUN. 7/15/12 2-M 30 miles (50 km) 9:00 a.m. Starting at the Park & Ride lot on Sycamore Ave. at I-680 in Danville, we'll ride north to Lafayette and then continue on the bike trail to Moraga. Take I-680 to the Sycamore Ave. exit and meet in the Park & Ride lot at the northeast corner of the intersection.
Ride Host: Richard Ward, 925-389-6738, humbug1943-email02@yahoo.com

TUE. 7/17/12 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.

TUE. 7/17/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Ride Host: Jane Moorhead, 925-980-9889.

WED. 7/18/12 4-M/B 45 miles (72 km) 8:00 a.m. (Adv)
Let's ride from San Ramon Central Park to the Mt. Diablo Summit and return via Walnut Creek by going down north gate. We will stop for lunch at Sweet Affair in Walnut Creek. Meet at San Ramon Central Park located across from the Library on Bollinger and Alcosta Blvd. Bring water and lunch or money to buy. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

THUR. 7/19/12 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.

FRI 7/20/12 2-L/M 24 miles (40 km) 8:30 a.m. sharp (Beginner friendly) Join Julie on a Friday morning ride from the Danville Park and Ride and up Bollinger Canyon to the Las Trampas Staging Area. The park & ride is located off of 680 at the Sycamore exit just NE of the intersection. (Beginner friendly)
Ride Host: Julie Hampton, 510-685-7103, psyclejulz@sbcglobal.net

SAT. 7/21/12 2-L/M 25 miles (40 km) with option of 45 miles 9:30 a.m. Feather Pedals ride (both genders welcome). Starting at the Crank-2 cycle shop in

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
**Valley Spokesmen**  
*www.valleyspokesmen.org*  
*July 2012*

**South Pleasanton we’ll head down to Sunol and continue out Calaveras.** The regular ride will turn around at the base of the hill while the optional Challenge continues past the reservoir to the top of “The Wall” before returning. Crank-2 is at 5480-9 Sunol Blvd. at the south corner of the Rayley's shopping center. Take I-680 to the Bernal exit and go east; turn right on 1st (becomes Sunol Blvd.) and left into the shopping center (just before Junipero). Bring water and snacks. Arrive early so the ride can leave on time.

**Ride Hosts:** Jan Stevens, 510-428-0223, and Rebecca Wood, 925-577-3842.

**SUN. 7/22/12 3-M 35 miles (60 km) 9:00 a.m. Start at Castro Valley Park 'N Ride, I-580 and Center Street.**

We will go up Redwood to Pinehurst, Pinehurst to Castro Valley Park 'N Ride, I-580 and Center Street.

**SUN. 7/29/12 2-L/M 50 miles (80 km) 8:30 a.m. (Advanced Ride)**

Join Alberto and Gail on a scenic loop ride from St. Helena to Lakes Berryessa and Hennessey. Our route will take us out of St. Helena via the Silverado Trail before heading west along Lake Hennessey on Sage Canyon Rd. Then north to Lake Berryessa on Knoxville Rd. before heading to Pope Valley via Pope Canyon Rd. and climbing Ink Grade Rd. We will return via Old Howell Mt. Rd. and visiting the other side of Lake Hennessey. Bring plenty of water and fuel. Approximate elevation gain is 5,000+ feet. Meet at Jacob Meily Park; take Hwy. 29 to St. Helena, right turn on Pope St. The park is on the left side about a mile. Suggested carpool location is Bollinger Park & Ride lot at I-680 for a 7:15 a.m. departure. *(Advanced)*

**Ride Hosts:** Alberto Lanzas and Gail Blanco, 510-825-9581 or 925-872-1001.

**THUR. 7/26/12 4 M/B 62 miles (100km) 8:30 a.m. (Adv.)**

Join Alberto and Gail on a scenic loop ride from St. Helena to Lakes Berryessa and Hennessey. Our route will take us out of St. Helena via the Silverado Trail before heading west along Lake Hennessey on Sage Canyon Rd. Then north to Lake Berryessa on Knoxville Rd. before heading to Pope Valley via Pope Canyon Rd. and climbing Ink Grade Rd. We will return via Old Howell Mt. Rd. and visiting the other side of Lake Hennessey. Bring plenty of water and fuel. Approximate elevation gain is 5,000+ feet. Meet at Jacob Meily Park; take Hwy. 29 to St. Helena, right turn on Pope St. The park is on the left side about a mile. Suggested carpool location is Bollinger Park & Ride lot at I-680 for a 7:15 a.m. departure. *(Advanced)*

**Ride Hosts:** Alberto Lanzas and Gail Blanco, 510-825-9581 or 925-872-1001.

**SAT. 7/28/12 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

**MON. 7/23/12 2-L/M 30 miles (50 km) 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.

**TUE. 7/24/12 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.

**TUE. 7/24/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**

Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot 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:** Jane Moorhead, 925-980-9889.

