November President’s Message

November is the month for giving thanks. I am thankful for being part of a great bicycle club that is made up of fantastic members. In particular I would like to thank our officers and appointees-

Karin Ball, VP, for her amazing organizational skills in helping to build the Feather Pedals organization under the wing of the parent VS.

Dan Carhart, Past President and current Treasurer, for helping to keep the club solvent and on a clear financial track and for leading many rides.

Lynn DeMattei, Recording Secretary, for tirelessly and accurately capturing our meeting minutes every month.

Bonnie Powers, Corresponding secretary, for keeping all our meetings and correspondence organized and tirelessly managing the major bike tours, getting the newsletter mailed, …etc.

Gail Blanco and Peter Rathmann, Ride Chairs, for keeping the ride calendar full through tireless encouragement of members and also personally leading many rides.

Marcia Seeger, newsletter Editor/Typist, for getting the newsletter together every month and helping me remember when the President’s Message is needed 😊

Jim Paulos, Electronic newsletter editor and Mileage keeper, for getting the PDF newsletter updated for web posting and also keeping the club’s computers and databases in good shape.

Bill and Mary Well, Newsletter Publisher, for their untiring help with getting the newsletter compiled, stapled, folded and mailed and out the door every month.

Jim Duncan, VS Racing Team liaison, for being Prince Charming all of the year but especially for the Cinderella Classic.

Francie Cushman, TOSRD Chair, for another very successful TOSRD event and constant ongoing support.

Curtis Stallins, Webmaster, who does an amazing job providing the club with a very useful, engaging and state-of-the-art website.

I am also very grateful for the many members who constantly offer their time to lead very fun and creative rides- like the progressive dinner ride...check the calendar!

Pedal swift and pedal safe!

-Mark
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.
TERRAIN:
1) Generally flat with a few easy grades, suitable for beginners and casual riders.
2) Mostly easy grades with a few rolling hills, a challenge for beginners.
3) Moderate grades, some challenge for the average rider.
4) Steep grades with some relief.
5) Mostly steep grades, for strong riders.
PACE:
ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
L) Leisurely, many regroups.
M) Moderate, occasional regroups.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

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

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

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

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

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

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

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

Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL RIDES!!

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

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

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

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

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

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

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

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

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

http://www.valleyspokesmen.org/vsCalendar/month.php

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

RECURRING RIDES OVERVIEW:
The **TUESDAY and THURSDAY** evening rides will resume on March 12th 2013.
**Odd Fri-Day morning rides** from Central Park. Beginner Friendly. See website for start times.
**Tuesday night Mountain Bike rides** from Lake Chabot leave at 7pm. **BRING LIGHTS**
**MONDAY and WEDNESDAY** rides (November only, except Nov. 21 and 28) from Heather Farm 9am

SAT. 11/3/12 2-M 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 Valley. 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 at I-680 & Bollinger Canyon Rd. (SW corner of intersection) by 8:15 am.
**Ride Hosts:** Julie Hampton & Dick Ward, 925-389-6738 or 510-685-7103, humbug1943 email02@yahoo.com or psyclejulz@sbcglobal.net

**SUN. 11/4/12 PROGRESSIVE DINNER**
**HOW:** By bicycle, covering about 50 or 65 miles
**HOUR:** 10:00 a.m.
**WHERE:** Meet at the home of Pam and Steve Gifford, 22549 Burwood Road, Escalon, CA, 95320. STEVE’S CELL PHONE IS 925.487.9150.
**BRING:** Salad----OR----Dessert----OR----2 loaves 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 & 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 through 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 through 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 through Oakdale, and back through 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 through another quiet country corner just down-the-road, and back to the Giffords’ for desert 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 through 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 Burwood 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 the Giffords’ 22549 Burwood Road, Escalon, CA, 95320.
**Ride Host:** Richard Skow, 925-939-6964, rcsipw@astound.net for ride details.

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 or vidnovic@yahoo.com 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.

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
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 L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farms and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964, rcslpw@astound.net for ride details.

