President’s Message for April 2013

This month the message is about our club with input from the VS Executive Board. The Executive Board is the group of members who volunteer to keep your club active and growing. Your energy, participation, assistance and suggestions are needed and always welcome to keep your club dynamic.

What does the Valley Spokesmen do and what is our role in the Community?

“The Valley Spokesmen Bicycle Touring Club” has been incorporated since September of 1982 and has been in existence since 1971. Our defined purpose is “to support members in their interest in recreational bicycle touring and racing. To encourage and enjoy companionship, promote maintenance and improvements to member’s health and enjoyment of the environment while cycling.”

- **We encourage riding via organized rides**, offering encouragement to all riders. In 2012 we organized over 400 rides which are more than one for every day of the year. This includes an increasing number of mountain bike rides.
- **We encourage racing** through the VS Racing team, for both women & men, support the Wente road race and criterium, and other Northern California’s premier races.
- **We encourage riding organized long distance tours** that promote companionship and enjoyment of the environment. For example, our 2 day trip through the Sacramento Delta (TOSRD), 3 days to Yosemite, 3 days to Paso Robles and other ‘epic’ excursions.
- **We encourage young people** to ride safely by volunteering at “bicycle rodeos” at our local schools.
- **We encourage bicycle safety** in the community, requiring all who are involved with our club to wear a helmet and we instruct riding etiquette and rules of the road to newcomers on our rides encouraging them to ride safely and courteously.
- **We encourage women and girls** to ride by the hosting the Cinderella Classic/Challenge every spring for the last 37 years. This is a recreational bicycle ride for women and girls. Where the men (and many women) of the club provide support at rest stops, lunch and SAGS. The Feather Pedals, a group within VS, organize a series of weekly training rides to prepare the Cinderella’s for the 65 mile or 90 mile routes.

The Valley Spokesmen Bicycle Touring Club takes an active role in our local and state community.

- **We have Community Liaisons** to the local cities and other organizations so we have advocates for cycling needs and to bring information back to the club.
- **We advocate for road and bike path improvements** to encourage creation and maintenance of ’Safe Routes’.
- **We make donations** through memberships in local and state environmental and advocacy groups.
- **We actively support** our local police departments bicycle safety programs.
- **We provide support** to women’s and children’s groups in our riders’ communities.
- **We make donations** through memberships in local and state environmental and advocacy groups, including the Planning and Conservation League and California Bicycle Coalition. We support our local police departments’ bicycle safety programs and women’s/children’s support groups in our riders’ communities.
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.
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.

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.
Be informed: current VS members can register for the VS e-mail list:

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 FRI-DAY** morning rides from Central Park.

**TUESDAY** night Mountain Bike rides from Lake Chabot
leave at 7:00 p.m. BRING LIGHTS

The **TUESDAY and THURSDAY** (T’N’T) evening rides are now listed.

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**MON. 4/1/13**

2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. 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. 4/1/13**

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.**

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**TUE. 4/2/13**

2-M/B 25 miles (40 km) 6:00 p.m. **Regular T n’ T rides from Shannon Center in Dublin.** Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. **(Advanced Ride)**

**Leader: Jim Duncan, 925-209-1369.**

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**TUE. 4/2/13**

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. 4/3/13**

2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. 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. 4/3/13**

3-M 38 miles 9:30 a.m. We'll start at the staging area at Pleasanton Ridge and ride out Calaveras to either the wall or Ed Levin, depending on weather and consensus of the group. Directions: The Staging parking lot is located on Foothill Blvd., south of the Castlewood Drive exit off I-680. No water or food available enroute. If roads are wet, we will plan an alternate route. **Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com**

**WED. 4/3/13**

NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, June 5, 2013.

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**THUR. 4/4/13**

2-M/B 25 miles (40 km) 6:00 p.m. **Regular T n’ T rides from Shannon Center in Dublin.** Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. **(Advanced Ride)**

**Leader: Jim Duncan, 925-209-1369.**

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**FRI. 4/5/13**

2-L/M 35-55 miles 9:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA. Sign in between 7:00-9:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA. **Event open to WOMEN and GIRLS ONLY!!! PRE-REGISTRATION ONLY!!! No day-of Registration.**

For information call: Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.

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**SAT. 4/6/13**

**THIRTY-SEVENTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE**

Sign in between 7:00-9:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA.

