From our president Marcus van Raalte:

As explained in January’s President Message, I have asked a VS member to write about a topic of interest to us all. I am lucky to have Alberto Lanzas write for February’s message. Alberto and Kevin Thieben, our Ride Route Masters, are embarking on a big project to update our ride route library. These updates will be fantastic as they will include not just a turn-by-turn ride route but will also have a map and other interesting details. Thank you Alberto!

Alberto Lanzas on VS Ride Route planned update:

“We are undertaking the task of updating our club’s library of rides and will continue to make them available directly on the VS website. There are currently many archived rides needing to be updated due to road changes that have taken place around the Tri-Valley area over the past several years. Kevin Thieben and I will organize and renovate these routes as well as add many new ones.

We plan on using the “Ride with GPS” online mapping tool (www.ridewithgps.com) to document these modifications. The courses created on this website provide distance, elevation profile, difficulty rating, and a map “preview” of the actual route. We will be working with Ken Hernandez, our new VS webmaster, to ensure these are accessible through the VS site. We do ultimately plan on bringing the entire ride library up to date. This includes both local and out-of-area rides.

As we move forward with this enterprise we would like to see our members make great use of the library, give feedback, and perhaps host some of these rides for our club. If your favorite rides are not in the current library, please let us know so that we may include them. In the coming months we will be providing regular progress reports.”
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, forstrong 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 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/mailList.php?page=main and follow the prompts.

Go to VS Calendar for more rides
RECURRING RIDES OVERVIEW:
SUNDAY, TUESDAY, and THURSDAY morning rides in February, starting from the Dublin location of Livermore Cyclery at 9:30 a.m.
MONDAY and WEDNESDAY morning ride in Walnut Creek area starting at 9:00 a.m.
Odd Fri-Day morning ride from Central Park.
Beginner Friendly. See website for start times.
Tuesday night Mountain Bike rides from Lake Chabot leave at 7:00 p.m. BRING LIGHTS
The TUESDAY and THURSDAY evening rides will resume on March 12th 2013.

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
<gvblanco@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.

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 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).
Ride host: Bob Heady, (925)980-7989

MON. 2/4/13 2-3 M or M/B 25-45 miles 10:00 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.

MON. 2/4/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 a.m. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).
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 10:00 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.

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.

Go to VS Calendar for more rides
Valley Spokesmen  www.valleyspokesmen.org  February 2013

TUES. 2/5/13 1-L 20 miles  9:30 a.m.  Leisurably recovery/rehabilitation ride mainly along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet’s. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).

Ride host: Bob Heady, (925)980-7989

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 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 a.m. This Leisurably/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. 2/6/13 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 6, 2013.

THURS. 2/7/13 1-L 20 miles  9:30 a.m.  Leisurably recovery/rehabilitation ride mainly along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet’s. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).

Ride host: Bob Heady, (925)980-7989

SAT. 2/9/13 2-L/M 33 (Classic) or 43 (Challenge) miles 9:00 a.m.  6th in a weekly series of conditioning rides leading up to the Cinderella Classic. Today’s ride will start at Sam Ramon’s Central Park and head over to the north side of Livermore and then return via Pleasanton. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road opposite the Marketplace. Arrive 15 minutes early for ride announcements. Routes are: http://ridewithgps.com/routes/2002899 for the Classic and http://ridewithgps.com/routes/2004376 for the Challenge.

Ride Hosts: Carol D. cd31416@yahoo.com / CC carolco6@yahoo.com

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.

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

SUN. 2/10/13 2-L/M 30-40 miles 9:30 a.m. Steve Kowalewski will lead a ride today from Shannon Park to the Sunol/Ohlonle Park and return via Pleasanton, utilizing the new Alamo Bike Trail freeway underpass. The main ride is planned at 40 miles, but could be shortened to around 30 miles. Bring food and water.

Ride Host: Steve Kowalewski 510-246-2815 Skowalewski@aol.com

SUN. 2/10/13 1-L 20 miles  9:30 a.m.  Leisurably recovery/rehabilitation ride mainly along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet’s. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).

Ride host: Bob Heady, (925)980-7989

MON. 2/11/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 a.m. This Leisurably/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 ride 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.

Go to VS Calendar for more rides
TUE. 2/12/13 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.

