President’s Message for June 2013

Safety on a bicycle
This month’s message is more on cycling safety and includes the things I have learned over the few years I have been cycling.

Safety while riding a bicycle on the roads of California is crucial to our enjoyment of bicycling, and just as we practice defensive driving every day in our cars, we should do the same while riding our bicycles. There are many choices to maximize our safety, minimize our likelihood of accidents and to mitigate our injuries when accidents do occur.

Ways to maximize our safety
- Ride with bright colored clothes, lights, and reflectors to make sure cars can see you.
- Follow all road usage laws and make sure one can always anticipate your actions.
- Limit your speed so that you can safely handle unexpected holes and bumps in the road, and the sudden appearance of children or animals on the road.
- Do not swerve to avoid holes or bumps in the road as this is dangerous to other riders; this can cause an accident, and is not expected by cars.
- Drink and eat frequently to stay agile while riding.
- Always maintain your bike so that nothing unexpected happens while riding, e.g., loose components locking the wheels or gears or pedals.
- Ride far enough from the edge of the road to avoid storm drains and the opening of car doors.

Ways to minimize likelihood of an accident
- When encountering railroad tracks, approach them at a right angle to avoid getting your wheel stuck.
- Take extra care when riding in the rain and avoid road markings as they become slippery.
- Make sure your tires are checked for cuts and abrasions and are at the correct pressure.
- Do not ride too close to others.
- Do not ride erratically; ride at a steady pace in a straight line.
- Do not ride beyond your limit to then be exhausted and ride erratically.
- Do not ride on the sidewalk (per vehicle code, that is illegal).
- Do not ride close to those who ride erratically or in other unsafe ways.
- If you do become exhausted, move to the back of the group.
- Listen to others who offer advice to improve your riding; the advice will usually be vital to everyone’s safety.

Ways to mitigate our injuries when we have an accident
- Wear a helmet! This is vital to avoid catastrophic head injuries and death.
- Have emergency contact and emergency information around your neck or other readily accessible place. Wearing Road I.D. is a good choice. Note your cell phone number is not your emergency number.
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.

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

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

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

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

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroups and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

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

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

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

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

MOUNTAIN BIKE RIDE RATINGS
All rides graded according to predicted difficulty as follows:

1) EASY: Mostly flat with few hills.
2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
4) STRENUOUS: Long, steep ascents and descents & very rough terrain.
5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles. Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!.

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

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

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

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

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

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

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

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar http://tinyurl.com/a8zj5rm

Be informed: current VS members can register for the VS e-mail list: http://www.valleyspokesmen.org/mailList.php?page=main and follow the prompts.

Go to VS Calendar for more rides
RECURRING RIDES OVERVIEW:
MONDAY and WEDNESDAY morning rides 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 (T n' T) evening rides are now listed, some at multiple levels.

Note: Check the VS website calendar for changes to this schedule and additional rides.

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-L 20 miles 9:30 a.m. This is a leisurely recovery/conditioning ride. It starts at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route (three to choose from) will be determined by participants. This is a good ride for someone getting back to riding after a lay-off for any reason.
Ride Host: Bob Heady, arbob25@gmail.com
925-980-7989.

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 welcome 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, gvyblanco@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.

MON. 6/3/13 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. 6/4/13 2-L 20 miles 9:30 a.m. This is a leisurely recovery/conditioning ride. It starts at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). The route (three to choose from) will be determined by participants. This is a good ride for someone getting back to riding after a lay-off for any reason.
Ride Host: Bob Heady, arbob25@gmail.com
925-980-7989.

TUE. 6/4/13 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 Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

TUE. 6/4/13 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. 6/5/13 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:

Go to VS Calendar for more rides
THUR. 6/6/13 2-L 20 miles 9:30 a.m. This is a leisurely recovery/conditioning ride. It starts at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route (three to choose from) will be determined by participants. This is a good ride for someone getting back to riding after a lay off for any reason.
Ride Host: Bob Heady, arbob25@gmail.com 925-980-7989.