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 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, gvlanco@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. Livermore 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. 11/11/12 2-L/M 30 miles 10:00 a.m. Meet at 2nd St. Parking lot in Benicia. Exit I-780 at E 2nd St; turn L on E 2nd, R on Military, L on First St. Parking lot is on the left at the end of First St. Route: Thru Benicia and State Park, Columbus Pkwy, Solano bike path, McGary, Lopes back to Benicia. Meet at my home for pear cobbler and ice cream following the ride. Ride Host: Barbara Wood 707-745-6353/707-980-0426

WED. 11/14/12 2-L/M 30 miles 10:00 a.m. Meet at 2nd St. Parking lot in Benicia. Exit I-780 at E 2nd St; turn L on E 2nd, R on Military, L on First St. Parking lot is on the left at the end of First St. Route: Thru Benicia and State Park, Columbus Pkwy, Solano bike path, McGary, Lopes back to Benicia. Meet at my home for pear cobbler and ice cream following the ride. Ride Host: Barbara Wood 707-745-6353/707-980-0426

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.

SAT 11/17/12 2-L/3-M 25/43 miles 9:30 a.m. Today’s Feather Pedals ride will start at Heather Farm in Walnut Creek at the intersection of Ygnacio Valley Rd & N San Carlos Dr. The Classic route will do a relatively flat 28-mile loop through Danville. The Challenge route (43 miles) will include a Mt. Diablo climb up the south & down the north. Parking is available in multiple locations at Heather Farm; the ride group will gather for announcements at 9:15 at the back baseball field parking lot near the Dog Park.

NOTE: This is a Leisurely to Moderate paced social riding group. Those wishing to ride a faster paced or

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
longer ride are encouraged to do the alternate VS ride listed below.
Final route sheet will be posted on the FP group site one week prior to ride.

FeatherPedal@yahoo.com
Classic Host: Kathy Kane 925-323-5611
kathymkane@gmail.com
Challenge Host: Emma Olenberger 707-479-2549
live2map@yahoo.com

SAT 11/17/12 3-M/B 45-50 miles 9 a.m. Gail will lead a faster paced VS Ride from Heather Farm Park. Our route will ride to Orinda, over the 3 Bears (south to north), then to Martinez for a coffee/food break before returning via Pleasant Hill to Heather Farm. Please park/meet near the front of HF near the intersection of Ygnacio and North San Carlos Dr., in the lot closest to Ygnacio. This is NOT part of the Feather Pedals ride (they are meeting by the dog park) and the FP group should not be copied on any emails with questions or correspondence; it only leads to confusion.
Ride Host: Gail Blanco 925-872-1001, gvblanco@aol.com

SUN 11/18/12 2-L/M 36 miles 10:00 a.m. Please join us for a ride from Cull Canyon Rec. Area (18627 Cull Canyon Road., Castro Valley) to Sunol via Dublin Canyon Rd. and back. Elev. gain 2,700’. Optional after ride lunch stop @ Lucca’s Italian Delicatessen. Rain cancels. Participating riders will determine distance and pace, but this may vary slightly depending on attending riders’ abilities. Make sure you have a riding buddy at your skill level at the beginning of the ride.
Ride Hosts: Julie Hampton 925-389-6738 and Dick Ward 510-685-7103 or Email humbug1943-email02@yahoo.com

MON. 11/19/12 L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964, rcslpw@astound.net for ride details.

TUE 11/20/12 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Rd., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Ride Host: Jane Moorhead, 925-980-9889

WED 11/21/12 2-L/M 32 miles 9 a.m. Dick will take us on a ride through Dougherty Valley, Blackhawk, Alamo and back to Danville. See GPS link below for route. The Danville Park and Ride is located at the Sycamore exit off of 680 in the north east corner, across from Maria Maria restaurant. Rain will cancel; check VS website prior to ride if weather is questionable.
Ride Host: Dick Ward, 925-389-6738 humbug1943-email02@yahoo.com
http://ridewithgps.com/routes/759194

THURS 11/22/12 Thanksgiving No ride posted at this time. Check ValleySpokesmen.org and go to ride calendar for update.