**WED. 7/25/12 4 M/B 60 miles (95 km) 9:00 a.m. (Adv.)**

Join us on a scenic ride up Mines Rd. from Livermore. This ride will start at the old Nob Hill Parking Lot at the corner of S. Livermore and Pacific Aves. in Livermore. Ride up Mines Road to the Junction Cafe for lunch then return. No services along the way; bring plenty of fluids and food, or money to buy. *(Advanced Ride)*

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

**TUE. 7/31/12 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.

**THUR. 7/26/12 2-L/M 30 miles (50 km) 9:00 a.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. 7/28/12 4-M/B 62 miles (100km) 8:30 a.m. (Adv.)**

Join Alberto and Gail on a scenic loop ride from St. Helena to Lakes Berryessa and Hennessey. Our route will take us out of St. Helena via the Silverado Trail before heading west along Lake Hennessey on Sage Canyon Rd. Then north to Lake Berryessa on Knoxville Rd. before heading to Pope Valley via Pope Canyon Rd. and climbing Ink Grade Rd. We will return via Old Howell Mt. Rd. and visiting the other side of Lake Hennessey. Bring plenty of water and fuel. Approximate elevation gain is 5,000+ feet. Meet at Jacob Meily Park; take Hwy. 29 to St. Helena, right turn on Pope St. The park is on the left side about a mile. Suggested carpool location is Bollinger Park & Ride lot at I-680 for a 7:15 a.m. departure. *(Advanced)*

**Ride Hosts:** Alberto Lanzas and Gail Blanco, 510-825-9581 or 925-872-1001.

**SUN. 7/29/12 2-L/M 50 miles (80 km) 8:30 a.m. Join us on a ride from Martinez to the Jelly Belly factory.**

We’ll head over the Benicia Bridge and continue to the factory in Fairfield (optional tour and shop for samples and purchases). Meet at the first parking lot in the Martinez marina park. Take I-680 to the Marina Vista exit (just south of bridge) and go west; turn right on Ferry St. and cross tracks into the park; turn left on Court St. and left again into the parking lot.

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

**TUE. 7/31/12 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:** Jane Moorhead, 925-980-9889.

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

AUGUST 2012

WED. 8/1/12 2-L/M 22 miles (35 km) 9:00 a.m. ALL riders are welcomed! From Shannon Center in Dublin, this ride heads north to Danville then east to Blackhawk and returns via Dougherty and Bent Creek Trail to 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 south to Shannon; turn right and into parking lot on right.

Ride Host: Erica Dedon, 925-487-6994, EarthyE@comcast.net (Beginner Friendly)

WED. 8/1/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 5, 2012.

THUR. 8/2/12 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. 8/3/12 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, gvblando@aol.com

SAT. 8/4/12 3-L/M 47 miles (75 km) 8:30 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 Rd. south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.

Leader: Peter Rathmann, 925-336-0973.

SUN. 8/5/12 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.

MON. 8/6/12 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803, for further information.

WED. 8/8/12 3-L/M 47 miles (75 km) 9:00 a.m. Meet at Heather Farms and ride across the Benicia and the Carquinez Bridges before heading back via the Carquinez Strait and Pleasant Hill Road. We’ll stop for lunch at some mutually agreeable spot.

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

WED. 8/8/12 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THUR. 8/9/12 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.

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 TOURS

YOSEMITE 2013 – Bonnie has the 15 rooms filled for this year’s event. If you are interested in being placed on the waiting list, send $100.00 (made payable to Bonnie). Then keep your fingers crossed that you will be lucky enough to join the group next year. If you have any questions, call Bonnie, 925-828-5299.

UPCOMING EVENTS


August 4 Marin Century – San Rafael 4 Tour de Big Bear – Big Bear Lake 5 Mt. Shasta Summit Century – Mt. Shasta 18 Holstein 100 – Petaluma 18 Cool Breeze Century – Ventura 19 Tour of Napa Valley – Napa 19 Sonoma County Backroad Century – Petaluma 25 Ebbets Pass Century – Bear Valley

VALLEY SPOKESMEN AFFILIATIONS


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 jersey 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

WITH GREAT SADNESS

It is sad indeed that two of our club members passed away this past month.

