This month I am going to have some fun delving into the history of Bicycles and why they matter. (Most of the details are gleaned from Wikipedia.)

**When was the bicycle invented?** In 1817 the bicycle was created by a German, “Baron Karl von Drais”. This bicycle was just a wooden bar over 2 iron wheels which you pushed forward with your feet on the ground. In 1839 a Scottish blacksmith “Kirkpatrick MacMillan” created the first bike with pedals: they were on the front wheel. In 1842 a bicycle rider got the first “Ticket” in Glasgow, Scotland because he knocked over a little girl; the rider was fined five shillings. (So a bicycle rider got a ticket before a car driver ever got a ticket!) In 1868 the first competition had been organized. It was held in Paris, France over 1,200 meters and was won by an Englishman James Moore; his bike was a wooden bike with iron tires. By 1890 the main parts of the modern bicycle had been invented: pneumatic tires (by John Boyd Dunlop), the modern frame with the double diamond shape, derailleur gears, cable pull brakes, and the rear freewheel. In 1893 the first cycling world championship was held and in 1896 cycling was part of the first modern Olympics. By the turn of the century the bicycle flourished on both sides of the Atlantic.

**What is so amazing about the design of the bicycle?** The bicycle is the most efficient human powered means of transport in terms of the energy required to travel a given distance. From a mechanical viewpoint, it is up to 99% efficient at delivering the energy from the rider to the wheels, but the gears reduce this to about 85-90%. When a person is riding a bicycle on the flat, without wind at 10-15 mph he uses about the same energy required by walking about 2-3 mph. Also the rider sitting upright accounts for about 75% of the bicycle’s drag.

**Why was the invention of the bicycle important?** Bicycle manufacturing proved to be a training ground for other industries that needed advanced metalworking. Both mechanization and “mass production” started with the bicycle and were later copied for automobiles by Ford and General Motors and for aircraft manufacture. (Remember - the Wright brothers were bicycle makers.) In the late 1890s bicycle makers were aggressive advertisers; as much as 10% of all adverts in periodicals were for bikes. They also lobbied for better roads which was important and made more places to ride, etc. The idea of annual models, like we have today for cars and many other things, was invented by bicycle manufactures and copied by the other industries.

**What do we do with bicycles?** Today bicycles are used all over the world. About 100 million are made each year and are great for the environment and being “Green”. They are used for recreation (touring, mountain biking, BMX, and many types of racing), for work (mail delivery, police, couriers and general delivery), and for utility (transportation, including commuting). Also, riding a bike is a great exercise and group activity as we know so well in the Valley Spokesmen Bicycle Touring Club!
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.

TERRAIN:
1) Generally flat with a few easy grades, suitable for beginners and casual riders.
2) Mostly easy grades with a few rolling hills, a challenge for beginners.
3) Moderate grades, some challenge for the average rider.
4) Steep grades with some relief.
5) Mostly steep grades, for strong riders.

PACE:
ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
L) Leisurely, many regroups.
M) Moderate, occasional regroups.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:
On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:

- S=22 mph
- L=12 mph
- M=16 mph
- B=19 mph

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level.

Although there are periodic regroups and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

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

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

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

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

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

Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

ATTENTION: All riders must sign a liability waiver form which is on the ride sign-in sheet. from the ride leader. WEATHER:
If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an up-date. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

DURATION OF RIDES: If you wish to know the approximate length of time for any of the following rides listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride host.

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

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

CODE OF CONDUCT: All Valley Spokesmen members are expected to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.
If you stop to take a cell phone call the group is not obligated to wait.

Very Important: All rides leave at the scheduled time indicated.
Plan to meet 15 to 30 minutes before that time!

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar http://www.valleyspokesmen.org/vsCalendar/month.php

Be informed: current VS members can register for the VS e-mail list: http://www.valleyspokesmen.org/mailinglist.php and follow the prompts.
RECURRING RIDES OVERVIEW:

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 are now listed.

MAY 2013

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.

WED. 5/1/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

WED. 5/1/13 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, June 5, 2013.

THUR. 5/2/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. Shannon enter 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.

FRI. 5/3/13 2-L/M No Drop 32 miles 9:30 a.m. EZ-PZ Livermore loop. 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. 5/4/13 2-L/M 40 miles 9:30 a.m. Menlo Park around Crystal Springs. Starts at Burgess Park. Parking lot on the corner of Burgess Dr. & Alma St. Relatively flat ride. Restrooms are available at the park. Bring plenty of water/fluids. Possible lunch stop afterwards depending on interest. Route link: http://ridewithgps.com/routes/1949658 Suggested carpool location from area: Bollinger Park & Ride @ 8am (depart 8:15am - 1 hr. drive time).
Ride Host: Julie Hampton, 925-389-6738.

SUN. 5/5/13 3-M 45+ miles 10:00 a.m. Petaluma to Tomales ride. 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.dempseys.com/)
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 5/6/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

Go to VS Calendar for more rides
MON. 5/6/13 2-3 M 30 - 45 miles 9:00 a.m. Even-Monday ride. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. An email will be sent to the VS-Email list with the route's link prior to each ride. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the SR Library. Bring water and fuel or money for our coffee stop along the way. Please check VS calendar for updates.

(Advanced Ride - minimum regroups)

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

MON. 5/13/13 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. 5/7/13 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 Riding Level)

Ride Host: Jim Duncan, 925-209-1369.

TUE. 5/7/13 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. 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. 5/8/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.