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

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.
(Beginner Friendly)
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

FRI. 6/7/13 3-M 30 miles 8:00 a.m. Part of a 3-day weekend series of rides from the Ondricek house in McCloud. Start with a ride to the McCloud Golf Course restaurant for breakfast and then continue to McCloud Dam and back. Approx. 3000’ of climbing as we traverse beautiful high mountain meadows and forest along the shores of an alpine lake. We’ll have a spaghetti lunch at the Ondricek house and a variety of afternoon and evening activities: golf, shopping in McCloud, kayaking on the reservoir, etc. Contact ride host to RSVP and get detailed directions and other trip details.
Ride Host: Doug Ondricek, dondricke@formfactor.com, 925-980-2490.

SAT. 6/8/13 3-M ~65 miles 9:00 a.m. Cont. 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, dondricke@formfactor.com, 925-980-2490.

SUN. 6/9/13 2-L 20 miles 9:30 a.m. This is a leisurely recovery/conditioning ride. It starts at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route (three to choose from) will be determined by participants. This is a good ride for someone getting back to riding after a lay-off for any reason.
Ride Host: Bob Heady, arbob25@gmail.com 925-980-7989.

SUN. 6/9/13 2-M 35 miles 11:00 a.m. Last day of the 3-day weekend of rides. We will make our way back to the Bay Area via Hwys. 89 and 299 through Burney, with a ride along the way. Late ride start to allow for breakfast and optional 9-hole golf round. We’ll drive to 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, dondricke@formfactor.com, 925-980-2490.

Go to VS Calendar for more rides
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 on 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.  

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 website calendar for updates.  (Advanced Ride - minimum regroups)  
Ride Host: Alberto Lanzas, 510-825-9581.  

TUE. 6/11/13 2-L 20 miles 9:30 a.m.  This is a leisurely recovery/conditioning ride.  It starts at Livermore Cyclery in Dublin  (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.).  
Route  (three to choose from) will be determined by participants.  This is a good ride for someone getting back to riding after a lay-off for any reason.  
Ride Host: Bob Heady, arbob25@gmail.com 925-980-7989.  

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

TUE. 6/11/13 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. 6/12/13 2-M 44 miles 9:30 a.m.  Del Puerto Canyon  Starting at the Starbucks in Patterson (15040 Rogers Rd.), we'll ride up Del Puerto Canyon to the summit with an extra 5 miles RT option to visit the Junction Cafe.  Take I-580 east from Livermore to I-5 south; take the Sperry Ave. exit in Patterson to the left (east); turn left on Rogers Rd. and Starbucks will be on the right (about 45 minutes driving from Livermore).  Bring plenty of water and food since there are no services along the way.  

THUR. 6/13/13 2-L 20 miles 9:30 a.m.  This is a leisurely recovery/conditioning ride.  It starts at Livermore Cyclery in Dublin  (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.).  
Route  (three to choose from) will be determined by participants.  This is a good ride for someone getting back to riding after a lay off for any reason.  
Ride Host: Bob Heady, arbob25@gmail.com 925-980-7989.  

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

SAT. 6/15/13 2-3 L/M 38 – 48 miles (61 – 77 km) 8:30 a.m.  Feather Pedals Ride  Starting at Dublin High School we'll ride out to Castro Valley over Dublin Grade.  The Classic route will then ride to the end of Cull Canyon before returning.  Challenge riders will continue over Redwood and Pinehurst Rds. into Moraga and return through Lafayette, Danville, and San Ramon.  Both women and men are welcome on these training

Go to VS Calendar for more rides
rides. Take I-680 to the Alcosta Blvd. exit and go east; turn right on Village Parkway, turn left on Brighton and park in the school lot on the left.  (Beginner Friendly)  
Ride Hosts: Mark Dedon, 925-997-3258 and Karin Ball, kball2@yahoo.com  

SAT 6/15/13 3-M 60-65 miles 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-580/680 intersection. 
Ride Host: Gail Blanco, gvblanco@aol.com 925-872-1001.  

SUN. 6/16/2013 3-M 30 miles 9:00 a.m.  Starting at Shannon Center we'll ride south to Sunol and then continue down Niles Canyon before climbing Palomares Rd. We'll return over Dublin Canyon Rd. and the Schaefer Ranch development. Meet at Shannon Center; take I-680 to the Alcosta exit and head south on San Ramon Rd.; turn right on Shannon Rd. and right again into the parking lot. 
Ride Host: Steve Kowalewski 510-246-2815 SKowalewski@aol.com  

MON. 6/17/13 2-L/M 25-50 miles 9:00 a.m.  (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) 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. 6/18/13 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. 6/19/13 3-M 40 miles 9:00 a.m. Livermore - Lake Del Valle  We are riding in Livermore from the airport out to the lake and return back to town. Our route will take us directly to the lake and visiting the Marina area. We are returning using various roads in Livermore back to the airport. Bring plenty of water and money to buy for a coffee stop. Meet at the Livermore airport parking lot. Take I-680 S and exit Airway Blvd. west, then right on Terminal Cir. 
Check VS website calendar for updates prior to the ride. 
Ride Host: Alberto Lanzas, 510-825-9581.  