FRI. 11/23/12 2-L/M 25-35 miles No Drop Please log onto ValleySpokesmen.org 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 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 11/24/12 2-L/M 34 miles 10:00 a.m. Start at Dublin High School (Brighton entrance) and go into Pleasanton, then up Collier Canyon/Highland/ Camino Tassajara through Windemere and back to the start. Elev. gain – 1,674’ and keeping people as much out of shoppers’ way as possible. Rain cancels. Participating riders will determine pace, but this may vary depending on attending riders’ abilities. Make sure you have a riding buddy at your skill level at the beginning of the ride.
http://ridewithgps.com/routes/759194
Ride Hosts: Julie Hampton 925-389-6738 and Dick Ward 510-685-7103 or email humbug1943-email02@yahoo.com

SAT 11/24/12 4-M/B 60 miles 9:00 a.m. Join Brahim 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. Advanced Riding Skills
Ride Host: Brahim Satoutah 925-963-7024, bsatoutah@comcast.net

SUN. 11/25/12 3-M/B 55 miles 9:30 a.m. Join us on a ride from San Ramon/Danville to Lake Del Valle via Diablo Vista Park is located on Tassajara Ranch Road near the intersection of Tassajara and Crow Canyon. There will be 2 Starbuck stops along the way. Bring water and food. Rain cancels, please check VS calendar for updates. (Advanced Ride)
Ride Hosts: Alberto Lanzas & Gail Blanco 510-825-9581 or 925-872-1001

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
MON. 11/26/12 L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964, rcslpw@astound.net for ride details.

TUE 11/27/12 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 11/28/12 2-L/M 27 miles 9 a.m. Starting at Heather Farm, Dick will lead us on a ride to Concord, Port Chicago and Martinez, then return via Pleasant Hill. See GPS link below for actual route. Heather Farm is located at the intersection of Ygnacio Blvd. and North San Carlos Drive. Check VS website for updates if rain is forecasted.

Ride Host: Dick Ward (925)389-6738 humbug1943-email02@yahoo.com http://ridewithgps.com/routes/1796514.

DECEMBER 2012

SAT. 12/1/12 3-M 60 miles (95 km) 9:00 a.m. Join us on the classic Calaveras-Palomares loop. We'll start at Shannon Center in Dublin, head south to Sunol and then up and over Calaveras to Ed. Levin Park. Then through Milpitas, Fremont, and Niles to Palomares and over the Dublin Grade back to San Ramon. Take I-680 to the Alcosta exit and go west; turn left San Ramon Rd.; right on Shannon; and right into the parking lot. Bring food and water. 

(Advanced Ride)

Rain will cancel, check website for updates.

Ride Host: Brahim Satoutah 925-462-7390 bsatoutah@comcast.net

SUN. 12/2/12 2L/M – 3-M/B 30-40 miles 9:30 a.m. Janet and Doug will have 2 options to choose from for rides in Livermore starting at Las Positas College. The main ride will be at a M/B pace and be about 40 miles. This ride will loop around Collier Canyon, Highland, S. Flynn Rd. and Cross. There will be a slower and shorter option for those wanting a different ride. (Good idea!) Las Positas College is located off of I-580 at the S end of Collier Canyon. Exit Airport Blvd. from I-580. Right on North Canyon Pkwy, Left on Collier Canyon. The College will be on the right hand side of the road.

Ride Hosts: Doug & Janet Ondricek 925-980-2490 dondricek@formfactor.com

MON 12/3/12 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 or vidnovic@yahoo.com, for further information.

TUE 12/04/12 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 12/5/12 2-L/M 34 miles (57 km) 10:00 a.m. Ride from San Ramon to Walnut Creek. Meet at the San Ramon Central Park on Bollinger Canyon Rd. (Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center.) Bring water and lunch or money to buy.

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

WED 12/05/12 Valley Spokesmen Touring Club Quarterly Meeting ELECTION OF OFFICERS FOR 2013.

6:30 p.m. Pizza Dinner -- 7:00 Meeting

Happy Holidays! Holiday wear will be rewarded! Bring out your fun holiday clothes and enjoy a beverage of your choice for free!