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

THURS. 5/9/13 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 Riding Level)

Ride Host: Jim Duncan, 925-209-1369.

SAT. 5/11/13 4-M 40 miles 9:30 a.m. Mt. Hamilton. Join Alberto and Gail on a ride 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.

SUN. 5/12/13 3-M/B 48.3 mi 9:00 a.m. Livermore to Brushy Peak. We’ll meet at the Starbucks on Vasco Rd. Take I-580 to the Vasco exit and go north; the shopping center will be on your left at Scenic. Park by the old grocery store.

URL: http://ridewithgps.com/routes/2223035

Ride Host: Rob Delfosse, vidnovic@yahoo.com

MON. 5/13/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at:

http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.

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

Go to VS Calendar for more rides
Illinois Valley Area: 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. 5/18/13 2-L/M 25-35 miles 9:30 a.m. Monthly Feather Pedals Ride. Today we’ll start at Draeger’s Market in Blackhawk Plaza. Take Blackhawk Rd. north from the intersection of Crow and Camino Tassajara and take the first right into the shopping center; park on the left. Check the online calendar for the route details. The ride will be Sag and sweep supported.

Ride Host: Karin Ball, 408-406-2286.

SUN. 5/19/13 2-M 50 miles 9:30 a.m. Starting at the Larkspur Ferry parking lot we’ll head down the Tiburon peninsula on Paradise Dr. and then continue west to Mill Valley. From there we head south through Sausalito and loop through the Marin Headlands before heading back north through Ross and San Rafael. Meet at the north end of the Larkspur Ferry lot. Cross the I-580 Richmond Bridge and take exit 2A to Sir Francis Drake Blvd.; continue into Larkspur and the Ferry Terminal will be on your left.

http://ridewithgps.com/routes/2324450

Ride Host: Kevin Thieben, 925.437.5919 (c).

MON. 5/20/13 2-3 M 30 - 45 miles 9:00 a.m. Even-Monday ride. We are riding from San Ramon’s Central Park. The rides will vary in distance and destination around the Tri-Valley area. An email will be sent to the VS-Email list with the route’s link prior to each ride. Central park is located at the intersection of Bollinger and Alcosta Blvd., across from the SR Library. Bring water and fuel or money for our coffee stop along the way. Please check VS calendar for updates. (Advanced Ride - minimum regroups)

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

MON. 5/20/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm parking lot on the left. Since cell reception in the park is pooling is encouraged. From I-680 take the first exit to Larkspur and go west to the Market in Blackhawk Plaza. Take Blackhawk Rd. north from the intersection of Crow and Camino Tassajara and take the first right into the shopping center; park on the left. Check the online calendar for the route details. The ride will be Sag and sweep supported.

http://ridewithgps.com/users/74695/routes

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

WED. 5/15/13 3-M 44 miles (67 km) 10:00 a.m. Help Steve Kowalewski celebrate his 67th birthday. We will leave from the parking area across from the Marinwood Community Park, 775 Miller Creek Road, San Rafael. Please do not park in the Community Center’s parking area. There is adequate parking just across the street. There is an open bathroom at the park which we are welcome to use. We will be riding out Lucas Valley Road to Point Reyes Station and return via some of the scenic roads in Marin County. We will have a short rest at Nicasio (10 miles) and then at Point Reyes Station (almost 20 miles). Point Reyes Station has the Bovine Bakery and a delicatessen at the Palace Market, across the street. We will make a final quick stop in Nicasio (34 miles). The ride has about 2,700 feet of mostly moderate climbing. Directions: Take the Richmond/San Rafael Bridge to 101 north. Exit at Lucas Valley Road and go west (left). Turn right after less than one mile on Miller Creek Road. You will see the Marinwood Community Center almost immediately on your right. Allow about one hour for travel. Car-pooling is encouraged.

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

THUR. 5/16/13 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 Riding Level)

Ride Host: Jim Duncan, 925-209-1369.

FRI. 5/17/13 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 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

TUE. 5/14/13 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. 5/14/13 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 Riding Level)

Ride Host: Jim Duncan, 925-209-1369.

THUR. 5/16/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin.
park in the lot by the ball fields on the right. The route will be available at:
http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

MON. – FRI. 5/20-24/14 3-M 275 miles. Tour down the coast to the Paso Robles Great Western Bike Rally. The ﬁrst day we'll leave from the Daly City BART station at 9:30 a.m. (first train after commute that allows bikes) and ride to Capitola. From there we'll continue south with overnight stops in Monterey, Big Sur, San Simeon, and Paso Robles. There will be camping and motel options each night (camping will be at Hike&Bike sites ~$5/night; those opting for motels should make their own reservations). We will have support for transporting gear this year.

Pictures and route from a previous trip at: http://www.everytrail.com/view_trip.php?trip_id=220688
Ride host: Peter Rathmann, 925-336-0973

TUE. 5/21/13 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 Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

TUE. 5/21/13 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 Rd., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Ride Host: Jane Moorhead, 925-980-9889.

WED.-FRI. 5/22-24/13 3-M 200 miles (321 km) 7:30 a.m. Ride from Alameda Creek Regional Park OR Sunol (to be determined) to Paso Robles and the Great Western Bicycle Rally via Hollister and King City. Meet at the Alameda Creek Regional Park OR Sunol Railroad Station at 7:30 a.m. for a prompt departure at 8:00 a.m. Cost of lodging, two lunches, snacks, drinks etc. (community food) $230.00 per person. Informational/planning meeting Monday, May 13th at 7:00 p.m.

