JULY 2013

For this month’s presidents’ message I have asked Alberto Lanzas, one of our ride masters, back to write an update on his progress creating a new ride library and making it available for everyone to use.

Alberto Lanzas on VS Ride Routes

In the February newsletter I shared my plans on putting together a selection of rides for our members using “RideWithGPS” (www.ridewithgps.com) as part of updating our club’s library of rides. Recently, at our general Club Meeting, I gave a presentation on how to utilize “RideWithGPS” for mapping a route, searching for a ride, and on submitting your own rides to the Valley Spokesmen Ride library.

I received good feedback from our members during the meeting regarding our search options and name formatting for the rides. I will continue to work on these areas to make the library easier to use and contain more ride descriptions in the coming months.

For those who missed the meeting, we are using the “RidewithGPS” website to create new, and update, current routes. You can plan a ride, search for a ride in a specific area, and share your ride with other members. If you own a GPS unit, a bike computer, you can download your route and use it for navigation during your ride. If you don’t own a GPS unit, you can simply print the maps and cue sheets directly from the route links.

RideWithGPS has several levels of membership. You can open a free account which provides you with the ability to plan, find, and share routes. There are two paid subscriptions: Basic and Premium. Please visit their website if you would like to create your own personal account for mapping routes. If you choose not to create your own RideWithGPS account, the VS routes are accessible via our website; this also has several rides that provide you with distance, elevation profile, difficulty rating and a map “preview” of the actual route. You can access these rides from our main website www.valleyspokesmen.org and selecting “New VS RideWith GPS routes” link under VS Ride Calendar.

As we move forward with the ride route updates we would like to see our members utilize this library and host some of these rides for our club, provide feedback, and in the process request some of your favorite rides to be included in this library.

If you would like to submit your own ride to the library you can contact the Route Masters, Kevin Thieben, or me at vs-rides@valleyspokesmen.org. If you would like suggestions for hosting your rides, please feel free to contact our Ride Coordinators, Emma Olenberger and Peter Rathmann.

* * *

Please go to our website to see the great progress that has been made; if you have thoughts or ideas we would like to hear about them. I want to thank Alberto for the hard work and for the many great rides he has hosted using these new routes. Thanks Alberto!
TOURING RIDE RATINGS

All rides are rated according to predicted difficulty.

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

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

The speeds of the following ratings can be estimated by the following:
On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:
L=12 mph   M=16 mph   B=19 mph
S=22 mph-plus.

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

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

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

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

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

MOUNTAIN BIKE RIDE RATINGS

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

Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!.

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

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

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

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

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

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

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

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar http://tinyurl.com/a8j5rm

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

Go to VS Calendar for more rides
**RECURRING RIDE OVERVIEW:**

**MONDAY and WEDNESDAY morning** ride in Walnut Creek area starting at 9:00 a.m.  
**TUESDAY night** Mountain Bike rides from Lake Chabot
leave at 7:00 p.m.  
**ODD FRIDAY morning** ride from Central Park.

**NOTE:** Please see the website calendar for updates and additional rides.

**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 at least 48 hours before the ride.  
Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

**TUE. 7/2/13 sol 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)

**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-L/M 25 miles (40 km) 6:00 p.m.  
Regular T n’ T rides from Shannon Center in Dublin.  
See 7/2/13 for details.  
Ride Host: Jim Duncan, 925-209-1369.  
(Advanced Riding Level)

**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 welcomed!  
We generally do a coffee shop stop near the end of the ride.  
(Beginner Friendly)  
Ride Host: Gail Blanco, 925-872-1001, qvblanco@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.

Go to VS Calendar for more rides
SUN 7/7/13 2-L/M 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? Jacks?
Ride Hosts: Gail Blanco, 925-872-1001 and Julie Hampton, 510-685-7103.

MON. 7/8/13 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. 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). Heather Farm ride – See 7/1/13 for details. 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. See 7/2/13 for details. (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. See 7/2/13 for details.
Ride Host: Jane Moorhead, 925-980-9889.

