President’s Message

If you have the opportunity to take an extended bicycle trip, there are some great options relatively close to consider. Erica and I recently returned from Idaho where we had joined about 245 other cyclists to experience the Ride Idaho seven-day event. The format is similar to Cycle Oregon, with cycling between small towns on beautiful roads and camping along the way while being fed and well-cared for by volunteers. We had fun the previous two years experiencing Cycle Oregon in early September, but wondered if there might be something similar but with fewer people. Ride Idaho was just that, but with a tenth the number of participants of Cycle Oregon and still with great support. This year’s RI route followed a northern direction starting in the southern end of the Idaho panhandle. We departed the little town of New Meadows on Sunday (8/5) and headed north along the Salmon River through Hells Canyon. We emerged from the canyon onto rolling fields of grain and passed through the towns of White Bird, Cottonwood, Elk City, Grangeville, Winchester and Moscow. We made it back to the start via a bus ride on the last day. An advantage of the smaller number of cyclists is that the various community groups at the host towns can be recruited to offer their local meals and they do a great job of that. In fact, the mayor of Nez Perce was even up for hosting free drinks as we passed by his saloon…We also were invited to their combine demolition der by, but since that important event isn’t until Labor Day, we opted to just get our photo with their town combine “lawn ornament.” Please drop me a line if you would like to learn more about Ride Idaho. We think they did a great job and we look forward to future rides with them.

Garbanzo beans galore and barn - courtesy of our RI friend Jerry Edwards

More on the local scene - don’t forget that the ever-popular TOSRD is coming up later this month. This is a two-day ride from Brannan Island to Sacramento and back on September 22-23. 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!

See the Valley Spokesmen website calendar for updates/additional rides not listed in this schedule.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
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See also the Valley Spokesmen website calendar for updates and additional rides not listed here.

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 (from westbound SR-24, take Deer Hill Rd. exit, turn left, then after Oak Hill Rd turn left into parking lot).

Ride Host: Michelle McBee, 925-200-0078.

SUN. 9/2/12 1-L/M 34 miles (60 km) 9:00 a.m. Start at Sycamore Park and Ride (I-680 & Sycamore exit). Ride up Danville Blvd. to Walnut Creek. Pick up the Iron 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. Leisurably ride due to a number of trail crossings on the Contra Costa and Iron Horse Trails.

Ride Host: Dick Ward, 925-389-6738, Humbug1943-email02@yahoo.com

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.

TUE. 9/4/12 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. 9/5/12 2-M 40 miles (65 km) 10:00 a.m. Paradise Loop. Starting at the SF Ferry Bldg. we’ll ride over the Golden Gate and through Tiburon and Corte Madera including the scenic route along Paradise Drive. Meet at the front of the Ferry Bldg. at the end of Market St. in San Francisco.

Leader: Bob Hislop, 925-890-6300.

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

WED. 9/5/11 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Entertainment for the evening will be provided by Emma Olenberger who will tell us about her recent bicycling adventures on Maui, including her ride on the Road to Hana and her climb up the Haleakala Crater. Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903 for a map.

THUR. 9/6/12 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. 9/7/12 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)

SAT. 9/8/12 3-M 42 miles (68 km) 9:00 a.m. Starting in San Ramon we’ll ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot right side. Bring water and snacks.

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

SUN. 9/9/12 4-L/M  80 miles (130 km) 8:30 a.m. (Adv. Ride – 5500’ of climb) Come join me on what became one of my favorite training rides earlier this year as I prepared for the Aids LifeCycle event. We will begin with a warm up on Camino Alto and cruise into Fairfax for our first coffee shop rest stop. From there we climb up White’s Hill and through the wooded Nicasio Valley Rd. From Nicasio we’ll continue to The Cheese Factory and meet lots of people who share your interests. Entertainment for the evening will be provided by Emma Olenberger who will tell us about her recent bicycling adventures on Maui, including her ride on the Road to Hana and her climb up the Haleakala Crater. Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903 for a map.
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scenic bike path through Samuel P. Taylor State Park before climbing back up and over White’s Hill into Fairfax. We will re-visit the coffee shop for one last stop before returning over Camino Alto and to Mike’s Bikes. Meet at Mike’s Bikes, 1 Gate 6 Rd. in Sausalito. Take Hwy. 101 to exit 445A toward Sausalito and take Donahue/Bridge/Gate 6 east to the shop. DO NOT park in the store parking lot; continue around behind to free parking along the trail.

