Happy New Year to everyone!

I hope everyone is ready for a fantastic year riding your bicycle. Whether you ride your bike on the roads or on mountain terrain, it is not only great fun, but also excellent exercise that will keep us all fit and healthy. When riding a bicycle, it’s always most important to keep safety in mind.

The League of American Cyclists has created the following 5 Steps to a Safer Ride:

1) Follow the rules of the road - Remember, you have the same rights - and obligations - as drivers. So ride with traffic in the right most lane, Obey traffic lights and signs, and signal when you’re stopping, merging and turning.

2) Be easy to see - Ride where drivers can see you. Wear bright clothing. When it's dark or visibility is poor, turn on your lights (white in front, red in the rear).

3) Be predictable - Ride in a straight line and do not swerve. Check behind you and signal before you change lanes.

4) Think ahead - Watch for turning vehicles. Ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Be extra alert at intersections.

5) Ride ready - Before you start out, test your brakes and chain and check the air in your tires. Carry repair and emergency supplies appropriate to your ride. And of course wear a helmet.

The Valley Spokesmen are a welcoming group of cyclists that encourage riders of all levels to join our group rides. There are a variety of rides for different levels of riding. Some of our rides are marked on the ride calendar as Beginner Friendly, while others are marked Advanced; choose a ride at a level that you feel comfortable with. Whenever in a group, it is extra important to ride in a consistent and predictable manner and it is important to remember that your riding affects others around you and safety is everyone’s top concern.

The President’s Messages in 2013

This year this message will take on a little different format. My plan is to do something new by collaborating with a different club member each month and have him/her address an area of particular interest to the club.

I plan to write an introduction about the person and the topic, and the rest of the message will be on the subject chosen by the member.

If you would like to participate and have a topic in mind, please feel free to contact me and discuss your thoughts. I am looking forward to a wide variety of subjects and hope you will be pleased with the results.

Sincerely,

Marcus van Raalte
President
Valley Spokesmen Bicycle Touring Club
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 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 leader.
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/a8zj5rm

Be informed, register for the VS e-mail list: http://www.valleyspokesmen.org/mailinglist.php and follow the prompts.

Go to VS Calendar for more rides
RECURRING RIDES OVERVIEW:
MONDAY and WEDNESDAY morning rides in Walnut Creek area starting at 9:00 a.m.

ODD FRIDAY MORNING ride from Central Park. Beginner Friendly. See website for start times.

TUESDAY NIGHT Mountain Bike rides from Lake Chabot into the parking lot. Bring food and fluids.

The TUESDAY and THURSDAY evening rides resume on March 12th 2013.

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 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, rcskow@astound.net for ride details.

WED. 1/2/13 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 6, 2013.

SAT. 1/5/13 2-L 15-23 miles (24 - 40 km) 9:00 a.m. 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, kbball2@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 on 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 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, rcskow@astound.net for ride details.

MON. 1/7/13 2-3 M or M/B 25-45 miles 9:30 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.

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 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, rcskow@astound.net** for ride details.

**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 you thru the hills of Benicia, Lake Herman Road, back to town and then to my house for chili. Bring snack and water.

**Ride Host: Barbara Wood, 707-745-6353, cell 707-980-0426.**

**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 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. 1/12/13 2-3 L/M 22 miles (Classic) or 38 miles (Challenge) 9:30 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.**

**SAT. 1/12/13 3-M/B 55 Miles 9:30 a.m. We are riding from San Ramon to the Livermore Valley area. Heading east on Highland out to Livermore and returning on Collier Canyon back to the park. Diablo Vista Park is located on Tassajara Ranch Rd near the intersection of Tassajara Ranch Rd and Crow Canyon Rd. Bring plenty of water and food or money to buy. Rain cancels, please check VS website calendar for updates. (Advanced Ride)**

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

**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 Ygnacio exit and go east; turn left into the park opposite 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, rcskow@astound.net** for ride details.

**MON. 1/14/13 2-3 M or M/B 25-45 miles 9:30 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. 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, rcskow@astound.net** for ride details.