Past President Jim Kohnen passed away very unexpectedly on May 29th. He will always be remembered with the smile on his face and his mild manner. He was very active in the Dublin community, having served on various boards, and was involved in many community organizations. He thoroughly enjoyed his term as President of the club and did his best to ride at least 100 miles a week. He will be missed by many. Our thoughts and prayers are with his wife Wanda and their family.

Club member Larry Spangenberg passed away on June 9th. He was a dedicated family man who was thrilled to have his three sons, son-in-law and grandsons join him on the annual ride to Paso Robles. He joined us on many of the long distance tours throughout the country as well. He loved the outdoors, but particularly bicycling, hiking and backpacking with this family. Many of us will miss that twinkle in his eye and his happy spirit. Our thoughts and prayers go out to his wife Wanda and his huge loving family.
Meeting called to order by President Mark Dedon at 7:05 p.m.

Minutes from the May 8, 2012 Executive Board meeting may be found in the current newsletter.

In the absence of Treasurer Dan Carhart, Bonnie reported the balances of our checking and savings accounts are solvent. Visitors were acknowledged and welcomed.

OLD BUSINESS:

1. Past month's rides – The ride to Paso Robles was great, thanks B & B. The Petaluma and Beyond was very well attended, enjoyed by everyone. Alberto's Mines Road was also a good ride. Basically all the current rides have had lots of riders and terrific weather.
2. V.S. web site – Curtis' computer is back in action so he is keeping busy with several updates.
3. Modernization of V.S. – This is in the works.
4. Meetup.com – V.S. to be represented; Curtis is working on this too.
5. Update on Bicycle Master Plans – nothing new.

NEW BUSINESS:

1. The June/July ride schedule is posted online and in the current newsletter. Additions and changes may be found online. Our ride coordinators have several vacancies for July/August. If you have a free day to lead a ride, check out the calendars and please call Gail or Peter. Gail also has several rides from which to choose if you need help.
2. T.O.S.R.D. – There is no news at this time. Don't forget the Bike to Work Day.
3. Jim is working on the Cinderella donations for this year. If you have any suggestions, please contact Jim.
4. Upcoming tours: Bonnie has the 15 rooms filled for Yosemite 2013. If you wish to be placed on the waiting list, send Bonnie a $100.00 deposit (payable to her).
5. Mark attended a ceremony where V.S. was awarded a Certificate of Appreciation for our donation of Luna Bars to the Bike to Work Day.
6. The current correspondence may be found in the June newsletter.
7. Next Executive Board Meeting at the Powers' place Wednesday, June 13th.

There being no further business, the meeting was adjourned at 7:25 p.m.

Respectfully submitted, Lynn DeMattei, Secretary

Entertainment for the evening was a presentation by Jamie Gilpin and Dick Powell of Bicycle Outfitters Tours who spoke on tours in France and Tuscany.

Valley Spokesmen “Bicycle” Touring Club
Club Business Meeting
June 6, 2012

Meeting called to order by President Mark Dedon.

Minutes from the June 6, 2012 Club Business Meeting were approved as read.

Treasurer Dan Carhart reported on solvency of our accounts.

OLD BUSINESS:

1. Past month’s rides: Rides continue to be glorious, although sometimes hot.

NEW BUSINESS:

1. June/July ride schedule was checked over with some discussion on the deletion of some rides.
2. T.O.S.R.D.: This is coming along. Francie and Bonnie continue to coordinate check points etc. due to the possible closure of Brannan State Park. Options are being considered should things change. Keep checking future newsletters for updates.
3. Yosemite 2013 – is a very popular event. If interested to be included (on a waiting list) send Bonnie a $100.00 deposit (payable to her).
4. Cinderella donation suggestions are still being accepted; contact Jim Duncan for e-board consideration.
5. Bob reviewed correspondence sent and received. Motion made, seconded and passed to donate to the National Park Conservation Association.
6. Discussed the e-board meeting in July due to the absence of several board members who will be out-of-town. Motion made, seconded and passed to cancel the July meeting. The August/September ride schedule will be sent out to board members.

There being no further business, the meeting was adjourned at 7:25 p.m.

Respectfully submitted, Lynn DeMattei, Secretary

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
May 29th
Thank you Bonnie and Bob for organizing and leading another excellent ride to Paso Robles. This was a good tour. I am glad that I did it after several years' hiatus. The riders were friendly and nobody complained about anything except the cool weather and wind when it was in our face. The route was perfect - no safety issues, no extended bad pavement and no long climbs. The motels were nice with large, clean rooms and free internet. If I were to do it again, I would slow down and take more photos. Otherwise, I would not change anything. Bob

I second Bob's comments on the tour down to Paso Robles - well organized and a delightful ride. After reaching Paso Robles, I joined a Meetup group that was touring from there back to Greenfield and Soledad through the areas of Lakes Nacimiento and San Antonio, Hunter-Liggett, the Ventana Wilderness, and Arroyo Seco. Peter

I also had a great time and wish to thank everybody for being such good company.