Ride Host: Emma Olenberger, 707-479-2549.

MON. 9/10/12 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. 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 3-M 29 miles (48 km) 9:00 a.m. Wednesday with the Bears We are riding from Lafayette for a 29-mile loop that includes the 3 Bears. Approximate elevation gain is 3,465 ft. Our route will take us to the Bears via Pleasant Hill Rd., Reliez Valley Rd., and Alhambra Valley Rd. After climbing Bear Creek Rd., we are heading to Orinda for a Starbucks coffee stop. Meet at the Lafayette/Moraga Regional Trailhead parking lot, located at the intersection of Olympic Blvd. and Pleasant Hill Rd. Bring water and food or money to buy in Orinda. Advanced Ride due to the amount of climbing & minimal regroups, but everyone is welcomed to come and ride at his/her own pace (bring a buddy!).

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

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 rider’s 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.

SAT. 9/15/12 2-L/M 32 and 42 mile options (55 and 67 km) 9:30 a.m. Feather Pedals Social "Harvest" series. We’ll be starting at the Red Feather Winery in Livermore (5700 Greenville Rd.) and have a choice of two route options (Classic of 32 miles and Challenge of 42 miles). Take I-580 east to the Greenville Rd. exit and go south; continue across Tesla Rd. and the Red Feather Winery will be on the left. Bring water and snacks; option for lunch and/or wine tasting after the ride ($). Sag and Sweep supported.

Ride Hosts: Karin Ball, 408.406.2286, and Alma Schiefer

SAT 9/15/12 4-M/B 44 miles (70 km) 8:30 a.m. (Adv) We are riding the ridges and forests of the Santa Cruz mountains. We are visiting Big Basin Redwoods State Park and the town of Boulder Creek. This ride has long climbs and descents with over 4,000 ft. of total elevation gain. Meet at the junction of Hwy-9 and Skyline Blvd. Park in the large parking lot at the SE corner. Take I-680 south, becoming I-280; then take Saratoga Ave. exit and go south to Big Basin Way; continue to intersection with Skyline Hwy 35. Car pooling encouraged - Bollinger Park&Ride lot at the Bollinger exit of I-680 in San Ramon for a 7:15 departure. Bring foods and plenty of fluids. Check VS web calendar for updated information before the ride. (ADVANCED RIDE)

Ride Host: Alberto Lanzas 510-825-9581

SUN. 9/16/12 3-L/M 47 miles (75 km) 9:00 a.m. Dublin to Moraga loop. First we’ll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst Roads to Moraga. After a short break we’ll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.

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

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Mon. 9/17/12 4-M 30 miles (50 km) 9:00 a.m. Ride up the north side of Mt. Diablo to the junction from Heather Farm, then descend the south side and return via Danville. Meet at Heather Farm Park in Walnut Creek. Take I-680 to the Ygnacio exit and go east; turn left at San Carlos Rd. into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964.

TUE. 9/18/12 2-M/B 25 miles (40 km) 6:00 p.m.
Regular Tn'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. 9/18/12 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. 9/19/12 3-M 30 miles (50 km) 9:30 a.m. Meet at Shannon center in Dublin. Take I-680 and exit on Alcosta heading west. Turn left onto San Ramon Rd, then right onto Shannon and right again into Shannon Center. Bring food and fluids.
Ride Host: Alaine Nadeau 925-216-0801, I8trees@aol.com

THUR. 9/20/12 2-M/B 25 miles (40 km) 6:00 p.m.
Regular Tn’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. 9/21/12 2-L/M (NO DROP) 20-30 miles (32 – 50 km) 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 welcome! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)

SAT. 9/22/12 2-L/M 35 miles (60 km) 9:00 a.m. Dan’s leading us on a ride from Shannon Center in Dublin through assorted neighborhoods and country clubs in the San Ramon valley. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Ride Host: Dan Carhart, 925-828-8964.

