December 2012

President's Message

Kick off December by attending the Quarterly Meeting on Wednesday, December 5. 6:30 PM free pizza dinner and 7:00 PM Meeting. Wear clothes in the spirit of the holiday and be rewarded with a beverage of your choice!

This will be an important and entertaining meeting! Come out and support your club by participating in the election of club officers for 2013. The Nominating Committee recommends the following persons for the open positions- President: Karin Ball; Vice-President: Bob Heady; Treasurer: Dan Carhart; Recording Secretary: Lynn DeMattei; Corresponding Secretary: Bonnie Powers; Ride Chairman: Emma Olenberger and Peter Rathmann; Newsletter Editor/Typist: Marcia Seeger; Electronic Newsletter Editor: Jim Paulos; Newsletter Publisher: Bill and Mary Well; VS Racing Team Contact: Jim Duncan. However, you may also nominate other persons to fill these positions, as further nominations will be taken from the floor. Meeting attendees will cast their vote to determine the 2013 VS officers, or you may mail in your ballot.

Following the election of officers, enjoy VS member Shawn Mehaffey’s presentation on his vacations in Chiang Mai, Thailand as well as his two-day ride from Singapore into Malaysia and back!

Yes, the holidays are here along with those wonderful holiday treats! Your club has the perfect solution for keeping up with those treats- check out the December ride calendar for some great rides to burn off the calories. Also, don’t miss the traditional Mt. Diablo ride on New Year’s Day. It’s the perfect way to start off the New Year!

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.

HELMTS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!.

No headphones or ear buds (except hearing aids) of any type are permitted on Valley Spokesmen rides. No cell phone use while actively riding.

ATTENTION: All riders must sign a liability waiver form which is on the ride sign-in sheet. from the ride host. WEATHER: If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an up-date. 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 listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride host.

CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Car pools are often posted to the VS e-mail list or post one yourself.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in motorist courtesy to bicycle riders.

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 stop to take a cell phone call the group is not obligated to wait.

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

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar http://tinyurl.com/a8z5m

Be informed, register for the VS e-mail list: E-mail Peter Rathmann prathmann@comcast.net

Go to VS Calendar for more rides
SAT. 12/1/12 3-M 60 miles (95 km) 9:00 a.m. Join us on the classic Calaveras-Palomeras 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 on San Ramon Rd.; right on Shannon; and right into the parking lot. Bring food and water. 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

SUN. 12/2/12 MTB-3 ~8-13 miles 10:00 a.m. We are leading a mountain bike ride at Wilder Ranch in Santa Cruz. This is a 3M ride, but we will have alternative routes for varying levels. There is a lot of technical single track with moderate climbing. To get there, take Hwy 17 into Santa Cruz, then head north on Hwy 1. Watch for Western Dr. just before you leave town. The parking area is approximately 1.5 miles north of Western Dr. on the the left side of Hwy. 1; it is just south of the entrance to the State Park. Parking along the highway is free. Rain cancels.

Ride Host: Jane Moorhead, 925-980-9889.

MON. 12/3/12 2-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.

MON. 12/3/12 2-3 M ~35 miles 9:00 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates.

Ride Host: Christy Simpson, 925-577-0719.

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...
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 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 your club questions, and see if we're the club for you! Check our online ride calendar for a map.  
http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903

FRI. 12/7/12 2-L/M 25-35 miles No Drop Please log onto ValleySpokesmen.org 1 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. 12/08/12 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/B 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

MON. 12/10/12 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heath Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heath Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heath 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.

MON. 12/10/12 2-3 M or M/B 25-45 miles 9:00 a.m.  
We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates. (Advanced Ride)  
Ride Host: Alberto Lanzas, 510-825-9581

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 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heath Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/-Moderately paced ride will usually cover 35-55 miles. Meet at Heath Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heath 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.

WED. 12/12/12 2-L/M 33 miles 9:00 a.m. Today we'll start in Central Park and do a loop through Blackhawk and Alamo. See GPS link below for route. San Ramon's Central Park is located on Bollinger, east of I-680. The ride will leave from the area close to the skate park, across from the 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

Go to VS Calendar for more rides
WED. 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.

SAT. 12/15 3-M/B ~50 miles 9:00 a.m. Starting at Foothill HS in Pleasanton, we’ll ride south to Sunol, do an out-and-back climb of Kilkare, and then continue down Niles Canyon before returning over Palomares and Dublin Canyon. Meet at Foothill H.S. (4375 Foothill Rd. – south of W. Las Positas Blvd.) in Pleasanton. (Advanced)
Ride Host: Marcus van Raalte, 925-437-3332.

SAT. 12/15 2-3 L/M 30 (Classic) or 43 (Challenge) miles 9:00 a.m. The ride today will start at Crank 2, 5480-9 Sunol Boulevard Pleasanton. The route will go out to Calaveras with multiple turn-around options. Both women and men are welcome on these training rides. (Beginner Friendly) Printable route sheets are available on the Feather Pedals Yahoo group site – http://sports.groups.yahoo.com/group/featherpedals/files/ Arrive 15 minutes early for ride announcements.
Ride Hosts: Mark Dedon mark.dedon@comcast.net 925-997-3258 and Emma Olenberger live2map@yahoo.com 707-479-2549

SUN. 12/16 2-3 M 60 miles 9:30 a.m. We will ride from the old Nob Hill parking lot in Livermore on the corner of Livermore Ave and Pacific Ave to Mines road and out to the Junction and back. Bring plenty of food and water as there are no services until the Junction. Rain cancels.
Ride Host: Marc Goroff, 925-337-1747, mhg@comcast.net

SUN. 12/16 2-L/M 45 miles 10:00 a.m. Dick and Julie are leading us on a tour from Menlo Park up some of the Woodside hills and past the Crystal Springs Reservoir before descending to the bay in San Mateo and Redwood Shores and returning via Redwood City. Meet in Burgess Park (701 Laurel St.). Take I-680 S to I-580 W to I-880 S to Hwy. 84 W (Dumbarton Bridge); after bridge turn left on Willow Rd.; right on Middlefield Rd.; left on Ravenswood Ave.; left on Alma St.; Burgess Park will be on right in approx. 200 meters. Parking available in lot at corner of Alma and Burgess Sts. and along Burgess Dr. Suggested carpool location is the Bollinger Canyon and I-680 Park&Ride lot at 9:00 a.m.
Ride Hosts: Julie Hampton, 925-389-6738 and Dick Ward, 510-685-7103 or email humbug1943-email02@yahoo.com

MON. 12/17 2-3 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, rcslw@astound.net for ride details.