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**Go to VS Calendar for more rides**
SUN. 4/7/13  SWAP MEET 1:00 p.m. – 4:00 p.m.  
Dublin High School (NEW CAFETERIA),  
8151 Village Parkway, Dublin.  
For information contact  

MON. 4/8/13 2-L/M 35-55 miles 9:00 a.m.  Dick Skow will lead a group from Heather Farm every Mon. and Wed. evening. This Leisrurely/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,  
rcksnow@astound.net for ride details.

MON. 4/8/13 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. 4/9/13 2-M/5 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  (Advanced Ride)  
Ride Host: Jim Duncan, 925-209-1369.

TUE. 4/9/13 Mt 3-8 13 miles (12-21 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. 4/10/13  2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisrely/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,  
rcksnow@astound.net for ride details.

WED. 4/10/13 2-M/B 40+ miles 9:30 a.m. We are riding south on Foothill Blvd. to Sunol and continuing to Sunol Regional Park. After a brief regroup at the park, we are heading back via Happy Valley and Pleasanton with a coffee stop. Directions: Central Park is located on Bollinger Canyon Rd. in San Ramon across from the Valero station and the library. Bring snacks and water. Please check VS calendar and VS list for updates.  (Advanced Ride.)  
Ride Host: Alberto Lanzas, 510-825-9581.

HEATHER FARM WEDNESDAY NIGHT RIDES  
Ride Host: Kevin Thieben, 925-437-5919.

WED. 4/10/13 EXECUTIVE BOARD MEETING 7pm 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.

LIVERMORE – MINES ROAD  
THURS 4/11/2013 3M 40 miles 9:30 am We will meet at the old Nob Hill grocery store in Livermore and go out to Mines road to the county line and back. Bring plenty of water and energy food.  
Ride Host: Merel Heggelund, 925-989-8867

T’N’T RIDE FROM SHANNON  
THURS. 4/11/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  (Advanced Riding Level)  
Ride Host: Jim Duncan, 925-209-1369.

JELLY BELLY RIDE  
SAT. 4/13/13 3-M 60 miles 9:00 a.m. The Classic Jelly Belly ride from Martinez (to make up for March). We’ll head out to Cordelia along the Carquinez Strait and regroup for a snack at the JB factory before heading north through the beautiful Gordon and Wooden Valleys. Our return will be along the Suisun Bay and back over the Benicia Bridge. Meet at Martinez Waterfront Park.

Go to VS Calendar for more rides
Take I-680 North, exit Marina Vista and turn left (west) to Ferry Street then right on Joe DiMaggio Dr. Park in the first lot on the left or, if full there is an additional lot a bit farther on the right. Potential post-ride fare at Creek Monkey. Bring $ for food/drink at regroups. Cue sheets will be emailed the week of the ride.

Ride Host: Kevin Thieben 925.437.5919 (c).
Download to your Garmin and/or review the route at: http://ridewithgps.com/routes/934926

KEN’S BIRTHDAY RIDE
SUN. 4/14/13 3MB 64 miles 9:00 a.m. Ken will host a moderate-paced ride from the Livermore Airport, up Collier over to Vasco for coffee stop #1. Then it’s up and over Tesla/Corral Hollow to Tracy for coffee stop #2. We’ll return over Patterson Pass through Livermore back to the airport. Begin at the Livermore Airport.
Ride Host: Ken Hernandez
kenhernandez52@yahoo.com 510-329-9481

T’N’T RIDE FROM SHANNON
TUES. 4/16/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-580; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
(Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

LAKE CHABOT EVENING MTB RIDE
TUES. 4/16/2013 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 onto 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, 925-950-9889.

SAN RAMON – LIVERMORE – PLEASANTON
WED. 4/17/13 2-L/M 38 miles 10:00 a.m. Starting at San Ramon’s Central Park we’ll ride up to Blackhawk and continue to Livermore before returning via Pleasanton. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park opposite the Market Place. Bring water and snacks.
Ride Host: Peter Rathmann, 925-336-0973

T’N’T RIDE FROM SHANNON
THURS. 4/18/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
(Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

ODD FRIDAY RIDE CENTRAL PARK
FRID. 4/19/13 2-L/M No Drop 25-35 miles 9:30 a.m. 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 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