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 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). Heather Farm ride – See 7/1/13 for details. 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. 7/10/13 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THUR. 7/11/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 7/2/13 for details. (Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

SAT 7/13/13 3-M 37 miles 8:30 a.m. We will travel out Dublin Canyon Road to Castro Valley then climb Redwood Road to Marciel Gate. Marciel Road leads into the Lake Chabot campgrounds, located on bluffs overlooking Lake Chabot. There are short, steep climbs returning to Redwood Road. We will return to Castro Valley, stopping at Bodt's Java, then return to Dublin via Schaefer Ranch Road and Dublin Blvd. Approximately 3,500 feet of climbing. GPS to be posted before the ride date.
Ride Host: Steve Kowalewski 510-246-2812 skowalewski@aol.com

SUN. 7/14/13 2-M 38 miles 8:00 a.m. Starting at San Ramon’s Central Park we’ll head up to Blackhawk and then over to Livermore via Collier Canyon. Our return will be on Vineyard through Pleasanton and back on the Iron Horse trail. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.
Ride Host: Peter Rathmann, 925-336-0973.

MON. 7/15/13 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). Heather Farm ride – See 7/1/13 for details. 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. 7/16/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 7/2/13 for details. (Advanced Riding Level)
Ride Host: Jim Duncan, 925-209-1369.

TUE. 7/16/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 7/2/13 for details.
Ride Host: Jane Moorhead, 925-980-9889.

Go to VS Calendar for more rides.
WED. 7/17/13 3-M 25-40 miles 9:30 a.m. Leave from San Ramon Central Park. Rides will be in the Mt. Diablo/San Ramon area with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park opposite the Market Place (if you get to Alcosta you went too far).

Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 7/17/13 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). Heather Farm ride – See 7/1/13 for details. 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. 7/18/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 7/2/13 for details.

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

FRI. 7/19/13 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. See 7/5/13 for details. (Beginner Friendly)

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

SAT. 7/20/13 2-L/M 25 miles with option of 45 miles 8:30 a.m. Feather Pedals ride (both genders welcome). Starting at the Crank-2 cycle shop in south Pleasanton we'll head down to Sunol and continue out Calaveras. The regular ride will turn around at the base of the hill while the optional Challenge continues past the reservoir to the top of 'The Wall' before returning. Crank-2 is at 5480 Sunol Blvd. at the south corner of the Raley's shopping center. Take I-680 to the Bernal exit and go east; turn right on 1st (becomes Sunol Blvd.) and left into the shopping center just before Junipero). Bring water and snacks. Arrive early so the ride can leave on time.

Ride Host: Rebecca Wood, 925-577-3842.

SUN. 7/21/13 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: Steve Kowalewski, 510-246-2812, skowalewsk@aol.com

MON. 7/22/13 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. 7/22/13 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). Heather Farm ride – See 7/1/13 for details. 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. 7/23/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 7/2/13 for details.

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

TUE. 7/23/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 7/2/13 for details.

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

WED. 7/24/13 2-L/M 30 miles Gail will lead us from San Ramon’s Central Park out Camino Tassajara to Finley Rd. and the old school there. On our return we’ll stop at Denica's bakery in Dublin for refreshments. Bring fluids and snacks or money to buy. Take I-680 to the Bollinger Canyon exit and go east; turn left into the Central Park lot opposite the Market Place shopping center.

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

WED. 7/24/13 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). Heather Farm ride – See 7/1/13 for details. 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. 7/25/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 7/2/13 for details.

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

Go to VS Calendar for more rides
SAT. 7/27/13 3-M 50 miles 9:30 a.m. Starting at the Park&Ride on Sycamore Ave. in Danville we'll head north to Walnut Creek and then over to Orinda and past the San Pablo reservoir to Castro Ranch Rd. Our return route will be over 'Pig Farm Hill' on Alhambra Valley Rd. and continuing on Reliez Valley Rd. to Pleasant Hill and then along the blvd. Meet at the Sycamore Park&Ride. Take I-680 to Sycamore Ave. and the Park&Ride lot is on the northeast corner of the intersection.
Ride Host: Steve Whelan, 925-831-8258.