TUE. 12/18/12 Mt. 3-8 miles 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. 12/19 2-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, rcslw@astound.net for ride details.

WED 12/19/12 2-M 40-45 miles 10:00 a.m. Dave and Carolyn Neal will lead a group from the old Nob Hill parking lot at the intersection of S. Livermore and Pacific Aves. The ride will be a loop through Danville, San Ramon, Dublin, and Pleasanton before returning to Livermore.
Ride Hosts: Dave & Carolyn Neal, dwnis@comcast.net, 925-784-8019 & 925-321-4378.

FRI. 12/21/12 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

Go to VS Calendar for more rides
SAT. 12/22/12 3-L 42 miles (68 km) 9:00 a.m. Starting in San Ramon we'll have a leisurely ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and snacks.

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

SUN. 12/23/12 4-M 70 miles 8:30 a.m. Join Brahim as we head east from San Ramon to Livermore (with our usual Starbucks stop at Vasco) and continue over the Flynns and the Altamont to Midway. Our return will be over Patterson Pass and Cross to the Starbuck's on Vineyard and then back to San Ramon. Meet at the Park&Ride lot at the southwest corner of the I-680 and Bollinger Canyon intersection. Bring fluids and fuel.

(Advanced Ride)
Ride Host: Brahim Satoutah, 925-462-7390
bsatoutah@comcast.net

SUN. 12/23/12 1.5-L ~15 miles 1:00 p.m. Short ride with lots of stops through downtown Benicia with an emphasis on sites of historic significance. Meet at the "B" St. parking lot in Benicia. Take I-680 north to I-780; exit E 2nd St; L at bottom of ramp; R on E Military; L on 1st St. to end of street; L on "B" St. (Beginner Friendly)

MON. 12/24/12 2-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.

WED. 12/26/12 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heath 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.

SAT. 12/29/12 4-L 39 miles (65 km) 10:00 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory on Richard's birthday ride. 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. We will have sag support courtesy of Richard's daughter(s) to carry food (Togo sandwich orders taken at the start) and spare clothing to the summit.

Ride Host: Richard Hedges, 447-6197 (home), 784-5763 (cell on the day of ride), richard_hedges@yahoo.com

SUN. 12/30/12 4-M 55 miles 9:30 a.m. We will ride from the old Nob Hill parking lot in Livermore on the corner of Livermore Ave and Pacific Ave out to Collier Canyon and Highland and climb up Morgan Territory for an out and back to the park. We will then climb the Altamont to Midway and back up Patterson Pass to descend back into Livermore. Approximately 4200' of climbing. There will be two rest stops at the top of Morgan Territory and the Starbuck's on Scenic. The route can be found at http://ridewithgps.com/routes/1919832.

Ride Host: Marc Goroff, 925-337-1747, mhg@comcast.net

MON. 12/31/12 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heath Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heath Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heath 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.

Go to VS Calendar for more rides

JANUARY 2013

TUE. 1/1/13 4-L/S 25 miles (40 km) 9:00 a.m. Time for the traditional Valley Spokesmen New Year's Day ride to the summit (or as far as you want to go) of Mt Diablo. Meet in the Danville Railroad Museum parking lot for this social ride. Take I-680 to Diablo Rd exit; go west to Hartz and turn left; turn right on Prospect and left on Railroad Ave. Parking lot will be on the right. Bring water and snacks.

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

WED. 1/2/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heath Farm every Mon. and Wed. morning at 9:00 a.m. This Leisurely/Moderately p...
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, rcslw@astound.net for ride details.

SAT. 1/5/13 3-L/M 47 miles (75 km) 9:00 a.m. Join Mark and celebrate his birthday as we ride the Dublin to Moraga loop. First we’ll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we’ll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.
Ride Host: Mark Dedon, 925-997-3258 (cell).

SAT. 1/5/13 2-L 15-23 miles (24 - 40 km) 9:00 a.m. 1st in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride today will start at Dublin High School in Dublin and will have a choice of two distances: 15 miles for the ‘classic’ ride, and 23 miles for the ‘challenge’ ride. Take I-680 to the Alcosta exit and go east; turn right on Village Parkway; make a left at Brighton and then left into the high school parking lot. Both women and men welcomed. Arrive at least 15 minutes early for announcements.  (Beginner Friendly).
Ride Hosts: Karin Ball, kball2@yahoo.com and Jan Stevens, jlsmail@comcast.net

SUN. 1/6/13 3/4-M 40 miles 9:30 a.m. We are riding from Diablo Vista Park in Danville for a 40 mile loop around the Livermore Valley. Diablo Vista Park is located at the intersection of Crow Canyon Rd. and Tassajara Ranch. Bring water and fuel or money for possible coffee stop in Livermore. Rain cancels; please check VS Calendar for updates.  (Advanced Ride)

MON. 1/7/13 2-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 Leisurly/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, rcslw@astound.net for ride details.

MON. 1/7/13 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. 1/8/13 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. 1/9/13 3-L/M 25 miles (40 km) 10:00 a.m. The "Chilly – Hilly – Chili" ride. Meet at the "B" St parking lot in Benicia. Take I-680 north to I-780; exit E 2nd St; L at bottom of ramp; R on E Military; L on 1st St. to end of street; L on "B" St. Ride takes us thru the hills of Benicia, Lake Herman Road, back to town and then to my house for chili. Bring snack and water.