FEATHER PEDALS RIDE FROM GARRE WINERY
SAT. 4/20/13 2-L to 3-M 29-44 miles 9:30 a.m. Monthly Feather Pedals ride starting from the Garre winery, 7986 Tesla Rd., Livermore. We’ll have two routes: a ‘Classic’ moderate route of about 29 miles and a ‘Challenge’ route that adds 15 miles and a few more hills. Take I-580 to Livermore and exit on Vasco Rd. to go south; turn left on Tesla and continue 1.2 miles to Garre winery (7986 Tesla) on the left; go through the iron gate and go toward the back; after the road becomes gravel turn left and park by the tents. Bring water, snacks, and $ to buy. There will be an opportunity for lunch and wine tasting after the ride. Arrive at least 15 minutes early for pre-ride announcements.
Ride Host: Julie Hampton psyclejulz@sbcglobal.net

YOSEMITE ACCOMPANYING RIDE
SUN. 4/21/2013 2-M 70 miles (110 km) 8:00 a.m. sharp. Starting at Dublin High School on Brighton just east of Village Parkway, we’ll ride with the Yosemite tour riders out to Livermore and over the Altamont to the outskirts of Tracy. Then we’ll bid them farewell and head back home. Meet on the west side of Dublin High School. Take I-680 to the Alcosta Blvd. exit and go east; turn right on Village Pkwy.; Dublin High is on left. The ride will depart promptly at 8 am to coordinate with the tour riders. Bring water and lunch or money to buy. Those wishing to continue with Peter on a camping tour to Yosemite should contact him in advance.
Ride Host: Peter Rathmann, 925-336-0973.

YOSEMITE OR BUST!
SUN. 4/22-26/12 5-M/B 175 miles (281 km) 8:00 a.m. sharp departure! Yosemite, here we come! with overnights in Oakdale, Groveland and into Yosemite.
Organizer: Bonnie Powers, 925-828-5299

T’N’T RIDE FROM SHANNON
TUES 4/23/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
(Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

Go to VS Calendar for more rides
LAKE CHABOT EVENING MTB RIDE
TUE. 4/23/2013 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

DUBLIN TO SUNOL REGIONAL PARK
WED. 4/24/2013 2M 37 miles 9:30 a.m. We will start at Livermore Cyclery in Dublin and ride out to Sunol Regional Park off of Calaveras. We will return via Pleasanton Sunol and wind through Pleasanton. The total distance will be around 37 mi. This is a pretty flat ride. We will regroup at a few spots so no one gets left behind. We will probably work in a stop at Peets in Pleasanton.
Ride Host: Jane Moorhead, 925-980-9889.

LIVERMORE – MINES ROAD
THURS. 4/25/2013 3M 40 miles 9:30 a.m. We will meet at the old Nob Hill grocery store in Livermore and go out to Mines road to the county line and back. Bring plenty of water and energy food.
Ride Host: Merel Heggelund, 925-989-8867

T’N’T RIDE FROM SHANNON
THURS. 4/25/2013 2-M/B 25 miles (40 km) 6:00 a.m. Regular T’n’T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
(Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

ST. HELENA – LAKE BERRYESSA
SAT. 4/27/13 4-M/B 62+ miles (100 km) 9:30 a.m. Join Alberto and Gail on a scenic loop ride from St. Helena to Lakes Berryessa and Hennessey. Our route will take us out of St. Helena via Silverado Trail before heading west along Lake Hennessey on Sage Canyon Rd. Then north to Lake Berryessa on Knoxville Rd. before heading to Pope Valley via Pope Canyon Rd. and climbing Ink Grade Rd. We will return via Old Howell Mt. Rd. and visiting the other side of Lake Hennessey. Bring plenty of water and fuel. Approximate elevation gain is 5,000+ feet. Meet at Jacob Meily Park, take Hwy. 29 to St. Helena, right turn on Pope St. The park is on the left side after about a mile. Suggested carpool is from the Bollinger Park & Ride lot at I-680 in San Ramon with a 8:00 a.m. departure.
(Advanced Ride)
Ride Hosts: Alberto Lanzas and Gail Blanco, 510-825-9581 or 925-872-1001.

SAN RAMON TO LIVERMORE LOOP (OPT. TO WATCH WENTE RACES)
SUN. 4/28/13 2-M 43 miles 9:00 a.m. Gail will lead a ride from Central Park in San Ramon. We will head toward Danville then out to Livermore, before returning through Pleasanton to Central Park. Route will be sent out via VS list and posted on the calendar a few days before the ride. Note that this ride goes near the course of the Wente Criterium Race put on by the Valley Spokesmen Race Team. There will be an optional extension of the ride (adds about 6 miles) for those wishing to stop by and see the race. Take I-680 to the Bollinger Canyon exit and go east to the Central Park entrance on the left opposite the Market Place.
Ride Host: Gail Blanco gvblanco@aol.com 925-872-1001

T’N’T RIDE FROM SHANNON
TUES. 4/30/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T’n’T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. (Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369

LAKE CHABOT EVENING MTB RIDE
TUES. 4/30/2013 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.