TUE. 2/12/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride mainly along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet’s. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).
Ride Host: Bob Heady, (925)980-7989

WED. 2/13/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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 3 M 40 miles 10:00 a.m. We'll start at the staging area at Pleasanton Ridge and ride out Calaveras to either the wall or Ed Levin Park, depending on weather and consensus of the group. The Staging parking lot is located on Foothill Blvd., south of the Castlewood Drive exit off of 680. No water or food available enroute. If roads are wet, we will plan an alternate route. Please check VS calendar for updates. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

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 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. 2/16/2013 3-M 71 miles 8:30 a.m. Join Brahim at the Bollinger Park&Ride for a ride to Midway and back with the Flynns and the Altamont on the way out and Patterson Pass on the return. We'll start by riding on Tassajara, Highland, and the roads north of Livermore to our first Starbucks stop on Vasco. Then over to Patterson Pass and up the Flynns and Carrol to Altamont Pass and Midway. Our return will take us over Patterson Pass to Cross and then south of Livermore to another Starbucks stop on Vineyard before coming back through Pleasanton and Dublin. Meet at the Bollinger Canyon Park&Ride lot on the southwest corner of the interchange (behind Chevron). Bring plenty of fluids and fuel and/or money to buy.
Ride Host: Brahim Satoutah, 925-963-7024, bsatoutah@comcast.net

SAT. 2/16/1013 3-L/M 38/48 miles 9:00 a.m. 7th in a weekly series of conditioning rides leading up to the Cinderella Classic. Today's ride starts at Dublin High School and heads out to Castro Valley. The 'Classic' riders then head up to the end of Cull Canyon Rd. before returning while the 'Challenge' riders continue up Redwood and Pinehurst into Moraga and return via Lafayette and Danville. Meet at Dublin High. Take I-680 to the Alcosta exit and go east; turn right on Village Pkwy.; left on Brighton; and left into the school parking lot. Both men and women are welcome on these rides. Arrive 15 minutes early to hear pre-ride announcements.
Ride Hosts: Kathy kathymkane@gmail.com Jan jismail@comcast.net

SUN. 2/17/2013 3-M 30 miles 9:00 a.m. Starting at Shannon Center we'll ride south to Sunol and then continue down Niles Canyon before climbing Palomares Rd. We'll return over Dublin Canyon Rd. and the Schaefer Ranch development. Meet at Shannon Center;
over 10 miles (17 km) at 7:00 p.m.

Ride Host: Alberto Lanzas, 510-825-9581. bsanchez@comcast.net

SUN. 2/17/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet's. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd and Amador Valley intersection (7214 San Ramon Rd.).

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

MON. 2/18/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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. 2/18/13 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. 2/19/13 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.

TUE. 2/19/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet's. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd and Amador Valley intersection (7214 San Ramon Rd.).

Ride Host: Bob Heady, (925)980-7989

WED. 2/20/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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.

THUR. 2/21/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet's. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd and Amador Valley intersection (7214 San Ramon Rd.).

Ride Host: Bob Heady, (925)980-7989

SAT. 2/23/13 2-L/M 44/55 miles 9:00 a.m. 8th in a weekly series of conditioning rides leading up to the Cinderella Classic. Today we'll start from Airway Blvd. in Livermore and head north on Collier Canyon before heading east and south around the edge of town. Then we head into Pleasanton before returning to Livermore on Vineyard Ave. The 'Challenge' ride will add some miles climbing Patterson and Cross rds. east of Livermore and on a loop in south Pleasanton. Take I-580 east to the Airway Blvd. exit and go southeast; cross Isabel and the Park&Ride lot will be ahead on your left. Both men and women are welcome on these rides. Arrive 15 minutes early for pre-ride announcements.

Ride Hosts: Marty maclenzi@aol.com Lori loritrublood@gmail.com

SAT 2/23/13 4-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. (Advanced Ride)

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

SUN. 2/24/13 4-L/S ~30 miles 9:00 a.m. Ride to the Junction on Mt. Diablo, then descend the other side to Walnut Creek and return on Danville Blvd. Meet in the Danville Railroad Museum parking lot. 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: Mark Dedon, 925-997-3258.

SUN. 2/24/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet's. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd and Amador Valley intersection (7214 San Ramon Rd.).

Ride host: Bob Heady, (925)980-7989

Go to VS Calendar for more rides
MON. 2/25/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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. 2/25/13 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. 2/26/13 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.

