President's Message

Last month one of our club members who hosted the TNT ride told me she had conducted a poll of who was carrying ID and was surprised to learn that half of the riders had no ID of any kind with them. Reflecting on some rides when I found myself behind the TNT peloton, it’s not inconceivable that a rider without ID could be involved in an accident without anyone who knows them and unable to inform their rescuers who they are or who to contact. As a minimum, carry some form of ID. Did you know that your club can provide you with a medical emergency card? Just ask Bonnie and she will be glad to send you one. Check out www.roadid.com for some more ideas about this important safety consideration.

And while we’re on the topic of safety… you have no doubt noticed the dwindling daylight each day as we head into autumn? The cooler weather is nice, but I’m missing those nice long summer evenings of daylight for riding. It is easy now to get caught riding with failing light and that’s dangerous around traffic. You can see them great, but they may not see you. Reflective clothing helps, but do carry several flashing lights when you ride this time of year- ideally a headlight, taillight and helmet light. For those of you undeterred by rain, please slow down a little as your stopping distance will have increased and especially watch out for extra slippery roads right after the first rains of the season when all the oil is released. Painted lines and railroad tracks are especially slippery and dangerous when wet.

Now that you’re all planning to ride safely this fall- check out the October ride calendar for some fun fall…and perhaps somewhat ghoulish… rides!

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) Leisuresly, 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.

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.

HELМЕTS 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.
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 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. (Advanced ride)
Ride Host: Alberto Lanzas 510-825-9581.

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, gvlanco@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. We will 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. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park). Bring water and food or money to buy. Note that the parking lot 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 3-M/B 46 miles (75 km) 9:00 a.m. We are riding from San Ramon's Central Park south to Sunol, Pleasanton, and Livermore. After a coffee stop at Vineyard/Isabel in Livermore, we are returning via Collier Canyon/Camino Tassajara. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library and Market Place. Bring water and fuel or money to buy in Livermore. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

WED. 10/10/12 2-M 57 miles (90 km) 9:00 a.m. We'll ride from Heather Farm south to Sunol and back via the Iron Horse trail, Danville/San Ramon Valley Blvd., and Foothill Rd. 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.

SAT. 10/13/12 2-L/M 45 miles (72 km) 9:30 a.m. Oktoberfest ride starting @ Danville Park & Ride (NE corner of Sycamore Valley Rd. and I-680) . Less than 1,600' of climbing. We will ride Camino Tassajara & Highland to Livermore, then ride north past at least 3 different breweries/pubs with the option to sample. Lunch near end @ either Jack's or Maria-Maria's or some other mutually agreeable place. A filling breakfast is highly recommended.
Ride Host: Julie Hampton, 510-685-7103.
SUN. 10/14/12 4-M 39 miles (62 km) 9:30 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory. A long climb but not too steep. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection. Be ready to roll promptly at the start time and bring plenty of food and fluids.
Ride Host: Alaine Nadeau, 925-216-0801.
i8trees@aol.com

TUE. 10/16/12 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. 10/17/12 2.5-M 30 miles (50 km) 9:30 a.m. Meet at Shannon center in Dublin and ride a loop through Sunol and returning 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

FRI. 10/19/12 2-L/M 25-35 miles (40 – 60 km) 9:00 a.m. (No Drop) This Odd Fri-Day series of rides will start at San Ramon's 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 and Market Place. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly)
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 10/20/12 2-L to 3-M 25 - 40 miles (40 - 65 km) 9:30 a.m., announcements at 9:15. Starting from Draeger’s Market in the Blackhawk shopping center we'll have two routes. The 'Classic' route will wind through Alamo, downtown Danville, and San Ramon while the 'Challenge' route will add an excursion to the junction on Mt. Diablo. From I-680 take the Sycamore Ave. exit and go east (bec. Camino Tassajara); turn left on Blackhawk Rd. and right into the shopping center; park in the lot to your left. Bring water and snacks.
Ride Hosts: Karin Ball, 408-406-2286, Rebecca Wood, 925-577-3842.

SUN. 10/21/12 3-M/B 50 miles (80 km) 9:30 a.m. We are starting at the old Livermore Nob Hill parking lot and we are riding to Tesla Rd, Cross Rd, up Patterson Pass Rd, and down to Midway Rd. Our loop will take us to Altamont Pass Rd. with a rest stop at the Starbucks on Vasco Rd. and Scenic Ave. Then we are riding via May School Rd., N. Livermore Ave., Highland Rd., and our final climb up to Collier Canyon Rd. We are riding various streets and bike trails in Livermore back to the start. The old Nob Hill parking lot is located at the intersection of Pacific Ave. and S. Livermore Ave. Take Livermore Avenue south through town; turn left on Pacific Ave. and park in the old Nob Hill shopping center. Bring water and food or money to buy. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 10/22/12 3-M 46 miles (75 km) 9:00 a.m. From Heathcer Farm we'll head north to Alhambra Valley Rd. and climb over Pig Farm hill and the Three Bears to Orinda before returning by way of Lafayette. Meet at Heathcer Farm Park in Walnut Creek. Take I-680 to the Ygnacio exit and go east; turn left at San Carlos Rd. into Heathcer Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964.