Bonnie & Bob a particular thanks for looking after us. Cycling for 5 days over 325 miles plus with 15,000 feet or more of climb in great, varying and beautiful countryside on mostly great roads in dry weather - what more can one ask for?

Thanks again, Marcus

Yes, THANK YOU Bonnie & Bob for a wonderful adventure. It was Alberto's and my first time on the trip and we enjoyed every minute! The ride to Paso was a lot of fun and the rides that were supported at the Great Western Bike Rally were phenomenal! I have never seen so many miles of smooth roads with so few cars. The scenery was incredible and the weather couldn't have been better! Alberto and I logged over 350 miles of riding on the trip and had a fantastic time. We do appreciate all that you do for our club; without your organization and support, it could not be done.

Thanks so much, Gail

Agree with ALL,
Thank you Bonnie and Bob. This is my favorite ride with the single reason being "B&B Support" additionally and don't want to forget to mention back country roads, able to pick up the pace at times or slow down, limited traffic, fun at the Wall, refreshments at the end and finally riding with everyone at different paces and places is icing on the cake. Bob and Kathy

Another wonderful Paso ride!
Thanks to Bonnie & Bob and their weather god contacts for great riding weather.
The best in years. What is better than tailwinds into Paso?
A lot of group riding until a few breaks where we found who the 'barnacles' are. But most 'smelled the roses'...and farm land.

The new route into Hollister, getting off 25, is great! Thank you!
Sushi or pasta in Hollister...rivals any local place! At far less cost!
On to King City and 'the wall' with the cheering section before the great descent into town and a refreshment stop at the Cantina - what no more Negro Modelo!! - before heading to the hotel - where we were set up at Guadaluajara thanks to Frank. Always good.
After dinner a treat of birthday cake at the motel for Mary's 21st.
A rollicking ride over 'the wall' and the cheering section before the great descent.
A regroup for a 'show the colors' ride into Paso.
Great dinner at Paso with 'Olde Timers' Tracey and Chris at Thomas Hill Organics - Arguably the best chef in Paso, nice outdoor seating, locally sourced ingredients (they have their own farm).
Wonderful to get caught up and tell lies <(:o). Perhaps they will set up an 'Atascadero weekend' for scenic riding.
So now it's Saturday and what to do...only 200 options. We went to the Ranchito - Hog Canyon ride, discovered in error 20 years ago by 3 VS members who were lost and rescued with directions by a rancher whilst North in Monterey County.
Suggested to GWBR they add it to the GWBR ride list, which was done. A lovely ride whilst other where on 'the sooner or (usually) later' AMTrack.
Much later, great dinner at the Odyssey, ice cream at the shop down the street and then rack time.
So it's Sunday and it's time for the 'real riders' - though one is reposing in Belize, - the challenge Century. 118,999 feet of climbing at 15+ mph! Well it felt like it! Almost, but a beautiful though challenging ride. 4 options to lesser ride climbs.
The older but wiser folk did the Winery tour through a beautiful route, winery stops with food and drink (tasting optional).
A few climbs for a great 6+ downhill into town. Then off to the Firestone Brewery and a bite to eat. Great beer (try Wooky or Hemp!), good food, lousy service....maybe as they have been there a few months. Communal dinner at the bar-b-que, where the main course was flown in by the VS airline. So perhaps some photos that will pass censor.
Plan for 2013 - Wednesday through Fri - Sat - Sunday

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
June 3rd
We had wonderful weather for yesterday's SF to Tiburon ride. After BART delays, 13 people met at the Ferry Building and took off on one of my favorite rides. Halfway across the bridge we were treated with open views of the GG Bridge and beyond. Dick's route took us past Ft. Baker in Sausalito, eventually on to the Mill Valley trail and a quick right onto Mill Valley city streets. We ended our time in Marin County on Paradise Drive with the beautiful bay view on our left. We had a great time meeting a lot of new people as well as visiting with our club friends. Mary Engleton brought a few of her friends, Sal & Steve. The 3 of them cycled back to the city while the rest of us took the ferry and ate at the Ferry Building, soaking in the SF sun (yes, "SF" and "sun" written together!).