WED. 5/22/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at:
http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

Go to VS Calendar for more rides
TUE. 5/28/13 2-L/M 25-50 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.
Ride Host: Jim Duncan, 925-209-1369. (Advanced Riding Level)

TUE. 5/28/13 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. 5/29/13 2-L/M 25-50 miles 9:00 a.m.  Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

WED. 5/29/13 2.5 L/M 30 miles 9:30 a.m.  We will leave from Shannon Park in Dublin, located at the intersection of San Ramon Blvd and Shannon Avenue, Dublin. The ride will go from Dublin to Castro Valley via Dublin Canyon Road. Once in Castro Valley we will jog over to Cull Canyon Road, which is a rural and scenic route. On the return a stop will be made at Bodi’s Java in the 580 Marketplace. Returning we will be retracing our route until Schaefer Ranch Road. This short but steep climb will take us safely under I-580 up to Dublin Boulevard. Dublin Boulevard will bring us back through wide, residential streets to Shannon Park. Please bring snacks and hydration.
Ride host: Steve Kowalewski 510-246-2815 skowalewski@aol.com

THUR. 5/30/13 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.
Ride Host: Jim Duncan, 925-209-1369. (Advanced Riding Level)

FRI. 5/31/13 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 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

JUNE 2013

SAT. 6/1/13 3-M ~40 miles 8:30 a.m. Alberto will lead us from Diablo Vista Park out to Livermore and a chance to climb the Flynns. Diablo Vista park is located at the intersection of Crow Canyon Rd and Tassajara Ranch. Bring water and fuel or money for possible coffee stop in Livermore.
Ride Host: Alberto Lanzas, 510-825-9581.

SUN 6/2/13 2-3 LM/MB 35-50 miles 9:00 a.m. Gail and Francie will lead a ride from Central Park to Cull Canyon. The Challenge riders will have the opportunity to do the Inspiration Point Loop as well as climb to the end of Cull Canyon. The EZ option will modify the route a bit to minimize the climbing and cut back on the distance. Everyone is welcomed to do as much of the Cull Canyon climb as they wish. We expect to have a wide level of riders, try to join up with someone who rides at your level early in the ride, or better yet, bring along a riding buddy. We hope you’ll join us!
Ride Hosts: Gail Blanco, 925-872-1001, gvblanco@aol.com; Francie Cushman

MON. 6/3/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

Go to VS Calendar for more rides
THUR. 6/6/13 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.  
Ride Host: Jim Duncan, 925-209-1369.  (Advanced Riding Level)

FRI. 6/7/13 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 welcomed! We generally do a coffee shop stop near the end of the ride.  
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 6/8/13 3-M 30 miles 9:00 a.m.  Continuation of 3-day weekend of rides.  After breakfast at the Ondricek house we’ll set out on an out-and-back ride to Medicine Lake (so shorter options are available). Majestic views of Mt. Shasta through forest and lava fields. I have not finalized the route, but we will ride along the base of Mt. Shasta in search of Lemurians, the 7’ long-haired creatures reputed to live inside the mountain. We will have SAG support (incl. lunch) for this ride. I need to scout this ride and we may end up doing something different in the 60 mile range if the roads are not in good shape. Option in the evening to see McCloud Falls and hike to three different waterfalls. Test of nerves to see who is up for jumping into the pool of lower falls. The water is crystal clear and …uh, brisk, it will take your breath away. Dinner – grilled salmon, cold beer, etc. at the house. Contact ride host to RSVP and get detailed directions and other trip details.  
Ride Host: Doug Ondricek, dondricek@formfactor.com, 925-980-2490.

Go to VS Calendar for more rides
the Cayton Valley turnoff and split into two groups with some riding and others driving vehicles around to the other side of Lake Britton and riding from there (parking location TBD - probably to Burney Falls walk in lot). The groups will meet on bikes at "5 Corners" intersection near the Pit 3 dam and then ride 9 miles down the Pit River to the campground below Pit 4 reservoir along the stretch of river highlighted in this video: http://vimeo.com/48268425. We'll have a picnic lunch delivered by our SAG support before riding back to Burney Falls and around the park. If you have never seen Burney Falls, they are a breathtaking site that should not be missed. Then back to the cars and head home. If you are in no rush to get home, then you might consider a route through Lassen National Park. Contact ride host to RSVP and get detailed directions and other trip details.

Ride Host: Doug Ondricek, dondricek@formfactor.com, 925-980-2490.

MON. 6/10/13 2-3 M 30 - 45 miles 9:00 a.m. Even-Monday ride. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. An email will be sent to the VS-Email list with the route's link prior to each ride. Central park is located at the intersection of Bollinger and Alcosta Blvd., across from the SR Library. Bring water and fuel or money for our coffee stop along the way. Please check VS calendar for updates. (Advanced Riding - minimum regroups)

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

MON. 6/10/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.

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

TUE. 6/11/13 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. 

Ride Host: Jim Duncan, 925-209-1369. (Advanced Riding Level)

TUE. 6/11/13 Mtn-3 B-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. 6/12/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride.

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

THUR. 6/13/13 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.