TUE. 10/23/12 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. 10/24/12 3-M 30 miles (50 km) 9:30 a.m. Meet at the Airway Park and Ride in Livermore and ride with us to Lake Del Valle. Take I-580 to the new Isabel exit and go south; take first left onto E Airway Blvd. The parking lot is on the left across from Rutan Dr. Bring water and snacks. Please check VS web calendar for status.
Ride Host: Alberto Lanzas, 510-825-9581

SAT. 10/27/12 2-L 35 miles (50 km) 9:00 a.m. Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

TUE. 10/30/12 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. 10/24/12 3-M 30 miles (50 km) 9:30 a.m. Meet at the Airway Park and Ride in Livermore and ride with us to Lake Del Valle. Take I-580 to the new Isabel exit and go south; take first left onto E Airway Blvd. The parking lot is on the left across from Rutan Dr. Bring water and snacks. Please check VS web calendar for status.
Ride Host: Alberto Lanzas, 510-825-9581

SAT. 10/27/12 2-L 35 miles (50 km) 9:00 a.m. Ride with Joan from the Pleasant Hill BART station up to Martinez, across the bridge to Benicia and along the waterfront. After the ride, stop by her place for a combination of Halloween and birthday treats. Happy Birthday Joan! Take I-680 to the Treat Blvd. exit and go east; turn left into the BART station parking lot and meet near the fountain south of the station.
Ride Host: Joan Spiegel, Jespiegel925@gmail.com

SAT 10/28/12 L/M 65 miles (100 km) / 1,585 ft. of elevation gain. 9:00 a.m. Martinez to Davis via Pleasants Valley. The famous Halloween ride is back! Please join us for a romp through the beautiful fall countryside. Starting in Martinez we will cross the

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
Benicia Bridge, ride up through Cordelia and around Fairfield, follow rural Pleasants Valley Rd. to Winters, and end in Davis. Lunch is optional in Winters or Davis. A relaxing ride on the Capitol Corridor Amtrak train will take us back to Martinez.

Bring water, food, money and a PHOTO ID (mandatory to purchase an Amtrak ticket). No services between Fairfield and Winters so please plan accordingly at the rest stops. Rain cancels, look for an email the morning of the ride.

It is HIGHLY ENCOURAGED to take the first train back when you arrive in Davis to spread out the amount of bikes on the trains. Trains leave at 2:30 pm, 3:50 pm, 4:55 pm, 5:55 pm and 7:25 pm; fare is $16. Everyone MUST have a PHOTO ID otherwise you will not be allowed on the train.

Please show your Halloween spirit and dress in costume to add to the fun!

AMTRAK TRAIN SPACE IS LIMITED; PLEASE RSVP WITH EMMA at live2map@yahoo.com
Meet at the first parking lot on the left inside the Martinez Waterfront Park, off Joe DiMaggio Drive, across the railroad tracks, near the Martinez Amtrak Station.

Ride Hosts: Emma Olenberger, 707-479-4549, live2map@yahoo.com and Gary Hsueh, 510-334-1976, ghsueh@me.com

TUE. 10/30/12  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. 10/31/12 2-L/M 30 miles (50 km) 10:00 a.m.
Erica will lead us to Las Trampas and back with the option of a pumpkin carving party at her house! We'll start at the Dedons' house, 7579 Amarillo Rd., with cyclists leaving cars parked with pumpkins inside their cars or in the house. Refreshments suitable for the holiday will be served, perhaps even a big crockpot of chili or goulash, depending on the number of riders that reserve or show up. Directions: I-680 to Alcosta/San Ramon Rd. exit; south on San Ramon Rd.; right on Silvergate; left on Amarillo; 7579 will be on left. Those who plan to stay for snacks/carving after the ride should RSVP to Erica by 10/30 and bring pumpkin(s) and your carving tools.

Ride Host: Erica Dedon, 925-828-9183.

SAT. 11/3/12 2-MH 45-55 miles (72 - 90 km) 10:00 a.m.
Join Julie & Dick on a beautiful ride through the Healdsburg valley. Ride will be approx. 45-55 mi. with option to shorten. Lunch near end at Bear Republic Brewery (345 Healdsburg Ave.). Route map will be posted on the web calendar in October. Come for the weekend, the night, or just for the day...we would love to ride with you in this beautiful area! Start in Healdsburg at Giorgi Park, 540 University St. Suggested carpool site: Park & Ride lot @ I-680 & Bollinger Canyon Rd. (SW corner of intersection) by 8:15 am.

Ride Hosts:  Erica Dedon, 925-828-9183.