After yet another BART delay (which led to a train going out of service at Lafayette), 6 of us took our bikes and cycled back to our destinations - the 2 new couples (Maureen & Dirk and Joey & John) going to their cars in Walnut Creek and Dick & I going back home (Danville). It was a pleasure meeting the new folks and we hope to see them again. It's ALWAYS a pleasure being with our club friends and we always look forward to cycling with you! Thanks for spending your day with us. Julie

June 6th
Richard Skow led today's ride from Heather Farm to Mt. Diablo. Usually we only go to the junction, but in commemoration of his recent birthday there was an optional ride to the summit. Beautiful day for it with clear skies and cool temperatures. Peter

June 8th
Julie led today's 'casual Friday' ride this morning, starting at the Sycamore Ave. Park&Ride and meandering through various Danville, San Ramon, and Dublin neighborhoods with a stop at La Patisserie toward the end. Peter

June 9th
Bob and Kathy led today's rides in celebration of his recent birthday. There were a few options on the route with Bob leading a group over Palomares on their way to Sunol while Kathy led the rest of us there via Foothill Blvd. We then continued back through Pleasanton on our way to Livermore and a Starbucks stop on Vineyard. Then it was a long climb into the wind on Collier Canyon and continuing on Highland and Tassajara into Danville before returning along the blvd. Peter

June 10th
Today's ride took us from San Ramon's Central Park on a loop through Blackhawk, Livermore, Pleasanton, and Dublin. We had a refreshment stop at the Starbucks on Vineyard before tackling the headwinds on the way back. Peter

June 13th
Geoff led today's club ride from Heather Farm Park to a loop around the Carquinez Strait. We started with a ride through Pleasant Hill to Martinez; crossed over the Benicia Bridge and through Benicia State Park to Vallejo; and continued through Crockett and along Carquinez Scenic Dr. back to Martinez. After a lunch stop at Haute Stuff, we retraced our path back to the start. Peter

June 15th
Susan filled in for Gail to lead today's Odd Friday ride. We headed up to Blackhawk, stopped at Oak Hill Park, and then continued on to Alamo before starting back on the Blvd. to Danville's La Boulange bakery for some refreshments. Then back on the trail to the starting point. Peter

June 17th
Hello Everyone,
We had a fabulous and HOT ride yesterday. One rider's bike computer registered 103 degrees! Big thanks to Gare Winery for allowing us to stage from their charming site. The cafe lunch was great, and the wine tasting a treat.
Due to the heat, our riders left as soon as they arrived and our SAG had to head out a little early to assist on the road. This was an unusual start due to the circumstances, so we apologize to anyone who might have arrived a little late and missed the crowd. This is an example of why it's a good idea to join the FP or VS email group, as we did inform riders the night before of the suggestion to start early.

Stats:
61 total riders; 37 Classic; 14 Challenge (not too many actually did this route due to heat); 10 Undecided; 10 SAG customers; 2 mechanical problems; the rest "missed" Sagarella, or were suffering heat exhaustion. Hope you had as great a day as Karin and I did as your hosts, Recumbent Kathy
+ + + + + + + + + +

Hi Everyone, I've included Irene from Garre in the cc. I'm sending her our collective thanks for hosting us. If you have any comments about what you enjoyed most at Garre please email Irene. Thanks! Karin

June 20th
Dick Skow led today's ride from Heather Farm in Walnut Creek to Sunol and back. Nice sunny day for our ride although it did start warming up a bit more than necessary on the return. Peter
June 23rd
Jane and Bob led today’s ride from Crank-2 in Pleasanton out to Sunol and the Calaveras reservoir. Beautiful sunny day but with cool temperatures that were welcome on the climb up Calaveras. Peter

June 24th
Rob led today’s century ride from Livermore to the levee area north of Tracy. He also arranged for excellent Sag support including fully supported rest stops along the way. Beautiful day for the ride with sunny skies, cool temperatures and clear air. The westerly breezes and a number of early flats led to a consensus to opt for the metric rather than the full century route so we finished fairly early after our lovely ride on some roads that were new to most of us. Peter

Awesome ride today Rob. Thanks for putting this together and for Judy and her daughter sagging. Amazing food at the rest stops. Potatoes, fruit, homemade chocolate-topped rice krispies and other goodies. I felt like it was a supported century ride! The roads were great with little traffic. It was fun to ride the flats - it makes for an excellent group ride. Rick

Excellent day, excellent route. Most of all, thanks for the Sag support. Home make goodies is hard to beat. We must try this route again and the 5-hour Century. It is definitely possible with this route. Until we hit the wind we averaged well above 20 mph. Ross