MAY 2013

SHANNON CENTER – SUNOL PARK
WED. 5/1/13 2-L/M 35 miles 10:00 a.m. We'll ride south from Shannon Center in Dublin to Sunol and continue on Calaveras to Sunol Regional Park. Take I-680 to the Alcosta exit; go west to San Ramon Rd. and south to Shannon Rd.; turn right and right again into the parking lot. Bring water and snacks.
Ride Host: Peter Rathmann, 925-336-0973

LIVERMORE – MINES ROAD
THURS. 5/2/2013 3M 40 miles 9:30 a.m We will meet at the old nob hill grocery store in Livermore and go out to

Go to VS Calendar for more rides
T’N’T RIDE FROM SHANNON
THURS. 5/2/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  (Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

LAKE CHABOT EVENING MTB RIDE
TUES. 5/7/2013 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.

SAN RAMON CENTRAL PARK TO WALNUT CREEK, SWEET AFFAIR BAKERY
WED. 5/8/13 1-M 36 miles 9:30 a.m. Today we leave Central Park and take the easy route to Walnut Creek (no Diablo climb). We will plan on having lunch at the Sweet Affair Bakery. Those unable to stay for lunch can return via the Iron Horse Trail or route of your choice to return to Central Park. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

WED. 4/10/13 EXECUTIVE BOARD MEETING 7pm 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.

T’N’T RIDE FROM SHANNON
THURS. 5/9/2013 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  (Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

MT. HAMILTON FROM ALUM ROCK
SAT. 5/11/13 4-M 40 miles 9:30 a.m. Mt. Hamilton Join Alberto and Gail to the summit of Mt. Hamilton as we visit Lick Observatory. This is a long 20-mile climb to the summit and a 20-mile return to the start. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. There is plenty of parking along the road. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection. Bring plenty of hydration and fuel as there are no services along the way. (Advanced Ride) VS Route preview: http://ridewithgps.com/routes/2187671
Ride Hosts: Alberto Lanzas and Gail Blanco, 510-825-9581 or 925-872-1001.

Petaluma – Western Sonoma County
SUN. 5/5/2013 - 3-M 45+ miles 10:00 a.m. This is a beautiful ride for everyone after the Wine Country Century through the rural area of Western Sonoma County, over a few moderate hills and a stop in Tomales at Tomales Bakery, Take Highway 37 West, turn right on Lakeville Road into Petaluma, turn left on D street, cross the bridge to 4th and turn left to park at the South end of Walnut Park. Bathrooms available. Approximately 1-1/4 hour travel time from Dublin. Adjourn to Dempsey's after the ride. (http://www.dempsey's.com/)
Ride Host: Alberto Lanzas, 510-825-9581.

Meno Park
SAT. 5/4/2013 2-L/M No Drop 32 miles 9:30 a.m. EZ-PZ LIVERMORE LOOP DAY ;-) 32 miles and 615 ft. elev. gain. 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

Petaluma – Central Park - Lucky's Bakery
WED. 5/8/13 2-M at 7:00 pm. Cyclejulz will take us out for a lucky ride to Lucky’s Bakery.
Ride Host: Julie Hampton, 510-685-7103, psyclejulz@sbcglobal.net

MON. 4/1/13 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.

Go to VS Calendar for more rides
**ASK BOB**

Aloha! This month’s question concerned loading the Cinderella ride on a GPS. What I was able to find out is there is a “fly over” available. Go to the Cinderella web page (http://www.vallespokesmen.org/CinClass.php). On the left, partway down, is “Route Description”. Click ‘read more’ and then you will have to figure out how to get that into your GPS (if possible).

Bob

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**VALLEY SPOKESMEN BICYCLE SWAP MEET**

Sunday, April 7, 2013
1:00 a.m. – 4:00 p.m.
Dublin High School – “New” Cafeteria
8151 Village Parkway, Dublin, CA 94568
Join us as you SWAP – Sell – or just plain Look
For information call Bob or Bonnie Powers
at (925) 828-5299
FREE!!!