MON. 7/29/13 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). 
Heather Farm ride – See 7/1/13 for details. 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. 7/30/13 3-M 55 miles 8:30 a.m.  Starting at Diablo Vista Park we'll ride over to Livermore and then climb (and descend) the hill to Del Valle reservoir. After a short snack stop at the reservoir we'll head back over the hill and return. Take I-680 to Crow Canyon Rd. and go east; turn right at Tassajara Ranch and right again into the parking lot (if you reach Camino Tassajara you have gone too far). Bring plenty of fluids.
Ride Host: Jim Duncan, 925-6964, jimduncan@rider.com

WED. 7/31/13 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). Heather Farm ride – See 7/1/13 for details. 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.

SUN. 8/4/13 1-M 22 miles 8:00 a.m. Regular T n’ T rides from Shannon Center in Dublin. 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)

Go to VS Calendar for more rides
MON. 8/5/13  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. 8/6/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 8/1/13 for details.
Ride Host: Jim Duncan, 925-209-1369. (Advanced Riding Level)

TUE. 8/6/13 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. 8/7/13 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). Heather Farm ride – See 8/5/13 for details. 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. 8/7/13 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 4, 2013.

THUR. 8/8/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n’ T rides from Shannon Center in Dublin. See 8/1/13 for details.
Ride Host: Jim Duncan, 925-209-1369. (Advanced Riding Level)

FRI. 8/9/13 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. (Beginner Friendly)
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 8/10/13 3-L/M 98 miles 7:00 a.m. We’ll start at the Shannon Center at Shannon and San Ramon Rd. in Dublin and ride out Foothill Rd. to Sunol for a quick stop before heading down Niles Canyon to the Alameda Creek Trail. We will then ride to and across the Dumbarton Bridge and into Palo Alto for a break at Starbucks. We’ll continue up towards Stanford then cut over to Sand Hill Rd. and up Old La Honda Rd. to Skyline for a regroup before going Old La Honda & Hwy 84 to our lunch stop at the La Honda Market. Then it’s on to Pescadero and Gazos Creek roads to Hwy 1 and on to the Davenport Bakery for our last break before heading into Santa Cruz. The payoff is the spectacular ride along West Cliff Drive to the Santa Cruz Wharf. We have 2 sag vehicles lined up for support but you may want money for coffee or a sandwich at the deli in La Honda. Donations to the sag drivers for fuel will be appreciated. Since this is a point-to-point ride, some of us will need to drop off vehicles in Santa Cruz Friday evening and get shuttled back. Some of you may make arrangements to be picked-up in Santa Cruz after the ride.
http://ridewithgps.com/routes/2737980
Ride Host: Ken Hernandez, kenhernandez52@yahoo.com, 510-329-9481.

WED. 8/14/13 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

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

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

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

EVERY 1st SATURDAY MORNING each month. 4-S

Go to VS Calendar for more rides
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.

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UPCOMING TOURS

YOSEMITE 2014!!! SECOND NOTICE!! 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 in 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

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
21 Healdsburg Harvest Century – Healdsburg, CA

August

3 Santa Cruz Mtn Challenge, Scotts Valley, CA
3 Marin Century & Mt. Tam Double – San Rafael, CA
3 Tour de Big Bear – Big Bear Lake, CA
4 Mt. Shasta Summit Century – Mt. Shasta, CA
17 Fast Freddie Gran Fondo – Berkeley, CA
17 Holstein 100 – Petaluma, CA
17 Cool Breeze Century – Ventura, CA
18 Tour of Napa Valley – Napa, CA
24 Ebbetts Pass Century – Bear 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.ebpcs.org
East Bay Regional Parks - www.ebparks.org
Greenbelt Alliance – www.greenbelt.org
National Parks Conservation Association - www.npca.org
Nature Conservancy – nature.org/legacy
Planning and Conservation League - www.pcl.org
Rails to Trails – www.railstotrails.org
Yosemite Conservancy—www.yosemiteconservancy.org