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**Go to VS Calendar for more rides**
WED. 1/16/13 2/L/M 32 miles 9:00 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 I-680 in the northeast corner, across from Maria Maria restaurant. Rain will cancel, check VS website prior to ride if weather is questionable.  

Ride Host: Richard Skow, 925-389-6738  
hsombug1943-email02@yahoo.com

SAT. 1/19/13 2-L/M 26 or 38 miles 9:00 a.m. 3rd in a weekly series of conditioning rides leading up to the Cinderella. Ride through beautiful Livermore Wine Country as you gradually increase your distance.  

Classic: 26mi/721 ft. of climbing:  
(http://ridewithgps.com/routes/1979795)  
Challenge: 38mi/1278 ft.  
(http://ridewithgps.com/routes/1983318)  
Meet in Robertson Park in Livermore. Take I-580 to the N. Livermore Ave. exit and go south through town; turn right on Concannon and right again on Robertson Park Dr.; follow it around to the right and park in the large gravel parking lot on the right. Both women and men welcomed. Arrive at least 15 minutes early for announcements.  

(Beginner Friendly)  
Ride Hosts: Marty maclenzi@aol.com / Jan jlsmail@comcast.net

SUN 1/20/13 2-M/B 50 miles (80 km) 9:00 a.m. We are starting at the old Livermore Nob Hill parking lot and riding over Alamar Pass, across Midway Rd., back over Patterson 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 adequate water and food, no services en route.  

(Advanced Ride)  
Ride Host: Brahim Satoutah, 925 963 7024,  
bsatoutah@comcast.net

MON. 1/21/13 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 field on the right.  

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

GO TO VS CALENDAR FOR MORE RIDES
Pacific Ave. There will be two routes to choose from: 30 or 62 miles. Both start out to Collier Canyon and Highland and back on Greenville. The 30-mile route then returns to the start while the 62-mile route will climb Patterson Pass and return via Corral Hollow. There will be a stop at the Starbucks at Scenic. Bring plenty of food and water for the longer route. The routes can be found at http://ridewithgps.com/routes/1983907 and http://ridewithgps.com/routes/1983923. Rain cancels.

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

MON. 1/28/13 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, rcskow@astound.net for ride details.

MON. 1/28/13 2-3 M or M/B 25-45 miles 9:30 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 online Calendar for updates. (Advanced Ride) Ride Host: Alberto Lanzas, 510-825-9581.

TUE. 1/29/13 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. 1/30/13 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, rcskow@astound.net for ride details.

WED. 1/30/13 2-L/M 30 miles (50 km) 10:00 a.m. We’ll ride from Dublin to Alamo with a stop at the Peet’s Coffee Shop in Danville on the way back. This is a NO-DROP ride and all levels of rider are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd, Dublin (by the intersection with Amador Valley). Bring water and snacks.

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

FEBRUARY 2013

FRI. 2/1/13 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 gvlanco@aol.com

SAT. 2/2/13 2-3 L/M 25 (Classic) or 38 (Challenge) miles. 9:00 a.m. 5th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at the Park&Ride lot on Sycamore Ave. at the NE corner of the I-680 interchange in Danville. We’ll ride through various neighborhoods in Danville, San Ramon, Blackhawk, and Alamo with the Challenge route adding an out-and-back leg to the Mt. Diablo Junction. Both women and men welcomed. Arrive at least 15 minutes early for announcements. (Beginner Friendly) Ride Hosts: Rebecca rcwood1@sbcglobal.net / Carol D. Cd31416@yahoo.com

SAT. 2/2/13 1-M 40 miles 9:30 a.m. We are riding north from San Leandro Marina to Alameda using a combination of bike trails and street roads. Our route will take us to Alameda and continue north to the USS Hornet Museum. We are having a lunch stop in downtown Alameda before we continue to Bay Farm Island and return back to San Leandro. Meet at San Leandro Marina, parking lot near San Leandro Marina Office on Mulford Point Dr. Take I-880 and exit Marina Blvd west. Bring water and food or money for lunch in Alameda. Rain cancels, please check VS website calendar for updates.