SAT./SUN. 9/22-23/12 It’s the T.O.S.R.D. weekend!
Join us on our annual Tour of the Sacramento River Delta. See all details elsewhere in this newsletter or go online at http://www.valleyspokesmen.org/tosrd.php

SUN. 9/23/12 2-L/M ~30 miles (50 km) 10:00 a.m. Start at Sycamore Park & Ride (Sycamore exit off of I-680, NE corner of intersection). Julie will host a ride that does a figure-8 heading first north and then south along the valley floor. No major climbs. Come join Julie as she recovers from her beach adventure.
Ride Host: Julie Hampton, psyclejulz@sbcglobal.net, 510-685-7103

TUE. 9/25/12 2-M/B 25 miles (40 km) 5:30 p.m.
Regular Tn’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. 9/25/12 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. 9/26/12 3-M 30 miles (50 km) 9:30 a.m. Meet at Shannon center in Dublin and we’ll do a loop ride down to Sunol and including the cliffs over Palomares and Dublin Grade. Take I-680 and exit Alcosta heading west. Turn left onto San Ramon Rd., then right onto Shannon and right again into Shannon Center. Bring food and fluids.
Ride Host: Alaine Nadeau, 925-216-0801, I8trees@aol.com

THUR. 9/27/12 2-M/B 25 miles (40 km) 5:30 p.m. Last regular Tn’T ride from Shannon Center in Dublin this year. 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. 9/29/12 3-L/M 67 miles (105 km) 9:00 a.m. Starting at the Half Moon Bay Community Center we’ll take in some coastline and beautiful hills, including

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Gazos Creek, Pescadero, Hwy 84, Stage Rd., Higgins and Purissima Creek Roads before returning to HMB. No Tunitas Creek climb today! Bring lots of fluids and food and $$ to buy enroute. NO SAG. Directions: Take the San Mateo Bridge and continue on Hwy 92 to HMB, left (south) on Hwy 1, and then left onto Kelly Ave. Go about 2 blocks, then left into the Community Center parking lot. Senior Center no longer open on Sat, for bathroom, plan ahead! Allow at least an hour for travel time.

Ride Host: Alaine Nadeau, 925-216-0801. Note: Cell phone coverage is limited in the HMB area.

SUN. 9/30/12 3-M 35 miles (60 km) 9:00 a.m. It's time to head out to Pinole again. Start at Acalanes High School (1200 Pleasant Hill Road Lafayette) and proceed over Pig Farm Hill to Pinole. Loop around through El Sobrante and return via San Pablo Dam. Coffee/food stop at Trader Joe's shopping area in Pinole.

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

OCTOBER 2012

MON. 10/1/12 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. 10/2/12 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. 10/3/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, December 5, 2012.

FRI. 10/5/12 2-L/M (NO DROP) 20-30 miles (32 – 50 km) 9:00 a.m. This Odd Fri-Day series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.

Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)

SAT. 10/6/12 2-M 40 miles (64 km) 8:30 a.m. We'll start at Shannon Center (on Shannon Road and San Ramon Road in Dublin) and ride out Foothill Road to Sunol, then out Calaveras Road to Sunol Park. Bring drinks and lunch for our stop at the park. We will return via Pleasanton.

Ride Host: Steve Kowalewski, 510-582-4808 or 510-774-7977.

SUN. 10/7/12 1-M 36 miles (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: Marcus van Raalte, 925-437-3332.

TUE. 10/9/12 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. 10/10/12 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.

WED. 10/10/12 4-M/B 60 miles (95 km) 9:00 a.m. 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 Junction Cafe then return. No services along the way, bring plenty of FLUID and food, or money to buy at the junction.

