President’s Message

In our Sunday paper this week columnist and cyclist, Dan Borenstein, wrote a thoughtful article about his experience on the Death Ride a couple of weeks ago titled “Cycling community must adopt a stronger culture of safety.” On this ride he observed another cyclist crash after taking a turn too fast. Many cyclists stopped to assist and warn other approaching cyclists to slow down to prevent them from contributing to the accident. What he noticed was that while most cyclists were considerate and helpful, a few rode recklessly past the accident scene and throughout the entire ride. While these cyclists were in the minority, out of the 3,000 participants there were too many reckless riders. You can see this on our own Mount Diablo and other tight-turn hills and descents on a weekend ride. Some riders seem unaware of the risk of injury they are imposing on themselves and others. This includes: excessive speed going into turns or through gravel, passing on the right, crossing the center line on blind curves, etc. You can find some good cycling tips for negotiating turns from cycling coach, Rob Panzera at http://www.active.com/cycling/Articles/Cornering-Tips-for-Cyclists.htm. Please don’t be the 1% hazard rider.

Fun upcoming club events- I hope you can join us for the 41st anniversary club ride on Sunday, August 26. As in the past, both short and long routes are offered and both will end up at the Powers’ home for a fun gathering and lunch is provided (with birthday cake and ice cream)!

Also, the ever-popular TOSRD is coming up next month. This is a two-day ride from Brannan Island to Sacramento and back on September 22-23. To find out what TOSRD stands for (and to register for this event) check out the calendar and form in this newsletter or look online at http://www.valleyspokesmen.org/pdfFiles/2012_TOSRD_reg.pdf.

Pedal swift and pedal safe!

-Mark
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.

TERRAIN:
1) Generally flat with a few easy grades, suitable for beginners and casual riders.
2) Mostly easy grades with a few rolling hills, a challenge for beginners.
3) Moderate grades, some challenge for the average rider.
4) Steep grades with some relief.
5) Mostly steep grades, for strong riders.

PACE:
ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
L) Leisurely, many regroups.
M) Moderate, occasional regroups.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:
On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:
L=12 mph  M=16 mph  B=19 mph  S=22 mph-plus.

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

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

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

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

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

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

HELMETS ARE REQUIRED ON ALL RIDES!!

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

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

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

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

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

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

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

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

Note: Check the website calendar for additional rides or updates/cancellations of rides listed here.
WED. 8/1/12 2-L/M 22 miles (35 km) 9:00 a.m. ALL riders are welcomed! Erica’s “Thirty Again” day after birthday ride. 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)

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 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. 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 Ave 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 Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803, for further information.

TUE. 8/7/12 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.

TUE. 8/7/12 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. 8/8/12 3-L/M 47 miles (75 km) 9:00 a.m. Meet at Heather Farm and ride across the Benicia and 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.

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.

SAT. 8/11/12 2.5-M 30 miles (50 km) 8:30 a.m. Meet at Shannon Park. We’ll be heading south on Foothill, through Niles Canyon, over the Palomares and Dublin Canyon hills and then heading home to Dublin. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the parking lot.

Ride Host: Alaine Nadeau, 925-216-0801.
SUN. 8/12/12 4-M 60 miles (95 km) 8:30 a.m. Wes is leading us from San Ramon over the Dublin grade, around Lake Chabot, and then up Golf Links and Skyline into the Oakland hills. We'll return on Pinehurst into Moraga and then back along the Blvd. Meet at the Park&Ride lot at the southwest corner of the I-680 and Bollinger Canyon Rd. intersection. Bring snacks and sufficient fluids. Advanced Ride.

TUE. 8/14/12 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: Jane Moorhead, 925-980-9889.

TUE. 8/14/12 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: Dick Ward, 925-389-6738.

THUR. 8/16/12 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. 8/18/12 2-3.5-L/M 31 – 52 miles (52 – 85 km)
8:00 a.m. Feather Pedals ride from the Orinda BART station with both Classic and Challenge route options. Both routes will start by heading up San Pablo Dam Rd. past the reservoir. The Classic riders will then head back to Orinda and continue on a loop through Lafayette and Moraga. The Challenge riders will continue northwest through Hercules and Rodeo before climbing over Cummings Skyway to return via Pleasant Hill, Walnut Creek, and Lafayette.
Take Hwy. 24 west to Orinda; take exit 9 to Orinda; merge onto Camino Pablo; immediately turn right into BART station. Both women and men are welcome on these training rides. Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/ (Beginner Friendly)
Ride Host: Carol Da Shiell