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ALAMEDA COUNTY CHIP SEAL SCHEDULE - 2013

July 8, 2013 Mines Road from mile marker 16.75 through 20.15 8:00 am to 4:30 pm
July 9, 2013 Mines Road from mile marker 13.5 through 16.75 8:00 am to 4:30 pm
July 10, 2013 Mines Road from mile marker 10.25 through 13.5 8:00 am to 4:30 pm
July 11, 2013 Mines Road from mile marker 7.00 through 10.25 8:00 am to 4:30 pm
July 15, 2013 Mines Road from mile marker 3.4 through 7.00 8:00 am to 4:30 pm
July 16, 2013 Lupin Way at Greenville Road (east end) 8:00 am to 4:30 pm
July 16, 2013 Patterson Pass Road @ Greenville Road (west side South Flynn Road) 8:00 am to 4:30 pm
July 17, 2013 Tesla Road from mile marker 10.00 through 12.21 9:00 am to 4:30 pm
July 17, 2013 Tesla Road from mile marker 7.75 through 10.00 9:00 am to 4:30 pm
July 22, 2013 Tesla Road from mile marker 5.50 through 7.75 9:00 am to 4:30 pm
July 23, 2013 Tesla Road from mile marker 3.31 (Cross Road) 9:00 am to 4:30 pm through 5:50 pm

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Go to VS Calendar for more rides
Safe Bike Lanes to Mt Diablo South Gate

The growth in bicycling in the East Bay is affecting the community of Diablo in an unintended way. On any given sunny weekend, hundreds of bicyclists ride through the residential streets of Diablo to and from Mt. Diablo’s South Gate entrance in order to avoid a dangerous mile-long stretch of Diablo Rd that has no shoulders and high-speed SUV traffic. Residents of Diablo have become frustrated with some of these bicyclists who ride two abreast, race through the neighborhood, and don’t stop at stop signs or yield to residents walking along the edge of the sidewalk-free streets. They are even weighing options to limit traffic into Diablo to ‘local’ trips only.

An opportunity has arisen to address the cause of the problem by getting the City of Danville to require the developer of the Magee/Summerhill Subdivision Project to study bike lanes on Diablo Rd. The environmental report for the Magee Project essentially ignores issues of bike safety.

What you can do:
Send an email of support to David Crompton, Principal Planner, Town of Danville asking that the Magee/Summerhill Project fully study bike lanes on Diablo Rd.

Valley Spokesmen “Bicycle” Touring Club
Club Business Meeting
June 5, 2013

Meeting called to order by President Marcus van Raalte at 7:05 p.m.

Minutes from the May 8, 2013 Executive Board Meeting may be found in the current newsletter.
There was no Treasurer’s report due to the absence of Dan Carhart.

OLD BUSINESS:
1. Past month’s rides – Peter reviewed the general rides which have been well attended. Julie and Dick hosted a great ride from Menlo Park to Crystal Springs exploring new territory. Alberto had an enjoyable up and back ride to Mt. Hamilton where some managed to get lost. The two tours to Paso Robles and Cambria had beautiful weather. The GWBR had incredible weather as well. 2. V.S. web site – Ken is working on the site and barely keeping up to date. 3. Ride Library – Alberto (with Kevin’s help) will be giving a presentation on how to host rides to allow those who are interested to feel more comfortable. 2. Dick Ward suggested that recurring rides and events be put into the calendar so members wishing to volunteer are aware of what’s coming up and there will be no need to scramble for workers. 3. Dick also mentioned we may generate more interest in the club if people could sign-up online. We have explored this before and will discuss it further at an E-board meeting. 4. Dick wondered if we could have online registration for Cinderella and T.O.S.R.D. 5. And last, Dick was curious as to how many non-club members are riding our rides without joining the Valley Spokesmen. Discussion followed. 6. Bonnie has a whole bag of bicycling books that are available to those present, thanks to Pat Payne. 7. Yosemite 2014 is now open for sign-ups. There are some changes – There will be a $200.00 deposit, made payable to the Valley Spokesmen. In the event of a cancellation, only $100.00 will be refunded, unless the spot is filled. Call Bonnie for further details.