WED. 6/19/13 2-L/M 25-50 miles 9:00 a.m.  (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) 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. 6/20/13 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. 6/21/13 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
SAT 6/22/13 5-M 52 miles Woodside-Pescadero-Tunitas Creek 9:00 a.m. We are riding from Woodside up Old La Honda Rd. over Hwy 35, then continue down on Old La Honda to the town of Pescadero via Pescadero Rd. After a rest stop in Pescadero, we are heading to San Gregorio on Stage Rd. We continue to famous Tunitas Creek for a nice long climb before returning down to Woodside on Kings Mountain. Meet at Woodside Town Hall. Take San Mateo Bridge (Hwy 92 W) to I-280 S; take exit 25 CA-84/Woodside Rd. Town Hall parking lot is located on the left side of Woodside Rd before Robert's Market. There will be plenty of climbing, about 5,000+. Bring plenty of water and food, or money to buy in Pescadero. Suggested carpool location is the Bollinger P&R off I-680 for an 8:00 am departure. Check VS website calendar prior to the ride. (Advanced Riding Skills)
Ride Host: Alberto Lanzas, 510-825-9581.

SUN. 6/23/13 3-L 42 miles (68 km) 9:00 a.m. Starting in San Ramon we'll have a leisurely ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and snacks.
Leader: Peter Rathmann, 925-336-0973.

MON. 6/24/13 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 website calendar for updates. (Advanced Ride - minimum regroups)
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 6/24/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) 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. 6/25/13 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. 6/25/13 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: Erica Dedon, 925-828-9183.

WED. 6/26/13 2-L/M 25 miles (40 km) 9:00 a.m. Ride to Las Trampas Park on Bollinger from Shannon Center in Dublin. Take I-680 to the Alcosta exit heading west; take a left on San Ramon Road; turn right on Shannon and right into the parking lot. Bring water and snacks.
Ride Host: Jane Moorhead, 925-980-9889.

WED. 6/26/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) 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. 6/27/13 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. 6/29/13 2-M 30 miles or 4-M 62 miles 8:30 a.m. We will start from the old Nob Hill parking lot in Livermore on the corner of Livermore Ave and Pacific Ave. There will be two routes to choose from: 30 or 62 miles. Both start out to Collier Canyon and Highland and...
back on Greenville. The 30 mile route then returns to the
start while the 62 mile route will climb Patterson Pass
and return via Corral Hollow. There will be a stop at the
Starbucks at Scenic. Bring plenty of food and water for
the longer route. The routes can be found at
http://ridewithgps.com/routes/1983907 and
Ride Host: Gail Bianco, 925-872-1001.

SUN. 6/30/13 3-L/M 47 miles (75 km) 8:30 a.m.
Shannon to Moraga loop. First we’ll climb over Dublin
Grade to Castro Valley and then continue on scenic
Redwood and Pinehurst roads to Moraga. After a short
break we’ll return through Lafayette, Alamo, and
Danville. Meet at Shannon Center in Dublin. From I-680
take the Alcosta exit and go west to San Ramon Road
south. Turn right onto Shannon Avenue and right again
into the parking lot. Bring food and fluids.
Ride Host: Peter Rathmann, 925-336-0973.

JULY 2013

MON. 7/1/13 2-L/M 25-50 miles 9:00 a.m.
(NOTE: if over 90F the start may be earlier – notice will
be sent on VSlist and online calendar) 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
Ride Host: Richard Skow, 925-939-6964,
rcskow@astound.net for ride details.

MON. 7/1/13 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.

TUE. 7/2/13 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 Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

TUE. 7/2/13 Mtn Skills 13 miles (21 km) 7:00 p.m.
Mtn Skills Group from Heather Farm.
Ride Host: Jim Duncan, 925-209-1369.