Thanks Rob for a great route! And for the goodies in the SAG vehicle. Thanks to Judi and Hannah (wonder how many Tweets were sent) for their SAG support and rest stop food and drink set up. A great ride in new territory over good road surfaces with little or no traffic. It was a change to ride a flat route, only the Altamont to climb. The metric is a route for all and the pace can be moderate or whatever you choose. The head winds on the return...they can be cancelled. A great day to be riding. Hope you do it again in the Fall. Francie & Jim

I was not so lucky to stay with the group. I ended up riding the last 30 miles myself backward without a route sheet. Luckily I remembered all the street names and be able to got back to Livermore before 11:30am with 61 miles on the computer. Will

It was a great ride. Thanks for leading. Steve

Congratulations to our Super Champ
A huge congratulations to club member Jim Duncan on winning the Northern California/Nevada Time Trial Championship, in his age category, at the NCNCA Sattley Time Trials on Sunday, June 10th. Great job!

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
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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 89,286!!!

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!

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Valley Spokesmen 3-Day Ride to Paso Robles - 2012

Every year during the three days before Memorial Day weekend, the Valley Spokesmen Bicycle Club runs a bicycle tour from the Bay Area to Paso Robles for the Great Western Bicycle Rally. The ride is organized and lead by Bonnie (and Bob) Powers. I have gone on this tour several times in the past, but had not ridden on it for several years. I decided to participate this time to see what has changed along the route. My other motive was to see if I had enough physical endurance for a future tour in the mountains of northwest Italy. I was particularly anxious about the relative high daily mileage.

On the Sunday before the ride, I drove the Odyssey to Paso Robles. I stayed overnight at the Adelaide Inn and used Sunday afternoon and most of Monday to do some scouting for the BAC tour that I will be directing next February. I left the car at the Adelaide Inn on Monday afternoon and caught Amtrak to get back to Oakland.

On Tuesday to prepare for the ride, I rearranged the gadgets on my Trek 5200 handlebars. I installed a handlebar bag from my old Bike Friday that I had used and liked a lot. I could fit my wallet, iPhone, camera, extra batteries and some food in it. I also moved my GPS mount so that the bag’s mounts would fit. This made the front of the bicycle a little heavy, but I got used to the handling difference. That evening, I removed the wheels from the bike and stuffed everything into the back of our Honda Fit. This wasn’t as much of a challenge as I thought it would be.

Wednesday, May 23 - Niles to Hollister
Ann, KD and I were on the road around 6:45 to go to the ride start at the foot of Niles Canyon at the Alameda Creek Regional Park. I anticipated lots of traffic, but I was fooled - we got there on time at 7:30. While I got my bicycle ready, changed into my riding gear and loaded my luggage into Bonnie’s rental van, Ann walked KD around the park. Other riders trickled in. Because some of them ran into heavy commuter traffic, our departure was 15 minutes late at 8:15.

Our morning route took us through endless suburban streets of Union City, Fremont, Milpitas and San Jose keeping east of I680 and I880. We rode as a group with the faster riders getting ahead temporarily when the rest of us were stopped by traffic. I was happy to ride with people who had been on the route before. They kept me from making wrong turns. Bonnie met us at a Shell station near Sierra Road around mile 16 and put out some snacks to tide us over until lunch. The weather was sunny and the temperature was warming up.

Continuing on, we skirted the southeastern edge of San Jose, went under and over the freeways and stopped at Erik’s Deli at mile 36 at 11:30. I had a Pilgrim’s Progress sandwich (Turkey Breast and fresh Avocado on 9-Grain Wheat Bread with Erik’s “Secret Goo”, Tomatoes and Sprouts). Most of the group ate outside on the patio. I didn’t see any space that was shaded, so I stayed inside.

At lunch, it was getting much warmer. I took off my jacket, arm warmers and leg warmers. We left Erik’s after noon as a group but soon teamed up with riders of equal speed. My partners were Christy Simpson and Peter Rathman as we rode the rolling hills past Calero Reservoir and on to Uvas Road. Bonnie set up afternoon snacks at the boat launching lot at the reservoir. She had a great spread of drinks, fruit and salty snacks.

We had caught up with the faster riders at the reservoir and took off with them after snacking. After a few miles, Christy and I found ourselves riding together again through Gilroy. We stopped to help John Woodworth change a flat tire in Gilroy and rode as a threesome to the end of the route. As we left Gilroy, we were in a convoy with one of the farm tractors as we rode past some odiferous garlic fields. Christie was freaked out with the tractor following us so closely especially when John went to the front leaving her at the rear.