SUN. 8/19/12 4-M 68 miles (100 km) 8:00 a.m. San Ramon - Mt. Diablo Junction - Morgan Territory Loop. Starting at the Bollinger Canyon Park&Ride lot off I-680, we'll ride up to the Mt. Diablo junction before descending the north side to Walnut Creek and continue through Clayton. Then we'll climb Morgan Territory Rd. After the summit, we'll descend to Livermore and return via Highland and Camino Tassajara. Take I-680 to the Bollinger Canyon exit and meet in the Park&Ride lot at the southwest corner (behind the Chevron station). Bring plenty of water and fuel. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

TUE. 8/21/12 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. 8/17/12 2-L/M (NO DROP) 20-30 miles 8:30 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)

WED. 8/22/12 2-M 35 miles (60 km) 9:00 a.m. Starting at the Sycamore Park&Ride lot in Danville we'll wander on a Figure-8 route through Blackhawk, San Ramon, Alamo, and Danville, including an out-and-back excursion into Las Trampas Park. Meet in the Park&Ride lot at the northeast corner of the I-680 and...
Sycamore Ave. intersection.

Ride Host: Dick Ward, 925-389-6738.

THUR. 8/23/12 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. 8/25/12  2-M 25 miles (40 km) 8:30 a.m.  
Join Larry in celebrating his birthday and his first hosting of a  
Valley Spokesmen ride.  
We'll ride from the Pleasant Hill BART station on a loop through Lafayette, Moraga, and Orinda.  
After the ride there'll be a birthday party about 2 miles away.
Ride Host: Larry Fredrick, larryfred@gmail.com

WED. 8/29/12 1-M 36miles (60 km) 9:00 a.m.  
Ride from the north end of Berkeley's Aquatic Park to the  
Emeryville Marina and then along the Bay Trail to Pt. Richmond for lunch.  
Meet at the foot of the Univ. Ave. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park).  
Bring water and food or money to buy.  
Note that the parking lot there has been closed recently for construction - but there's plenty of street parking in the vicinity.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SEPTEMBER 2012

SAT. 9/1/12 3.5-M 53 miles (85 km) 8:30 a.m.  
Starting at the Lafayette BART station, Michelle will lead us through Hercules and Rodeo to Cummings Skyway  
and Franklin Canyon before returning via Pleasant Hill and Walnut Creek.  
Meet at Lafayette BART, north side 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: Michelle McBee, 925-200-0078.

SUN 9/2/12 1-L/M (NO DROP) 34 miles 9 a.m.  
Start at Sycamore Park and Ride (680 & Sycamore exit).  
Ride up Danville Blvd. to Walnut Creek.  
Pick up the Iron parking lot on the left.
Horse Trail, ride around the Concord Airport to the Contra Canal Trail then back to the Iron Horse to Danville Blvd. Coffee stop at La Boulange near the end of the ride. Approx 30 -34 miles and will be a slow ride due to number of trail crossings on the Contra Costa and Iron Horse Trails.

Ride Host: Dick Ward, 925-389-6738, Humbug1943-3mail02@yahoo.com

WED. 9/12/12 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.

TUE. 9/4/12 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

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

WED. 9/12/12 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.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
TUE. 9/11/12 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. 9/11/12 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. 9/12/12 TBD

THUR. 9/13/12 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. 9/14/12 2.5-L/M 20+ miles (32+ km) 9:00 a.m.
Meet at the Danville Park & Ride (NE corner of I-680 and Sycamore exit) and ride up Mt. Diablo to the Junction or as far up as you’d like. Optional coffee stop at La Boulange after the ride. Participating riders will determine distance and pace but this may vary slightly depending on attending riders’ ability. Make sure you have a riding “buddy” at your skill level at the beginning of the ride.
Ride Host: Julie Hampton, 510-685-7103.

Check the website ride calendar for additional rides/updates to those listed here.