Ride Host: Jim Duncan, 925-209-1369. (Advanced Riding Level)

SAT 6/15/13 3-M 60-65miles 9:30 a.m. While those crazy guys are riding the Terrible Two Double Metric, the rest of us can enjoy the beautiful scenery of the area and do a nice single metric ride. We will meet just in front of Ragle Regional Park in Sebastopol. Take I-580 West/80 East/101 North. Exit 481B Rohnert Park/Sebastopol. L 116, L McKinley St, R Main St., L Healdsburg Ave., L Covert, L Ragle Road. Parking in the Park is available for $5.00, there is also parking available on the street at the entrance to the park at no charge. Bathrooms are located inside the Park. Approx. 85 miles from the I-580/I-680 intersection.

Ride Host: Gail Blanco, gvblanco@aol.com 925-872-1001.

Go to VS Calendar for more rides
PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHTIME TRAINING RIDES: Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@llnl.gov

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

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

UPCOMING EVENTS

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
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 Central Coast Double – Thousand Oaks, CA
15 Ride of Silence Roar – Lodi, 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

June

1 Ride Ataxia – Davis, CA
1 Wildest Ride–Auburn Century, Auburn, CA
1 Best Buddies Challenge – Carmel, CA
3 Sequoia Century – Palo Alto, CA
1 America’s Most Beautiful, Stateline, NV
2-8 NorCal Aids Cycle Aids Challenge-SF/LA
8 Canyon Classic Century – Patterson, CA
9 Tour de Cure – Palo Alto, CA
15 Sierra Century – Plymouth, CA
15 Terrible Two – Sebastopol, CA
15 Best of the Bay – San Leandro, CA
16 Mile High 100 – Chester, CA
22 Country Coast Classic – Cambria, CA
22 The Grand Tour – Malibu, CA
22 Castle Crags Century – Mt. Shasta, CA
23 Livestrong Challenge – Davis, CA
29 Climb to Kaiser – Clovis, CA

ASK BOB

Aloha!

I have had some questions about the Dublin Community Ride on Saturday, May 19 at 10:30 AM. The main purpose of this ride is to learn how to get around Dublin on a bike. Valley Spokesmen will be providing ride leaders for this event (more on that

Go to VS Calendar for more rides
Contact Jim Duncan: hey-you@comcast.net or 925-209-1369

Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
April 10, 2013

Meeting called to order by President Marcus van Raalte at 7:02 p.m.
Minutes from the March 13, 2013 Executive Board Meeting were approved as read.
Treasurer Dan Carhart reviewed our accounts. There are several outstanding items regarding the Cinderella; numbers will be finalized later.

OLD BUSINESS:
1. Peter reports huge attendance on several rides. We have increased the options of rides throughout the week. Look for something that can fit into any schedule.
2. V.S. web site – no report.
3. Gail reports that at the next business meeting Alberto and Kevin will be demonstrating how to access the club “Ride Library.”
4. James reported Bonnie is getting up to speed with the new computer.
5. Updating of the club bylaws remains on the back burner.
6. Area Bicycle Master Plans – Dublin bike lanes are going green, the universal color.
7. Evaluation of the Cinderella – Jim Duncan reported there were several positive comments. The new food items were a hit. Riders felt they received their money’s worth. There were 2095 registered riders; 1738 on the road; 213 California cities represented; riders from 11 states, the farthest away being New York.
8. Evaluation of the Swap Meet – The event went well. The leftover food from the Cinderella was sold out in 15 minutes! The hours next year will change to 1:00 – 3:00 p.m.

NEW BUSINESS:
1. May/June ride schedule was checked for errors/omissions/etc. Information on only one ride is missing. Discussion followed on how much the hard copy of the ride schedule is used. It was agreed for advertising purposes it should not be eliminated, but rely on the web site.
2. Ribbon cutting for the Stanley Blvd. Safety & Streetscape Improvement Project will be on April 13th.
3. Bike to Work Day – May 9th – The club will be donating “swag” for the two Dublin Aid Stations. Motion made, seconded and passed for Bonnie and Dan to purchase goodies not to exceed $250.
4. Yosemite 2013 – Due to many cancellations this year and the fact a contract must be signed when dealing with group reservations, money has fallen short. For the future, a motion was made, seconded and passed to run all money through the club account rather than Bonnie’s account. Discussion followed on procedures to follow in the future regarding trip deposits and a cancellation policy, particularly for Yosemite, Paso Robles, and the Tour of the Sacramento River Delta. Bonnie and Dan to come up with suggestions on how to handle this in the future. Motion made, seconded and passed to obtain a single credit card for club expenses.
5. Paso Robles trip – Bonnie is taking sign-ups.
6. Correspondence was reviewed.

FURTHER NEW BUSINESS:
1. Jim Duncan asked if 10 or more club members, attending another club sanctioned event when wearing V.S colors, could receive mileage. The old decision stands, NO. Unfair to
25. Checks
24. Checks to Lucky Stores for Cinderella
23. Check to Dublin Cyclery for Cinderella consignment
22. Check to Purchase Power for postal meter postage
21. Check to Bob Hislop for hose at Robertson Park.
20. Check to Dan Granahan for Cinderella
18. Check to Golden State Portables for Cinderella porta
17. Check
16. Check
15. Check to Gail Blanco for Cinderella bagels.
14. Check to Jim Duncan for balance due on Cinderella
13. Check to Jean Watts for First aid supplies.
12. Check to Jim Duncan for balance due on Cinderella socks.
11. Check to Livermore Area Recreations and Parks Department for Robertson Park permit.
10. Check to Office Depot for Cinderella envelopes and printing.
9. Check to Ovations for Cinderella roasted veggies.
8. Check to Cash and Carry (Pleasant Hill) for Cinderella.
7. Check to Cash and Carry (Dublin) for Cinderella.
6. Check to California Highway Patrol for Cinderella coverage.
5. Check to Minuteman Press for printing of Cinderella maps.
4. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
3. Check to Office Depot for Cinderella pens/cellophane tape.
2. Check to Amador Industrial Services for Cinderella dumpster.
1. Check to Bay Area Barricade Service for Cinderella pink paint.