The ride into Hollister was very windy. Heading south, we had a 45 degree headwind which was wearing us out. Going east, though, the wind was mostly at our back and we could maintain a pace of well over 20 MPH. We reached the Best Western San Benito Inn in Hollister at around 3:15 after putting in 84 miles.

Here are my statistics for the day: 83.7 miles; 2727 feet gain; 2570 feet loss

After cleaning up, we met outside of Bonnie and Bob’s room for a Social Hour. Chips, dips and drinks were plentiful. Bonnie handed out route sheets for the next day’s ride and talked about the high points. Then we crammed into three

Go to VS Calendar for more rides [www.valleyspokesmen.org/vsCalendar/month.php](http://www.valleyspokesmen.org/vsCalendar/month.php)
cars and drove to The Best of Times Cafe in the center of Hollister. I sat with Gail Blanco, Alberto Lanzas and Richard Hedges. I carbo-loaded on spaghetti with meat sauce.

After returning to the hotel, I tried to read in bed but soon fell asleep shortly after 9:00.

**Thursday, May 24 - Hollister to King City**

I had no trouble waking up at 6:00 after sleeping reasonably well. Most of our group went to Jerry's Restaurant for breakfast but I optioned to eat at the motel. Except for the lack of fresh fruit, the motel served the same food as I eat at home - coffee, cereal and toast (I had a sweet roll instead). Besides, the coffee machine brewed some really good espresso. I ate at a very small table with Richard Hedges.

At 7:30, I loaded my luggage into the van and rode over to Jerry's. I told Christy Simpson that I would swing by so that we could ride together today. When I got there, nobody had been served. So Christy released me to start without her.

The last time that I rode out of Hollister on Hwy 25, the country road started at the city limits. This time was a lot different. New Housing and strip malls stretched on for several miles and the road had four lanes. Finally at Tres Pinos, the road narrowed to two lanes and I was out in the country. Much of the land was still undeveloped, but there were some new vineyards that stretched on for several acres. The terrain was mostly low rolling hills with a few steep pitches thrown in to test lower gears. As I approached "Fire Station Hill", a fire truck going the opposite direction stopped, turned on its lights and flagged me down. The firemen were out on a call to chase a cow from the road. They warned me to look out for it. It was a slow day on Hwy 25. I didn't see a cow on the road, but several of them in a fenced-in field were watching me very closely.

I found "Fire Station Hill", spinned up it and turn into the fire station where Bonnie and Bob had the morning snacks set up. It was about 9:45 and I was surprised that I was the first rider to arrive. The fire station is fairly large with several buildings including an office and a bunk house. There is a helipad with a small helicopter in front. The snacks were excellent again. This time they included fresh strawberries with chocolate syrup. I really enjoyed the cantaloupe, too.

The riders from Jerry's were catching up to me here as I was starting out riding solo again. The temperature had warmed up and I dressed down to my shorts and jersey. (This was TOSRD jersey day). There were a few more steep rollers to climb as the route went past Pinnacles National Monument and beyond. I have ridden past Pinnacles several times and have never visited it. I will sometimes soon. Pinnacles National Monument is a release site for the endangered California Condor and I would like to spot one.

Shortly after 11:00, I reached "Marker 7" - our lunch stop at the intersection of Hwy 25 and G-13. Bonnie has been using a farm shed (Jim Duncan calls it a slaughter house) slightly off of the road for several years after arranging it with the owners. It was pretty rustic, but the owners had set up old benches and tables for our use. It looks like they have been here forever and that they will stay here longer than that. The pigeons have found a few of the benches. I helped Bob unload some of the food. The feeding table was set by the time most of the other riders arrived. We had lunch meat, cheese, tuna salad, egg salad, chips, drinks, cookies and a lot more. Nobody goes hungry on Bonnie's tours.

I didn't mention that we had a good tailwind for most of the morning. I am pointing that out now because the route into King City turned southwest forcing us into a strong cross wind. I left lunch first and turned on G-13 to climb the one-mile hill. After crossing the summit, it was a 14 mile decent into King City. The fast riders caught me on the first part of the downhill. I grabbed a wheel and held on for my maximum speed for the year - 45 MPH. After I watched some bicycles twitching in front of me because of the wind, I eased off and rode into the city at my own pace. The cross wind was definitely a factor on the pace.

The veterans on the ride traditionally stop at a cantina at the outer end of King City for beer, salsa and chips. I joined them as did everyone on the ride including Bonnie and Bob. We bought out all of their Negra Modelo.