TUE. 2/26/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride mainly along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet’s. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).
Ride host: Bob Heady, (925)980-7989

Ride Host: Jane Moorhead, 925-980-9889.
WED. 2/27/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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 2/27/13 3-M/B 40 miles 10:00 a.m. We’ll ride from Lafayette on a loop out to Pinole via Reliez and ‘Pig Farm Hill’ and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic Blvd., just west of Pleasant Hill Road in Lafayette. Please bring water and fuel. Check VS web calendar for updates. Rain cancels. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

THUR. 2/28/13 1-L 20 miles 9:30 a.m. Leisurely recovery/rehabilitation ride mainly along the Iron Horse Trail from Dublin to Danville with a coffee stop at Peet’s. Meet at the Dublin location of Livermore Cyclery in the shopping center at the SW corner of San Ramon Rd. and Amador Valley intersection (7214 San Ramon Rd.).
Ride host: Bob Heady, (925)980-7989

FRI. 3/1/13 2-L/M No Drop 25-35 miles Please log onto www.valleyspokesmen.org one week prior to see ride time. This Odd FriDay 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. 3/2/13 3-L/M 50/60 miles 9:00 a.m. 9th in a weekly series of conditioning rides leading up to the Cinderella Classic. Today we’ll start from Draeger’s Market in the Blackhawk Plaza shopping center. Both routes will head south through the new Windemere development and then east on Highland and Manning to Livermore before returning via Pleasanton. The Challenge route will add some hills and distance by including a climb of Altamont Pass and Flynn roads east of Livermore and taking a less direct route through Pleasanton. Routes are at:
Classic: http://ridewithgps.com/routes/2030164
Challenge: http://ridewithgps.com/routes/2030175
Both men and women are welcome on these rides. Arrive 15 minutes early for pre-ride announcements.
Ride Hosts: Rebecca rcwood1@sbcglobal.net
Chris Pham cpham1@frk.com

SAT 3/2/13 3.5-M/B 60 miles 9:30 a.m. We are riding from Danville to the 3 bears via Walnut Creek, Pig Farm Hill, and returning by Orinda and Moraga. Meet at Diablo Vista Park located on Tassajara Ranch Road near the intersection of Tassajara and Crow Canyon. There will be two Starbucks stops along the way. Please bring plenty of water and food. Rain cancels, please check VS calendar for updates. (Advanced Ride)
Ride Host: Alberto Lanzas, 510-825-9581.

Go to VS Calendar for more rides
SUN. 3/3/13 4-M 40 miles 10:00 a.m. Mt Tam. We'll ride to the top of Mount Tamalpais. Meet by the Safeway on Miller/Camino Alto in Mill Valley for a 10:00 a.m. departure. We'll climb to Panoramic Hwy, Pan Toll Rd and E Ridgecrest Blvd to the summit. Then we will ride down the backside to Fairfax. Bring water and food or money for refreshments in Fairfax. Directions: Take Hwy. 101 south to the E Blithesdale Ave. exit, right on E Blithesdale, left on Camino Alto. Do not park in the Safeway parking lot. There should be ample street parking on Miller. Allow approx. 1 hour driving time from the Dublin area. Rain cancels, check VS calendar for status. (Advanced Ride)
Ride Host: Steve Kowalewski, 510-246-2815.

MON. 3/4/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. These 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. 3/4/13 2-M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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 and in to the parking lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

WED. 3/6/13 2-M 40 miles (65 km) 10:00 a.m. Paradise Loop. Starting at the SF Ferry Bldg. we'll ride over the Golden Gate and through Tiburon and Corte Madera including the scenic route along Paradise Drive. Meet at the front of the Ferry Bldg. at the end of Market St. in San Francisco. Note: please RSVP to the Ride Host if you plan to participate.
Ride Host: Bob Hislop, 925-890-6300.

MON. 3/4/13 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. 3/5/13 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. 3/6/13 2-L/M 35-55 miles 10:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning at 10:00 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.

SAT. 3/9/13 4-M 39-54 miles 9:00 a.m. Starting at the Crank-2 bike shop in south Pleasanton we'll head over Calaveras, drop down into Milpitas and then climb up Sierra Rd. before descending Felter back to Calaveras. Options for those wanting a little easier ride are to turn around at the Calaveras summit or at Levin Park. Meet at Crank-2: take I-680 to exit 25 (Sunol Blvd.); left on Sunol; Crank-2 will be on your right in the Raley's shopping center.
Ride Host: Rob Delfosse, 925-216-4823.

SAT. 3/9/13 3-L/B 50/60 miles 9:00 a.m. 10th in a weekly series of conditioning rides leading up to the Cinderella Classic. Starting at Jakroo (5627 Stoneridge) in Pleasanton, we'll ride north through Dublin, San Ramon, and Danville to our first regroup at the Starbucks in Blackhawk. From there we continue on Tassajara to Highland and loop through the area north of Livermore before reaching our second Starbucks stop on Vasco Rd. Then the Classic riders continue around the southeast side of Livermore and return to Pleasanton via Vineyard Ave. while the Challenge group first gets in a few extra climbs on Carrol, Flynn, Patterson Pass, and Cross Rds. Meet at Jakroo Rider Sportsfashion at 5627 Stoneridge Dr. near the northwest corner with W. Las Positas Blvd. Take I-580 to the Santa Rita exit and head south; turn right on W. Las Positas Blvd.; right on Stoneridge Dr.; and immediately right again into the parking lot. Both women and men are welcome on

Go to VS Calendar for more rides
these training rides. Arrive 15 minutes early for pre-ride announcements.