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**UPCOMING EVENTS**

**April**

6  Cinderella Classic/Challenge – Pleasanton, CA
6  Party Pardee – Ione, CA
6  Farm to Forest – Willows, CA
6  Randonneur Buena Vista 300K – Santa Cruz, CA
13  Pedal Away Pollution – Lodi, CA
13  Tierra Bella – Morgan Hill, CA
13  Mulholland Challenge – Santa Monica, CA
13  Hemet Double – Hemet, CA
14  6th Zin Spin – Lodi, CA
14  Woody Y Century – Bakersfield, CA
18/21  Sea Otter Classic – Monterey
20  Cycle for Sight – Napa, CA
20  Mr. Frogs Wild Ride – Murphys, CA
20  Mt. Laguna Bicycle Challenge – San Diego, CA
20  Bike Around the Buttes, Yuba, CA
20  Ventura-Ojai Century – Ojai, CA
21  Primavera Century – Fremont, CA
27  Covered Bridge Bike Classic – Snelling, CA
27  SLO Wildflower – San Luis Obispo, CA
Reg. Close
27  Mt. Hamilton Challenge – Santa Clara, CA
27  Folsom Powerhouse Century – Folsom, CA
27  Alpine Challenge – San Diego, CA
27  Randonneur Monterey Bay 300K – Santa Cruz, CA
27  Cycle East Lake – Chula Vista, CA
28  Chico Wildflower – Chico, CA

**May**

4  Tour de Cure – Roseville, CA
4  Wine Country Century – Santa Rosa, CA
4  Tour of Novato – Novato, CA
4  I Care Classic Tour – Morgan Hill, CA
4  3F Century – Colusa, CA
4  Rosarito Ensenada – San Diego, CA
5  Delta Century – Lodi, CA
5  Tour de Cure – Napa, CA
5  Grizzly Peak Century – Moraga, CA
11  Ride for Mom – Modesto, CA
11  Tour de Lincoln – Lincoln, CA
11  Motherlode Century – Lotus, CA
11  Tour of the Unknown Coast, Ferndale, CA
11  Central Coast Double – Paso Robles, CA
11  Cruisin’ the Conejo, Thousand Oaks, CA
12/19  Amgen Tour of California
18  Sunrise Century – Lodi, CA
18  David Double Century – Davis, CA
18  Sonoma Backroad Challenge – Petaluma, CA
19  Strawberry Fields Forever, Santa Cruz, CA
19  California Classic Weekend – Fresno, CA
24/27  Great Western Bicycle Rally, Paso Robles, CA

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Go to VS Calendar for more rides
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 AFFILIATIONS
Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bicycle Trail Council of the East Bay - www.btecb.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
Yosemite Conservancy – www.yosemiteconservancy.org

Niles Canyon Bikeway Advocacy Ride
Join the Valley Spokesmen, Fremont Freewheelers, and the East Bay Bicycle Coalition on a bike advocacy ride up Niles Canyon on Sunday, April 7 at 9:00 am from the Fremont BART station. We want to make sure all of our requests for a safer Niles Canyon are considered. Caltrans is considering putting down bike stencils, new signage and flashing lights for the bridges, repaving some shoulders for better bike travel, etc. But they want to hear from us. Join EBBC Advocacy Director Dave Campbell and other interested bicyclists for a Sunday ride up into the Canyon. Meet at Fremont BART station.

Valley Spokesmen “Bicycle” Touring Club Business Meeting Minutes
March 6, 2013

Meeting called to order by President Marcus van Raalte 7:02 p.m.
Minutes from the February 13th Executive Board meeting may be found in the current (March) newsletter.
In the absence of the Treasurer there was no report.

OLD BUSINESS:
1. Emma reported on past month’s rides, all of which have been great.
2. There was no report regarding the V.S. web site.
3. The club Ride Library is slowly becoming more accurate and is available for anyone who would like ride ideas or wishes to lead club rides.
4. The new club computer is coming along.
5. Bob Heady is working on updating the V.S. by-laws.
6. Update on area Bicycle Master Plans – Francie reported on the bicycle/pedestrian Master plan in Dublin. Dublin Blvd. is currently the main focus, specifically between San Ramon Valley Road and Dougherty Road. Studies include two lanes with a bike path or three lanes and a sidewalk path. The issue is to be studied further but big changes are in the works.

NEW BUSINESS:
1. Emma is in need of more leaders for the April/May ride schedule.
2. Bonnie gave us a Cinderella update. Our sign-ups are currently low in comparison to last year with 1900 riders. Not all permits have been approved and the route is not finalized. Bob reported we are in need of more workers, all him!
3. Swap Meet – is scheduled for the new cafeteria at Dublin High School. We will be able to sprawl out but we MAY NOT bring bicycles into the new building. Pray for sunny weather.
4. V.S. has the opportunity to help out the City of Dublin on May 19th with a “family friendly” bicycle ride. Bob Heady has agreed to assist.