WED. 1/9/13 2-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 Leisurly/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, rcslw@astound.net for ride details.

WED. 1/9/13 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.

FRI. 1/11/13 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

Go to VS Calendar for more rides
SAT. 1/12/13 2-3 L/M 22 (Classic) or 38 (Challenge) miles 9:00 a.m.  2nd in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic.  The ride today will start at Blackhawk Plaza in Danville.  Meet in the upper (north) lot adjacent to Draeger’s market.  Both women and men welcomed.  Arrive at least 15 minutes early for announcements.  (Beginner Friendly)  Ride Hosts:  Carol DaShiell, cd31416@yahoo.com, 925-989-8321 and Julie Hampton, 925-389-6738.

SUN. 1/13/13 3-M 45 miles 9:30 a.m.  Join Alberto on his birthday ride up Mt. Diablo.  Starting in San Ramon we'll ride up to the summit and then descend to Walnut Creek.  Return will be through Danville.  Meet at San Ramon Central Park.  Take I-680 to the Bollinger exit and go east; turn left into the park opposite to the Market Place.  Bring water and food or money to buy during a coffee stop.  (Advanced Ride)  Ride Host: Alberto Lanzas, 510-825-9581.

MON. 1/14/13 2-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. 1/15/13 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. 1/16/13 2-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.

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 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, but be warned that these are not entry-level rides.  Each ride is a “no-drop” ride on rolling terrain that will vary.  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 EVENTS

YOSEMITE 2013 – I have 15 rooms reserved in Yosemite and currently I have had a cancellation.  I have exhausted my waiting list, so if anyone would like to ride to Yosemite SPEAK UP!!!  We leave on Sunday, April 21st to return on Thursday, April 25th.  The deposit is $100.00 (made payable to Bonnie).  If you have any questions, call Bonnie, 925-828-5299.

UPCOMING TOURS

December 16  Borrego Springs Century/Double Century
January 12  Stagecoach Century – Ocotillo

Go to VS Calendar for more rides
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!

VALLEY SPOKESMEN AFFILIATIONS

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

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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

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

NEWS FROM BILL ROSE
(Pleasanton Community Liaison)

I wanted to thank all of the VS members who showed at the dedication. The number of VS jerseys was very apparent. When we push for these types of projects, numbers count. The powers that be look out at the crowd of possible voters and think “maybe I should pay more attention to what these people want.” The number of people who showed up for the dedication was noted in several conversations I had. So the next time the word goes out that we need people to show up, please be there.

With the Alamo Canal undercrossing complete and the Stoneridge Drive extension due for completion next year, plans are afoot to pave the south side of the Arroyo Mochio. Now don’t get in a dither because this will not happen tomorrow. Only if time and money are available will this occur. At present the trail is paved from the Centennial Trail to Hopyard Road. The present paving is asphalt which is not holding up well. The arroyo base is not stable and is subject to slump and movement, especially when wet. This causes the asphalt to crack (super bike tire traps) and warp. The asphalt is very difficult and expensive to maintain. The repairs don’t last for more than a year or two. The trail from Hopyard Road to Santa Rita Road is a mixture of dirt, large gravel, small gravel, mud when wet, and other stuff. Beyond Santa Rita the base is more stable. There is a two tier road on this part. It is stable and paved with small, compacted gravel. You can bike this without too much trouble.

The proposal is to pave the trail with one of two types of new paving that are being used in other area parks and trails. One paving is a permeable concrete: water soaks through the concrete instead of running off and eroding the side of the trail bed. The second paving is a polymer-stabilized decomposed granite. Personally I like this one. Both pavings are relatively easy to repair and maintain and will last 10 plus years before major repairs or replacement is needed. I will try to get samples for the Dec. club meeting. In the meantime, if anyone has experience with either of the two pavings and has a comment, please let me know and I will forward it to the city officials.

Coming soon to Hopyard Road: They may already be in place since I have been slow in forwarding this information.

Pleasanton has received grant money and will use it along with measure B funds to install Interceptor microwave traffic control systems at Hopyard Road intersections. Installations were to commence after the Hopyard Road resurfacing and re-striping was complete. I haven’t really looked the last time I was out on Hopyard Road. Has anyone seen them?
Valley Spokesmen “Bicycle” Touring Club  
Executive Board Meeting  
November 14, 2012

Meeting called to order at 7:05 p.m. by President Mark Dedon.

Minutes from the October 10, 2012 Executive Board Meeting were accepted as read.

Treasurer Dan Carhart reported on the balances in our checking and savings accounts. His report was accepted as presented.

OLD BUSINESS:
1. The Progressive Dinner ride was excellent. It was suggested similar out-of-town rides not be scheduled on the same week-end. There was new territory to explore along the Alamo Creek trail and El Charro. With the opening of the new outlet stores, the back-up on El Charro is huge! Peter suggests limiting access to the V.S. calendar with only the ride chairman making changes and posting rides, after the Ride Hosts have contacted Peter or Gail.
2. V.S. web site – Currently Curtis is dealing with a virus caused by a hacker that accessed our site through the V.S. calendar. He is working hard to correct the problem.
3. Curtis plans to resign from his post; Ken Hernandez (as lead) and Steve Whalen will be taking his place. Motion made, seconded and passed to accept Ken and Steve as our new Web Masters. Thanks Curtis for the MANY hours you have spent on our site.
4. Club computer – James Paulos reported the best computer to meet our needs would be a Dell Mini-tower with Windows 7. Motion made, seconded and passed to purchase this computer and software with upgrades and miscellaneous stuff for approximately $1,400.00
5. Update on area Master Plans – On October 1st a meeting in Dublin revealed there will be a five year Bicycle/-Pedestrian Plan review in the near future. Some issues will be the widening of Dougherty Road from Sierra Court to the county line. Another issue would be better transit access to the West Dublin BART station.