SUN. 11/4/12  PROGRESSIVE DINNER
HOW: By bicycle, covering about 50 or 65 miles
WHERE: Meet at the home of Pam and Steve
BRING: Salad-----OR-----Dessert-----OR-----2 loaves of sliced, buttered French bread.
DRINKS: Will be provided.

MUST SIGN UP BY THURSDAY, 11/1/12
ORGANIZER: Bonnie Powers, 925-828-5299. RSVP to Bonnie PLEASE!!!
Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.
Valley Spokesmen Club members, families, and friends are invited to this year’s Progressive dinner ride at Pam and Steve Gifford’s circa-1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don’t despair! Each loop has additional distance just for you, giving you a total of 65 miles. The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it’s off to the east on the day’s long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and...
back to the Giffords’ for dessert and socializing.
Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You’re close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90-degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!
The day’s activities will begin at 10:00 AM at Giffords’-white house under the tall trees.

**MON. 11/5/12 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. 11/6/12 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. 11/7/12 3-M 38 miles (60 km) 9:00 a.m. We’ll start at the staging area for Pleasanton Ridge and ride out Calaveras to either the wall or Ed Levin, depending on weather and consensus of the group. The staging parking lot is located on Foothill Blvd., south of the Castlewood Drive exit off of I-680. No water or food available enroute. If roads are wet, we will plan an alternate route.**

**Ride Host: Gail Blanco, 925-872-1001.**

**WED. 11/7/12 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, December 5, 2012.**

**FRI. 11/9/12 2-L/M 25-35 miles (40 – 60 km) No Drop. Please log onto the website calendar one week prior to see ride time. 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 Lakeshore Blvd. and 1st Avenue. All levels are welcome! Contact Don Williams at 925-580-9395.**

**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. (Beginner Friendly)**

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

**SAT. 11/10/12 3-M 55 miles (90 km) 9:30 a.m. Starting in Dublin we’ll head east to Livermore via Camino Tassajara, Highland, N. Livemore and loop back via Flynn Rd. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley. Bring water and snacks. Check VS calendar for status. (Advanced Ride)**

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

**WED. 11/14/12 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.**

**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 3-B (hilly route and brisk pace) 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 hills.**

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

October
6 Konocti Challenge – Lakeport
6 Giro ‘d Barkada - Stockton
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 Coyote Creek Cycling Classic – Morgan Hill
13 Asti Tour de Wine - Cloverdale
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
20 Brain Tumor Ride – Palo Alto
21 Tour of Big Sur & Coast – Carmel
21 Tour de Sewer – Bell Gardens
27 Death Valley Century/Double – Death Valley

November
3 Solvang Prelude - Solvang
4 Giro d’ Vino Wine Tour - Woodbridge
10 Solvang Finest Century – Solvang
10 Tour de Foothills – Upland
10 Palm Desert Century – Palm Desert
10/11 SF Bicycle Expo – San Francisco

VALLEY SPOKESMEN AFFILIATION

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 - $27.00
- socks - white, yellow, black - $7.00

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

HELP HELP HELP HELP HELP HELP

The annual Mt. Diablo Challenge is coming up on Sunday, October 7th and I need HELP! The event is sponsored by “Save Mount Diablo” and we have assisted with the event since it first began over 30 years ago. Our responsibility is the three water stops (Rock City – 2 workers; the Junction – 2 workers; and Juniper – 2 workers) plus we serve the food at the top (8 workers). Currently I need the two workers at Rock City; one worker at the Junction and four (4) more workers at the top. Any volunteers????? Please call Bonnie Powers, 925-828-5299 (home) or 925-200-5299 (cell). Thanks in advance!
ON NOVEMBER 3rd COME TO THE BICYCLE HALL OF FAME IN DAVIS TO OBSERVE THE BOOTH PETER RICH HAS BEEN INVITED TO SET UP AND SPEAK ON THE EVOLUTION OF BICYCLING AND RACING IN THE SIXTIES. YOU WON'T WANT TO MISS IT!

ALAMO CANAL UNDER I-580 – UPDATE

The word is that the project is on schedule, however, there appear to be problems. PG&E is having problems connecting electricity for the lighting and the various inspectors are lagging in their approvals. Completion is scheduled for various dates in Oct. depending on whom you talk to. A dedication ceremony is scheduled for Nov. but nobody I talked to could pin down a date for me. If you plan to go just remember this is an election year and you will probably find a politician under every rock.