VS club member Shawn Mehaffey will discuss his vacation in Chiang Mai, Thailand, a growing cycling destination for traveling bicyclists. He will also show pictures from his two-day ride from Singapore into Malaysia and back. Join us at Round Table Pizza in Dublin (7841 Amador Valley Blvd.) at 6:30 p.m. for free pizza, salad and soft drinks all starting at 6:30 p.m., followed by our club meeting at 7:00 a.m. Non-members come see what our club is all about and meet lots of people who share your interests. Find answers to all

Go to VS Calendar for more rides www.valleyspokesmen.org/vsCalendar/month.php
FRI. 12/7/12 2-L/M 25-35 miles  No Drop  Please log onto ValleySpokesmen.org 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 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.  (Beginner Friendly) Ride Host: Gail Blanco 925-872-1001 gvblanco@aol.com

SAT. 12/8/12 3-M/B 35 Miles (80 km) 9:00 a.m. We are starting at the old Livermore Nob Hill parking lot and riding over Altamont Pass, across Midway Rd., back over Paterson Pass, then taking Tesla 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: Brahim Satoutah, 925-462-7390 bsatoutah@comcast.net

SUN 12/9/12 2 L/M 35-50 miles 9:30 a.m. Join Gail at Central Park for a loop out to Livermore. There will be 2-3 ride routes to select from, depending on the weather that day and the preference of those that show. We may even divide into 2-3 separate groups so that all may have a ride suited to their needs/ability. Central Park is located on Bollinger, east of I-680. We will meet close to the skate park, just across from the San Ramon Library. Ride Host: Gail Blanco 925-872-1001 gvblanco@aol.com

TUE 12/11/12 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 12/12/12 2-L/M 33 miles 9 a.m. Today we'll start in Central Park and do a loop through Blackhawk and Alamo.  See GPS link below for route.  Central Park is located on Bollinger, east of 680.  The ride will leave from the area close to the skate park, across from San Ramon Library.  Rain will cancel, check VS website prior to ride if weather is questionable.  

Ride Host: Dick Ward (925)389-6738  humbug1943-email02@yahoo.com http://ridewithgps.com/routes/1796596

WED. 12/12/12 Executive Board Meeting of Old and New club officers 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 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 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.

DECEMBER 5th CLUB MEETING

VS club member Shawn Mehaffey will discuss his vacation in Chiang Mai, Thailand, a growing cycling destination for traveling bicyclists. He will also show pictures from his two-day ride from Singapore into Malaysia and back. You won’t want to miss it!

UPCOMING EVENTS

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

December
16  Borrego Springs Century/Double Century

NEW DISCOUNT SHOP

A new business has asked to be added to our list of discount shops. Our 10% discount for VS members will be applied to ALL merchandise purchased.

SPORTS BASEMENT
1881 Ygnacio Valley Road
Walnut Creek 94598
925-941-6100

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
October 10, 2012

Meeting called to order at 7:02 p.m. by President Mark Dedon.

Minutes from the September 12, 2012 Club Meeting were accepted as read.

Treasurer Dan Carhart reported we are solvent. Money recently spent covered T.O.S.R.D. expenses (motel/food/permits) and the Mtn. Challenge. Motion made, seconded and passed to accept the Treasurer’s report.

OLD BUSINESS:
1. Gail reviewed past month’s rides. Discussion followed regarding collaboration with the Feather Pedals. Please see newsletter for ride reviews. The Santa Cruz ride was beautiful, with perfect weather, 22 riders, and very good group. We previewed upcoming rides. We have several new leaders (yeah, new blood!). As always, if you think you would like to lead a ride, but don’t know where, when, or how, just call Gail or Peter and they can steer you in the right direction.

2. T.O.S.R.D. evaluation – Excellent weekend! The weather
was perfect, no wind. Two accidents, both of which were handled perfectly. Discussed changing the 2013 date to October 12/13 to accommodate other rides and events. Motion made, seconded and passed to set October 12/13 date. Bonnie to contact hotel immediately.