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 the 2013 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

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<th>Event Name</th>
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<td>19</td>
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Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
25 Tracy Riders Windmill Ride - Tracy
25 Ebbetts Pass Century - Bear Valley

September
2 Campovida Gran Fondo - Hopland
7/9 Emigrant Trails Bike Trek - Petaluma
8 Fruit Yard Century - Modesto
8 Canyons Century - Tuolumne
8 Best Buddies Challenge - Carmel
8 High Sierra Fall Century - Mono Lake
8 Tour de Fuzz - Santa Rosa
8 AMTRAK Century - CLOSED Irvine
8 Siskiyou Century - Yreka
9 Tour de Trinidad - Trinidad
9 Tour de Tahoe - Stateline, NV
15 Cancer Awareness Ride - Modesto
15 Guardsmen Tour - San Francisco
15 White Mountain Double - Bishop
16 Echelon Palo Alto Gran Fondo - Palo Alto
16 Edible Pedal 100 - Reno, NV
22 Tour de Fresno - Fresno
22 Veterans Victory Velo - San Ramon
22 Tahoe Sierra Century - Squaw Valley
22/23 Tour of the Sacramento River Delta
22/23 MS Waves to Wine - SF-Sonoma
29 Canary Challenge - Palo Alto
29 Lighthouse Century - San Luis Obispo
29 Knoxville Fall Classic Double - Vacaville
29 Lake Almanor Fall Century - Chester

October
6 Clark’s Corner Cycling Challenge - Ione

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

FYI - The Executive Board did not meet in July so there are no minutes to report. GONE BIKING!!!

July 8 – Nicasio – Julie Hampton led this ride to Lucas Valley Road and back

VALLEY SPOKESMEN AFFILIATIONS

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

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
RIDE REVIEWS

June 29th
Back from her trip to Panama, Gail led today's Odd Friday casual ride from San Ramon's Central Park. Started out a little cool and cloudy, but the sun came out as we wound our way up through Blackhawk and Alamo on our way to the La Boulange bakery in Danville. Peter

June 30th
Alberto led today's ride from San Ramon through Livermore to the Del Valle reservoir with a return through Pleasanton. Beautiful day for it with some cloud cover early keeping the temperatures down but bright sunshine by the time we reached Livermore. Peter

July 4th
Julie led today's ride from Dublin High School and going on a loop out through the Windemere development, Highland and Collier Canyon into Livermore, and a refreshment stop at the Starbucks; return was through Pleasanton and back into Dublin via the BART station. Peter

July 4th
Thank you to all who came out this early morning. We had 30 riders & broke up into 3 groups relatively quickly. We had great weather. I hope your day was safe and fun! (I'm all about keeping it fun!)

We had one woman (Susan) who is new to the area. I met her at Garre's tasting room after June's Feather Pedals ride (aka: the "roast & toast" ride). So glad she could join us today. I'm hoping she had a good time and met some of our club members. I rode with some people whom I'd never ridden with before. It's always fun to host because I get to know wonderful people I would never otherwise meet and it gets me out riding.

Special thanks to Kevin! He created this route in the counter-clockwise direction as a pre-Cinderella FP route that was rained out. I noticed that Kevin didn't sign in (I'll fix that). If there's anyone else who forgot to sign in, please let me know. I want to make sure you get credit for your miles.

Happy Independence Day to all! Julie & Dick
+ + + + + + + + + +
Was a great ride and company. Thanks for hosting! Hope to see you on the road soon. Gloria
+ + + + + + + + + +

I second all of the great comments I heard during and after the ride...great job Julie and Dick...great job Kevin for creating the route sheets...great job everyone for showing up and making it fun...Clay
+ + + + + + + + + +
Thanks again Julie. Great way to spend the holiday morning. Kevin
+ + + + + + + + + +

July 5th
Hello All, I want to send a shout-out and a big thank you to Alberto for leading a great ride out on the Peninsula yesterday. It definitely wasn't a ride for the faint of heart as we climbed 5,584 ft. in 50 miles. Tunitas Creek Rd. was an intense, gorgeous climb through the redwoods and totally worth it for the fun, twisty descent down Kings Mountain.

Thanks Alberto for the tour on new roads!
Emma
+ + + + + + + + + +
I'll echo the big thanks for a great ride. The roads were in very good condition with little traffic and some great climbs. I also wanted to compliment everyone in the paceline for skillful riding when a small dog lunged into us at 20+mph. Everyone was fine including the (very lucky) dog who was nearly hit by a pickup truck when he ran out into the road. I vote for doing that ride again (without the dog!).
Marc

July 7th
Jane and Bob led today's ride from Livermore Cyclery, around the north and east side of town, and then up to the summit of Del Valle Rd. Nice day for the ride, but with the temperature already rising a little none of us opted for the optional descent to the reservoir and obligatory climb back up.