There being no further business, the meeting was adjourned at 7:29 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.
Valley Spokesmen  

2013 Cinderella. Due to our decrease in income, our donations may be less than last year. It was suggested we donate the same amounts to the police departments as we have done in the past. Dan remarked when we make our donations we should blitz the media. He also presented a comparison report on our finances from January until June in 2012 and 2013. The club will be receiving a Bank of America credit card in the near future.

OLD BUSINESS:
1. Past month’s rides – All rides were about the same as last week’s, however the Mt. Shasta/McCloud weekend was an excellent experience.
2. V.S. web site – Curtis Stallins (our former web master) has officially resigned from the V.S. rolls.
3. Ride Library – Gail reported more rides are being added. Alberto did an excellent job explaining how to use the library through our web site at the club business meeting. Thanks Alberto!
4. Update of V.S. By-laws – Bob has sent out his suggestions via email for the board to review.
5. Meeting recently held regarding Iron Horse park and open space between San Ramon border and Amador Valley Blvd. One suggestion was to have a community garden.
6. Jim Duncan spoke up stating the USCF will not accept any online signatures for membership or racing applications. Riders must provide a “wet” signature.
7. Bill reported the Danville Town Council is dealing with cyclists using the Diablo Country Club roads rather than narrow Diablo Road. The Diablo community wants to demand a proper bike lane or path along Diablo Road or a safe alternate.

NEW BUSINESS:
1. The June/July ride schedule was reviewed. The issue of ride hosts not following the advertised route was discussed.
2. T.O.S.R.D. – October 12/13 is the big weekend. The flyers will be in the mail tomorrow. Volunteers are needed; check with Francie.
3. The club copier is in the shop for repair. If the repairs are too costly, motion made, seconded to purchase a new one from Costco, not to exceed $200.00.
4. Ride hosts - Emma to work on an updated version of the Ride Hosts Guidelines.
5. Membership online – subject to be reviewed once more taking into consideration the “wet” signature; the web site; the financial aspect; and the corresponding secretary.
6. Non-club members on rides – It would be nice if ride hosts would offer membership to visitors stating the many advantages of joining. Marcus to talk with Karin about encouraging the Feather Pedals to join V.S. Many think they are already members without paying dues.
7. Under correspondence Bonnie reported Attorney Gary Brustin has offered to speak at another Club meeting. Since he has spoken before, it was suggested we wait until March 2014.
8. It was recommended we have a calendar of annual rides and events such as: Anniversary ride; Progressive dinner; Mtn. Challenge; T.O.S.R.D.; Yosemite; Paso Robles (Great Western Bicycle Rally -G.W.B.R.).

There being no further business, the meeting was adjourned at 8:35 p.m.

Respectfully submitted, Bonnie Powers, Secretary Pro-tem.

Valley Spokesmen “Bicycle” Touring Club
June 2013

Correspondence sent:
1. Check to Jim Van De Vreughe for gasoline used to Paso Robles.
2. Check to Dublin Unified School District for use of Dublin High for Swap Meet.
3. Check to Bob Powers for Paso Robles out-of-pocket expenses.
4. Check to Home Service – Carpet & Upholstery Care for Powers’ carpet.
5. Check to Alameda County Fairgrounds for final payment for Cinderella 2013.
6. Check to Alameda County Fairgrounds for Cinderella 2014 deposit.
7. Check to Round Table Pizza for June business meeting.
9. Check to Postmaster for annual post office box fee.
10. Check to Office Depot for copies and shipping.
12. Letter to Harburn Enterprises regarding swag for the T.O.S.R.D.