Go to VS Calendar for more rides
5. Final payment is due for the Yosemite trip. The total number of riders has dropped drastically.
6. Correspondence may be found in the current newsletter.
7. The next Executive Board Meeting will be at the Powers’ place on Wednesday, March 13th.
There being no further business, the meeting was adjourned at 7:17 p.m.

Guest speaker for the evening was Erik Zimmer representing Mavic.

Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen “Bicycle” Touring Club Executive Board Meeting Minutes March 13, 2013

Meeting called to order by Vice-President Bob Heady at 7:05 p.m.
Minutes from the March 6, 2013 Club Business meeting were approved as read.
Treasurer Dan Carhart reviewed our accounts. He is waiting for a financial statement from VSRT before submitting our information to our accountant for filing our 2012 taxes.

OLD BUSINESS:
1. The past month’s rides have been well attended, particularly the Feather Pedals rides. The recent Sunday afternoon ride was a big hit. Hopefully there will be more afternoon rides in the future.
2. The V.S. website is coming along nicely. Several updates have been added regarding the Cinderella.
3. Ride Library – Gail reported improvements continue. The June meeting was suggested as giving members a lesson on how to access/add to the library. Members should ride a ride then submit the final copy, error free, to Alberto. Currently Alberto and Kevin are updating the old rides in the library.
4. Club computer – Slowly but surely Bonnie is learning the monster.
5. V.S. By-laws – Bob reported the by-laws are currently on the back burner, but the revision is coming.

NEW BUSINESS:
1. The March/April ride schedule was checked and corrections were noted.
2. Cinderella update – The routes have been finalized. We have 2009 riders registered, attendance is down. There will be some new food items introduced. Discussion followed regarding the cost of registration. Bob reported on the current worker list. There are still holes to be filled.
3. The Swap Meet is scheduled for April 7th from 1-4 p.m. at Dublin High School in the NEW cafeteria.
4. Stanley Blvd. Safety & Streetscape Improvement Project is having a ribbon cutting on April 13th from 10 a.m. until 1:00 p.m.
5. Bike to Work Day is set for May 9th – V.S. to donate anything that is left over for goodie bags.
6. Bob Heady to assist the City of Dublin on Sunday May 19th during the city’s Healthy Life Style with a family friendly bike ride.
7. Yosemite 2013 – final payment due. The 2014 Yosemite ride is in question, it may be the death of an institution, the cost has become outrageous.
8. The ride to Paso Robles is coming up prior to the Memorial Day weekend. We will be
Go to VS Calendar for more rides
on climbing to the Patterson Pass Summit and return back to Cross; where we added the Tuscany loop on Kalthoff. The weather warmed up a little on our return back via Pleasanton. Thanks for another great ride, Brahim! Alberto

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Hi Alberto and All the riders who showed for the ride today, Thank you very much for coming and I hope everyone had a good time as I have. Singing Happy Birthday to me at the start of the ride was special. Thank you all! Brahim

February 17th
Thanks for the great ride today, Richard! And thanks for the later start. I think there were about 10 people on the ride. It hit 71 degrees on Mines Road. I went all the way to the Junction - food, water, restrooms. Met a lot of motorcyclists who were amazed that we ride 30 miles to get there and then 30 more to get back. They said "That is some scary sh_t you are doing!" I told them about our VS party last night and Batman, Catwoman, and Vanna White. They want to meet Vanna. After one of them took a group photo, I headed out. There was a nice tailwind on the way back and my return time was 40 minutes less than my outbound. For those of you who haven't done Mines Rd... it is a great route --- there aren't any stop signs or traffic lights, scenery is great, and there is very little traffic. Sue

February 18th
We had 22 riders for our VS ride from San Ramon to WC and climbing to the Junction via N. Gate Rd. Cold and windy on the mountain today; some opted to skip the climb and return via blvd., while others experienced the N. Gate climb to the junction for the first time. We headed down to Danville on S. Gate Rd for a coffee stop before heading back to the park. Alberto

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And did a hot shower ever feel so good??!!!! Jim

February 24th
Another beautiful February day for a Valley Spokesmen ride. From Danville up to Mt Diablo Junction before a windy descent to WC. Some VSers went up to the Junction on Mtn. bikes using various trails. Thanks for the ride, Kevin! Alberto