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

Correspondence sent:
1. Check to Bay Area Barricade Service for Cinderella pink paint.
2. Check to Amador Industrial Services for Cinderella dumpster.
3. Check to Office Depot for Cinderella envelopes and printing.
5. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
6. Check to California Highway Patrol for Cinderella coverage.
7. Check to Cash and Carry (Dublin) for Cinderella.
8. Check to Cash and Carry (Pleasant Hill) for Cinderella.
9. Check to Ovations for Cinderella roasted veggies.
10. Check to Frankie, Johnnie and Luigi, Too for Cinderella worker dinner.
11. Check to Livermore Area Recreations and Parks Department for Robertson Park permit.
12. Check to Office Depot for Cinderella pens/cellophane tape.
13. Check to Jean Watts for First aid supplies.
14. Check to Jim Duncan for balance due on Cinderella socks.
15. Check to Gail Blanco for Cinderella bagels.
16. Check to Patricia Payne for Cinderella forks.
17. Check to James Duncan for Cinderella expenses.
18. Check to Golden State Portables for Cinderella porta potties.
20. Check to Dan Granahan for Cinderella check point coffee.
21. Check to Bob Hislop for hose at Robertson Park.
22. Check to Purchase Power for postal meter postage
23. Check to Dublin Cyclery for Cinderella consignment parts.
24. Checks to Lucky Stores for Cinderella

MILEAGE REPORT AS OF 4/29/2013

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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 – **86,270**

**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!!**

[Go to VS Calendar for more rides]
CINDERELLA COMMENTS

- Many, many thanks to the Valley Spokesmen who gave so freely of their time to get the many tasks finished and ready for the launch of Cinderella 2013. Your hard work and having a good time while doing it shows the camaraderie of this great club. Prince Charming

- My turn to say THANKS to all the helpers for their assistance before, during and after the Cinderella. We couldn't have put on an event such as this without you. Some fun and interesting stats look like this: number of registered riders = 2094; number of riders on the road = 1738; number of cities within California that had riders = 238; number of riders from out of state = 30; number of states other than California = 11; those states were = Alabama; Arizona; Colorado; Nevada; New Mexico; New York; Oklahoma; Ohio; Oregon; Utah; and Washington. Great day, great event, great volunteers – THANKS to all for everything!!!!!! Bonnie

- Thank you for this year's ride. Beautiful day. thank you to all the Prince Charmings who were very charming and helpful. The lunch stop was excellent and really like the wraps this year. Thank you for putting on an excellent ride and route. Pam

- Loved the route!! The lunch menu was great. Thank you for all your efforts. See you next year.

- Your road markings were the best!

- A million thanks and kudos for all the work of you Prince Charmings. The Cinderella ride was extremely well organized and run. You are wonderful!!!! Janice

- Thank you, Bonnie, for putting on such a great event. The weather was perfect today - cool for riding and not sweating or having to carry a lot of clothes when the temp between morning and afternoon differ greatly. Not today; it was perfect with a few clouds.

- You guys do an AWESOME ride!

- A wonderful, well organized ride! It was my first time and I'll be back next year. One recommendation – to remind riders to stay to the right so passing is safer.

- Excellent event. Well supported, well signed, best crews at rest stops, great food and shopping at the end!

- An amazing event and experience. I can't thank the volunteers and SAG teams enough for being there for all of us. Thank you!

- Fantastic – 3rd time’s the charm – I made it. Pint arrows are numero uno. We need to work on stop sign etiquette – especially coming out of Robertson Park – traffic was very backed up. Good food, Good service, Loved those Prince Charmings. Jan

- VS, Many thanks to everyone who makes Cinderella a great event year-over-year. And a special note about this year's food.....it was exceptional! Loved the healthy wraps and how it made the lunch stop so much more efficient. The quinoa salad was soooo good too! Thank you for labeling the food to help those with special dietary considerations, i.e. veg/vegan. Karin

- I also liked the wraps for lunch. I heard others say the same. They were a real hit and quicker to get our lunch, eat and be on our way again. I appreciate the M&M's after lunch too. Thank you & Bob for all your hard work and the many volunteers who make this ride a success. Linda

- As always the Cinderella ride was organized, and wonderful. I was impressed with the signs at lunch! Also, I appreciated all the volunteers! It was great that the corrected phone number was on the paperwork. Sandra

-Thank you to all the dedicated princes and other volunteers who made today's Cinderella a fantastic event! The new food was a winner! A perfect ride on a clear day; can't ask for much more. Kathy
- I would like to personally thank all the volunteers for making this a success!!! I had an awesome time! The food was totally amazing! Finally we get something different! I was totally impressed! Thanks again for all your hard efforts! Ana.

- Thanks to the Cinderella Team for a GREAT ride. Weather was perfect and we felt completely safe and taken care of on the roads...again! Daphne

- All the healthy food was great! Well marked course. TONS of porta-potties. My first time doing the ride and my longest ride ever. A great day. Jessica

- Great ride, but post ride check-in needs to be better organized.