Jane and Bob led today's ride from Livermore Cyclery, around the north and east side of town, and then up to the summit of Del Valle Rd. Nice day for the ride, but with the temperature already rising a little none of us opted for the optional descent to the reservoir and obligatory climb back up. Peter

July 8th
It's been quite a while since the club had a ride out to Pt. Reyes, so it was good of Alberto to lead one. Bright sunshine in Nicasio and Inverness turned to overcast and lingering fog as we proceeded into the Pt. Reyes National Seashore. But we got an informative tour of the lighthouse with its original Fresnel lens and weight-operated mechanism by one of the park rangers and enjoyed the numerous other exhibits. A delightful ride to the coast through this national park land. I wasn't able to provide any photos from this trip as explained in the link below,
but Will and Julie sent me some of their pictures to use instead. Thanks to them for the photos and to Alberto and Gail for leading the ride. Peter

July 8th
Once again the old standby ride of Calaveras Rd. delivered the goods in impressive fashion. Our ride began out of Crank 2 in Pleasanton and 20 VS riders joined over 50 other bike enthusiasts that had massed to enjoy the day. Rolling out at 9:00 the VS squad led the way to Sunol with a long line of riders trailing behind. Team VS was consistently out in front setting the pace and smiling at all of the new faces and old friends who just happened to be out on the road. Our route took us up and out Calaveras to the wall and back with a great descent and a water break in Sunol. At Sunol some of us dared to add the Palomares canyon climb to the route and we were rewarded by cool breezes and light traffic. The ride back to Pleasanton included a much appreciated tail wind that shot us up and over the Dublin Grade and back into the valley. All in all a great day to ride, perfect weather, good friends, and a route that never disappoints. Thanks to everyone who rode, you all make the ride better. Wes

July 11th
Dick led today's ride from the Sycamore Park&Ride lot, meandering through various local communities: Alamo, Blackhawk, San Ramon/ Windemere, Blackhawk again, and back to Danville. Refreshments at La Boulange bakery followed the ride. Beautiful day and our early start let us finish before things got too warm. Peter

Friday the 13th didn't live up to its reputation on Gail's ride from San Ramon's Central Park to Walnut Creek with a stop at La Boulangue bakery on our way back. Refreshingly cooler air with a delightful tailwind pushed us up to Walton Creek so effortlessly that we decided to lengthen the planned route a bit and continue onto the Canal trail. Of course that tailwind turned into a headwind for our return, but the promise of goodies at La Boulangue kept our pace up. Peter

Hey Rob: Great ride today, thanks for putting it together. It's really amazing riding the same routes that the TOC follows. It really gives you a much better appreciation for how good they are. Today's route was a showcase for how lucky we are to live in this great biking area. It also compares very well to what we are seeing on our TV's right now, this is world class riding in our own backyard. Bottom line today: 63 miles with a boatload of climbing, fascinating weather for July, and great riding comrades experiencing a mutual love of suffering. Couldn't ask for more, let's do it again. Wes

July 21st
We had a great turnout for yesterday's FP Monthly Ride with 93 total riders; 30 on the Classic route of 30 miles and 53 on the Challenge ride of 44 miles; and 10 undecided riders. It was a beautiful ride and a safe one with only one flat reported. The Organizer/Co-Organizers for this ride were Jan Stevens for the Classic route and Rebecca Wood for the Challenge route. The ride was supported by SAG, Dean Ball, and Sweep, Charles Parrish.
Thanks to Jakroo and Crank2

Hey Rob,
Not sure whether to hate you or thank you for making me do all that climbing! I wish my Garmin had been able to tell me what the grade was as we climbed up Tunitas Creek, but it had trouble reaching the satellite and just read 0% most of the way up. In fact, I think Lobitos Creek was more difficult because of the unknown factor. Lunch at the Garden Cafe was excellent! The home-made breads were heavenly, and the ambiance with guitar music was an added treat. My husband, Bruce, was having mechanical difficulties all the way up the climbs, with his back wheel slipping to one side of the dropouts. He had to stop and adjust it every few miles and by the time we began the climb up Lobitos Creek, it was practically unrideable. He finally handed me the car key at the top of Lobitos and said "Go ahead, don't wait...get the car and come back for me!" Eventually, after cranking down the quick release, he made it all the way down to Canada Road without the wheel coming off or crashing. Thanks again, Rob, for an epic ride...
Robin & Bruce