NEW BUSINESS:
1. The December/January ride schedule was reviewed with a few minor corrections made.
2. Changes to the Ride Ratings for the newsletter were reviewed. Motion made, seconded and passed to accept these changes as revised.
3. Newsletter format – This subject will be tabled for now. Marcia to investigate the Publisher program.
4. Report from Nominating Committee: Those willing to run include: President: Karin Ball; Vice-President: Bob Heady; Treasurer: Dan Carhart; Recording Secretary: Lynn DeMattei; Corresponding Secretary: Bonnie Powers; Newsletter Editor: Marcia Seeger; Newsletter Publishers: Bill/Mary Well; Electronic Newsletter Editor: James Paulos; Ride Chairmen: Peter Rathmann and Emma Olenberger; and V.S. Race Team Representative: Jim Duncan. Rebecca Wood may be interested in acting as a representative for the Feather Pedals group.
5. Deposit made at the Pleasanton Marriott for the February 16, 2013 Mid-winter party. Deposit made with Amos Productions for the Mid-winter party DJ.
6. Deposit made with Minuteman Press for printing of November newsletter.
7. Save Mt. Diablo – A Volunteer Appreciation Open House is set for December 4th from 5-8 p.m.
8. Next Executive Board Meeting to be held at the Powers’ place for the OLD and NEW officers on Wednesday, December 12th.
9. Motion made, seconded and passed for Jim Duncan to spend up to $50.00 on wood and hardware to replace Cinderella signs and look into new SAG flags.

There being no further business, the meeting was adjourned at 8:20 p.m.

Respectfully submitted, Bonnie Powers, Secretary, Pro-tem.

Valley Spokesmen “Bicycle” Touring Club  
November 2012

Correspondence sent:
2. Checks to Office Depot for office supplies.
3. Check to Minuteman Press for printing of November newsletter.
4. Deposit check to Pleasanton Marriott for Mid-winter party February 16, 2013.
5. Check to Ranadick, O’Dea & Tooliatos (attorneys) for...
6. Check for to Amos Productions for deposit for DJ at Mid-winter party.

7. Check to Dublin Security Storage for storage locker (13 months).

8. Letters of welcome to new club members. 2012 membership currently stands at 492.

Correspondence received:
1. Thank you letters from girlventures, Assistance League San Jose, and Women’s Daytime Drop-in Center, for Cinderella donations.
2. Requests for membership renewals and donations.
3. Announcements of upcoming events and tours.
4. Newsletters and magazines from various clubs, organizations and businesses.