TUE. 7/2/13 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. 7/3/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if
over 90F the start may be earlier – notice will be sent on
VSlist and online calendar) 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. 7/3/13 NO CLUB MEETING THIS MONTH. The
next club meeting is scheduled for Wednesday,
September 4, 2013.

THUR. 7/4/13 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 Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

Go to VS Calendar for more rides
**FRI. 7/5/13 2-L/M No Drop 25-35 miles 8:30 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.  
(Rider Friendly)
**Ride Host:** Gail Blanco, 925-872-1001, gyanblanco@aol.com

**SAT. 7/6/13 3-M 58 miles (93 km) 8:30 a.m. Shannon Center to the Flynnns.** Ride from Dublin to Livermore via Collier Canyon with a stop at the Starbucks on Vasco and then continuing up Altamont Pass and over north and south Flynn. The return will take us to Pleasanton on Vineyard Ave. and back to Shannon. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the center parking lot. Bring water and snacks.
**Ride Host:** Dan Carhart, 925-828-8964.

**SUN 7/7/15 3 L/M/B 64/50 miles 9:00 a.m. Part of Rapha Women's 100k, in celebration of 100 years of the Tour de France (See challenge details at Strava.com). This ride is for EVERYONE! Women and Men alike. The ride will start at Draeger's Market in Blackhawk Plaza. Take Blackhawk Rd. north from the intersection of Crow Canyon and Camino Tassajara and take the first right into the shopping center; park on the left. The ride will be a scenic ride out to Livermore, including the Tuscany Loop. Ride can be shortened at mile 46 to make a ride of less than 50 miles. Three Coffee Shop stops along the way. Gather with friends afterwards at the venue of your choice. Draeger's? Jack's?
**Ride Hosts:** Gail Blanco, 925-872-1001 and Julie Hampton, 510-685-7103.

**MON. 7/8/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) 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. 7/9/13 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.

**TUE. 7/9/13 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. 7/10/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) 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. 7/11/13 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m.** Take San Ramon Road to south Flynn. The return will take us to Pleasanton on Vineyard Ave. and back to Shannon. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the center parking lot. Bring water and snacks.
**Ride Host:** Gail Blanco, 925-872-1001, gyanblanco@aol.com

**WED. 7/10/13 3-L/M 9:00 a.m. Starting at St. Timothy's at the base of Mt. Diablo we'll ride up to the junction and then down the north side into Walnut Creek with a stop at Sweet Affair bakery. Our return will take us past Livorna Park and through the Roundhill country club. Meet at St. Timothy's Episcopal Church. Take Diablo Rd. east from downtown Danville to the church at 1550.
**Ride Host:** Dave Leddon, 925-462-0727.

**WED. 7/10/13 3-L/M 64/50 miles 9:00 a.m.** Three Coffee Shop stops along the way. Gather with friends afterwards at the venue of your choice. Draeger's? Jack's?
**Ride Hosts:** Gail Blanco, 925-872-1001 and Julie Hampton, 510-685-7103.
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 TOURS

Yosemite 2014!! Shocking as it may seem, plans are already underway for the Yosemite trip next year. We would be leaving on Easter Sunday, April 20, 2014, spending the first night in Oakdale, the next Groveland and arriving in Yosemite Tuesday, April 22nd. We would return Thursday, April 24th. There will be a few changes regarding this trip from past years: First there will be a $200.00 deposit ($100.00 of which will be non-refundable). Next, the checks would be payable to the Valley Spokesmen. Time is already running out, so to secure this reservation, let Bonnie know immediately if you are interested and send your deposit. For additional information you may call . . . Bonnie, at 925-828-5299 or b-bpowers@att.net

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UPCOMING EVENTS

June 1 Ride Ataxia – Davis, CA
1 Wildest Ride--Auburn Century, Auburn, CA
1 Best Buddies Challenge – Carmel, CA
1 San Diego Century – San Diego, CA
2 Sequoia Century – Palo Alto, CA
2 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
16 Country Coast Classic – Cambria, CA
22 Sonoma County Classic – Santa Rosa, CA
22 The Grand Tour – Malibu, CA
22 Castle Craps Century – Mt. Shasta, CA
23 Livestrong Challenge – Davis, CA
29 Climb to Kaiser – Clovis, CA