I asked who had responsibilities for the operation and maintenance of the underpass. It appears that the East Bay Regional Parks District has all of the responsibility. Here are some of the questions that I asked and the answers:

- Question: Who maintains the underpass?
- Answer: EBRPD will maintain the underpass.
- Question: Who will decide when to close the trail because of flooding?
- Answer: EBRPD in consultation with Zone 7 will decide when to close the trail.
- Question: Who is responsible for physically removing the railing and blocking access in underpass?
- Answer: EBRPD staff will close the gates and lower the railing before a heavy rain event.
- Question: Who is responsible for physically opening the trail, installing the railing and cleaning up any mud and debris?
- Answer: EBRPD will open the gates and raise the railing after a heavy rain event and provide maintenance.
- Question: Once the trail is closed for flooding will it be opened after the current storm or will it remain closed for the entire flood season?
- Answer: The under crossing will not be closed for the winter season. It is expected that there will be 2 or 3 closures per year for a day or so each when there is a heavy rain event.
- Question: Who will have responsibility for patrolling the underpass?
- Answer: EBRPD will patrol the underpass. There will be both lighting and closed circuit video cameras for security. Bill Rose

ALAMEDA TRANSPORTATION COMMISSION

Alameda County is slated to receive an estimated $63 million in transportation funding from the OneBayArea Grant (OBAG) program, administered by the Metropolitan Transportation Commission. The Alameda County Transportation Commission (Alameda CTC) will be soliciting input on how to best to expend those funds for transportation improvements in Alameda County.

Projects are eligible to receive OBAG funding, if they fall under any one of the following six transportation improvement categories:

- Local Streets and Roads Preservation
- Bicycle and Pedestrian Improvements
- Transportation for Livable Communities
- Safe Routes to Schools
- Priority Conservation Areas
- Planning Activities

The funding will be spread over four fiscal years (FY 2012-13 through FY 2015-16). Please check the Alameda CTC outreach schedule for opportunities to input to the planning process.

Best regards, Tess Lengyel

Valley Spokesmen “Bicycle” Touring Club
Club Business Meeting
September 5, 2012

Meeting called to order at 7:05 p.m. by Vice-President Karin Ball.
Minutes from the August 8th Executive Board Meeting may be found in the current newsletter.
There was no Treasurer's report.

OLD BUSINESS:
1. Past month's rides: Peter reviewed several birthday rides, one of which was the V.S. 41st Anniversary ride. There were at least 75 people in attendance at the Powers’

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

place for the barbecue after the ride!

2. Due to recent accidents on our club rides, Peter would like to suggest that if we see any road hazards please report them to the E.B.B.C. who will see to it the hazard is reported to the proper authorities for repair. We would like to avoid accidents!

3. V.S. web site: Curtis was unavailable to give a verbal report, but he informed us of a virus commonly known as the FBI Ransom virus. It is a hoax and a scam which Curtis is working through with the assistance of our [website] host company Dreamhost. All should be back to normal soon. He urged everyone to upgrade their browsers – Internet Explorer version 9; Firefox version 15.0; Safari; Chrome; and Opera.

4. The Cinderella donations have been made to 30 organizations and 5 City Police Departments.

5. Bill Rose reported on what's happening in Pleasanton. The Alamo Canal trail is slightly delayed but expected to open in October. The Stoneridge Drive extension will have two new bridges. Jim Duncan reported there will be a meeting in Dublin on the bicycle master plan on October 1st.

NEW BUSINESS:

1. Peter is busy filling the rides for October/November. As always if you would like to lead a ride, please contact Peter or Gail. They would love to hear from you and can help out any details. Lots of fun theme rides like Halloween. The Progressive Dinner is scheduled for November 4th. Check the newsletter or the web site for many fun rides.

2. T.O.S.R.D. is coming up soon. So far we have 171 people signed up. WOW!

3. ACTION ALERT – Urge Governor Brown to sign Senate Bill 1464, the three-foot passing bill by this Friday, September 7th. We absolutely need to have this three-foot clearance by motorists.

4. Bonnie reported on the Mtn. Challenge Sunday, October 7th, stating she needs workers to assist with the water stops at Rock City; the Junction; and Juniper. Plus she needs workers at the top to serve food.

5. Current correspondence may be found in the September newsletter.

6. The next Executive Board meeting is at the Powers’ place September 12, 2012.

GOOD OF THE ORDER:

1. If you would like a printout of your mileage, you may contact James Paulos at: j.paulos@sbcglobal.net

There being no further business, the meeting was adjourned at 7:28 p.m.
Respectfully submitted, Lynn DeMattei, Secretary

Valley Spokesmen “Bicycle” Touring Club Executive Board Meeting September 12, 2012

Meeting called to order at 7:00 p.m. by President Mark Dedon. Minutes from the September 5, 2012 Club Meeting were accepted as read.
Treasurer Dan Carhart reported on our accounts. Donations from the Cinderella have gone out and we have received twenty-two thank you letters already. The 2011 Federal and State taxes have been filed.

OLD BUSINESS:

1. Peter was happy to report we have been accident free with nobody going to the hospital.

2. Curtis was unavailable to update us on our website. We are aware of difficulties with Internet Explorer. Dropbox is an excellent option to obtain the ride schedule and the newsletter.

3. Nancy Oh presented medical bills from her accident on the Yosemite tour. After much discussion the situation was clarified and Nancy understood the meaning of her accumulated bills, her deductible and what had been paid by whom.

4. Modernization of V.S. – Mark and Curtis discussed online membership renewal for club members. However, at this moment Curtis is too busy with work to pursue the subject.