Ride Hosts: Julie psyclejulz@sbcglobal.net
Karin Poe karin.poe9@gmail.com

WED. 3/13/13 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.

PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHTIME TRAINING RIDES: Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road.

NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles.) For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@llnl.gov

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

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

Go to VS Calendar for more rides

UPCOMING EVENTS

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

March
2  Kings River Blossom Ride – Reedley, CA
2  Death Valley Century/Ultra/Double Century – Furnace Creek, CA
3  Senorita Century – Del Mar, CA
9  Solvang Century – Solvang, CA
10-15  Tour of Death Valley – Death Valley, CA
16  Randonneur Half Moon Bay 200 K - Santa Cruz, CA
16  Tour of Borrego – Borrego Springs, CA
23  Solvang Double Century – Solvang, CA
23  Ay Chihuahua – Santa Ysabel, CA
25-31  Solvang Spring Tour – Solvang, CA
30  Santa Clarita – Valencia, CA
30  Napa Valley Spring Social – Napa, CA
31-4/5  Tour of Solvang Wine Country – Solvang, CA

VALLEY SPOKESMEN AFFILIATIONS

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

From Bob Heady:
As the new Vice President I am looking for things to do. I want to try writing a newsletter column called, “Go Ask Bob.” All club members are invited to send questions, concerns, comments, hints, secrets, etc. to me at arbob25@gmail.com. I will share these with the board and publish responses to the three or four most interesting / compelling letters (no names published without consent but be prepared for me to contact you on a follow-up). If this turns out to be fun for you (and me) I will try to put out a monthly column. I will also be working on job descriptions for the various positions held by VS members. The end result will be a comprehensive procedural guide for each position. That way when I head to Alaska for a couple of months next
summer any club member can check the guide to see just what the VP was supposed to be doing (in case he/she wants to fill in for me).

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
January 8, 2013

Meeting called to order at 7:02 p.m. by President Marcus van Raalte.
The minutes from the December 12, 2012 Executive Board Meeting were approve as presented.
Treasurer Dan Carhart distributed a preliminary financial report showing profit and losses for the year 2012 reflecting checks written through 12-31-12. Discussion followed regarding memberships the club joined during the year. The following list of organizations were reviewed: Adventure Cycling; Bay Area Ridge Trail Council; Bicycle Trail Council of the East Bay; C.B.C. - California Bicycle Coalition; California State Parks Foundation; E.B.B.C. – East Bay Bicycle Coalition; East Bay Regional Parks; Greenbelt Alliance; L.A.B. - League of American Bicyclists; National Parks Conservation Association; Nature Conservancy; Planning and Conservation League; Rails to Trails. Motion made, seconded and passed to allow a maximum of $1,500 for these memberships. This list will be further reviewed at the February board meeting. Motion made, seconded and passed to accept the treasurer’s report.

OLD BUSINESS:
1. Past month’s rides – The recent Feather Pedals ride had 155 riders. Discussion followed regarding the number of non-members that are riding our club rides. The question was raised regarding our liability insurance and whether we had limits on non-members riding multiple rides. The New Year’s Day ride up Mt. Diablo was good going up but cold coming down. Mark’s birthday ride had 26 people
2. V.S. web site – Ken Hernandez updated the group on his progress with the site. He has been very busy.
3. Ride Library – Alberto will be controlling and working on the library. Motion made, seconded and passed to utilize the ride GPS for a fee of $60.00.
4. Club computer – is scheduled to have all info from the old device to the new one next week. Marcia in need of help

NEW BUSINESS:
1. February/March ride schedule – was reviewed.
2. Newsletter – Vice-President Bob Heady would like to add a column to the newsletter called “Go Ask Bob” where members may ask questions. Motion made, seconded and passed.
3. Cinderella – we only have one Cinderella patch design. Get your ideas to Jim NOW!
4. Bonnie still has vacancies for the Yosemite trip.
5. Mid-winter Party is coming up on February 16th. Get your money in now for dinner, dancing and fun.
6. Bonnie reviewed correspondence sent and received.