February 27th
It was a great day for a ride with beautiful views. Larry

March 1st
Just wanted to publically thank Gail Blanco for hosting this ride. I'm sure everyone on the ride will agree that she does a great job. Today's ride was especially nice. Larry

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Thank you Larry and thank you Fri-Day riders for coming to the ride today and helping us keep the group together as much as possible. With 19 riders (including 4 new ones) it can be a little tricky, but thanks to Charles's help, we were able to manage nicely. Gail

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Great ride, great company, great weather! Thanks, Gail! Jane

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She's a gem! Loretta

March 2nd
We had a warmer early March for the VS ride from Danville to the 3 bears. Great day for another VS ride Alberto

March 3rd
Thanks 'invisible' Bob for a nice ride today. 14 riders enjoyed a somewhat leisurely pace on a beautiful day. Seemed there was more downhill than up! Welcome to new rider Herb, newly arrived from Maryland...he thought it was mid summer. Can't wait until his triathlete bride comes out to join us for a spin. Then a nice social time on the patio at Delaney's....until the cold wind came up and the temperature dropped.

March 2nd
The Feather Pedals * (FP) [Cinderella Series #9 ride: we had an absolutely perfect day with a slight breeze, lots of green grass and blooming flowers/wild mustard! There were 134 total riders; on the Classic route of 74 miles and 29 in the Challenge ride of 59 miles; and 31 undecides (be sure to check off which ride you plan to do so the SAG knows)! We had only 3 flats and 3 SAGs!! The SAGs do carry lots of extras but -- as Dan and Bekki pointed out -- it is important to carry some essentials on your bike in addition to tubes and tire tools. Some items we recommend are disinfectant wipes, a Band-Aid, plastic gloves, pain reliever, and other assorted items you might need in an emergency or that are just nice to have! It is always good to be prepared! The Co-Organizers for this ride were Rebecca and Chris (a shout out to Chris since it was her first time as a co-organizer - remember we are always looking for those willing to help out as we are all volunteers). The ride was supported by SAGs Dean and Dan and Sweep, Charles. Thanks to Jim and other VS riders who helped with safe riding skills. Thanks to everyone who works to make these safe, fun and enjoyable rides!

Overview of the routes (optional)
-Classical, SAG & Sweep Supported - A longer, 51 mile ride through the San Ramon and Livermore Valleys with a challenging climb up Patterson Pass & Cross Road.
-Challenge - A 59-mile challenge route through the Valleys with some good climbs up Altamont Pass, Carroll and Flynn, rejoining the Classic route on Patterson Pass. Rebecca

March 3rd
We had seven on the mountain bike ride today. The usual suspects, with the addition of Vic's friend Dan, a long-time mountain biker. Thanks to Vic for showing us the trails. We took off from the summit on Del Valle road and worked our way around to the dam, climbing a few hills along the way. If you have done mountain biking in the East Bay, you know that much of it is fire road. Del
Valle was fun in that it has plenty of single track. It started off a little overcast, but cleared up as we rode. Some of us grouped afterwards at Tap 25 in Livermore.

Great day biking. Rick

March 3rd
Steve led today's ride along one of Marin County's classic rides. We enjoyed a sunny and warmer than expected day as we climbed Mt. Tamalpais from Mill Valley. We returned to Fairfax via Alpine Lake as we enjoyed more sun and warmer temperatures in Fairfax. Thank you Steve for a great ride today. Alberto and Gail

March 4th
Alberto & Gail - Thanks for a nice, moderately paced ride this morning. Gail, thanks for briefing us on when it is appropriate to wear one's "fuzzy pants". Steve K.

March 8th
Sunny but windy day as we headed out on Highland, Manning, Patterson Pass, Cross, and Tesla. We returned via Collier Canyon. Thank you Marc G. for the various pulls with your TT bike and congrats in completing your first double century! Alberto

March 9th
A beautiful sunny day for Rob's ride to Sierra Rd. via Calaveras. We had a rest stop at Ed Levin Park in Milpitas before we continued to start the climb of Sierra Rd. in San Jose. Thank you Rob for a great ride!