5. Update on area Bicycle Master Plans – Meeting set in Dublin for October 1st. Walnut Creek is taking traffic counts of bicycles and pedestrians to determine which streets need improvement.

NEW BUSINESS:

1. October/November ride schedule – There are two dates that need to be determined. Again, we have some fun rides coming up such as going to the zoo and pumpkin carving.

2. T.O.S.R.D. – We have 207 people signed up. Everything is falling into place.

3. Mountain Challenge – October 7th – Bonnie is still in need of a few workers. She will send a notice out through VSlist.

4. Shawn Mehaffey to be our guest speaker at the December club meeting. Motion made, seconded and passed that at this meeting any club member wearing Holiday attire will receive a free beer.

There being no further business, the meeting was adjourned at 8:05 p.m.
Respectfully submitted, Lynn DeMattei, Secretary

Valley Spokesmen “Bicycle” Touring Club September 2012

Correspondence sent:

1. Check to Franchise Tax Board for filing fee of 2011 taxes.


3. Check to Minuteman Press for printing of September newsletter.


5. Check to Round Table Pizza for September club meeting.

6. Check to Varenchik Accountancy Corporation for filing of 2011 taxes.

7. Check to Office Depot for copier toner cartridge.

8. Check to Purchase Power for postal meter access fee.


10. Check to Meadowlark Dairy for It’s It ice cream.


Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
12. Check to James Duncan for out-of-pocket expenses for T.O.S.R.D.  
   Dedon, Erica  604  4  12  
   Dedon, Mark  876  2  19  
   Delfosse, Rob  1263  5  26  
   DeMicco, Mike  621  2  8  
   Deornelas, Vic  1076  0  20  
   Dronkers, Dave  273  0  9  
   Duncan, Jim  3833  31  88  
   Dunning, Clay  978  2  21  
   Dunning, Craig  656  0  11  
   Durant, Patric  522  0  10  
   Eacret, Wes  2467  3  64  
   Earby, Karen  281  0  8  
   Engleton, Mary  302  0  5  
   Flansburg, Bonnie  230  0  3  
   Flexer, Reva  232  0  6  
   Foss-Durant, Anne  438  0  8  
   Fredricks, Larry  1598  1  39  
   Fujii, Bob  2438  1  57  
   Fujii, Vivian  598  4  16  
   Fusco, Bob  862  0  18  
   Gale, Randy  474  0  11  
   Gaunt, Ross  630  0  12  
   George, Michelle  231  0  4  
   Goroff, Marc  1984  0  45  
   Griffin, Patricia  274  0  8  
   Groves, Susan  721  0  16  
   Hammond, Chuck  723  0  18  
   Hampton, Julie  1305  13  36  
   Heady, Bob  747  26  44  
   Hedges, Richard  917  0  12  
   Hernandez, Ken  1986  2  36  
   Hernandez, Mary  1718  2  36  
   Herrera, Gloria  698  0  15  
   Hilton, Kristen  239  0  5  
   Hirt, Janice  476  0  9  
   Hirt, Joe  413  0  8  
   Hislop, Bob  408  1  6  
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   Hsueh, Gary  674  0  13  
   Huang, Shiny  205  0  3  
   Hunt, Nena  482  0  13  
   Jacobs, Pam  360  0  10  
   Joannis, Linn  422  0  9  
   Johnson, Marie  351  0  10  
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   Juan, Gordon  272  0  6  
   Kane, Kathy  821  1  20  
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   Koitmaa, Joel  209  6  21  
   Kowalewski, Steve  871  1  20  
   Krewson, Lisa  242  0  6  
   Kunz, Mike  200  0  1

Go to VS Calendar for more rides  
[www.valleyspokesmen.org/vsCalendar/month.php]
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These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2012.

Total miles ridden by club members so far this year is **147,101!!!**

DON’T FORGET – Ride Hosts (Leaders) of club rides earn points toward FREE club clothing. The more rides you lead, the more clothing you receive – FREE!!!

RIDE HOSTS – TURN IN YOUR SIGN-UP SHEETS! MEMBERS ENJOY KEEPING TRACK OF THEIR MILEAGE AND ARE ANXIOUS TO KNOW WHAT THEIR TOTAL IS EACH MONTH. SEVERAL SHEETS ARE ALREADY OUTSTANDING THIS YEAR!