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

Go to VS Calendar for more rides
SUN. 2/10/13 3-M 30 miles (50 km) 9:30 a.m. Meet at Lake Del Valle. Take I-580 to Airport Way exit and head south; take a right onto Terminal Circle. The parking lot is on the right across from the airport terminal. Bring water and snacks. Rain Cancels; please check VS web calendar for status.
Ride Host: Gail Blanco 925-872-1001

WED 2/6/13 3-M 30 miles (50 km) 9:30 a.m. Meet at the Livermore Airport parking lot in Livermore and ride with us to Lake Del Valle. Take I-580 to Airport Way exit and head south; take a right onto Terminal Circle. The parking lot is on the right across from the airport terminal. Bring water and snacks. Rain Cancels; please check VS web calendar for status.
Ride Host: Gail Blanco 925-872-1001

WED. 2/6/13 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 6, 2013.

SAT. 2/9/13 2-L/M 33 miles (Classic) or 43 miles (Challenge) 9:00 a.m. 6th in a weekly series of conditioning rides leading up to the Cinderella Classic. Today's ride will start at San Ramon's Central Park and head over to the north side of Livermore and then return via Pleasanton. Take I-680 to the Bollinger Canyon Rd. exit and go east; turn left into Central Park opposite the Marketplace. Arrive 15 minutes early for ride announcements. Routes are:
http://ridewithgps.com/routes/2002899 for the Classic and
Ride Hosts: Carol D. cd31416@yahoo.com / CC carolco6@yahoo.com

SUN. 2/3/13 2-M 38 miles (62 km) 9:30 a.m. Starting at San Ramon's Central Park we'll head up to Blackhawk and then over to Livermore via Collier Canyon. Our return will be on Vineyard through Pleasanton and back on the Iron Horse trail. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.
Ride Host: Peter Rathmann, 925-336-0973.

MON. 2/4/13 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, rcskow@astound.net for ride details.

MON. 2/4/13 2-3 M or M/B 25-45 miles 9:30 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.

MON. 2/4/13 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. 2/5/13 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. 2/6/13 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, rcskow@astound.net for ride details.

SUN. 2/10/13 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. Out-and-back ride, so easy to shorten if you prefer. Rain cancels.
Ride host: Marc Goroff, 925-337-1747, mhg@comcast.net

SAT. 2/9/13 3-M/B 45-50 miles 9:30 a.m. Gail & Alberto 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. http://ridewithgps.com/routes/1921490
Ride Hosts: Gail Blanco 925-872-1001,gvblanco@aol.com Alberto Lanzas, 510-825-9581.

Go to VS Calendar for more rides
MON. 2/11/13 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, rcskow@astound.net for ride details.

MON. 2/11/13 2-3 M or M/B 25-45 miles 9:30 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. 2/12/13 Mn-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. 2/13/13 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, rcskow@astound.net for ride details.

WED. 2/13/13 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. 2/15/13 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

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 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 – 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.

Go to VS Calendar for more rides
UPCOMING EVENTS

January 12  Stagecoach Century – Ocotillo, CA
February 9  Tour de Palm Springs, Palm Springs, CA
10  Rice Valley Tandem Rally - Gridley, CA
16  Camino Real Double Century – Irvine, CA
25  Pedaling Paths to Independence – Linden, CA

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

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

Meeting called to order at 7:02 p.m. by President Mark Dedon. The minutes from the November 14, 2012 Executive Board were posted in the current newsletter. Treasurer Dan Carhart reported on the balances in our checking/saving accounts. We remain solvent.

OLD BUSINESS:
1. The ride chairmen reported there were lots of diverse rides this past month with the Progressive Dinner, Healdsburg, and Barbara's birthday ride complete with peach cobbler.
2. V.S. web site – Web Master Curtis Stallins is stepping down and making room for Ken Hernandez and Steve Whelan to act as co-web masters. Thanks a million, Curtis, for a job well done!
3. Club computer – James Paulos reported the new club computer has arrived and shall be set up in the near future.
4. Update on area Master Plans – Bill Rose brought us up to speed on current plans for Pleasanton. He showed samples of road paving material that the city will use for experimentation.