3. Mtn. Challenge – Bonnie reviewed this annual event. Unfortunately there was a SEVERE lack of help by Valley Spokesmen. This is a ride we started over 30 years ago in memory of club member Joan Walt. The word is out, we should have plenty of help next year.

4. V.S. web site – Curtis is resigning as our Web Master after several years of doing an incredible job – THANK YOU Curtis! We are currently seeking a replacement, with Curtis willing to assist whoever steps up to the plate.

Current report – The web site and calendar appear to be stable after last month’s virus debacle.

The newsletter and President’s message have been uploaded. He is currently working with Dreamhost to separate the club’s domain from his personal domain. Eventually the club will be paying $107.40 per year.

5. James Paulos reviewed the status of the club computer. He recommends a new computer with upgrades that would be compatible with his and Marcia’s. Jim will come up with a proposal and email the info to the Board with his suggestions before granting his request.

6. Bicycle Master Plan updates – nothing to report at this meeting.

NEW BUSINESS:
1. Alamo Canal Trail Under-crossing dedication is scheduled for Saturday, October 27th, from 11:30 a.m. to 1:00 p.m. at the Dublin Civic Center.

2. Everyone encouraged to visit the Bicycle Hall of Fame in Davis on November 3rd to hear Peter Rich speak on the evolution of bicycling from the sixties forward.

3. Mid-winter party has been set for Saturday, February 16, 2013.

4. Correspondence included and thank you letter from Gordon Juan for our assistance after his accident on the T.O.S.R.D.

5. Nominating Committee members will be meeting this month to begin the process of selecting officers for 2013.

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

MILEAGE REPORT AS OF 10/25/2012

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Valley Spokesmen “Bicycle” Touring Club
October 2012

Correspondence sent:
2. Check to A Grand Affair for rental of coffee servers.
3. Checks for gasoline/bridge fares for T.O.S.R.D.
5. Letters of welcome to new club members. 2012 membership currently stands at 489.

Correspondence received:
1. Lovely thank you letter from Gordon Juan for our assistance after his accident on the T.O.S.R.D.
2. Adventure Cyclist magazine.
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Young, Lisa 406 9
Zielinski, Stan 415 15
Zucker, Pam 243 7

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 161,130!!

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!

A VERY HAPPY THANKSGIVING TO EVERYONE!

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

September 29th
Alaine hosted today's ride from Half Moon Bay. A very nice ride down the coast and then in land along very nice roads. We had rest stops at Memorial County Park and Pescadero. Mix of fog and sunny skies during the ride. Thank you Alaine for another great ride. Alberto

September 30th
Great day for Gail’s birthday ride to Pinole today. 26 riders joined us on our route to Pinole, El Sobrante, Orinda, Moraga, and finally our return to the start. After the ride we stop at Jack’s in San Ramon for lunch and great company. Happy Birthday Gail!! Alberto

Thank you for a great day. Happy birthday, Gail! Mary

October 6/7th
The Santa Cruz ride is a challenging ride as it is, but the unplanned and unexpected events that transpired turned this ride into an epic adventure. We were on schedule after our 8:00 AM start as we arrived at the Niles Train Station. From there things went awry as CalTrans had Niles Canyon Rd. closed to ALL traffic. We cajoled, pleaded, and attempted to bribe the CalTrans worker to let us pass but to no avail. Our options were to turn back and go over Dublin Canyon Rd. to Mission Blvd. or Palomares to Niles or to just continue onto Calaveras and over to the Dumbarton Bridge. We decided on the Calaveras option and regrouped at Ed Levin Park to plan our route to over to the Dumbarton Bridge. By the time we reached Palo Alto we were well over an hour behind schedule and had ridden nearly 20 extra miles not to mention the extra 1,500 feet of climbing. Our sag vehicles were doing an excellent job of resupplying us and everyone remained upbeat and the weather was excellent with cool temps and clear skies to the top of Old La Honda Rd. At the Summit we were greeted with a freshly graveled road to descend down to Hwy 84. With much trepidation we cautiously descend down the backside of Old La Honda Rd. with no trouble. Our quick lunch at the La Honda Market dragged on to over an hour as we waited for sandwiches at the deli. We had a bit of a head wind as we made our way down Pescadero Creek Road but when we hit Cloverdale Rd we were greeted with a most excellent tailwind to carry us down to Hwy 1. By the time we hit Davenport we were all at our limit and well beyond what we signed up for but everyone still had a great attitudes. Our tailwind continued with mild temps and crystal clear skies. We rolled into our Motel just before 6:00 PM with a total mileage of 119 miles, 6,650 ft of climbing, an average speed into Santa Cruz of 18 mph and a 6:40 minute ride time. It was a truly epic 10 hour adventure but it was riding with the best group of people you could ask for not to mention the outstanding sag support from Frank Lopez and Teresa Thieben without which it might not have been possible. Ken