Go to VS Calendar for more rides [www.valleyspokesmen.org/vsCalendar/month.php](http://www.valleyspokesmen.org/vsCalendar/month.php)
August 26th
I concur with the "Great ride and BBQ!"
A small consideration, and not meant to be a downer for a great ride and day, is the separation of the group at stoplights. With such a large group, it was inevitable that the front riders would pass through a green light, while the back riders would get stopped by a red light, all within a single continuous 'peloton'. A group of forty riders stretches for a long single file peloton. As evidenced on Sunday, with such a brisk pace, the stopped riders had little or no chance of catching the group.
Once the collective 'learned' of this behavior, it made for unsafe conditions later in the ride, where back-of-the-peloton cyclists blatantly 'risked it' through red lights, since stopping meant being dropped. This occurred on two occasions in the latter half of the ride.
Personally, I don't mind being dropped at a stoplight; I'm not going to risk my neck in a busy intersection just to stay bridged to the group. On the instance it occurred, luckily, due to a fortuitous downstream red light caught by the main group - AND a monstrously strong pull by Alberto - a group of us rejoined prior to the Laurel underpass.
Again, just a consideration when riding briskly with a large group. Stan

August 29th
Great day for Gail's ride from Berkeley to Pt. Richmond. Just enough cooler by the bay to make for a very comfortable ride and bright sunshine to enjoy the sights along the way. Peter

August 31st
Gail certainly succeeded in beating the heat with an early start time for today's 'Odd Friday' ride. Felt like we were already having November weather with the lingering fog layer and some mist in the air. But the route got us warmed up early with a climb up Bollinger Canyon Rd. and then through the Gale Ridge development before winding through the country clubs of Blackhawk, Diablo, and Alamo. Stopped for refreshments at La Boulange before returning on the Iron Horse trail - where the front riders stretches for a long single file peloton. As evidenced on Sunday, with such a brisk pace, the stopped riders had little or no chance of catching the group.

Once the collective 'learned' of this behavior, it made for unsafe conditions later in the ride, where back-of-the-peloton cyclists blatantly 'risked it' through red lights, since stopping meant being dropped. This occurred on two occasions in the latter half of the ride.
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Again, just a consideration when riding briskly with a large group. Stan

September 2nd
Dick and Julie led today's ride which stayed entirely on the Iron Horse and Canal trails except for a two mile section on roads connecting the northern ends of these trails. Unfortunately we again had a crash that required EMT assistance and transport to a hospital - hope she has a quick recovery. Peter

September 3rd
Jim and Francie led the Labor Day ride from San Ramon out to Livermore with a return through Pleasanton. There were a few route options depending on how much climbing one wanted to do in the area east of Livermore. I chose to skip those, so the route at the link below shows one of the shorter return options. Peter

September 5th
Bob led us across the Golden Gate, through Sausalito, Belvedere, and Tiburon and around the Paradise Dr. loop. Started out a little cool and cloudy but we got intermittent sunshine once we crossed over the bridge so we were able to enjoy the usual scenic views of SF Bay. Peter

September 7th
In Gail's absence, Dick Ward took over leadership of our usual odd- numbered Friday ride and led us on a loop through Dublin, San Ramon, Blackhawk, and Danville. Peter
September 8th
Beautiful day for our ride up to the Junction Ranger Station – cool with nice clear air. Nice turnout of 23 despite the missing Cycle Oregon group. Unfortunately we again had to call for the assistance of EMTs as Michelle crashed on the ascent. Best wishes for a quick recovery and hope to see her on another ride soon.
Peter

Slight correction re: Michelle–no EMTs called but two very nice and capable bike riders (with a medical background) stopped and helped out. Bekki's husband Vince picked her and bike up and drove her to her car. Mary

And one more thing...McB has been down before and bounces right back...she is one tough cookie :))
Clay

September 9th
Gail and Alberto led the longer option of today's rides from Sausalito with Emma taking a group on the shorter option. The longer ride headed north through Fairfax, Nicasio, and the Cheese Factory on our way to the 'Marshall Wall'. From there we descended to Tomales Bay and followed Hwy. 1 south to Pt. Reyes Station and our refreshment break at the Bovine Bakery. Then it was on to Olema where we got back on Sir Francis Drake Blvd. which took us through Sam Taylor Park (caution - some very rough pavement in spots) and continued to Fairfax where we retraced our route back to the start. Beautiful day for this ride with bright sunshine on the coast and comfortable temperatures throughout the ride.

Gail led us on a loop starting with a climb up Reliez Valley Rd. followed by Pig Farm hill and the Three Bears before dropping down into Orinda where we stopped at Starbucks for refreshments. The return was much flatter - the St. Stephens trail into Lafayette and then back to the Olympic staging area.

September 10th
Today's ride celebrating Walt's 81st birthday was organized by the Fremont Freemasters but co-listed with Valley Spokesmen. We rode through the Coyote Hills Regional Park and all cheered as Walt made his annual ride to the summit of 'Nike Hill' (former site of a missile installation). Then the ride headed through the park and on to our lunch stop at Andersen bakery in Union City where the birthday party continued.

Peter

Slight correction re: Michelle--no EMTs called but two very nice and capable bike riders (with a medical background) stopped and helped out. Bekki's husband Vince picked her and bike up and drove her to her car. Mary

And one more thing...McB has been down before and bounces right back...she is one tough cookie :))
Clay

September 12th
Gail led us on a loop starting with a climb up Reliez Valley Rd. followed by Pig Farm hill and the Three Bears before dropping down into Orinda where we stopped at Starbucks for refreshments. The return was much flatter - the St. Stephens trail into Lafayette and then back to the Olympic staging area.