NEW BUSINESS:
1. Mark Dedon reported on the slate of club officers for 2013. Motion made, seconded, and passed to nominate Marcus van Raalte as President. Nominations were closed and elections occurred.
2. The December/January ride schedule was reviewed by Peter.
3. Bonnie has some cancellations on the Yosemite in 2013. Departure is April 21st, return April 25th.
4. Dues for 2013 club membership are now due. Bonnie is taking membership forms and money tonight.
5. Mid-Winter party is scheduled for February 16, 2013. Bonnie is taking reservations for that as well. Christy reminded everyone if they have any ideas for awards (of ANY kind) get them to the committee.
6. The next Executive Board Meeting of old/new officers is at the Powers' place December 12th.
7. Bob Powers reported on the results of the election:
   - President: Marcus van Raalte; 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.

GOOD OF THE ORDER:
1. Erica Dedon acknowledged Mark for being President for more than two years. Mark acknowledged her for putting up with him during this time.
2. Chris Talbot has agreed to be the V.S. representative to the East Bay Bicycle Coalition. Thanks, Chris.
3. Shawn Mehaffey presented a slide show on his trips in Chiang Mai, Thailand, and from Singapore into Malaysia and back.

There being no further business, the meeting was adjourned at 7:34 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Go to VS Calendar for more rides
Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
December 12, 2012

Meeting called to order at 7:05 p.m. by outgoing President Mark Dedon.
The minutes from the December 5, 2012 club Business Meeting were approved as presented.

Treasurer Dan Carhart reviewed our past year of income, outgo, donations and expenses when he distributed a copy of our financial report. Discussion followed. Dan tabled further discussion until he can investigate all profits and losses for the past year. Motion made, seconded and passed to contribute $200.00 to the library in Clarksburg for allowing us to use their restroom during the T.O.S.R.D. Motion made, seconded and passed to accept the treasurer’s report.

OLD BUSINESS
1. Ride reviews remain the same as last week. There have been two more rainouts.
2. Web Co-master Ken Hernandez presented some of his new ideas concerning the web. He will keep the board updated as he moves forward.
3. Jim Paulos reported on the new club computer. He is waiting for the time to move everything from the old to the new.

NEW BUSINESS
1. Our January/February ride schedule was checked for problems. We have a couple of openings.
2. Community Liaisons – Marcus to call the names of those persons who have served as our city liaisons this past year.
3. Suggestions for our 2013 Cinderella patch design are being accepted now.
4. Vacancies have occurred for the 2013 Yosemite trip. Contact Bonnie now.
5. The Mid-winter party was discussed and the new price of $15.00. Mark your calendar (2-16-13) for this fun filled event.
6. Bonnie reviewed correspondence sent and received. Motion made, seconded and passed to make all organization membership donations for the year in January. In depth perusal of all memberships and donations were tabled until the January Executive Board meeting.
7. Next Executive Board meeting will be January 9, 2013 at the Powers’ place.

FURTHER NEW BUSINESS
1. Karin Ball asked that we cover the cost for more permanent signs to be used on the Feather Pedals rides. Motion made, seconded, and passed to ask Minuteman Press to submit an estimate.
2. Karin also proposed a small-scale event, sponsored by the Feather Pedals, to give back to the club. Discussion followed and will continue.
3. It was also proposed the Feather Pedals group have a representative to attend board meetings.
4. Gail reported Alberto Lanzas would like to update our Route Library for accuracy. All agreed this would be a great idea. Motion made, seconded and passed to accept Alberto as Route Meister to update V.S. routes and maps. Jim Duncan offered to assist.

GOOD OF THE ORDER
1. Jim Duncan has renewed all of our Cinderella domain names until 2015.