Correspondence received:
1. Thank you letter from Adventure Cycling Association for V.S. support of the U.S. Bicycle Route System.
2. Bills from organizations to renew membership or requesting donations.
3. Announcements of upcoming events and tours.
4. Newsletters and magazines from various clubs, organizations and businesses.

Go to VS Calendar for more rides
May 31st
Gail led us down the Iron Horse and Alamo Canal trails down to Pleasanton and then on Foothill Blvd. to Pleasanton Ridge Park. Our return was via Verona Bridge and Happy Valley back into Pleasanton with a stop at the Corner Bakery at Bernal and Valley. Peter

June 1st
Alberto picked a nice warm day for a ride from Diablo Vista Park out to the Flynn rds. east of Livermore, but the early start let us get most of the climbing out of the way before things warmed up too much. There were a number of route options for those wanting to skip some of the miles and/or hills - the route below reflects my ride from home to the start and then opting for a flatter return via Jack London, Fallon, and Dublin Blvd. instead of the climb up Collier Canyon. Peter

June 2nd
After inspiring us with a climb to Inspiration Circle in west Dublin, Gail led us on an out-and-back tour of three canyon roads: Dublin, Eden, and Cull. I believe this is the first time riding the 5-mile RT of Eden Canyon Rd. for any of us. A very secluded road with a few ranches and the Deer Crossing Inn bed-and-breakfast. Peter

June 4th
Bob led his recovery ride north along the Iron Horse trail to our coffee shop stop at Peet's in Danville. After refreshments and assorted conversations we returned on San Ramon Valley Blvd. Peter

June 5th
Beautiful day for Dick's ride from Heather Farm - not too warm and a nice tailwind back to Walnut Creek. We headed south from Heather Farm through Danville to San Ramon and then up Bollinger Canyon Rd. to Las Trampas Park. The group had a Starbucks stop in Danville on the way back, but I had ridden to the start and split off once we got back from Las Trampas. Peter

June 12th
Dave and Carolyn led the group from Patterson up Del Puerto Canyon with some continuing to the junction cafe while the rest of us were happy to head back down once we reached the summit. Nice to get the climbing done while it was still fairly cool. Peter

Thanks Carolyn & Dave for the Del Puerto ride to-day. We think it's a beautiful area with the rock formations, twisting hills, lava formations, fauna, closeness of the canyon walls, history and vistas. On a day after some rains when all the riverlets are running would be a sight as in the early Spring with, we're sure, wildflowers. A quick & easy 45 minutes from Dublin for something really special. We had a great day! Francie & Jim

June 8/9
This weekend Doug and Janet (with some able assistance from Doug's parents) put on a fabulous assortment of rides, hikes, kayaking, and food selections for those of us who were fortunate enough to join them in McCloud. The temperatures may have been a bit on the warm side, but the planning was superb with such a variety of activities plus the great company of all the participants. For most of us it was our first experience of this area which is so rich in outdoor treasures with Mt. Shasta views, numerous waterfalls, alpine lakes, and plentiful reminders of the volcanic history of the area. Peter

This was one of the most fun VS trips ever. What a treat....Mary

June 13th
Bob and Jane are probably driving north to Alaska by now, but he still had one more 'recovery' ride on the calendar today. So a few of us rode north from Livermore Cyclery in Dublin to Danville where we got refreshments at La Boulange before returning. Peter

June 15th
We enjoyed a great ride in the Sebastopol - Tomales area today led by Gail on a combination of some roads that were familiar from previous rides and some that were new to the club. No major climbs, but enough short ones that were steep enough to raise our heart rates and add to the scenery of the ride as we passed through some dense forests as well as open farm lands. The two bakery stops (esp. the famous Wild Flour bakery in Freestone) and the Starbucks stop near the end kept our energy levels up for the metric century distance. Peter