- Thanks to the charming princes. SAGs rode ahead of us and vacuumed the streets for us. How cool is that? You guys rock!

- Excellent improvement in the food. Great quality wraps made it more healthy and efficient. Labeling the food made it so easy to know what riders with special dietary considerations could eat. Thank you so much for all you do and for the extra effort in the healthy food. The quinoa salad was “Fab”!

- Very well organized, especially the checkpoints. The pink arrows were so helpful, keep up the great work. Thanks!

- Great ride today! Good route/support/weather! Love that you provided lots of vegetarian/vegan choices for the riders.

- Thank you for all the work and co-ordination it took for us ladies to have a successful ride! The route was great this year!

- Outstanding event! Wonderful support! The course was gorgeous and well-marked, food was delicious, and volunteers were so friendly and generous. Thank you for an awesome morning ride. Megan

- My first tour ever and oh my gosh ‘I’ll do this every year. Wraps awesome! Rest Stops unbelievably well organized. Porta-potties – even those were clean and sweet smelling. Now . . . where’s Prince Charming?

- The Quinoa and roasted veggies were awesome! The wraps were very good; maybe some sauce in the inside of it or on the side would give a little more flavor. Definitely an improvement! Thanks.

- Thank you V.S. guys (and Bonnie) it was fabulous as always. Denny

- Great ride – Chopy route coming into Pleasanton from Dublin. The Alamo Creek Trail could have avoided several lights. Thanks for great support from all the volunteers.

- Loved the V-8 at the third checkpoint. How about adding chips at lunch for the salt. Thanks

- Wrap it up! Excellent lunch treat. Thanks for the veggie selection, too. Truly, I love this event and treasure my collection of patches. You can’t improve; you’re at the pinnacle! Cathy

- Best ride ever. I love the menu change – good idea. I also am pleased that the 3rd rest stop was moved. Yay! it made the end of the ride so easy. WELL DONE!!!!

- Thank you to everybody! The food was a true showstopper! Wonderful.

- No rain!! Great ride today. Enjoyed a new lunch and the Lemon Drop Man. Yummy soup, too. Thanks for everything! Debbie

- Loved the wraps! Consider adding hummas on the side so people can add it to the wraps. Thx

- Fabulous!! Thank you so much for all the support!!!

- This my first ride – first Cinderella ride. You all spoiled me!! What an amazingly well run event and great fun!

Thank You

Go to VS Calendar for more rides
RIDE REVIEWS

March 17th
Today was the Feather Pedals * (FP) Cinderella Series #11 ride. We had 140 total riders; 79 on the Classic route of 65 miles and 21 on the Challenge ride of 75 miles; and 40 undecided (please be sure to check which ride you choose, to help the SAGs)! It was a little foggy in the morning but turned beautiful quickly! There were only 2 flats and 1 SAG!
The Organizer/Co-Organizers for this ride were Rebecca and Kathy. The ride was supported by SAGs Dean Ball and Dan Granahan! We love our SAGs!! Thanks Dan for assisting Sagzilla yesterday! Thanks too for the VS members who helped with the new riders! And thanks to Meredith for her skills training regarding “Standing while Riding: When, Why & Where?”
On behalf of all the FP Organizers & SAG...thank you for joining us, Rebecca & Kathy

March 23rd
The 'Challenge' version of today's Feather Pedals ride took us from Dublin High over Corral Hollow and into Tracy. A beautiful sunny day for the ride but unfortunately there was a crash on the descent on Corral Hollow as one rider went off the road, over a barrier and down a canyon. He was air-lifted from the site, taken to Eden Medical Center in Castro Valley and is doing well.
Peter

March 24th
Gail and Alberto provided two alternate routes for today's ride: a flatter one of 32 miles and a 38 mile version with a few more hills, including a loop through the Kalthoff Commons vineyard area. The two groups met up at the refreshment stop at the Starbucks on Vineyard Rd. and rode together on the return to San Ramon. Peter

March 25th
Alberto opted for some hill climbing on this week's Monday ride from San Ramon with a visit to the Junction Ranger Station on Diablo before descending to Walnut Creek and a stop at Sweet Affair bakery. Stayed a little cooler and cloudy until after the lunch stop - good weather for climbing. Peter

March 27th
Today's VS ride started in Livermore and we headed out over the Altamont Pass to Mountain House before heading towards Stockton. A very nice sunny day and great new roads. Our destination was Windmill Cove for our rest stop just a little over 40 miles into the ride.
Thank you Rob for another great ride! Albert

March 26th
You are welcome. Thanks for riding. Lots of synergy out there, which those roads favor. So few cars, and all the water is refreshing, and the farmers don't work much on Saturdays in spring. We had a couple lost souls, but everyone finished pretty much together or ahead of the main bunch. That was 89 miles. I have the perfect Levee 100 that I'd like to fit into the VS calendar sometime soon. It's good to ride the first century as early as possible in the new season. Rob

March 29th
Christy filled in for Gail and led us from San Ramon up through the Blackhawk and Diablo Country Clubs and Danville passing through a few country clubs along the way. We stopped for refreshments at the Starbucks in Danville before heading back (but I had ridden from home in San Ramon so split off at that point). Peter

March 30th
Alberto led us on a tour from San Ramon over Dublin Grade into Castro Valley, past Lake Chabot into Oakland with a stop at the zoo before climbing to Skyline. From there we descended Redwood and ascended Pinehurst on our way to Moraga before returning on flatter terrain.