July 6 Giro Bello Classic – Sebastopol, CA
7 Death Ride Preview – Bear Valley, CA
7 High Sierra Fall Century – Mammoth Falls, CA
13 Tour of the California Alps: Death Ride – CLOSED Markleeville, CA
13 ALS Central Coast Century – Avila Beach, CA
20 Windmill Century – Santa Maria, CA
20 Healdsburg Harvest Century – Healdsburg, CA

Aug 3 Santa Cruz Mtn Challenge, Scotts Valley, CA

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VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bicycle Trail Council of the East Bay - www.btceb.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 – yosemiteconservancy.org

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 - (to be discontinued) - $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.com or 925-209-1369

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

Meeting called to order by Vice-President Bob Heady at 7:01 p.m. Minutes from the April 10, 2013 Executive Board Meeting were approved as read.

President Marcus van Raalte assumed control at 7:05. Treasurer Dan Carhart reviewed our accounts. There appear to be only two outstanding bills for the Cinderella. Hopefully a final report will be available at the next meeting. Treasurer’s report approved.

OLD BUSINESS:
1. Past month’s rides – The Yosemite ride a great success except for one accident. Bonnie’s cousin Chip is recovering well. Again – there is a wide variety of rides offered almost every day of the week.
2. V.S. web site – There is no report other than the May newsletter has been uploaded.
3. Ride Library – At the June business meeting Alberto will give a presentation on how to access the library online. Jim Duncan suggested creating a link to describe the ride ratings.
4. Club computer – Bonnie is still experiencing technical (personal) difficulties. Some bug has entered the system freezing things up, Jim Paulos to correct.
5. V.S. By-laws – Changes are in our midst, details to follow.
6. Bicycle Master Plans – No updates at this time.
7. Bob Heady reported on “Learning Bike Paths of Dublin” on May 19th. He would like two volunteers to lead a 3 and 6 mile loop for families with possibly a tire changing demonstration.
8. The V.S. membership list will be sent to Jim Duncan and Peter for purging of the VSList and to remind VSRT members if they have not rejoined.

NEW BUSINESS:
1. Ride schedule – The May/June schedule was checked with three TBD rides in need of info. There was some discussion over options for parking with the more popular rides.
2. Paso Robles – Bonnie has been informed fewer people have signed up for the Great Western Bicycle Rally and the ride down than in the past. An informational meeting will be held Monday, May 20th.
3. Bike to Work Day May 9th – Peter will be working the San Ramon aid station as a mechanic. The Blinkie lights were passed around that we are donating to the Dublin aid stations.
4. Bonnie reviewed Correspondence sent and received. Motion made, seconded and passed to rejoin Adventure Cycling and to make an additional donation for their Bike Routes program.

FURTHER NEW BUSINESS:
1. Emma asked for suggestions on how to fill in TBD rides. Discussion followed. In the newsletter if there is a TBD ride; a notice will direct people to the online schedule.
2. Bill Well expressed frustration in the fact that other events are permitted to use the Iron Horse Trail, but we could not. Bob Heady to look into the matter.
3. Currently there is no bike lane on San Ramon Valley Blvd. between Greenbrook and Sycamore Valley Road.

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

Valley Spokesmen “Bicycle” Touring Club
May 2013

Correspondence sent:
1. Check to Livermore Unified School District for use of Christiansen School on Cinderella.
2. Check to Pitney Bowes Global Financial Services LLC for taxes of postal meter.
3. Check to Peter Franklin for gasoline used on Cinderella day.
4. Check to Minuteman Press for May newsletter; Blinkies.
5. Check to Bob Powers for out-of-pocket Cinderella expenses.
6. Check to Cycle California Magazine for Cinderella advertisement.
7. Check to San Ramon Valley Unified School District for Greenbrook School balance due.
8. Check to Adventure Cycling for annual membership dues
9. Check to Adventure Cycling for Route System donation.
10. Check to Best Western San Benito Inn for reservation in Hollister on ride to Paso Robles.
11. Check to JoAnn Scattini for use of property at Marker #7 on ride to Paso Robles.
12. Check to Quality Inn – King City for reservation in King City on ride to Paso.
13. Letter to Bank of America authorizing Bonnie to obtain a club credit card.