Weaving our way down Broadway, we reached The Quality Inn around 2:30.

Here are my statistics for the day: 60.7 miles; 3274 feet gain; 3199 feet loss

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The usual party ensued outside of the Power’s room. With the steady wind, the temperature was a little chilly - enough to wear long pants and a jacket. Bonnie handed out the route sheets for the Friday ride and reviewed the critical parts of it. We also celebrated Mary Hernandez’s birthday.

Most of the group went to a Mexican restaurant for dinner. I wanted something different to eat so I followed Bonnie, Bob and Bill Andrews to V’s Diner. This was a real “find” - it has a senior menu. I had meat loaf, mashed potatoes and salad from the salad bar for $11 including the tip.

After we walked back to the motel and the rest of the group arrived, we gathered in the lobby a shared a cake for Mary’s birthday. Then it was back to the room and to sleep just after 9:00.

Friday, May 25 - King City to Paso Robles
We awoke to cloudy skies and cool temperatures this morning. The forecast showed that this would continue throughout the day. This might have influenced everyone to have the motel breakfast instead of going to a real restaurant. I was happy with oatmeal and muffins. The coffee wasn’t as good as the day before, but it worked.

We left as a group leaving King City via Lonoak Rd and heading to Hwy 25. Lonoak is a short step up from a farm road with lots of bad pavement and packed mud(?) on it. We rode past many fields with agricultural crops that most of us didn’t recognize. There were several fields that had just been plowed. Traffic was sparse and the few vehicles that passed us were trucks. Shortly before we reached Hwy 25, we stopped on a newish bridge and counted old rusted out cars that decorated the banks of the dry stream bed that we were crossing over. The ride veterans had a contest for guessing the number of cars. There were probably two dozen of them.

The slower riders caught us at the bridge and we continued on to Hwy 25 until we met Bonnie, Bob and the van at Peachtree Road for our morning snacks. The excellent array of fruit, salty munchies, cookies, drinks, etc. were welcome. This is normal the time to shed our outer layer of riding clothes, but it was too cool to do that. The clouds were dark and it looked like we might get some rain.

The next segments of the route were some of my favorites from years past. The first segment, Peach Tree Road, is definition of a country road. It is narrow, has almost no traffic and runs through ranch land that reminds you of the Old West. Our group left together but it soon broke up with the faster riders forging ahead. I slowed down to my touring pace and joined Peter Rathmann as we eased down the road. At the 40-mile mark we came upon the challenge of the day and maybe the challenge of the whole tour - "The Wall". This is a half-mile climb that starts out very, very steep and ends up very steep. My GPS didn’t measure it properly but my guess is that the first bump is around 15-18% and the end is around 9% with some less steep sections in the middle. When I got there, the fast riders were already at the summit and got off of their bicycles to cheer the rest of us on. This gave us an adrenaline rush to help us get to the top.

Bonnie had lunch set up for us at the summit. We filled our plates and sat at the side of the road as we ate. The air was cool but the pavement was warm. There was no traffic so it was safe to sit there and relax. As we were eating, a group of several vintage motorcycles with vintage men drove past us - a surreal sight in such a remote location.

The second segment of my favorites was Indian Valley Road. This road goes almost all of the way to Paso Robles. It starts out from the summit with a steep downhill. It then continues with downhill rollers until it flattens out near San Miguel. It is another narrow country road with ranches and vineyards on each side. I again rode at my own touring pace and was joined by Peter Rathmann until we got near San Miguel. It was warming up so I stopped and took of my jacket and leg warmers. From that point I was riding solo until I reached our regroup spot on the outskirts of Paso Robles. It was here that another ride tradition started. We slowed down the pace and rode into Paso Robles as a group with all of us wearing our Valley Spokesmen jerseys. I am not sure if anybody in Paso Robles noticed us, but we felt good.

The ride ended in Paso Robles at the Best Western Black Oak Lodge at 1:45.

Here are my daily statistics: 75.0 miles; 3830 feet gain; 3390 feet loss.

Bob Lynn
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

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

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

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

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

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

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

NAME - please print _________________________________ PHONE (_____)______________________________

ADDRESS ______________________________________ CITY ______________________________

STATE ZIP +4 _________________________________

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

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

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

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

_________________________ ____________________________
DATE AGE APPLICANT'S SIGNATURE

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

Name ___________________________ Age __ Signature ____________________________

Name ___________________________ Age __ Signature ____________________________

Name ___________________________ Age __ Signature ____________________________

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
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  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  Chrsty Simpson  925-803-0173
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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.