Ride Host: Alberto Lanzas 510-825-9581. (ADVANCED RIDE)

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

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

EVERY SUNDAY MORNING 3-B (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. Contact Don Williams at 925-580-9395.

EVERY 1st SATURDAY MORNING each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a “no-drop” ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

UPCOMING 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

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
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
16 Stockton Rotary Poker Ride - Stockton
22 Tour de Fresno – Fresno
22 Veterans Victory Velo – San Ramon
22 Rat Ride – Redondo Beach
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 – CANCELLED Chester
30 Tour de Poway - Poway

October
6 Clark’s Corner Cycling Challenge – Ione
6 Konocti Challenge – Lakeport
6 Grizzly Century – North Fork
6 Central Coast Classique – Arroyo Grande
7 Mt. Diablo Challenge - Danville
7 Surf City AIDS Ride – Santa Cruz
13 Altamont Century - Tracy
13 Tour de Rocklin - Rocklin
13 Asti Tour de Wine - Clovis
13 Spooktacular - Bakersfield
13 Bass Lake Powerhouse Double - Bass Lake
13 Col. Allensworth Century – Allensworth
13 Solvang Autumn Double Century – Solvang
14 Princess Promenade - Sacramento
20 Wheels on Meals – Livermore
20 Foxy’s Fall Century – Davis
20 Valley Girls Ride – Clovis
20 SLO Granfondo – San Luis Obispo
20 Santa Barbara Century - Santa Barbara
20 Five County Century – Los Angeles
21 Brain Tumor Ride – Palo Alto
21 Tour de Sewer – Bell Gardens
27 Death Valley Century/Double – Death Valley

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
WORKSHOP TO UPDATE DUBLIN’S BIKEWAYS MASTER PLAN

This year Dublin is updating its Bikeways Master Plan (originally adopted in 2007). The City wishes to solicit input from as many interested parties as possible and will host multiple public workshops to gather feedback and recommendations from attendees. Comments will be considered for incorporation into the update, including prioritization and a list of potential future bikeways projects and programs. The first such workshop is scheduled for Monday, October 1.

VALLEY SPOKESMEN AFFILIATIONS

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

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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

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

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
August 8, 2012

Meeting called to order at 7:05 p.m. by Treasurer Dan Carhart. Minutes from the June 13, 2012 Executive Board Meeting were approved as written in the newsletter.

Treasurer Dan Carhart reviewed our accounts. He gave us a lesson on how organizations can be hacked into. However, thanks to Dan’s keen eyes, we avoided a problem.

OLD BUSINESS:
1. Past month’s rides: We have a lot of great rides. The Feather Pedals rides have gone super well.
2. V.S. web site: Curtis is working on keeping our website updated and in order.
3. Modernization of V.S. and Meetup.com are still in the works.
4. There were no updates on area Bicycle Master Plans.

NEW BUSINESS:
1. The September/October ride schedule was checked over for errors and omissions.
2. T.O.S.R.D. is coming along. The route may be altering due to construction. Reservations are made at Brannan Island and the motel in Sacramento. We still have plenty of space left, so please get your applications in for this great ride.
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). She informed the group there has been an increase in the cost of lodging at Yosemite. This will be reflected in the total cost.
4. The list of Cinderella donations was reviewed. Motion made, seconded and passed to donate $1,500. to the surrounding cities and passed to donate $1,000. to each of the 23 organizations suggested. Motion made, seconded and passed to donate $1,500. to the surrounding cities where the Cinderella passes through.
5. Discussed a bill received from Nancy Oh for her ambulance cost on the Yosemite tour when she refused to be transported. Motion made, seconded and passed to assist with a portion of this bill.
6. Bonnie reported on the Mt n. Challenge Sunday, October 7th , stating Whole Foods is no longer donating any of the food for the event. Motion made, seconded and passed to purchase some of the food for the top of the mountain, not to exceed $500.00.
7. Bonnie reviewed correspondence sent and received. Dan to let Bonnie know which organizations we have not rejoined this year.
8. The next club meeting will be September 5th. Bonnie to contact Pete Culshaw to see if he would like to present a slide show of his Europe bicycle tour in 2012.