Correspondence received:
1. Thank you letter from City of Pleasanton for 2012 donation after Cinderella.
2. Information from East Bay Regional District regarding FREE Biking Programs in July/August/- September/October.
3. Letter from Attorney Gary Brustin interested in speaking at a Club meeting.
4. Announcements of upcoming events and tours.
5. Newsletters and magazines from various clubs, organizations, and businesses.

Go to VS Calendar for more rides
RIDE REVIEWS

May 1\textsuperscript{st}
Beautiful sunny day for our ride to the park and a little cooler than I had anticipated. We headed down Foothill to Sunol and then continued on Calaveras and Geary into the park. Our return was on Pleasanton-Sunol Rd. and then left on Valley with a stop at the Corner Bakery.
Peter

May 1\textsuperscript{st}
Great ride to-day Dick! New routes (to us) through Benicia / Vallejo were wonderful. Lots of new artwork on the Straits route. Loved the 'Jackson Pollacks'. A beautiful ride on a great day. Thanks 'old gals & guys rule!' Francie & Jim

May 3\textsuperscript{rd}
Gail led us up to Danville before turning south through the Gale Ranch and Dougherty Valley developments. The planned stop at Denika's turned out to be too crowded so we continued to the Starbucks off Village Pkwy. for our refreshment break before returning to Central Park. A little shorter route today that let us finish before the temperature got too warm. Peter

May 4\textsuperscript{th}
Dick and Julie led us on a new scenic route from Menlo Park with a few familiar roads mixed in with some that we haven't used before. We got the climbing out of the way early with an ascent of Sandhill Rd. on our way to Woodside and the popular Cañada Rd. which took us to scenic Crystal Springs Rsvr. From there we headed through Highlands Baywood Park and into San Mateo for a ride along the bay through Foster City and Redwood Shores before returning through San Carlos and Redwood City.
Peter

May 6\textsuperscript{th}
Alberto kept true to the advertised 'recovery pace' for today's ride up to Pleasant Hill. The weather kept alternating between bright sunshine and rather dark clouds, but we only got a few drops of rain along the way. Peter

May 8\textsuperscript{th}
It was cool and cloudy for much of today's ride from Heather Farm south through the Roundhill, Diablo, and Blackhawk country clubs and continuing through the Windemere development. But it made for good riding weather. On the way back we explored the northern part of the Alamo Creek trail before returning on San Ramon Valley/Danville Blvd. and the Iron Horse trail. Peter

May 11\textsuperscript{th}
Great day on Hamilton, Gail & Alberto. Don't recall riding it in jersey and shorts in both directions. However, the last three times there were sandwiches / drinks awaiting us at the top......<:(o) Were there new Strava records set? A female rider (anonymous) (and a few males she led astray) gaining 5,500 feet on a 4,196 foot climb? A VS / VSRT member doing it in 105 minutes + Where does that fit on Strava? A lovely day with great vistas, blue sky, sunshine, lots of interesting birds, a few fleeting animals and very few vehicles. Thanks for a great day on the bike. F & h p.s the Firestone Union Jack after was a nice reward!..F <;(o)
p.p.s. never done Hamilton?...not as tough as Northgate.

As for me..... I am guilty of leading a few people astray to add on an additional 8 miles and 1,000 ft. of climbing to the ride. It was a TOUGH day for me. I was so ready to get off the bike. We had a few brave riders who chose to continue on with the 50 mile ride into Livermore. 2 of them had done the earlier "scenic" route with me. I hope they're still talking to me now :) Enjoy the rest of your weekend, have a Happy Mother's Day, Gail
before returning via Altamont Pass. By consensus we opted to shorten the planned ride by eliminating a few flat miles at both the start (heading around Livermore) and the end (out-and-back to Brushy Peak) in consideration of the warm and windy conditions. Peter

May 13th
A good turnout for the Heather Farm ride today as we headed south to Alamo and then looped past the Roundhill, Diablo, and Blackhawk country clubs. We had a new refreshment stop on the way back - Cherubini's in Alamo which offers nice shaded outdoor tables overlooking the creek. Peter

May 15th
Beautiful day for Steve's ride from San Rafael to Pt. Reyes in celebration of his birthday. We did have to work a little harder on the way out, but were rewarded with a nice tailwind coming back. Our route took us out Lucas Valley Rd. over the hill to Nicasio. From there we rode past the reservoir and into Pt. Reyes Station, home of the famous Bovine Bakery. After refueling we headed through Pt. Reyes Park to Olema and took Francis Drake Blvd. up and over the hill to Platform Bridge Rd. and then rode back the way we had come. Peter