---

**MILEAGE REPORT AS OF 11/28/2012**

<table>
<thead>
<tr>
<th>Name</th>
<th>Miles</th>
<th>Led</th>
<th>Rides</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aguirre, Steve</td>
<td>367</td>
<td>0</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Anderson, Kathy</td>
<td>342</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Andrews, Bill</td>
<td>219</td>
<td>0</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Arroyo, Christine</td>
<td>404</td>
<td>0</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Ball, Karin</td>
<td>843</td>
<td>11</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Barnett, Bob</td>
<td>237</td>
<td>0</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Baskin, Barry</td>
<td>427</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Blanco, Gail</td>
<td>4,441</td>
<td>30</td>
<td>99</td>
<td></td>
</tr>
<tr>
<td>Bonilla, Herman</td>
<td>324</td>
<td>0</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Bosworth, Larry</td>
<td>237</td>
<td>0</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Bousfield, Sarah</td>
<td>263</td>
<td>0</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Burton, Jennifer</td>
<td>201</td>
<td>0</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Campbell, Alma</td>
<td>811</td>
<td>0</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Campbell, Rick</td>
<td>2,712</td>
<td>1</td>
<td>53</td>
<td></td>
</tr>
<tr>
<td>Carhart, Dan</td>
<td>3,222</td>
<td>27</td>
<td>85</td>
<td></td>
</tr>
<tr>
<td>Carlson, Dane</td>
<td>871</td>
<td>1</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Carpenter, Don</td>
<td>1,390</td>
<td>0</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Castaneda, Ana</td>
<td>474</td>
<td>0</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Choy, Serena</td>
<td>605</td>
<td>0</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Clarke, Lorretta</td>
<td>297</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Coronado, Carol</td>
<td>249</td>
<td>0</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Crawford, Marlowe</td>
<td>730</td>
<td>0</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Culshaw, Pete</td>
<td>922</td>
<td>3</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Culshaw, Sharon</td>
<td>246</td>
<td>2</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Cushman, Francie</td>
<td>3,963</td>
<td>5</td>
<td>83</td>
<td></td>
</tr>
<tr>
<td>Daly, Deb</td>
<td>922</td>
<td>0</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>de la Motte, Janelle</td>
<td>232</td>
<td>0</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>DeCarlo, Dominic</td>
<td>248</td>
<td>0</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>DeCarlo, Geri</td>
<td>383</td>
<td>0</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Dedon, Erica</td>
<td>815</td>
<td>5</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Dedon, Mark</td>
<td>1,079</td>
<td>2</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Delfosse, Rob</td>
<td>1,365</td>
<td>6</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>DeMicco, Mike</td>
<td>621</td>
<td>2</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Deonelas, Vic</td>
<td>1,408</td>
<td>0</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Dronkers, Dave</td>
<td>303</td>
<td>0</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Duncan, Jim</td>
<td>4,303</td>
<td>35</td>
<td>99</td>
<td></td>
</tr>
<tr>
<td>Dunning, Clay</td>
<td>1,006</td>
<td>2</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Dunning, Craig</td>
<td>698</td>
<td>0</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Durant, Patric</td>
<td>522</td>
<td>0</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Eacret, Wes</td>
<td>2,922</td>
<td>4</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>Early, Karen</td>
<td>311</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Engleton, Mary</td>
<td>302</td>
<td>0</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Flansburg, Bonnie</td>
<td>230</td>
<td>0</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Flexer, Reva</td>
<td>259</td>
<td>0</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Foss-Durant, Anne</td>
<td>438</td>
<td>0</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Fredicks, Larry</td>
<td>1,671</td>
<td>1</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>Fujii, Bob</td>
<td>3,142</td>
<td>1</td>
<td>73</td>
<td></td>
</tr>
<tr>
<td>Fujii, Vivian</td>
<td>735</td>
<td>5</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Fusco, Bob</td>
<td>913</td>
<td>0</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Gale, Randy</td>
<td>474</td>
<td>0</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Gaunt, Ross</td>
<td>670</td>
<td>0</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>George, Michelle</td>
<td>231</td>
<td>0</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Goroff, Marc</td>
<td>2,415</td>
<td>2</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Griffin, Patricia</td>
<td>274</td>
<td>0</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Groves, Susan</td>
<td>757</td>
<td>0</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Hammond, Chuck</td>
<td>821</td>
<td>0</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Hampton, Julie</td>
<td>1,569</td>
<td>18</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>Heady, Bob</td>
<td>982</td>
<td>34</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Hedges, Richard</td>
<td>955</td>
<td>0</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Hernandez, Ken</td>
<td>2,527</td>
<td>3</td>
<td>46</td>
<td></td>
</tr>
<tr>
<td>Hernandez, Mary</td>
<td>2,250</td>
<td>2</td>
<td>46</td>
<td></td>
</tr>
<tr>
<td>Herrera, Gloria</td>
<td>803</td>
<td>0</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Hilton, Kristen</td>
<td>239</td>
<td>0</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Hirt, Janice</td>
<td>476</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Hirt, Joe</td>
<td>413</td>
<td>0</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Hislop, Bob</td>
<td>446</td>
<td>1</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Ho, Will</td>
<td>1,420</td>
<td>0</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Hojnacki, Susan</td>
<td>321</td>
<td>0</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Holland, Linda</td>
<td>272</td>
<td>0</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Holthe, Kara</td>
<td>212</td>
<td>0</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Hsueh, Gary</td>
<td>838</td>
<td>0</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Huang, Shiny</td>
<td>342</td>
<td>0</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Hunt, Nena</td>
<td>582</td>
<td>0</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Jacobs, Pam</td>
<td>360</td>
<td>0</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Joannis, Linn</td>
<td>422</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Johnson, Marie</td>
<td>381</td>
<td>0</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Johnson, Robin</td>
<td>557</td>
<td>0</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Juan, Gordon</td>
<td>272</td>
<td>0</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Kane, Kathy</td>
<td>903</td>
<td>1</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Klevon, Holly</td>
<td>418</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Koitmaa, Joel</td>
<td>226</td>
<td>6</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Kowalewski, Steve</td>
<td>1,208</td>
<td>2</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Krewson, Lisa</td>
<td>242</td>
<td>0</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Kunz, Mike</td>
<td>200</td>
<td>0</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Kurzrock, Matt</td>
<td>403</td>
<td>0</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Lanzas, Alberto</td>
<td>4,572</td>
<td>41</td>
<td>101</td>
<td></td>
</tr>
<tr>
<td>Leddon, Dave</td>
<td>3,212</td>
<td>1</td>
<td>83</td>
<td></td>
</tr>
<tr>
<td>Lee, Kathy</td>
<td>321</td>
<td>0</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Lenzi, Marty</td>
<td>251</td>
<td>1</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Livingston, Bekki</td>
<td>936</td>
<td>0</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Livingston, Vince</td>
<td>301</td>
<td>0</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Low, Ellen</td>
<td>897</td>
<td>0</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Lundell, Chris</td>
<td>452</td>
<td>0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Lynn, Bob</td>
<td>277</td>
<td>0</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