Go to VS Calendar for more rides
through Lafayette, Alamo, and Danville. The clouds looked a little threatening at times early in the ride, but the forecast rain never appeared and we even got plenty of sunshine toward the end. Peter

March 30th
The weather cooperated in fine fashion...and what a fun celebratory gathering at Jack’s afterwards. Hopefully the sun gods will shine kindly on us next weekend!! Thanks Karin, Dean (the birthday boy), Charles, Dan, Kevin, Jim, Lori and...and...and... all who make these rides happen.

March 31st
Was expecting to cancel today's ride based on the weather forecast that predicted rain all day. But the early morning clouds quickly gave way to sunshine and we enjoyed a very nice day on our climb up the mountain and down to Walnut Creek. A few clouds returned after our refreshment stop at Peet's Coffee but it stayed warm and dry for our return to San Ramon. Peter

April 3rd
Gail led us from the Pleasanton Ridge staging area on Foothill south through Sunol and up past Calaveras Rsrv. to the top of the 'wall'. Beautiful warm and sunny day but with some lingering haze in the air. Stopped to look for the new eagle's nest in a tree near the old one on top of the electric transmission tower but didn’t spot it - will need to bring binoculars or a good telephoto next time. Peter

April 7th
Our traditional post-Cinderella Swap Meet ride headed down to Sunol and then offered three options for the return to Dublin - a quick return, a longer return via Sunol Regional Park, or a hillier return via Palomares. We were also joined in Sunol by Dave Campbell of EBBC and some Fremont Freewheelers who had ridden up Niles Canyon with an eye out for conditions that Caltrans might be asked to improve while undertaking a planned upgrade of the road. Those of us choosing the Palomares return option rode part of the way with Dave and the FFs down Niles Canyon before turning to climb the hill. Peter

April 9th
Bright sunshine but a little breezy for Alberto’s recovery-paced ride from San Ramon to Livermore and Pleasanton today. Easy rolling on the way out but we had to pay for it when heading north on the return. Peter

April 10th
Summer-like weather for Alberto's ride to Sunol Regional Park today with the temperature climbing into the '80s. He had us explore a new route including parts of the Alamo Creek and Laguna Creek trails through Pleasanton on our way to Sunol and the Regional Park. A few of us stopped by the Visitor Center to pick up the T-shirts offered by the East Bay Park’s Trails Challenge program before heading back to Pleasanton and our refreshment stop at The Corner Bakery at Bernal and Valley. Peter

April 13th
Kevin led us from Martinez across the bridge to Benicia and on to the Jelly Belly factory in Fairfield. From there the ride continued north through Manka's Corner to Wooden Valley before heading back. Beautiful day for the ride albeit a little breezy at times. Peter

April 14th
Great turnout to celebrate Ken's birthday today with a few ride options with varied distances and climbing. We enjoyed the sunshine and the bright green hills and farmlands surrounding Livermore. Peter

Great day for a B'day ride Ken. Happy daze!!!

Wow! how many riders? 30 - 40?

Great to see so many enthusiastic riders having a good time, riding at their pace on the route they chose. Many different routes taken, a few doing TT's on the hills to make up for the distance and grades of the long route. Many wanted to get to the great ‘after party’ at Tap 25 / Swirl on the Square....they should recover by the next time we arrive.

A good time on the road followed by laughter / talk / stories on the sunny, warm patio in historic Blacksmith Square.

Thank you to all that came out for my B-Day ride today.
(It was a great turn out with 45 riders starting the ride up Collier Rd. There were 34 riding the shorter option and 11 braving the wind and climbs of the 65-mile route.

Sorry I missed many of you at the after ride festivities at Blacksmith Square, but the head wind on our return trip made for a longer ride than anticipated. Thanks to those who waited for our return at Blacksmith Square and sharing a little birthday cheer.

I may have been hallucinating, but I thought I saw a large peacock walking on the side of the road as we headed down Patterson Pass. Ken

April 17th
Nice day for our ride from San Ramon out to Livermore and returning through Pleasanton, albeit a little breezy. The wind made for a very quick descent on Collier Canyon leading into Livermore, but we paid the price for it coming back on the Iron Horse trail through Pleasanton and Dublin. Peter

April 17th
Thanks for a great ride to Davis yesterday, Peter. Huge group of riders (38!) enjoying companionship, beautiful vistas, clear skies, sunshine, wildlife and fun. Francie & Jim

Make sure the silken-tongued Mr. Skow always comes along as he talked the folks at Tres Hermanas-Cocina Mexicana in Davis to start 'happy hour' prices 30

Go to VS Calendar for more rides
minutes early, while we sat on the sunny patio waiting for the train. Chips and salsa to boot!

April 19th
Christy filled in as ride host for Gail today on our casual-paced Odd-Friday ride. We enjoyed the warm sunshine on our ride through San Ramon, Danville, Alamo, and Blackhawk. Peter

What a great day for a ride.