GOOD OF THE ORDER:
1. Jim Duncan gave an update from the Awards Committee. They are considering gift certificates in lieu of trophies. There was some objection. Motion made, seconded and passed to spend up to $300.00 for awards.
2. The subject of our by-laws was raised. Ken will scan our by-laws and corporate papers and make them available to board members for review.
3. Marcus suggested we have the board part of a google group to easily send messages to everyone. Peter will create and maintain this list.
4. Marcus would like to create a list of job descriptions for the board positions.

There being no further business, the meeting was adjourned at 8:35 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen “Bicycle” Touring Club
January 2013

Correspondence sent:
1. Check to Minuteman Press for printing of January newsletter
2. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
3. Check to Bob Powers for Cinderella envelopes.
4. Check to Amos Productions for final payment for DJ at Mid-winter party
5. Check to League of American Bicyclists for annual membership dues.
6. Check to California State Parks Foundation for annual membership dues.
7. Check to Greenbelt Alliance for annual membership dues.
8. Check to National Parks Conservation Association for annual membership dues.
9. Letters of welcome to old/new club members.

Correspondence received:
1. February copy of Sunset magazine.
2. Requests for membership renewals and donations.
3. Announcements of upcoming events and tours.
4. Letters and magazines from various clubs, organizations, and businesses.
5. Bills from several organizations requesting the club to renew their membership.

Go to VS Calendar for more rides
RIDE REVIEWS

December 28th
Alberto led today's ride from Diablo Vista Park on a brisk and cloudy morning - but at least we stayed dry today. Our route took us over to Livermore with a stop at the Starbucks on Vasco and Scenic before climbing Patterson Pass to Cross and coming back on the south side of Livermore with a second Starbucks stop on Vineyard. The regular ride then returned up Collier Canyon to Highland and Tassajara while I took Stanley and the Iron Horse back home. Peter

December 30th
The storm front moved through a little faster than predicted, allowing us to enjoy the Show&Go ride from Shannon without any rain although we did have rather wet roads at the beginning. We did the reverse 'Country Club Loop' heading up the boulevard to Rudgear and then going through the Alamo, Diablo, and Black Hawk country clubs. Peter

December 31st
Dick Skow led the ride from Heather Farm to Lafayette and continuing on a loop through Moraga and Orinda with a Starbucks stop at Theatre Square. The day started out rather brisk and with quite a bit of ice in places, but the bright sunshine and a few hills warmed us up nicely. Peter

January 1st
Nice sunshine for our traditional New Year's ride to the summit of Mt. Diablo, but there was lingering fog at the top and the breeze made for a rather chilly descent. Quite a crowd of cyclists at both the summit and junction with many still headed up as we came back down. Peter

January 2nd
Gail and Alberto led us from San Ramon's Central Park over to Livermore via Bollinger, Windemere, Highland, Manning, and N. Livermore. After a refreshment stop at the Starbucks on Portola we returned up Collier Canyon and then took Highland, Camino Tassajara, and Crow Canyon back. A nice sunny day and so much warmer than yesterday's descent from Diablo. Peter

January 5th
Looked like a great turnout for the first Feather Pedals ride of the year despite cloudy skies and a chilly morning today. Didn't see the ostriches or zebras today on Bollinger, but the llama and alpaca were in their usual spot. Peter

Saturday was the Feather Pedals * (FP) Cinderella ride #1 of 12. We staged at Dublin High School with 156 total riders; 49 on the Classic route of 15.6 miles; 55 on the Challenge ride of 23.3 miles; 52 undecided. (Reminder...please indicate which route you plan to ride by checking the box to the far right on the sign in sheet). We welcomed quite a large Newcomers group of riders (~30). And, there were about 20 riders who gathered for coffee at Starbucks and/or lunch at the Pho Noodle place next door and to socialize after the ride.

The Organizer/Co-Organizers for this ride were Karin Ball, Host, and Jan Roberts, Co-Host. The ride was supported by SAG Dean and Dan and Sweep, Charles. Meredith instructed the group in the skill of the week i.e. 5 points of contact, hand positions, and how to start out and clip in. Please continue to practice these basic skills. Also, there were a number of the VS Racing team members on the ride too. They can be good role models, so watch how they ride and ask them questions. The VS club provides something that many other clubs do not provide, i.e. a racing group, a FP group, along with many rides every week for the various levels.