GOOD OF THE ORDER
1. Jim Paulos would like to install Dropbox on the club computer at no cost to the club. All agreed.
2. Discussion followed on upgrading the club computer or replacing it. Our computer is quite old and a new one would not run Paradox (the system used for mileage; membership, Cinderella; TOSRD, and others). Jim to research the situation in hopes of making all computers compatible (Bonnie; Jim, Marcia and Dan).

There being no further business, the meeting was adjourned at 8:15 p.m.
Respectfully submitted, Lynn DeMattei, Secretary

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Valley Spokesmen “Bicycle” Touring Club
July/August 2012

Correspondence sent:
2. Check to Office Depot for TOSRD expenses.
3. Check to James G. Parker Insurance Associates for liability insurance.
5. Check to Purchase Power for postal meter supplies.
6. Check to Amador Valley Industries for handy hauler for Cinderella.
7. Check to Bob Powers for printer ink and lumber for shelves in storage area.
8. Check to Pitney Bowes Global Financial Services, LLC for postal meter lease.
9. Check to La Quinta Inn for motel deposit for TOSRD.
11. Check to Nancy Oh for difference in ambulance fee (Yosemite).
12. Check to Purchase Power for postage on meter.
13. Check to Bob Powers for V.S. birthday party; TOSRD; Brannan Island deposit; Paso Robles.
14. Checks for $1000.00 as a Cinderella donation to the following organizations:
   - Assistance League of Amador Valley
   - Assistance League of Diablo Valley
   - Assistance League of San Jose
   - Bay Area Women’s & Children’s Center
   - California Prostate Cancer Coalition
   - Cancer Support Community
   - Charlotte Maxwell Complimentary Clinic
   - Community Partnership for Families San Joaquin
   - CORA – Community Overcoming Domestic Violence
   - Emergency Shelter Program, Inc
   - Family Violence Law Center
   - Girl Ventures
   - Hope Hospice
   - Dublin
   - Marjaree Mason Center
   - Next Door Solutions to Domestic Violence
   - Prostate cancer
   - Rainbow Community Center of Contra Costa County
   - SAVE – Shelter Against Violent Environments
   - Sexual Assault & Domestic Violence of Yolo County
   - STAND! Against Domestic Violence
   - Support Network for Battered Women – WomenCARE
   - Tri-Valley Haven for Women, Inc WomenCARE
   - Women’s Daytime Drop-In Center
15. Check to Adventure Cycling for annual membership dues.
16. Check to Bay Area Ridge Trails Council for annual membership dues.
17. Check to National Parks Conservation Association for annual membership dues.
18. Check to Planning and Conservation League for annual membership dues.
19. Letters of welcome to old/new club members. 2012 membership currently stands at 473.

Correspondence received:
1. Thank you letters for Cinderella donations from Livermore Police Department; Hope Hospice and Tri-Valley Haven.
2. Pre-registration forms totaling 141 for the TOSRD.
3. Adventure Cyclist magazine
4. Requests for membership renewals and donations.
5. Announcements of upcoming events and tours.
6. Newsletters and magazines from various clubs, organizations and business.

MILEAGE REPORT AS OF 8/27/12

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July 21st
We had a great turnout for today'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. Much thanks to Jakroo and Crank 2 for the delicious BBA, raffle & sale! It was great to come back to cold drinks and delicious burgers and hot dogs! Thanks Linda and Derek from Jakroo and Byron and Peggy from Crank 2 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 Crank 2 in Pleasanton. Jan & Rebecca

July 25th
Thanks for to-day's ride Alberto. Great day on Mines road...it was beautiful as usual with cool breezes to alleviate the moderate temperatures. A fun day and great workout. As we rode down Tesla we thought of those ensconced in their stale air conditioned offices whilst we the fresh. But thanks for feeding the SS fund. <(:o) Francie