Thanks for organizing an epic day Ken. It was great riding with everyone and the weather couldn’t be beat. Thanks Mary for coordinating the dinner reservations to align with our delayed arrival. I still didn’t get any sleep on the plane, so I think we need to add some miles next year…..Doug

Thank you so much for the ride Ken. A little detour with Niles Canyon being closed, but rerouting over Calaveras made it even more special. The weather cooperated and it did end up being an epic ride. The sag support was awesome, helping us with water, food, and clothes changes. With over 20 people, it was a big turnout for a long, out-of-town ride. It was the best group of people you could ask to have on a ride. Dinner after was great and gave us a chance to reflect on the day. A very memorable ride. Rick

October 7th
Sunday was the annual Mount Diablo Challenge. Since Valley Spokesmen have been actively providing support for the challenge almost from its inception, I volunteered to help at the top; being the first one to arrive at the summit, I was rewarded with almost a religious experience with the sunrise, fog below, and blue skies above. Surprisingly, considering the size of our club, Bonnie has had a difficult time securing help to man the food at the top and the water stations. With past benefactors being the American Lung Association, The Heart Association, The Children's Hospital, and now Save Mount Diablo, the Challenge has always benefited a worthy cause. Please consider volunteering next year. At the top, one of the early arrivals was Flavia Oliveira, this year's winner of the women's division. A wisp of a woman, Flavia blazed up the mountain in 48 minutes and 13 seconds, a new Diablo Challenge record(Although she told me her record is in the 47’s). She asked me to pass on the upcoming Oct. 27 House of Pain (HOP) ride will be benefiting the Pete Zucker Foundation. A former racer, Pete has been stricken with ALS; prior to the ride which starts at the Sycamore Park...
and Ride at 8:45, they will be selling socks for $15 to help support ALS research. So if you want to ride the HOP lite, med, or HOP, this would be a good day to show your support.

Ride strong and ride safe. Bob

Well said Bob. I have been on the VS Race Team for over 20 years and after helping promote the Wente Road Race and Criterium for 20 years, I personally know how much we rely on volunteers to make our event successful. Next year I will definitely help with the Challenge. I’ll schedule the annual Santa Cruz ride (aka Ken’s Gran Fondo) the following weekend so there won’t be any conflicts. Mark your calendars now, the Mt Diablo Challenge on the 2nd Sunday and the Santa Cruz ride the 3rd Saturday of October.

PS, Flavia is really a talented racer. The last several years she has come out to our Noon Ride at the Lab to train before racing in Italy. This past year she was training with us as she tried to make the Brazilian Olympic Team. Whenever she showed up for the noon ride the pain factor climbed several notches. Ken

A very nice day for Alaine’s ride up to the Summit of Mt. Hamilton from Alum Rock. Great turn out. The morning fog clear in less than 1,000 feet proving 20+ riders plenty of Sun on our way to the top. Thank you Alaine for another great ride and the payday bars! Alberto

Great turn out today for the Odd FriDay beginner friendly ride. Walt and Dave were surrounded by a bevy of women, 13 riders in all made the ride today and enjoyed treats at Denica’s. I hope to see these new riders again in the future, they did a fantastic job today!