There being no further business, the meeting was adjourned at 8:13 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Membership Dues for 2013 are Now Due!
Rejoin Today!
$22.00 Individual
$30.00 Family
RIDE REVIEWS

November 24th
Thank you to the 20 riders who showed up in today’s ride from Livermore. It was a beautiful day to be on Mines Road and the pace was intensive thanks to Ken, Bob Fujii, Bob Fusco, Alberto, Vic and Gail who put the hammer down a few times, great job Gail. Some riders turned back at the county line; others chose to continue further to Ruth’s place and headed back. A few of us, Kevin, Bob Fujii, Bob Fusco, Vic, Steve and I, continued to the Junction. The ride back was enjoyable as Bob Fusco kept the pace civilized. I hope to see everyone next Saturday weather permitting for the CalPal ride. Brahim

December 3rd
Nice to see the sun again after the rain over much of the weekend. Lots of natural debris on the roads today, but it was a beautiful day for the ride led by Christy and Kevin which took us from San Ramon’s Central Park up to Blackhawk and then through Livermore before looping back through Pleasanton. The hills north of Livermore looked much greener today than even a week ago. Peter

December 8th
I wasn’t sure how the riding would be today as I left home in rather dense fog. But only 100 yards away on the other side of I-680 the sky was nice and sunny. There were a variety of ride options and the group I was with started on the longer route but then took a shortcut near the end after being delayed by a flat tire repair. Best wishes to Bekki and Vince on their move. Peter

December 9th
Nice sunny day for Gail’s ride from San Ramon’s Central Park. There were several ride options with the shortest heading out to the end of the paved part of Finley Rd. before turning around and a couple of longer routes that continued on to Livermore and either came right back or went around the southeast edge of town before returning. Peter

December 10th
Alberto led us from San Ramon’s Central Park up to Lafayette and then on to Orinda on El Nido and Orindawoods Rds., which haven’t been part of many club rides ever since the trail went in south of Hwy. 24. A stop at Starbucks let us recuperate before heading up and over Moraga Way and then down St. Mary’s and the bike trail back into Lafayette and then along the blvd. to San Ramon. Peter

December 15th
Mark and Emma were the ride hosts for today’s Feather Pedals ride from the Crank-2 bike shop in Pleasanton to the Calaveras Reservoir. Rather chilly at the start, especially with some lingering morning fog, but the climb on Calaveras helped warm us up a bit and we even got some sunshine on that part of the ride. But by the time we left the reservoir the clouds had returned. Fortunately the afternoon showers held off until I was in my car and on the way home. Peter

December 15th
Marcus led today’s ride from Foothill HS to Sunol and onto Palomares. At the start we had very low temperatures, so we got some warm drinks at the Starbucks in Pleasanton before continuing to Sunol and Palomares Rd. These are a couple of pictures: one from the Sunol train station and the other one at the summit of Palomares. Thanks Marcus for the ride, Alberto

I’m not so sure the temperature went up by more than a few degrees on the entire ride. The sun may have peeked thru for a few minutes at most. Also don’t forget the occasional mud in the road on Palomares. But with a great group and some appropriate clothing, it was a thoroughly enjoyable ride. Thanks for leading, Marcus. Marc

December 16th
Marc’s scheduled ride this morning headed out Mines Rd. to the Junction Cafe, but a number of us opted for a flatter, more leisurely ride that stayed closer to town given the uncertain weather forecast. The ride started out chilly and foggy but the weather improved fairly quickly and we had largely blue skies with intermittent sunshine as we circled around Livermore. We started out heading east on Tesla to Cross Rd. and then took Patterson Pass and Greenville to a Starbucks stop on Vasco before continuing north of town on Highland, Manning and Carneal. Then it was back to town on Collier Canyon and Portola before a second Starbucks stop at N. Livermore on our way back to the start. Peter

December 15th
Yesterday was the last Feather Pedals (FP) monthly ride of the year. We had 34 total riders; 16 on the Classic route of 25 miles and 16 on the Challenge ride of 45 miles (2 were undecided); and some riders stayed to enjoy lunch and socialize after the ride at Jim’s Restaurant. The Classic route took us down Foothill to Sunol and then on to the entrance to Sunol Regional Park before returning via Sunol Blvd and Happy Valley. The Challenge route followed the same route but then proceeded up the hill to Calaveras Reservoir and south to the top of the “wall” before returning along the same route as the Classic.