July 27th
Gail led us on a Figure-8 route first heading south to Old Ranch before circling back to Central Park via Dougherty and Bollinger and then doing a second loop to the north with a stop at La Boulange in Danville. Started out cloudy and cool but the sun came out and warmed us up when we got to Danville. Peter

July 28th
Christy led today's 'local' ride - starting at Dublin High School and looping through Livermore with two Starbucks stops along the way (at Portola and Vineyard). Beautiful day for it with the initially cloudy skies and cool temperature quickly changing to bright sunshine warming us up. Peter

July 29th
Thanks to Julie for leading today's ride from Martinez to the Jelly Belly factory in Fairfield. Bright sunshine and the breeze made it seem cooler than it was. Peter

July 29th
Great ride to-day Mary & Ken. A good size group and number of 'first-timers' who indicated they will be back.

July 29th
Nice to have new folks at the after-ride social time. Francie
+ + + + + + + + + +
Thank you for the great ride. It was fun. K & B
+ + + + + + + + + +
And lunch afterwards was nice too. Mary
+ + + + + + + + + +
Kevin and I really enjoyed both rides, including the post-ride lunches, this weekend!

August 1st
Erica led today's ride from Shannon Center up through Danville and Blackhawk with a Starbucks stop at Crow Canyon and Tassajara. We returned south on Dougherty and then on some of the trails in San Ramon and Dublin. Peter

August 3rd
Lovely cooler weather for Gail's usual Odd Friday ride from San Ramon's Central Park up to Walnut Creek and back. We stopped at La Boulange in Danville for refreshments on our way back. Peter

August 5th
Beautiful day for our ride from San Ramon to the Diablo Junction and then down the north side to Walnut Creek. Cool and partly cloudy for the climb in the morning and then warming up for the descent and ride back along Danville Blvd. and the Iron Horse trail. A few riders chose to extend the trip with a jaunt up to the summit. Peter

August 8th
Dick Skow led our ride from Heather Farm to Martinez and continuing on the loop of the two Carquinez Strait bridges. Staying near the strait, we avoided today's warm weather until the very end of the ride. But after our lunch stop in Martinez (at the new pizzeria that replaced our old favorite taqueria) we did have to leave the cooling breezes along the strait and climb back up over the hill to Walnut Creek. Peter

August 11th
Alaine led today's ride from Shannon Center down to Sunol and returning via Nilies Canyon, Palomares, Dublin Grade, and Schaefer Ranch. Beautiful day for the ride and pleasantly cooler air than we've been having. Peter
August 12th
Wes led us on an extended loop to the Moraga Commons. Starting at the Bollinger Park&Ride we headed over the Dublin grade to Castro Valley and continued on to the Oakland Zoo. Then it was up the hill on Golf Links, Grass Valley and Skyline where we got some great vistas to both the east and west from the ridgeline. When we reached the intersection with Redwood Rd. there was a short discussion about taking the shorter option to Moraga via Redwood, but the consensus was to stick with the original plan taking Skyline to the northern end of Pinehurst before descending to Moraga. After a short refreshment break at the Commons we returned through Lafayette and then took Danville/San Ramon Valley Blvd. back to the start. Peter

August 15th
Alaine led today's local ride from Shannon Center over to Castro Valley and then up into the Hayward hills. Nice to have some cooler air to ride in again although the lingering fog layer spoiled the usual long range vistas of the bay and SF. Peter

August 17th
Another odd-numbered Friday, so Gail led us on a tour of the San Ramon area with our usual stop at La Boulange on the way back. Peter

August 18th
Alberto led today's tour from the San Leandro Marina past Oakland airport and around Bay Farm and Alameda islands. It included several waterfront trails with cooling breezes from the bay, the only drawbridge in the US built exclusively for ped/bike use, a stop at the USS Hornet museum ship, and a lunch stop at Wescafe (in a renovated bank building from 1916). Peter