Go to VS Calendar for more rides
<table>
<thead>
<tr>
<th>Name</th>
<th>Miles</th>
<th>Rides Led</th>
<th>Rides Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madelo, Adele</td>
<td>1,424</td>
<td>0</td>
<td>33</td>
</tr>
<tr>
<td>McBee, Michelle</td>
<td>1,314</td>
<td>2</td>
<td>26</td>
</tr>
<tr>
<td>Mitchell, Ron</td>
<td>255</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Mombeni, Ana</td>
<td>511</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Montes, Frank</td>
<td>723</td>
<td>0</td>
<td>16</td>
</tr>
<tr>
<td>Moorhead, Jane</td>
<td>1,208</td>
<td>30</td>
<td>57</td>
</tr>
<tr>
<td>Morales, Maria</td>
<td>599</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Moyer, Greg</td>
<td>678</td>
<td>0</td>
<td>19</td>
</tr>
<tr>
<td>Musgrave, Pamela</td>
<td>477</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Nadeau, Alaine</td>
<td>1,107</td>
<td>10</td>
<td>28</td>
</tr>
<tr>
<td>Neal, Carolyn</td>
<td>540</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Neal, Dave</td>
<td>928</td>
<td>0</td>
<td>18</td>
</tr>
<tr>
<td>Neer, Mark</td>
<td>2,374</td>
<td>4</td>
<td>48</td>
</tr>
<tr>
<td>Neer, Susan</td>
<td>2,262</td>
<td>4</td>
<td>45</td>
</tr>
<tr>
<td>Norby, Edith</td>
<td>242</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Nowell, Keith</td>
<td>405</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Nowell, Linda</td>
<td>430</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Obata, Ken</td>
<td>413</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Oh, Nancy</td>
<td>437</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Olenberger, Emma</td>
<td>1,547</td>
<td>7</td>
<td>32</td>
</tr>
<tr>
<td>Ondricek, Doug</td>
<td>529</td>
<td>0</td>
<td>9</td>
</tr>
<tr>
<td>Ondricek, Janet</td>
<td>725</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Ornelas, Joe</td>
<td>749</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Owens, Jim</td>
<td>200</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Page, Janie</td>
<td>730</td>
<td>3</td>
<td>38</td>
</tr>
<tr>
<td>Parrish, Charles</td>
<td>1,772</td>
<td>0</td>
<td>39</td>
</tr>
<tr>
<td>Pendery, Carol</td>
<td>200</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Picard, Karin</td>
<td>485</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Powers, Bob</td>
<td>491</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Raeburn, Marty</td>
<td>200</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Rama, Anita</td>
<td>232</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Rathmann, Peter</td>
<td>5,323</td>
<td>20</td>
<td>134</td>
</tr>
<tr>
<td>Reilly, T.J.</td>
<td>765</td>
<td>0</td>
<td>23</td>
</tr>
<tr>
<td>Roberts, Susan</td>
<td>1,014</td>
<td>1</td>
<td>28</td>
</tr>
<tr>
<td>Roe, Joan</td>
<td>541</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Roe, Larry</td>
<td>419</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Rudy, Kevin</td>
<td>843</td>
<td>0</td>
<td>20</td>
</tr>
<tr>
<td>Satouthah, Brahim</td>
<td>2,597</td>
<td>0</td>
<td>58</td>
</tr>
<tr>
<td>Schiefer, Alex</td>
<td>278</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Schiefer, Alma</td>
<td>846</td>
<td>1</td>
<td>18</td>
</tr>
<tr>
<td>Settle, Andy</td>
<td>802</td>
<td>0</td>
<td>22</td>
</tr>
<tr>
<td>Shannon, Geoff</td>
<td>1,240</td>
<td>1</td>
<td>36</td>
</tr>
<tr>
<td>Shigemoto, Bob</td>
<td>209</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Shum, Bart</td>
<td>1,253</td>
<td>0</td>
<td>27</td>
</tr>
<tr>
<td>Simpson, Christy</td>
<td>3,312</td>
<td>13</td>
<td>77</td>
</tr>
<tr>
<td>Skow, Richard</td>
<td>1,159</td>
<td>25</td>
<td>33</td>
</tr>
<tr>
<td>Slagle, Pete</td>
<td>1,182</td>
<td>0</td>
<td>30</td>
</tr>
<tr>
<td>Spiegel, Joan</td>
<td>849</td>
<td>1</td>
<td>13</td>
</tr>
<tr>
<td>St. Clair, Kimberly</td>
<td>654</td>
<td>1</td>
<td>17</td>
</tr>
<tr>
<td>Stevens, Jan</td>
<td>804</td>
<td>1</td>
<td>20</td>
</tr>
<tr>
<td>Strain, Bob</td>
<td>1,626</td>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>Strain, Kathy</td>
<td>1,757</td>
<td>1</td>
<td>37</td>
</tr>
<tr>
<td>Talbot, Chris</td>
<td>671</td>
<td>0</td>
<td>16</td>
</tr>
<tr>
<td>Tallerico, Tom</td>
<td>530</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Thieben, Kevin</td>
<td>2,132</td>
<td>3</td>
<td>44</td>
</tr>
<tr>
<td>Thieben, Teresa</td>
<td>737</td>
<td>2</td>
<td>17</td>
</tr>
<tr>
<td>Thomas, Walt</td>
<td>1,069</td>
<td>0</td>
<td>33</td>
</tr>
</tbody>
</table>

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 **171,139!!**

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!

---

2013 CLUB MEMBERSHIP IS NOW DUE – REJOIN OR JOIN THE CLUB TODAY!
RIDE REVIEWS

October 26th
Today we had 36 cyclists show up for the Martinez-to-Davis Halloween ride. We could not have asked for a more glorious day of clear blue skies with little wind. Most people came in costume and created a fun, festive atmosphere. The first group rolled out at 8:30 am followed by a second group at 9:00 am. Teresa Thieben provided SAG for the day.
About one mile from the Winters rest stop, there was rider contact and Dave Leddon and Jaynette Rossiter went down. Dave went down extremely hard and 911 was called. From what I understand, it took about 30 minutes for the ambulance to arrive and ultimately, Dave was taken away to Kaiser. Jaynette was a little banged up and continued on the ride in the SAG vehicle with Teresa.
The rest of the ride concluded without further incident with some people having a pleasant lunch at Steady Eddy’s in Winters and others opting for tacos at Tres Herman across from the Amtrak Station in Davis. Teresa was our hero for the day. She found lost riders, helped out with the crash, and even picked up a cyclist who broke a spoke that wasn’t even on our ride. Thank you Teresa for all of your help!
Post-ride report on Dave: I had a pleasant conversation with Dave this evening who is quiet jolly while juiced up on morphine. He suffered 8 broken ribs, broke his collarbone in 4 places and broke part of his hipbone. He said his ribs will be taped up and the hipbone will heal on its own; however, he will be meeting with an orthopedic surgeon tomorrow morning to discuss the possibility of having surgery on his collarbone since it broke in several places. Dave was in very good spirits and the first question he asked was if everyone had a beer or margarita at the end of the ride. I will check up on him again tomorrow night and find out if he has to have/or had surgery.

t is always hard having a fellow cyclist go down and be driven off to the hospital. I want to take this opportunity to stress how important it was that Dave had his ID on him. This ride required everyone to carry a photo ID because of the Amtrak return trip. It is my understanding that not everyone carries ID while out cycling. Please get in the habit of doing so or, better yet, invest in a Road ID and have your medical number engraved on it. I never leave home without mine whether I am out cycling, hiking, etc.
Thank you everyone for a fun day and get better soon Dave! Please feel free to share photos from today especially if you have a better group photo than mine.
Emma

Another glorious day with good friends.
Wishing Dave a speedy recovery! Please order road ID’s for everyone you encounter that doesn’t have one. Oh and be sure to get an estate plan!
Michelle

Sending you healing vibes, Dave........I didn’t see Dave go down but I rolled up right after it happened. Thanks to everyone for the traffic control help.
Also sending Jaynette healing vibes. Larry