Go to VS Calendar for more rides
Congratulations to all the participants for braving the foggy and cold conditions! The fog didn’t last too long. In fact we saw a little sun at the reservoir... but the cold persisted. I didn’t start to feel my toes again until driving home with the heater on full (note to self- get out the toe covers!). Nevertheless, it was a great day to be on the bike and get in the exercise before the rain started. Great timing too as the rain began less than an hour after the ride!

The Co-Organizers for this ride were Mark Dedon, Emma Olenberger and Karin Ball. The ride was supported by SAG Dean “Sagarilla” Ball, Bob Heady, Dan Granahan and Sweep, Charles. Mark

December 16th
Dick & I had a small group of 3 today (Adele joined us). for the Menlo Park Woodside ride. We will do this ride again in 2013 once the holidays are over, the weather is a bit warmer, and we iron out a few bugs. All in all, a very nice ride and MUCH warmer than yesterday! Julie

December 19th
Dave and Carolyn's ride today took us north from Livermore along Collier Canyon to Blackhawk for a Starbucks break. We then rode south on Crow Canyon/Dougherty/Bollinger to Dublin and took the new overpass past the outlet mall back to Livermore. The bright sunshine gave us nice views of the green hills but didn't do much to warm things up today - but it was certainly a welcome change from the cloudy weekend.

Peter

MILEAGE REPORT AS OF 12/26/2012

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These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2012.

Total miles ridden by club members so far this year is **185,851!!**

**RIDE HOSTS – TURN IN YOUR SIGN-UP SHEETS!**

**IT’S THE END OF THE YEAR AND THE FINAL MILEAGE FOR 2012 WILL APEAR IN THE FEBRUARY NEWSLETTER. MEMBERS ENJOY KEEPING TRACK OF THEIR MILEAGE AND ARE ANXIOUS TO KNOW WHAT THEIR TOTAL WILL BE FOR 2012. SEVERAL SHEETS ARE OUTSTANDING FOR THE YEAR, SO PLEASE TURN THEM IN NOW!**

Go to VS Calendar for more rides
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

ADDRESS

PHONE

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:
**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:** $15.00 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

List each person individually and their entrée:

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**SIGN UP NOW FOR THIS MOST FESTIVE EVENT OF THE YEAR!!!**
2013 CLUB OFFICERS

President: Marcus van Raalte  925-437-3253
Vice-President: Bob Heady  925-980-7989
Treasurer: Dan Carhart  925-828-8964
Recording Secretary: Lynn DeMattei  925-373-1803
Corresponding Secretary: Bonnie Powers  925-828-5299
Ride Chairman: Emma Olenberger  707-479-2549
Peter Rathmann  925-336-0973
Newsletter Editor/Typist Marcia Seeger  510-223-9347
e-mail VSnews02@aol.com
Electronic newsletter editor Jim Paulos  510-200-8125
Newsletter Publisher: Bill and Mary Well  925-837-0103
Past President Mark Dedon  925-828-9183
V.S. Racing Team contacts: Jim Duncan  925-209-1369
Ted Vidnovic  925-337-2803

2011 PRESIDENTIAL APPOINTMENTS

T.O.S.R.D. Chairman: Francie Cushman  925-719-2256
E.B.B.C. Rep.: Chris Talbot  925-968-0215
Mileage Keeper: Jim Paulos  510-200-8125
Webmasters: Ken Hernandez  510-329-9481
Steve Whelan  925-831-8258
Feather Pedals liaisons Karin Ball  408-406-2286
Rebecca Wood  925-577-3842

Community Liaisons:

Alamo: Ralph Speck  925-837-2932
Castro Valley: Open
Concord: Jean Watts  925-676-6164
Danville Bill/Mary Well  925-837-0103
Dublin Francie Cushman  925-719-2256
Hayward James Paulos  510-886-7470
Lafayette Open
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 receiving articles and photos to be printed in the newsletter and we are sorry if they cannot always be printed during the month of submission. 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

2013 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.