May 17th
Gail led us on another leisurely 'Odd Friday' ride from San Ramon's Central Park. Today we headed north through Danville to Blackhawk and then through the Diablo country club community where local residents are requesting that the roads be limited to only local traffic: http://www.mercurynews.com/top-stories/ci_23262183/diablo-eyes-banning-outside-cyclists-and-drivers-from
We took advantage of the still open roads to avoid that section of Diablo Blvd. which is especially narrow and with poor visibility.
We then headed north to Stone Valley Rd. and took it to Danville Blvd. and from there rode into downtown Danville for a refreshment stop at La Boulange bakery. Then it was onto the Iron Horse trail to return to Central Park. Peter

May 18th
All the activities associated with the Amgen race may have diminished the turnout for today's Feather Pedals ride, but we still had a good group for our ride from Blackhawk out to Livermore and returning through Pleasanton and Dublin. Saw quite a few other groups of cyclists heading out toward Livermore before the start of the race and also a number of team buses, RVs, and support cars. Peter

May 18th
This was our FP social monthly ride and stage 7 of Amgen. Our ride had 35 total riders; 21 on the Classic route of 27.8 miles, 10 on the Challenge ride of 36.5 miles, and 4 undecided. Many stayed to enjoy watching the Amgen riders go by. The host was Karin Ball. The ride was supported by SAG Dean. Unfortunately, our Sweep, Charles was not with us because he was volunteering at Amgen. Many thanks to Peter for modifying our routes to keep us out of the way of Amgen. Karin

May 19th
Bob coordinated the club's support of Dublin's Community Rides encouraging residents to bicycle on the town's trails and streets. There were two routes of 3 and 7 miles starting at the Civic Center and staying mainly on some of the local trails. After the event ride a few of us did a more extended ride up to Blackhawk returning through Danville and San Ramon. Peter

May 19th
Thanks Kevin - for a fantastic route with great scenic views today! Couldn't ask for better weather. Can't wait to see the photos. :-| Sue

May 21-23
We didn't quite make it to the Paso Robles rally, but we had a great time riding down the coast from Daly City to Cambria. Delightful tailwinds pushed us along each day and we enjoyed sunny, albeit cool, weather all the way to Cambria. Since none of us were too set on attending the rally we decided to end our ride on the coast at Cambria rather than head inland to Paso Robles. A broken spoke on Bob's rear wheel (which is of a type that can't be easily fixed) helped make up our minds as well. Special thanks to Marcia who transported our gear each day and was there for additional support if it had been needed. Thanks also to Bob's wife, Elizabeth, who came down to pick us up and get us back home. Peter

May 25th
Sunny but a little cool at the start for Steve's ride from Shannon down to Sunol and then looping back over Palomares and Dublin Grade. A nice tailwind at the end led to an almost 50 mph descent of Dublin Blvd. toward the end of the ride. Peter

Jeez, I only made 45 mph. Alaine

And thanks to Elaine who guided the 'not quite as fast' group of us through the hills.

May 22-24
Once again Valley Spokesmen put together another well supported ride down to Paso Robles for the Great Western Bicycle Rally. We enjoyed three days of wonderful scenic routes with great weather and wonderful roads. We started in Sunol and rode over Calaveras to Ed Levin park. We continued to our lunch stop before heading over to Uvas Reservoir and then riding through Gilroy before our arrival into Hollister. On day two we started with a cooler morning in Hollister, but it turned out to be a nice day of riding into King City. Plenty of wild life and great scenic roads. Our arrival to King City was windy as everyone enjoyed

Go to VS Calendar for more rides
that wonderful fast decent even with a few miles of cross winds. The final day we rode along some great roads with very little traffic on our way to Paso Robles. We had a great time at the top of Indian Valley Rd. “the wall”, as we welcomed all the riders and enjoyed our lunch before heading down to Paso Robles. Thank you Bonnie and Bob Powers for a well supported ride, thanks to Jim V. for providing us with additional sag support along the ride. I also want to thank Ken and Mary Hernandez for helping pull us along the way on their tandem. Alberto