Alberto

March 9th
Today was the Feather Pedals (FP) Cinderella Series #10 ride. We had a beautiful day with a cooling breeze near the end. There were 165 total riders - 76 on the Classic route of 56 miles and 27 on the Challenge route of 65 miles. 62 were undecided (be sure to check off which ride you plan to do so the SAG knows)! We had 4 flats and 4 SAGs. 1 rider went down on the left turn from Collier Canyon onto Carneal. Dan talked with him later and, thankfully, he was only bruised but not broken. The SAGs this week were Dan Granahan and Dave Dronkers, relieving Dean so he could attend Carol DaShiell's wedding (a FP leader and strong supporter). Thanks Dan & Dave for stepping up to help us out!
The Co-Organizers for this ride were Julie Hampton and Karin Poe. The ride was supported by SAGs Dan and Dave. Our Sweep was Charles Parrish. Thanks to Meredith for taking her time to give us weekly tips. Thanks to Jim and other VS riders who help with safe riding skills. Thanks to Jackroo for opening up their office and providing bagels & bathrooms. Thanks to everyone who works to make these safe, fun and enjoyable rides! Julie

March 10th
Great ride Emma on a magnificent day! 25 -30 riding in the green, blossoming trees and furry cows. Many thanks. What would you be doing if you were in the in the East! Many at the social time at Jack's and we were there at the right time. Free pints of their latest 'experimental' brew. Wow! They have done the right brew! Knocks everything out of the box! Looks like it could be their best seller. Jim

March 10th
A beautiful sunny day for Rob's ride to Sierra Rd. via Calaveras. We had a rest stop at Ed Levin Park in Milpitas before we continued to start the climb of Sierra Rd. in San Jose. Thank you Rob for a great ride!

Very nice photos, Alberto, thanks. Those were some great quiet curvy hilly flowing roads and a great group, with everyone pitching in to help maintain the mo'. A nice cool day for VS to conquer the infamous Sierra Road, the steepest 3 miles around. Just like Chris Horner, who will probably also win on Mt. Diablo in May, if not Andrew Talansky. Rob

March 10th
Thank you everyone...all 26 of you...who braved Daylight Savings and got up with one hour less of sleep to come out for yesterday's ride. Thank you for joining me, Emma

March 10th
A beautiful sunny day for today's ride from Central Park in San Ramon to the Summit of Mt. Diablo and return via Walnut Creek. Some Livermore riders rode to the start and a couple continued on back to Livermore on Morgan Terr. The rest of us returned via Danville to the start. Another great VS ride. Vic, nice job on your double climb of the Mountain today!

Alberto

March 10th
Thank you very much for a great ride. Brahim

March 17th
Mark and Susan led today's ride from San Ramon to Calaveras with various optional turn-around points.

Beautiful sunny day with plenty of bright green hillsides to celebrate St. Patrick's Day. Peter

March 18th
A little cloudier than yesterday, but still a nice day for Alberto's 'Monday Ride' out to Livermore and Pleasanton. After a lunch stop at Tully's in Pleasanton, we returned via Foothill and the Alamo Creek and Iron Horse trails. Encountered a rather tame fox on the Alamo Creek trail which may have been getting some handouts (but we had nothing to offer). Peter
### MILEAGE REPORT AS OF March 14, 2013

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These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2013.

Total miles ridden by club members so far this year is 52,670

DON’T FORGET – Ride Hosts (Leaders) of club rides earn points toward FRRE club clothing. The more rides you lead, the more clothing you receive–FREE!!
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, April 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
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 925-828-1973
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: Jim Duncan 925-209-1369
Team contacts: Ted Vidnovic 925-337-2803

2013 PRESIDENTIAL APPOINTMENTS

Cinderella chairmen: Jim Duncan 925-209-1369
Bob Powers 925-828-5299
Swap Meet: Bob/Bonnie 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: Karin Ball 408-406-2286
Liaisons: 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 510-200-8125
Lafayette Open
Livermore Susan Neer 925-829-4980
Oakland Adele Madelo 510-773-0693
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

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.valleyspokersmen.org

2013 club members may subscribe to the VS mailing list by pointing their browser to http://www.valleyspokersmen.org/mailinglist.php and following the directions there.
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

CITY

STATE

ZIP +4

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

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

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

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

DATE

AGE

APPLICANT’S SIGNATURE

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

Name

Age

Signature

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

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact: ____________________________________________
Telephone Number: (_____)______________________________________

Emergency Contact: ____________________________________________
Telephone Number: (_____)______________________________________

Physicians Name: _____________________________________________
Telephone Number: (_____)______________________________________

Medical Insurance: ______________________________________________
Coverage ID: ____________________Group ID: _____________________

Allergies: ________________________________
Blood Type: Name: ________________________ Type: _____________
Name: ________________________ Type: _____________
Name: ________________________ Type: _____________
Name: ________________________ Type: _____________
Name: ________________________ Type: _____________
Name: ________________________ Type: _____________