There are always so many to thank for their volunteer efforts. A few to mention this week are:

- New Signs (Classic, Challenge, Newcomer) by Dan Carhart and Minuteman Press and Kathy Kane, lead FP coordinator.
- Meredith for leading our weekly skill of the week to help everyone be a better and safer rider.
- Newcomer hosts/helpers Jim Duncan, Ted Fisher, Marty Lenzi...and watch for Bob Heady on the upcoming rides.
- Our road support team...SAG Dean and Dan and Sweep Charles who leaves no one behind.
- Routes team...Rebecca, Kevin, and Julie for ensuring weekly miles progression, great formatting, pdf'ing, accuracy, etc.
- Our Yahoo Site Master Lori who responds to most of the featherpedals@yahoo.com emails and keeps the postings updated.
- Peter our ride club photographer (see pictures in the link in the attached eMail).
- And to the entire volunteer team who were not mentioned but ensure all the pieces come together...Carol, CC, Karin Poe...etc, etc, etc!

Karin

January 5th
Great turnout today in spite of the cool and cloudy weather! Twenty five of you braved the cold to ride one of my favorite routes in the Tri Valley area. After all the talk about rain...we had dry roads all the way. Erica and I did spot a little ice on Canyon Road on the outskirts of Moraga, but it was nothing that Ruby* couldn't handle. Thank you all for helping me celebrate another year of great bike riding with a super bike club! -Mark
January 6th
Cloudy and chilly ride today. Gail, Kevin T, Bob Fuji, Brahim, Marcus V., Dane C. and I rode this morning. Some light rain on the south side of Livermore. We decided to return via Pleasanton after a coffee stop. Alberto

January 7th
After a chilly start, it turned out to be a beautiful day for Alberto's ride to Clayton today with bright sunshine and 60F temperature. The route took us through a variety of neighborhood streets and trails as we looped through the Walnut Creek, Concord, and Clayton area before returning to San Ramon along the blvd. Peter

January 8th
The early morning fog and threatening clouds during the day may have reduced the turnout for Barbara's Chilly-Hilly-Chili ride today. But those who didn't show missed some nice climbs through a variety of Benicia neighborhoods and the chance to enjoy Barbara's delicious chili recipes with both con carne and vegetarian options and the wonderful brownies that Nancy had made. Peter

January 11th
A good turnout with both old and new faces for Gail's first 'Odd Friday' ride that took us over to Livermore. Not much sun, but we quickly got warmed up by climbing Old Ranch and the ambient temperature rose enough to keep us warm after that. Peter

January 12th
Cold morning start, but a nice nice sunny and brisk ride out to Livermore. Here is a picture of our first rest stop. Alberto

January 12th
Another brisk morning for the Feather Pedals ride but we had an excellent turnout. Charles had ridden over from Livermore and encountered quite a bit of ice on the roads, so the start was delayed by half an hour to give the sun a chance to clear most of it. There was still a bit of frost in places but none that caused traction problems. The bright sunshine did help to warm us up but was countered by the effects of the wind whenever we turned toward the north. Peter

Our team of volunteers would like to extend a huge thank you to the 122 total riders who showed up for the #2 Cinderella training ride under extremely cold conditions. We also appreciate the group's understanding for the 30 minute delayed start of the ride because of the slippery and icy roads. Our goal is keep everyone as safe as possible!

Because of the delayed start, we were able to experience a very safe ride for all, and also take advantage of a few great announcements shared in the a.m.
- Punam Owens, one of the three original founders of FP (+ Karin Ball & Carol Coronado), was in town from England and shared her stories and thank you’s for the great experience of starting this incredible cycling group
- Meredith Nielson, professional cycling coach, shared an important riding skill on the basic principles of slowing, stopping your bike, speed control, and more. If you weren’t able to view this demonstration, I highly recommend that you try to come in closer to watch these lessons – they are so valuable and most people don’t get the chance or opportunity to really learn from a cycling professional.

Thank you again Meredith! Overview of day
- Total riders signed in – 122 (Classic 52; Challenge 33; Undecided 37)
- SAG supported by Dean and Dan; Sweep Charles
- Approx 20 riders stayed to enjoy lunch and socializing at Draeger’s 3 flat for the day - Dick & Julie’s afternoon tire changing clinic was full, so one rider was kind enough to get a flat before the ride so those that couldn’t attend the clinic could assist in teaching others how to change the tire
- 2 riders SAGged

Tire changing clinic at Dick & Julie’s

January 13th
Alberto’s decision to change the route for today’s ride due to the cold weather turned out to be a good one since the riders closed the Mt. Diablo entrance because of ice on the roadway. So we headed up to Clayton instead with stops at Heath Farm, Clayton Park, and a Starbucks in Concord. Peter