Congratulations to Heather on her first ever “group ride” and thank you to Christie Simpson who was of great help keeping the group together. Gail

Yesterday, Sat. 10/20, was the Feather Pedals *(FP) monthly October ride. We had 44 total riders; 30 on the Classic route of ~25 miles and 14 on the Challenge ride of ~35-40 miles depending on how much of Mt. Diablo was ridden and/or if there was a modified version of the route ridden; ~8-10 new to riding with FP (welcome…we hope you enjoyed riding with us!); 2 with fancy new bikes (Marni and Mike…congrats!!!); and about 15 riders who stayed to enjoy lunch and socializing after the ride at Draeger’s Market in Blackhawk (aka FP Headquarters

General consensus is Draeger’s Market offers a nice variety of high quality food at varying prices. And the outdoor patio nicely accommodates our group.

The Host for this ride was Karin Ball with Co-Host Rebecca Wood. The ride was supported by Dean Ball, SAG, and…unfortunately…NOT Sweep, Charles, as he is off enjoying a cycle vacation. We miss you Charles!!!!! Looking forward to having you join us again in November. Karin

October 21st

Great ride to-day Alberto.

A gentle push by Mother Nature over Patterson Pass - congrats to Kathy on her first time over the top - then gentle facial breezes on the ride back across the Altamont so no one got overheated. Jim

October 26th

We had 10 people on today’s "Finding Pumpkins" ride. Charles (Parrish) and Mark & Erica (Dedon) were not around for our pic. The day started out BRISK but warmed up as we pumped. It was a fun group of people, a few I haven’t met before (and hope to see again)!

We bought pumpkins at the end of the ride for our Halloween masterpieces. If you plan to ride with Erica on Halloween, please let her know (see VS website for ride details). Their home is dressed up for the occasion!

October 27th

Great to have so many VS members at the Alamo Creek dedication to-day.

Thanks to VS member Bill Rose who was involved with this project for years. It went on the wish list in 1985! Bill spent many, many hours in meetings working with the 7 (or more) jurisdictions to get this under-crossing completed.

A big THANK YOU Bill from all Valley Spokesmen!

Francie & Jim

I took the Alamo Creek Trail under 580 and into Pleasanton. The paved trail turns left just past the W. Las Positas overcrossing and ends just past the Hopyard Road overcrossing. The unpaved trail continues to the eastern end of Stoneridge drive. Continuing straight on the unpaved Alamo Creek trail past W. Las Positas, you can go all the way to downtown Pleasanton - if you do not mind riding on an unpaved trail.

I have not been on either of the unpaved trails; I got off at Hopyard. Charles

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.
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

_________________________________________  _____  ___________________________________________

_________________________________________  _____  ___________________________________________

_________________________________________  _____  ___________________________________________

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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: _____________
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<td>Mark Dedon</td>
<td>925-828-9183</td>
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<tr>
<td>Vice-President</td>
<td>Karin Ball</td>
<td>408-406-2286</td>
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<tr>
<td>Treasurer</td>
<td>Dan Carhart</td>
<td>925-828-8964</td>
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<tr>
<td>Recording Secretary</td>
<td>Lynn DeMattei</td>
<td>925-373-1803</td>
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<td>Corresponding Secretary</td>
<td>Bonnie Powers</td>
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<td>Ride Chairmen</td>
<td>Gail Blanco</td>
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<td>Peter Rathmann</td>
<td>925-838-1973</td>
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<td>Newsletter Editor/Typist</td>
<td>Marcia Seeger</td>
<td>510-223-9347</td>
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<td>Online newsletter editor</td>
<td>Jim Paulos</td>
<td>510-200-8125</td>
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<td>Newsletter Publisher</td>
<td>Bill/Mary Well</td>
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<td>Past President</td>
<td>Dan Carhart</td>
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<td>V.S. Racing Team</td>
<td>Jim Duncan</td>
<td>925-209-1369</td>
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<td>Community Liaisons</td>
<td>Ralph Speck</td>
<td>925-837-2932</td>
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<td>Castro Valley</td>
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<tr>
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#### 2012 PRESIDENTIAL APPOINTMENTS

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<tr>
<td>Webmaster</td>
<td>Curtis Stallins</td>
<td>925-462-8384</td>
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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
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568

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.