June 16th
Lovely sunny but cool day for Steve's ride down to Sunol, Niles Canyon, and Palomares Rd. Lots of wild turkeys along the route today. Peter

Go to VS Calendar for more rides
June 16th
Yesterday was the Feather Pedals (FP) Monthly Ride for June. We had 55 riders - 21 on the Classic route of about 38 miles, 7 riders on the Challenge ride of about 48 miles and 27 who signed up as Undecided. My guess is that the Undecided were mostly on the Classic route since it seemed as if there were more than 21 riders accompanying Erica and me up Cull Canyon. It was an absolutely gorgeous and sunny day with mild to somewhat cool temperatures. FP riders definitely made the most of it. The mechanical gremlins were pretty much taking the day off as there were only two flat tires, to my knowledge. Thank you all for paying attention to safety and rules of the road! The Host and Co-Host for this ride were Mark Dedon and Karin Ball. The ride was graciously supported by Dean Ball, a.k.a. Sagarilla, and by Sweep, Charles Parrish. In addition, great support as usual was provided by Jim Duncan, Bob Fusco, and others who helped new riders learn safe riding skills. Thank you to all the volunteers (sag, riding trainers, organizers) who helped make this ride a success! Mark

June 19th
Today's Heather Farm ride departed from the usual pattern in being a one-way ride with the return provided by BART. Our route was down to Sunol and continuing on Calaveras Rd. past the reservoir to Ed Levin park where we stopped for snacks before continuing into Milpitas and from there to the Fremont BART station. Beautiful sunny skies but pleasantly cool temperatures which were especially appreciated on the climbs along the way. Peter

June 21st
Gail led today's 'Odd Friday' ride out to the gate on Finley Rd. and then continued down Tassajara to Dublin for a stop at Denica's bakery. From there we took the Iron Horse trail back to San Ramon's Central Park. Peter

June 22nd
A nice day for Jim and Francie's ride to Orinda and Moraga from the Bollinger Park&Ride. Lots of traffic congestion in Danville as a result of the Street Festival and the farmer's market but we avoided most of it by taking Front St. on the way out and the Iron Horse trail on the way back. Peter

June 22nd
Beautiful sunny day for today's ride from Woodside as we started with twenty riders. Our route took us over Old La Honda and continued to the town of Pescadero. After a rest stop in Pescadero, we rode Stage Rd which offered great views as we did not encounter any fog in the area. Temperatures were pleasant and very welcoming as we headed over to Tunitas Creek and a wonderful descent down Kings Mountain. Alberto

June 23rd
Cool and cloudy for our ride from San Ramon to the Mt. Diablo junction and descending the north side into Walnut Creek. Just about ideal conditions for the climb but we missed out on the usual great views we get on sunny days. Peter

Peter: You were (are) the epitome of a ride host today. Two - three women you assisted all the way over Diablo. One has been riding for 3+ months. Seems neither had done the Mt. Thanks from all VS members for being a great 'ride host' Jim

June 26th
Thanks Steve for leading today's ride around Lake Chabot. It had been a long time since I'd been there and I'd forgotten how beautiful it was. Check out the pictures on the VSlist - It was amazing the hoops Alberto had to jump through (or at least jump over tables) to get the photos with a 5 second timer!!! Thanks again Steve, it really was a great ride and I hope it gets put on the calendar again for more people to enjoy. Gail

Go to VS Calendar for more rides
MILEAGE REPORT AS OF June 27, 2013
(This does not include the 18 ride sheets that have yet to be turn 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 118,931!!! Imagine this is only through the month of June with 18 ride sheets missing!

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!!

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 outstanding for 2013

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 ($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 ________________________________ (_____) 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.

________________________________________  _____  ___________________________________________
________________________________________  _____  ___________________________________________
________________________________________  _____  ___________________________________________
________________________________________  _____  ___________________________________________
________________________________________  _____  ___________________________________________

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: _____________
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

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

Community Liaisons:

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

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

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

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

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