January 14th
Alberto led us from San Ramon down to Sunol for his weekly Monday ‘recovery’ ride - and this time it was really at a recovery pace as we headed down the Iron Horse and Alamo Creek trails into Pleasanton and then took Foothill into Sunol. On the way back we stopped at the Corner Bakery Cafe in the new shopping center at Bernal and Valley. Nice outdoor dining area with comfortable padded seats and they even offered to turn on the gas heaters for us - but the bright sunshine was warming us up enough already. Peter

January 16th
Dick W. led us from the Danville Park&Ride out to Blackhawk and then through the Diablo and Roundhill country clubs and various Alamo neighborhoods. We returned on Danville Blvd. and had a refreshment stop at La Boulangue bakery. Started out rather chilly but the bright sunshine warmed things up once we got started. Peter

January 19th
Great weather for Brahim’s ride. A little wind as we headed east to Midway, but that changed as we started the climb of Patterson Pass with no wind and a little warmer to the Summit. Thanks for a great ride Brahim. Here is a picture of the summit regroup. Alberto
January 19th

After a chilly start, it turned out to be a beautiful day for the third Feather Pedals ride of the year. We started with a short out-and-back to the Wente location on Arroyo before heading out to Pleasanton along Vineyard and returning to Livermore on Stanley. Once we got back to town the wind switched to the east and it seemed as if someone had turned on a furnace as the temperature suddenly jumped up. After a short stop to shed our now excess layers, we headed east on Patterson Rd. to Cross Rd. and then down to Tesla. Finally another out-and-back excursion on Mines Rd. to the base of the Del Valle climb before heading back to Robertson.

Peter

FINAL MILEAGE REPORT FOR 2012

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Total miles ridden by club members so far this year is **188,875!!!**
THE VALLEY SPOKESMEN TOURING CLUB

Proudly Presents

THE THIRTY-SIXTH CINDERELLA CLASSIC
and CHALLENGE

EXCLUSIVELY for Women and Girls!

This unique bicycle tour for women of all ages and abilities winds through the Amador, Livermore, Diablo and San Ramon Valleys.

This metric-century (100k/65 miles) is mostly flat with a few moderate hills. The Challenge route of almost 100 miles is for fit experienced riders only. The course has an additional 2,000 feet of elevation gain with significant ascents/descents. From the start in Pleasanton, the ride circles south to Pleasanton, through the vineyards of Livermore, then north and along the base of beautiful Mt. Diablo to finish in Pleasanton. Charming Princes will be at three rest/food stops along the way with a cold lunch at the second. Our SAG service patrols the route to provide rider assistance if required. A Cinderella Ride Patch is awarded to every rider. So leave your Prince Charming at home and enjoy a special day!

WOMEN AND GIRLS ONLY! No male riders

When: Saturday, March 6, 2013
Where: Alameda County Fairgrounds, Pleasanton, CA

From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12

From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on West Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

Bring: Bright green confirmation card
Cost: ADVANCE REGISTRATION ONLY - $45.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.
NO “DAY OF” REGISTRATION!!! LIMITED TO 2500 RIDERS!!! Registration closes when the rider limit is reached.

Time: Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.

Helmets: A bicycle helmet is required on this ride!

Prepare Your Bike: Please check your bike, or have it checked, before you arrive to make certain the condition of all components (brakes, tire, wheels, derailleur) are ready for this ride. The Valley Spokesmen will not inspect your bicycle. Two local bike shops will be on hand to assist with minor mechanical problems

Route: A route sheet will be provided.
Support: There will be SAG support patrolling the route if you need assistance. Rest stops will have fruit, drinks and snacks, plus a cold lunch will be served at mid-point. Soup and food is served at the end of the ride

Rain: The ride is on rain or shine, there is NO make-up day!

T-shirts/Sweatshirts: Special Cinderella Classic shirts will be available for purchase from a vendor.
Family/Friends: Your spouse, family and friends are welcome to meet you at the finish and all are invited to The Cinderella Expo where bicycle manufacturers, clothing suppliers and women’s organizations will have booths.

For Additional Information Call: Jim Duncan (925) 209-1369 or e-mail: cinderellaclassic@valleyspokesmen.org
Bob Powers (925) 828-5299 or e-mail: b-bpowers@att.net
webpage: http://www.valleyspokesmen.org
SOME INTERESTING STATISTICS ON CLUB RIDES AND MEMBERS MILEAGE

Total club rides
2007 – 268
2008 – 433
2009 – 401
2010 – 432
2011 – 349
2012 – 494

Total membership
2007 – 384 – During the year 205 members rode one or more rides
2008 – 499 – During the year 258 members rode one or more rides
2009 – 481 – During the year 225 members rode one or more rides
2010 – 500 – During the year 322 members rode one or more rides
2011 – 455 – During the year 278 members rode one or more rides
2012 – 492 – During the year 281 members rode one or more rides