July 14th
Hey Rob,
Not sure whether to hate you or thank you for making me do all that climbing! I wish my Garmin had been able to tell me what the grade was as we climbed up Tunitas Creek, but it had trouble reaching the satellite and just read 0% most of the way up. In fact, I think Lobitos Creek was more difficult because of the unknown factor. Lunch at the Garden Cafe was excellent! The home-made breads were heavenly, and the ambiance with guitar music was an added treat. My husband, Bruce, was having mechanical difficulties all the way up the climbs, with his back wheel slipping to one side of the dropouts. He had to stop and adjust it every few miles and by the time we began the climb up Lobitos Creek, it was practically unrideable. He finally handed me the car key at the top of Lobitos and said "Go ahead, don't wait...get the car and come back for me!"
Eventually, after cranking down the quick release, he made it all the way down to Canada Road without the wheel coming off or crashing. Thanks again, Rob, for an epic ride...
Robin & Bruce
colds drinks and delicious burgers and hot dogs! Thanks Linda and Derek from Jakroo and Bryon and Peggy from Crank2 for your support! We are very fortunate to have our ride apparel available at a local retailer so, when you have time, don’t forget to stop by and pick up your Feather Pedals apparel at Crank2 in Pleasanton!

On behalf of all the FP Organizers, SAG, & Sweep…thank you for joining us. Jan & Rebecca

MILEAGE REPORT AS OF 7/21/12

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Go to VS Calendar for more rides [www.valleyspokesmen.org/vsCalendar/month.php](http://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 **103,987!!!**

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!!!**

Go to VS Calendar for more rides [www.valleyspokesmen.org/vsCalendar/month.php](http://www.valleyspokesmen.org/vsCalendar/month.php)
The Valley Spokesmen Touring Club invites you to venture with us onto the levee back roads of the Sacramento River Delta during the 29th Tour of the Sacramento River Delta (TOSRD), an overnight bicycle tour from Brannan Island State Park to the state capital and back.

All you have to do is check your gear in at the starting point and it will be waiting for you in Sacramento when you arrive.

Enjoy the Sights! Delta Levees, Ferry and More!

TOSRD is proud to provide our riders with a modification of a favorite route. Starting between 8:30-9:00 a.m., you meander on levee roads from Brannan Island through Isleton; then, further down the road encounter the Howard Landing ferry for a short river crossing. Continue at treetop level along Steamboat Slough, and on to Delta High School for lunch. After lunch your path takes you along the picturesque Sacramento River and into the Old Sacramento Historical District near the state capitol and on to the motel. After you are settled into the motel, you can return to wander through the many shops, enjoying the “old town” atmosphere. The motel provides a shuttle. Don’t forget to visit the renowned California Railroad Museum, too!

At the motel stretch out those muscles in the swimming pool. Dinner can be purchased at local restaurants.

The next day the sun rises early on riders eager for the return trip. After a breakfast provided by the motel, you head out of town and tour the river path. Along the levee route you go through the historic Chinese community of Locke, on to Walnut Grove and Isleton, and finally to Brannan Island for a barbecue feast. At Brannan Island, you will find your gear awaiting you.

The route is flat both days with probable headwinds Sunday. There will be 13 hours of daylight. All stragglers will be picked up by 4:30 p.m. each day. Each day is a little more than 60 miles.

Riders bring themselves, a bicycle and water bottles. Bring extra clothing, swimsuit, and personal toiletries in a SMALL duffel bag.

NOTE: At Brannan Island there will be a two-day fee for entering the park and leaving your car overnight ($10.00 in the past).

VALLEY SPOKESMEN will provide:
Food – Motel – SAG support – Gear transportation – Commemorative gift

COST: $95.00 Individual (double occupancy)
$150.00 single occupancy
$200.00 Family (2 adults & minor children)

REGISTRATION IS LIMITED to 200 entries

REGISTRATION form available on club web site: http://www.valleyspokesmen.org

CONTACTS for registration forms and additional information:
Bonnie Powers, 925-828-5299
Francie Cushman, 925-719-2256
2012 CLUB OFFICERS

President  Mark Dedon  925-828-9183
Vice-President  Karin Ball  408-406-2286
Treasurer:  Dan Carhart  925-828-8964
Recording Secretary  Lynn DeMattei  925-373-1803
Corresponding Secretary  Bonnie Powers  925-828-5299
Ride Chairmen  Gail Blanco  925-872-1001
                  Peter Rathmann  925-838-1973
Newsletter Editor/Typist  Marcia Seeger  510-223-9347
e-mail: VSnews02@aol.com
Online newsletter editor  Jim Paulos  510-200-8125
Newsletter Publisher  Bill/Mary Well  925-837-0103
Past President  Dan Carhart  925-828-8964
V.S. Racing Team  Jim Duncan  925-209-1369
     contacts  Zafer Demir  925-443-4124

2012 PRESIDENTIAL APPOINTMENTS

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

Community Liaisons

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

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.
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: ___________________________