A big thanks to those who accompanied us this morning here in record time (just after 2 pm). Most of the group is Oakdale. Sunday Yosemite

April 20th
Still a little breezy, but otherwise a fabulous day for the monthly Feather Pedals ride today. We got the hills out of the way early with climbs up Cross and S. Flynn before dropping back into town for a Starbucks stop on Vasco. Then it was onto familiar roads north of town with a stop at the Feed&Grain on Carneal, but they no longer have the cyclist rest stop area. The winds were in our favor for the descent of Collier Canyon and then it was back through town on Portola, Holmes, Concannon, and Tesla to return to the vineyard. Peter

A beautiful (and "quite breezy") day for our Feather Pedals monthly ride. We had 65 total riders - 19 for the classic route of 27 miles and 32 for the challenge route of 34 miles. 14 riders were undecided. 25 people stayed to enjoy lunch at Garre Winery cafe. Many folks went up the Flynns for the first time - congratulations! (You know who you are!) I know of at least 2 people who were new to the group...welcome! We usually don't turn up the fan (wind) but, since I was leading (Headwind Hampton), the fan (WIND) was on high.

Thanks to Dean Ball (SAGrella) for SAGging and to Charles Parrish for sweeping. Dean, we are thankful that your family & friends back in Boston are safe. Boston Strong, Baby!

More Stats: 1 Flat, 0 SAGs, 1 off-the-mark lueggie blow (biker nose blow), 1 new Garre wine club member, many bottles purchased, great lunch, hanging out with friends...all that and a bike ride, too...priceless! :) Julie

April 22nd
Nice high temperatures for today's ride out to Livermore. 57 miles and two rest stops. We enjoyed plenty of tail winds to Patterson/Cross Rd and surprisingly plenty on the return via Pleasanton. Alberto

Yosemite – 2013
Sunday April 21 - The Yosemite Group has arrived in Oakdale. Thanks to a very strong tailwind we arrived here in record time (just after 2 pm). Most of the group is at the hotel now and heading to the pool and hot tub. :-) A big thanks to those who accompanied us this morning on the way out. Sue

Monday – There was an unfortunate accident with my cousin Chip crashing for some unknown reason. He experienced a concussion, blood clot on his brain, broken clavicle, broken rib, punctured lung, and massive road rash on his right side. After taking him to ER in Sonora he was transferred by ambulance to the trauma center in Modesto. The good news – he is doing well and has returned home. He thanks everyone for their concern and hopes to join us again in the future. Bonnie

Tuesday- In case anyone is wondering...
We made it to the park today with much less drama than Monday! Today's ride was incredible with advertised 'bonus miles' and unadvertised 'bonus elevation' for those who rode EFI. We could see the snow on the peaks from the Mather loop. Weather was fantastic and skies clear. It is my first time here and I took over 30 photos of the Park already. Thanks to Bonnie and Bob for great support and a great happy hour(s) after the ride. Sue

B & B - The Yosemite trip was fantastic...certainly the weather could not have been better...and it was very well organized and executed as always. Clay

April 27th
Beautiful day for Julie's ride in the St. Helena and Pope Valley area. We started off down the Silverado Trial and then took Sage Canyon Rd. past Lake Hennessey before climbing Chiles Valley. The weather stayed pleasantly cool for most of the ride and the climb up Ink Grade was almost entirely in the shade. Howell Mtn. Rd. still has its fair share of potholes on the upper section, but the lower half has been freshly repaved and made for a very nice descent. Peter

April 28th
Gail led us from San Ramon's Central Park to Livermore where we had the option of stopping by Wente Criterium bike races put on by the Valley Spokesmen Race Team. The group split up at that point depending on how long people wanted to stay at the race before heading back through Pleasanton and Dublin.

Go to VS Calendar for more rides
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

Please complete and return to the following address: VALLEY SPOKESMEN, P.O. BOX 2630, Dublin, CA 94568-0784

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. _____ NEW MEMBER _____ RETURNING MEMBER

Enclosed is $22.00 for a 2013 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2013 family membership ($15.00 after June 30th). Make check payable to: Valley Spokesmen.

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

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

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

NAME - please print ________________________________

PHONE ________________________________

ADDRESS ________________________________

CITY ________________________________

STATE ________________________________

ZIP +4 ________________________________

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

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

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

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

DATE ________________________________

AGE ________________________________

APPLICANT'S SIGNATURE ________________________________

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

Name ________________________________ Age ________________________________ Signature ________________________________

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: _____________
**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:**

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<thead>
<tr>
<th>Community</th>
<th>Liaison</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Alamo</td>
<td>Ralph Speck</td>
<td>925-837-2932</td>
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<tr>
<td>Castro Valley</td>
<td>Open</td>
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<tr>
<td>Concord</td>
<td>Jean Watts</td>
<td>925-676-6164</td>
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<tr>
<td>Danville</td>
<td>Bill/Mary Well</td>
<td>925-837-0103</td>
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<tr>
<td>Dublin</td>
<td>Francie Cushman</td>
<td>925-719-2256</td>
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<tr>
<td>Hayward</td>
<td>James Paulos</td>
<td>510-200-8125</td>
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<tr>
<td>Lafayette</td>
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<tr>
<td>Livermore</td>
<td>Susan Neer</td>
<td>925-829-4980</td>
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<tr>
<td>Oakland</td>
<td>Adele Madelo</td>
<td>510-773-0693</td>
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<tr>
<td>Pleasanton</td>
<td>Bill Rose</td>
<td>925-846-3867</td>
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<tr>
<td>Pleasant Hill</td>
<td>Emma Olenberger</td>
<td>707-479-2549</td>
</tr>
<tr>
<td>San Ramon</td>
<td>Peter Rathmann</td>
<td>925-828-1973</td>
</tr>
<tr>
<td>Walnut Creek</td>
<td>Peter Culshaw</td>
<td>925-932-0790</td>
</tr>
</tbody>
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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.