Total miles ridden by club members on club rides
2007 – 88,250 miles
2008 – 114,692 miles
2009 – 140,991 miles
2010 – 161,269 miles
2011 – 145,293 miles
2012 – 188,875 miles

Top Mileage for Past Three Years

<table>
<thead>
<tr>
<th>Year</th>
<th>Members</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>– 8</td>
<td>4,000</td>
</tr>
<tr>
<td>2011</td>
<td>– 6</td>
<td>4,000</td>
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<tr>
<td>2010</td>
<td>– 4</td>
<td>4,000</td>
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<tr>
<td>2009</td>
<td>– 2</td>
<td>4,000</td>
</tr>
<tr>
<td>2008</td>
<td>– 1</td>
<td>3,290</td>
</tr>
<tr>
<td>2007</td>
<td>– 1</td>
<td>3,364</td>
</tr>
<tr>
<td>2009</td>
<td>– 4</td>
<td>3,000</td>
</tr>
<tr>
<td>2010</td>
<td>– 3</td>
<td>3,000</td>
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<tr>
<td>2011</td>
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<td>2012</td>
<td>– 7</td>
<td>3,000</td>
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<tr>
<td>2007</td>
<td>– 4</td>
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<td>2008</td>
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<td>– 10</td>
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<tr>
<td>2011</td>
<td>– 4</td>
<td>1,500</td>
</tr>
<tr>
<td>2012</td>
<td>– 8</td>
<td>1,500</td>
</tr>
</tbody>
</table>

In 2007 – 9 members rode 1,000+ miles
In 2008 – 18 members rode 1,000+ miles
In 2009 – 22 members rode 1,000+ miles
In 2010 – 12 members rode 1,000+ miles
In 2011 – 11 members rode 1,000+ miles
In 2012 – 24 members rode 1,000+ miles
In 2007 – 11 members rode 750+ miles
In 2008 – 18 members rode 750+ miles
In 2009 – 11 members rode 750+ miles
In 2010 – 19 members rode 750+ miles
In 2011 – 15 members rode 750+ miles
In 2012 – 23 members rode 750+ miles
In 2007 – 25 members rode 500+ miles
In 2008 – 24 members rode 500+ miles
In 2009 – 24 members rode 500+ miles
In 2010 – 35 members rode 500+ miles
In 2011 – 18 members rode 500+ miles
In 2012 – 22 members rode 500+ miles
In 2007 – 27 members rode 250+ miles
In 2008 – 19 members rode 250+ miles
In 2009 – 51 members rode 250+ miles
In 2010 – 60 members rode 250+ miles
In 2011 – 53 members rode 250+ miles
In 2012 – 62 members rode 250+ miles

The maximum number of club rides a member could ride during 2012 was 494
A total of sixty-nine (69) club members agreed to be ride leaders during 2012. Special THANKS to ALL of YOU!
Of these sixty-nine members, those that stand out most led 53/37/30/27/20/17/14/11/10 rides each. THANK YOU SO MUCH!!!
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:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Entrée</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Address</td>
<td>Phone</td>
<td>Beef ___</td>
<td>$15.00</td>
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<td></td>
<td></td>
<td></td>
<td>Salmon ___</td>
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<td></td>
<td>Vegetarian ___</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Vegan ___</td>
<td></td>
</tr>
</tbody>
</table>

LAST CHANCE
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 Chairmen: Emma Olenberger 707-479-2549
Peter Rathmann 925-336-0973
Newsletter Editor/Typist: Marcia Seeger 510-223-9347
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: Jim Duncan 925-209-1369
V.S. Racing Team contacts: Ted Vidnovic 925-337-2803

2011 PRESIDENTIAL APPOINTMENTS
Cinderella Chairmen: Jim Duncan 925-209-1369
Bob Powers 925-828-5299
Swap Meet: Bonnie/Bob Powers 925-828-5299
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: Emma Olenberger 707-479-2549
San Ramon: Peter Rathmann 925-828-1973
Walnut Creek: Peter Culshaw 925-932-0790

ISED
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
http://www.valleyspokesmen.org

2013 club members may subscribe to the VS mailing list by pointing their browser to http://www.valleyspokesmen.org/mailList.php?page=main and following the directions there.

VALLEY SPOKESMEN
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568
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 ($16.00 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 ___________________________________________

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: __________________
Name: __________________ Age: __ Signature: __________________
Name: __________________ Age: __ Signature: __________________
Name: __________________ Age: __ Signature: __________________
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: ____________