November 3rd
Thanks Julie & Dick for a great ride through the Alexander Valley and Russian River wine country with the vines in full glowing color. Some picked, others still loaded with potential vino.
The air filled with the great intoxicating (pun) fragrance of the fermenting grapes and the huge field of pomace, (http://en.wikipedia.org/wiki/Pomace) to be used as compost for the 2013 crop.
Within 1/2 mile of Cloverdale before turning back towards Healdsburg on Dutcher Creek.
A ride through remarkable country, not seen by many, with little or no traffic. Wonder how many tons of grapes we saw?
A mostly leisurely ride with many regroups, much laughter, conversation and some pacing. Lunch with a wee bit of joviality on the Bear Republic patio (http://www.bearrepublic.com) was a fitting finish to a great day on the bike.
Regroup at Hop Kiln Wines, (http://en.wikipedia.org/wiki/Hop_kiln) built in 1905 by talented Italian masons when the area was the foremost hop growing area in the West. Thank you. Francie & Him

November 4th
Thanks to the Giffords for hosting and the Powers’ for organizing the progressive dinner ride. We did a series of three rides all starting/ending at the Giffords’ home outside Escalon with successive dinner courses (soup, salad, entree & dessert) after each ride. Great food, company, and ride options. Peter

Yes…Thanks so much also to Bonnie for the delicious soup and entrees. It was a beautiful day!
Nancy

November 7th
Beautiful day for Gail’s ride to the Calaveras Reservoir. A bit of morning fog was still lingering over the south end of the reservoir but the rest of the ride was in bright sunshine. We thought we saw a patch of a white head and some movement at the eagle’s nest but weren’t completely sure. The construction of the new dam is continuing. Currently the road is open both on weekends and during the week but there is considerable truck traffic from I-680 all the way to the first summit. Peter

What a great Fall day for a ride! Sunshine yet brisk, fallen leaves, colors still on the trees and into the surreal fog and wind approaching the Calaveras ‘wall’.
Were there Werewolves or was it ‘Hounds of the Baskerville’? A beautiful ride with gold hills and the fog / mist rolling across with the sun struggling to burn off the thickening mass. Lots of birds. Eagles, herons, egrets,

Go to VS Calendar for more rides
November 11th
Beautiful sunshine and clear air for our ride down to Sunol and over Palomares today although it was a little chilly at the start. We all warmed up quickly though once we started up Palomares.

November 12th
Alberto led us on a ride from San Ramon's Central Park down the Iron Horse to the Canal trail with the recent extension under I-580. From there we continued down to Sunol and then onto Livermore with a stop at the Starbucks on Vineyard. His ride continued up Collier to Highland and Tassajara, but I took a shortcut back past the outlet mall to Dublin Blvd. and the Iron Horse.

November 14th
Thanks to Barbara for not only hosting today's ride, but also inviting us over for delicious homemade cobbler with ice cream in celebration of her birthday afterwards. A beautiful warm and sunny day for our excursion in the Benicia area starting at the waterfront, heading through the state park and then past Lake Herman before going north through the marshland along the I-80 corridor. Gail and Alberto hosted a short 'ride to the ride' starting in Martinez and crossing the Benicia bridge to join the other participants.

November 18th
We had 31 cyclists who either started or rode to Cull Canyon Rec Area in Castro Valley to go over Dublin Canyon onto Foothill Blvd and on to Sunol. The sun made its appearance and it was actually a nice day to ride.

Under the sign-in sheet, we found 8 route sheets so we put them on our back windshield for others who might be late. Please note that we give you both sign-in and route sheets together (sign-in is top sheet). If you don't need a route sheet, let someone else who doesn't know the area use one.

It was nice seeing so many people (probably most would have ridden yesterday had it been sunny). Julie and Dick

Thanks to Julie and Dick for leading today's ride. A much nicer day than the forecast had led us to expect.

November 22nd
Bright sunny day for the annual Thanksgiving Day ride starting at the California Pedaler bike shop in Danville. Kevin organized a separate gathering of VS members at the RR museum but after the ride started we ended up getting split up by traffic lights and ended up in a few different groups. Happy Thanksgiving!

November 23rd
A few new participants joined in Gail's Odd Friday ride today for the holiday weekend. Rode up to Livorna Park and continued to Rudgear before heading back to Danville and our usual La Boulange refreshment stop.

November 24th
Dick and Julie led us on a loop ride from Dublin High to Danville and our usual La Boulange refreshment stop.

November 25th
Another fine sunny day for Alberto and Gail's ride from Diablo Vista Park to the Del Valle Reservoir. The route shown here is modified from the official ride since I started from home and then took a shortcut back after our second Starbucks stop on Vineyard.

Great day for today's ride out to Livermore and to the lake. Well attended and nice sunny sky.

November 26th
Alberto led us from San Ramon's Central Park up to Lafayette and back at a moderate pace to recovery from some more brisk-paced rides this weekend (although Deer Hill didn't help on the recovery front). Still enjoying the warm sunny weather before the next storm front is scheduled to arrive on Wednesday.
**MID-WINTER HOLIDAY PARTY**

**MARK YOUR CALENDAR**  
**SAVE THE DATE**  
**FOR THIS NINETH ANNUAL GALA EVENT**

**WHEN:** Saturday, February 16, 2013  
**WHERE:** Pleasanton Marriott  
11950 Dublin Canyon Road, Pleasanton, CA  
**WHAT:** Dinner, dancing and enjoyment for all  
**TIME:** 6:00 p.m. (no host cocktails) 7:00 p.m. dinner served  
**WHOM:** Valley Spokesmen members and invited guests  
**COST:** $10.00 per person includes dinner, but not cocktails  
**MENU:** Entrée of Salmon, or Beef (vegetarian upon request)

Make your reservation today by sending in this form to:  
Valley Spokesmen, P.O. Box 2630, Dublin, CA 94568

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Entrée</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Beef</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Salmon</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Vegetarian</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Vegan</td>
<td></td>
</tr>
</tbody>
</table>