May 27th
Unseasonably cool weather today for Mary’s birthday ride from Shannon out to Livermore and back via Pleasanton. Cloudy and even some sprinkles toward the end for some riders. But we enjoyed the tailwinds on the way out even if it meant a little extra work coming back. Thanks to the Hernandez’s and the Strains for arranging and hosting the BBQ following the ride - even having a backup grill available. Peter

It was a great ride and great company. Thank you all for making my b day ride fun and special. Thank you Bob & Kathy for hosting, it was very nice. Although the weather looked a bit iffy at times it held and we were able to enjoy your gorgeous backyard and eat outside. Mary

May 29th
Steve led us from Shannon Center to Castro Valley and then out to the end of Cull Canyon Rd. On our return we stopped at Bodi’s coffee shop in the shopping center on Castro Valley Blvd. Peter

Victory! BART Lifts Bike Blackout

In 1972, the East Bay Bicycle Coalition formed to gain bike access on a new transit system called BART, which back then had one rule for us - “No Bikes.” Our founding leader for those early efforts, Alexander Zuckermann, would be proud of us today for the victory that is within sight. Starting July 1, commuters can bring their bikes on BART at all hours for a 5-month trial that all 9 BART Directors stated at last week’s Board meeting they expect to be a complete success and to become permanent thereafter. Your compelling stories of how you need your bike on BART made the difference. Your volunteer help with two earlier pilots of expanded commute-hour bike access also was essential to this victory.

BART soon joins many other transit operators nationally that allow bikes on board all the time. While the new rule allows bikes on board at all hours starting in July, bikes will still not be allowed in the 1st car of each train, and during commute hours not allowed on the first 3 cars. And always use your good judgment and never board a crowded car, regardless of this new policy. BART’s board will check back in on the policy in November to ensure it is working smoothly. So keep up your good example for others. Well done team!

GOOD NEWS

Two new bike shops have been added to our list of discount shops. The 10% discount applies towards bicycle parts and accessories. The shops include:

Mike’s Bikes
6754 Bernal Ave., Suite 710
Pleasanton, CA 94566
925-223-8267
www.mikesbikes.com

Big Dave’s Bikes
609 Gregory Lane, #120
Pleasant Hill, CA 94523
925-954-1956
www.bigdavesbikes.com

Go to VS Calendar for more rides
MILAGE REPORT as of 5/29/13

(This does not include the 25 ride sheets that have yet to be turned in).

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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 109,053!!! Imagine, and this is only through the month of May with 25 ride sheets missing!

DON’T FORGET – Ride Hosts (Leaders) of club rides earn points toward FREE club clothing. The more rides you lead, the more clothing you receive – FREE!

Ride Hosts – Please turn in your sign-in sheets as quickly as possible. Members enjoy keeping track of their mileage and are anxious to know what their total is each month. Several sheets (25) are already outstanding for 2013.
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

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

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. _____NEW MEMBER _____RETURNING MEMBER
Enclosed is $22.00 for a 2013 individual membership ($11.00 after June 30th) OR $30.00 per year for a 2013 family membership ($16.00 after June 30th). Make check payable to: Valley Spokesmen.

_____ I prefer receiving my newsletter via the V. S. Web Site rather than a mailed hard copy
_____ Please add my e-mail address to the V. S. e-mail list so I receive current club information, ride updates, etc.

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

NAME - please print

ADDRESS

ADDRESS

CITY

STATE

ZIP +4

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

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

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

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

DATE          AGE          APPLICANT’S SIGNATURE

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

Name          Age          Signature

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

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact:
Telephone Number: (____)

Emergency Contact:
Telephone Number: (____)

Physicians Name:
Telephone Number: (____)

Medical Insurance:
Coverage ID: ____________________Group ID: ____________________

Allergies:

Blood Type: Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________

Name: ____________________ Type: _____________
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 925-838-1973
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 Chairmen: 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 Liaisons: Karin Ball 408-406-2286
                  Rebecca Wood 925-577-3842

Community Liaisons:
Alamo Ralph Speck 925-837-2932
Castro Valley Open
Concord Jean Watts 925-676-6164
Danville Bill/Mary Well 925-837-0103
Dublin Francie Cushman 925-719-2256
Hayward James Paulos 510-200-8125
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

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

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

We appreciate receiving articles and photos to be printed in the newsletter and we are sorry if they cannot always be printed during the month of submission. We will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

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