August 19th
Just about a perfect day for Alberto's Mt. Diablo and Morgan Territory ride. Our early start and some lingering cloud cover kept us cool as we climbed up to the junction on Mt. Diablo and continued down the north side and into Clayton. And the temperature stayed comfortable during the Morgan Territory climb, especially with all the shade cover on the north side. Peter

August 18th
Saturday was a great day for a ride as a total of 44 riders: 19 on the classic route of 30 miles and 20 on the Challenge ride of 43 miles; and 5 undecided. It cooled down from the high temperatures we all saw earlier in the month which made it a beautiful day for ride. The Host and Co-Host for this ride were Carol Da Shiel and Kevin Thieben. The ride was supported by SAG, Dean Ball, and Sweep, Charles Parrish. A BIG thanks goes to Kevin for all the work he did on planning the route and Dean and Charles for always being there for the riders. WE APPRECIATE KNOWING YOU ARE THERE! On behalf of all the FP Organizers, SAG, & Sweep...thank you for joining us. It was great to catch up with all of you. Carol and Kevin

August 22nd
Dick Ward led us on a figure-8 tour of the San Ramon, Danville, Blackhawk, and Alamo area, including riding out to the end of Bollinger Canyon Rd. in Las Trampas Park. We encountered the Walnut Creek contingent led by Dick Skow both on our return from Las Trampas and while riding south on Danville Blvd. Peter

August 25th
Larry led his first VS ride today in celebration of his birthday. Starting at the Pleasant Hill BART station we headed south on the Iron Horse through Walnut Creek and then did a loop through Lafayette, Orinda, and Moraga. At the end of the ride Larry and his SO invited us over to swap stories and munch on assorted goodies - thanks! Peter

August 25th
Great ride today Alberto. You know it's a good day when VS chases down HOP Lite led by a tandem with a "Will Pull for Beer" sign on the back. Rick

August 26th
Great ride today and BBQ afterwards! Rick

+ + + + + + + + + +

Thanks to Bob, Bonnie, and everyone who helped with the BBQ and club anniversary preparations. Peter
TOUR OF THE SACRAMENTO RIVER DELTA
September 22-23, 2012

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  
Vice-President Karin Ball  
Treasurer Dan Carhart  
Recording Secretary Lynn DeMattei  
Corresponding Secretary Bonnie Powers  
Ride Chairmen Gail Blanco, Peter Rathmann  
Newsletter Editor/Typist Marcia Seeger  
Online newsletter editor Jim Paulos  
Newsletter Publisher Bill/Mary Well  
V.S. Racing Team Jim Duncan  
contacts Zafer Demir  
2012 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen Jim Duncan, Bob Powers  
T.O.S.R.D. Chairman Francie Cushman  
E.B.B.C. Rep Open  
Mileage Keeper Jim Paulos  
Webmaster Curtis Stallins  

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

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

We appreciate the many articles that have been submitted and 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.
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

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

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. ___NEW MEMBER ___RETURNING MEMBER

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

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

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

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

NAME - please print (_____) PHONE

ADDRESS ____________________________ CITY ____________________________ STATE ZIP +4

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

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

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

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

DATE AGE APPLICANT’S SIGNATURE

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

Name Age Signature
_________________________________________  _____  ___________________________________________
_________________________________________  _____  ___________________________________________
_________________________________________  _____  ___________________________________________
_________________________________________  _____  ___________________________________________
_________________________________________  _____  ___________________________________________

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

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact: ____________________________________________
Telephone Number: (_____)______________________________________

Emergency Contact: ____________________________________________
Telephone Number: (_____)______________________________________

Physicians Name: _____________________________________________
Telephone Number: (_____)______________________________________

Medical Insurance: ______________________________________________
Coverage ID: ____________________Group ID: _____________________

Allergies: _____________________________________________________

Blood Type: Name: ________________________      Type: ________________________
Name: ________________________      Type: ________________________
Name: ________________________      Type: ________________________
Name: ________________________      Type: ________________________
Name: ________________________      Type: ________________________