SIGN UP NOW FOR THIS MOST FESTIVE EVENT OF THE YEAR!!!
VALLEY SPOKESMEN DISCOUNT BIKE SHOPS
CHRISTMAS IS COMING – SUPPORT OUR LOCAL SHOP

Missin Link
1988 Shattuck Way
Berkeley, CA 94704
510-843-7471
www.missinglink.org

Mike’s Bikes of Berkeley
2161 University Ave
Berkeley, CA 94704
510-845-BIKE (2453)
http://mikesbikes.com/contact/berkeley-pg49.htm

Ace Bicycle Co.
3313 Village Cr.
Castro Valley, CA 9546
510-538-5000

Castro Valley Cyclery
20515 Stanton Ave.
Castro Valley, CA 94552
510-470-3551
http://www.endlesscyclesonline.com

Clayton Cyclery
5411 Clayton Rd
Clayton, CA 94517
925-672-2522
http://encinabicyclecenters.com

California Pedaler
295 South Hartz Ave.
Danville, CA 94526
925-820-0345
http://calped.com/

Pegasus Bicycle Works
439 Railroad Ave.
Danville, CA 94526
925-362-2220
www.pegasusbicycleworks.com/

Dublin Cyclery
7001 Dublin Blvd.
Dublin, CA 94568
925-828-8676
www.dublincyclery.com/

Livermore Cyclery
7214 San Ramon Rd.
Dublin, CA 94568
925-289-4310
www.livemorecyclery.com

The Pedaler
3826-A San Pablo Dam Rd
El Sobrante, CA 94803
510-222-3420
http://www.theped.com

Cyclepath
22510 Foothill Blvd.
Hayward, CA 94541
510-881-8070
http://cyclepathhayward.com/

Hank and Frank Bicycles
3377 Mt. Diablo Blvd.
Lafayette, CA 94549
925-284-BIKE
www.hankandfrankbicycles.com

Sharp Bicycle
969 Moraga Rd
Lafayette, CA 94549
925-284-9616
http://sharpbicycle.com

Cal Bicycles
2053 First St.
Livermore, CA 94550
925-447-6666
http://calbicycles.com

Livermore Cyclery
2752 First St.
Livermore, CA 94550
925-455-8090
www.livemorecyclery.com

Hank and Frank Bicycles
6030 College Ave.
Oakland, CA 94606
510-654-2453
www.hankandfrankbicycles.com

Pleasant Hill Cyclery - New Address
25-A Crescent Dr., #607
Pleasant Hill, CA 94523
925-676-2666
www.pleasanthillcyclery.com

Bicycles Pleasanton
537 Main St.
Pleasanton, CA 94566
925-462-9777
http://bicyclespleasonton.com

CyclePros
719 Main St.
Pleasanton, CA 94566
925-400-4436
http://www.thecyclepros.com

Crank 2
5480-9 Sunol Blvd
Pleasanton, CA 94566
925-462-4272
http://www.crank-2.com/store

City Bicycle Works
2419 K St.
Sacramento, CA 95816
916-447-2453
http://citybicyclerworks.com

Robinson Wheel Works
1235 MacArthur Blvd
San Leandro, CA 94577
510-352-4663
www.robinsonww.com

Delta Cyclery
6555 Pacific Ave.
Stockton, CA 95209
209-951-5665

Delta Cyclery
130 West 11th ST., #A
Tracy, CA 95376
209-835-7151

Encino Bicycle Center
2901 Ygnacio Valley Blvd.
Walnut Creek, CA 94598
925-944-9200
http://encinabicyclecenters.com

Mike’s Bikes, Walnut Creek
1615 North California Blvd.
Walnut Creek, CA 94596
925-954-1490
http://mikesbikes.com/contact/walnut-creek-pg751.htm

Sports Basement – New
1881 Ygnacio Valley Rd.
Walnut Creek, CA 94598
http://www.sportsbasement.com/stores/walnut-creek/
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 2013 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2013 family membership ($15.00 after June 30th). Make check payable to Valley Spokesmen.

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

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

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

NAME - please print ____________________________________________________________________

PHONE ________________

ADDRESS ____________________________________________________________________________

CITY ______________________________ STATE ___________ ZIP +4 ____________________________

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

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

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

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

DATE ____ AGE ____ APPLICANT’S SIGNATURE ____________________________

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

Name ____________________________________________________________________________

Age __ Signature __________

_________________________________________________________________________________

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

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact:__________________________________________

Telephone Number: (_____)___________________________________

Emergency Contact:__________________________________________

Telephone Number: (_____)___________________________________

Physicians Name:____________________________________________

Telephone Number: (_____)___________________________________

Medical Insurance:___________________________________________

Coverage ID: __________ Group ID: __________________________

Allergies:___________________________________________________

Blood Type: __________________________ Name: __________________________

Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________

Name: __________________________ Type: __________________________
2012 CLUB OFFICERS

President        Mark Dedon  925-828-9183
Vice-President   Karin Ball  408-406-2286
Treasurer        Dan Carhart  925-828-8964
Recording Secretary Lynn DeMattei  925-373-1803
Corresponding Secretary Bonnie Powers  925-828-5299

Ride Chairmen    Gail Blanco  925-872-1001
                  Peter Rathmann  925-838-1973

Newsletter Editor/Typist Marcia Seeger  510-223-9347
                  e-mail: VSnews02@aol.com

Online newsletter editor Jim Paulos  510-200-8125
Newsletter Publisher  Bill/Mary Well  925-837-0103
Past President     Dan Carhart  925-828-8964

V.S. Racing Team  Jim Duncan  925-209-1369
contacts    Zafer Demir  925-443-4124

2012 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen          Jim Duncan  925-209-1369
T.O.S.R.D. Chairman          Francie Cushman  925-719-2256
E.B.B.C. Rep                 Open

Mileage Keeper               Jim Paulos  510-200-8125
Webmaster                    Curtis Stallins  925-462-8384

Community Liaisons

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

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.valleyspokersmen.org

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

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