September 13th
Today's ride celebrating Walt's 81st birthday was organized by the Fremont Freemasters but co-listed with Valley Spokesmen. We rode through the Coyote Hills Regional Park and all cheered as Walt made his annual ride to the summit of 'Nike Hill' (former site of a missile installation). Then the ride headed through the park and on to our lunch stop at Andersen bakery in Union City where the birthday party continued.

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And one more thing...McB has been down before and bounces right back...she is one tough cookie :))
Clay

September 15th
The Feather Pedals * (FP) monthly ride was handled by: The Organizer/Co-Organizers: Karin Ball, Host, and Alma Shiefer, Co-Host. The ride was supported by SAG, Dean Ball aka Sagarella and Sweep, Charles Parrish.

We had 66 riders who signed in as follows:
- 23 on the Classic
- 31 on the Challenge
- 4 Undecided. Pleeeese...when you sign in, select the route you plan to ride. It helps us with planning for future rides.

Many riders stayed to enjoy lunch and socializing after the ride at Red Feather Winery where Connie (owner) made some special veggie and chicken/veggie grilled pouches for us. Thanks Connie!!! Also, there was a sampling of artesian cheeses from Airsdream Deli & Catering from Hayward and music!!!

A few additional comments and thanks to:
- Thanks to Charles for mapping out our route!!!
- Thanks to Connie and Dan at Red Feather Winery for hosting us! For the special bbq packets and music...and of course the wine!!!
- To Airsdream Deli & Catering for the cheese samplings!!!
- To the Feed Store...for allowing cyclists to use their facilities....

IMPORTANT: The Feed Store is so kind to welcome us riders. Please do your very best to respect their business by not obstructing their driveway and offering a donation when using their facilities. Remember that when riders are obstructing their driveway others may be hurt when having to stop suddenly when entering their location… including animals being transported. And, that their bathrooms have fees associated with them. They can not make change so please plan ahead and bring a few extra dollars in exact change to let them know we appreciate their letting us use their location as a cyclist regrouping location.

Please spread the word. Thank you.
On behalf of all the FP Organizers, SAG, & Sweep...thank you for joining us, Karin, Rebecca, Dean, and Charles

September 16th
Started off a little chilly on our Moraga loop ride as the morning fog cover hadn’t cleared yet at the top of Dublin grade. But the sunshine returned by the time we reached the top of Redwood at Marcier Gate and stayed with us the rest of the ride. Peter

September 19th
Alaine led today’s five canyon ride. Cool temperatures and overcast in Hayward. Sunny skies on our return to Dublin. Thanks Alaine for the ride. Alberto

September 20th
Great turnout and perfect weather for what we hope to be an annual “Martini Madness” ride. This ride was to say goodbye to Summer and hello to Fall. Of the 16 riders, 12 of us connected after the ride at Martini Sky to enjoy socializing along with FREEEEE appetizers at Martini Sky. WOW!...Martini Sky was very generous!! (Thanks to Clay for arranging this!) Please consider checking out this Danville hot spot. Their menu offers some interesting beverages, appetizers, and dinner. Accompanying the complimentary appetizers was an assortment of individually purchased beverages and plates. We even had a chance to see Kristi and her very large table of guests dining at Martini Sky! Many thanks to those who battled the commute traffic and for joining us tonight. And many thanks to Kevin Thieben for mapping out our route.

VS Martini Sky Ride Hosts, Clay & Karin

Ditto ditto. Much appreciation to the organization team and to all the friendlies who rode! Fun weekend Kathy

Yes thank you all so much for your hard work and for putting on what has to be one of the best rides. And it was so great to meet new people and share riding and fun with friends. Mary

Great ride and very nice weather this weekend for the Valley Spokesmen TOSRD 2012. Alberto + + + + + + + + +
I’d like to second the Thank You! to all the volunteers for putting on such a great event. The trails were so well marked even I didn’t have any problems navigating the route. The numerous SAG out there was awesome, whether they were just providing extra ice and water, or extracting a shredded jacket out of the hub (thanks Dean). Ellen & Wayne Low + + + + + + + + +

Thanks VS - another beautifully executed TOSRD! I thought registration was very smooth! It’s-its & V8 are keepers! More Diet Coke please.
Good job everyone! Michelle + + + + + + + + +

Ditto ditto!!! The amount of energy and effort put into making TOSRD is so very much appreciated. Thank you for ordering up perfect weather this year too!!!!
Karin + + + + + + + + +

To Francie, Jim, Bonnie, Bob, and ALL the others who worked so hard,
THANK YOU for a fantastic weekend that was enjoyed by so many.
It’s really nice to have a ride that is welcoming to all levels of riders. Everyone was able to have a wonderful 2 days of riding, no matter what their level of riding ability. A great place to meet new friends and a chance to see others that you don’t get to ride with very often. Your efforts were very much appreciated, Gail + + + + + + + + +

Ditto to that Gail,
Great ride which wouldn’t be possible without Bonnie, Bob, Francie, Jim and all the SAG support, not to mention all the riders. Share a few laughs, pictures and put in some work with the group.
Bring on the Jelly Belly Sports Beans! :-)Bob + + + + + + + + +

Ditto ditto. Much appreciation to the organization team and to all the friendlies who rode! Fun weekend Kathy + + + + + + + + +

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

WHEN: Sunday, November 4, 2012
DON'T FORGET THE TIME CHANGE!!! FALL BACK!
HOW: By bicycle, covering about 50 or 65 miles
HOUR: 10:00 a.m.
WHERE: Meet at the home of Pam and Steve
BRING: Salad---- OR ----Dessert----OR---- 2 loaves sliced, buttered French bread.
DRINKS: Will be provided.

MUST SIGN UP BY THURSDAY, 11/1/12
R.S.V.P. Bonnie

Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends are invited to this year’s Progressive dinner ride at Pam and Steve Gifford’s circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don’t despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it’s off to the east on the day’s long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Gifford’s for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You’re close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!

The day’s activities will begin at 10:00 AM at Gifford’s-22549 Burwood Road, Escalon, CA, 95320. STEVE’S CELL PHONE IS 925-487-9150.

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

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>President</td>
<td>Mark Dedon</td>
<td>925-828-9183</td>
</tr>
<tr>
<td>Vice-President</td>
<td>Karin Ball</td>
<td>408-406-2286</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Dan Carhart</td>
<td>925-828-8964</td>
</tr>
<tr>
<td>Recording Secretary</td>
<td>Lynn DeMattei</td>
<td>925-373-1803</td>
</tr>
<tr>
<td>Corresponding Secretary</td>
<td>Bonnie Powers</td>
<td>925-828-5299</td>
</tr>
<tr>
<td>Ride Chairmen</td>
<td>Gail Blanco</td>
<td>925-872-1001</td>
</tr>
<tr>
<td></td>
<td>Peter Rathmann</td>
<td>925-838-1973</td>
</tr>
<tr>
<td>Newsletter Editor/Typist</td>
<td>Marcia Seeger</td>
<td>510-223-9347</td>
</tr>
<tr>
<td>Online newsletter editor</td>
<td>Jim Paulos</td>
<td>510-200-8125</td>
</tr>
<tr>
<td>Newsletter Publisher</td>
<td>Bill/Mary Well</td>
<td>925-837-0103</td>
</tr>
<tr>
<td>Past President</td>
<td>Dan Carhart</td>
<td>925-828-8964</td>
</tr>
<tr>
<td>V.S. Racing Team</td>
<td>Jim Duncan</td>
<td>925-209-1369</td>
</tr>
<tr>
<td>contacts</td>
<td>Zafer Demir</td>
<td>925-443-4124</td>
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### 2012 PRESIDENTIAL APPOINTMENTS

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

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<tr>
<th>City</th>
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<tbody>
<tr>
<td>Alamo</td>
<td>Ralph Speck</td>
<td>925-837-2932</td>
</tr>
<tr>
<td>Castro Valley</td>
<td>Molly Heekin</td>
<td>510-728-5103</td>
</tr>
<tr>
<td>Concord</td>
<td>Jean Watts</td>
<td>925-676-6164</td>
</tr>
<tr>
<td></td>
<td>Kathy Tate</td>
<td>925-671-7579</td>
</tr>
<tr>
<td>Danville</td>
<td>Bill/Mary Well</td>
<td>925-837-0103</td>
</tr>
<tr>
<td>Dublin</td>
<td>Christy Simpson</td>
<td>925-803-0173</td>
</tr>
<tr>
<td>Hayward</td>
<td>James Paulos</td>
<td>510-200-8125</td>
</tr>
<tr>
<td>Lafayette</td>
<td>Stan Goodman</td>
<td>925-283-3925</td>
</tr>
<tr>
<td>Livermore</td>
<td>Susan Neer</td>
<td>925-829-4980</td>
</tr>
<tr>
<td>Pleasanton</td>
<td>Bill Rose</td>
<td>925-846-3867</td>
</tr>
<tr>
<td>Pleasant Hill</td>
<td>John Rodriguez</td>
<td>925-680-0256</td>
</tr>
<tr>
<td>San Ramon</td>
<td>Peter Rathmann</td>
<td>925-828-1973</td>
</tr>
<tr>
<td>Walnut Creek</td>
<td>Peter Culshaw</td>
<td>925-932-0790</td>
</tr>
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We appreciate the many articles that have been submitted and we are sorry that they cannot always be printed during the month of submission. The newsletter is limited in length due to the cost of postage, and we will give articles of a timely nature priority.

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

**VALLEY SPOKESMEN**

http://www.valleyspokesmen.org

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